

## TAC Masters Update 29<sup>th</sup> November

### BMAF 10 Mile Championships at Gravesend Cyclopark

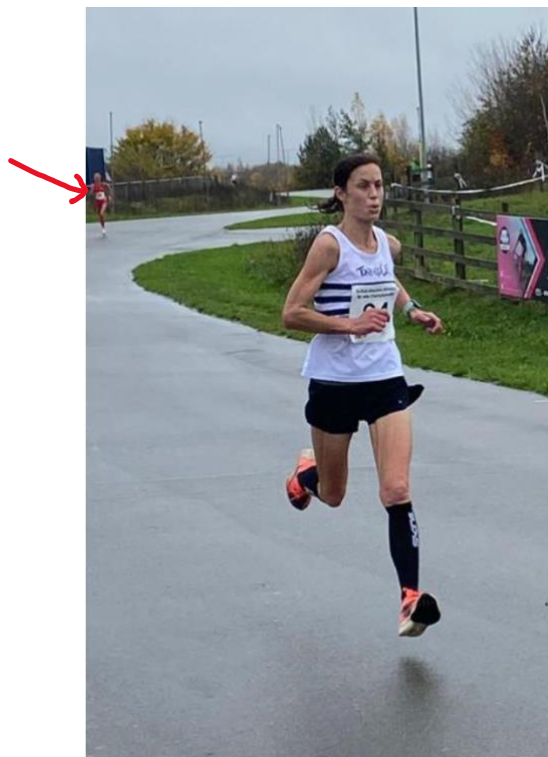
This event clashed with Kent League XC and as a result we did not have many entries despite being on our doorstep.

Sasha Humphries had one of the best races of her career to win the W50 category by just 12 seconds in 1.08.40. Deborah Gilman had travelled down from the midlands and tracked Sasha for most of the race. Sasha decided that she looked like she would have a sprint finish and wound the pressure up over the later of the 6.5 laps to eke out a gap before finishing strongly to ensure there was no comeback!!! This gave Sasha an Age grading 81.72%. British Masters Champion, to keep up with sister Nina's BMAF Hephthalon win in the summer!!

Lisa Knight just missed out on a medal in the W50 age group as she stepped up in distance. The W50 age group had 8 runners and was one of the most contested of the day.

Anthony Crush guided Joe Baldwin (M35) to his debut over this distance in 1.33.40. Thank you to both Anthony and Alan Newman who organised Joe's entry and his guide.

<https://bmaf.opentrack.run/en-gb/x/2022/GBR/bmaf-10mile/event/1/1/1/>



## Kent League XC Footscray

On a week where illness ruled out a few athletes, Julian Rendall, Jay Smith, Tony Bennett and Joe Watts all scored for the 12 to score team result. As you can see from below that Julian and Tony are in the frame as leading Masters athletes in the league. Athletes need to complete in all 4 league events and with the last one in February anything can happen!

<http://www.kcaa.org.uk/kent%20league%20results.htm>

### **Kent Cross Country League Results - Footscray Meadows, Sidcup 26/11/2022**

#### **Veteran Men Current Lead Performance**

Pos	AthNo	AthleteName	Club	Mt 1	Mt 2	Mt 3	Mt 4	Total	T Time
1	1186	Anthony Webb (M45)	M&M	2	2	1		5(3)	1:24:29
2	938	Micah Evans (M40)	B&B	1	8	3		12(3)	1:26:43
3	1177	Justin Lane (M45)	M&M	4	4	4		12(3)	1:28:16
4	1277	Julian Rendall (M45)	TON	5	5	5		15(3)	1:29:05
5	1189	Neill Wright (M45)	M&M	10	9	9		28(3)	1:30:46
6	1244	Anthony Bennett (M45)	TON	11	10	13		34(3)	1:31:47
7	1100	...	...	11	15	10		36(3)	1:32:50

## Kent Vets XC Champs. Dartford Sat 3<sup>rd</sup> December

Please see the attached links and it is also on the [tacdistanancerunners.com](http://tacdistanancerunners.com) site.

Key things are to park at the Acacia Car park not the track car park. Allow plenty of time due to the close proximity of the Dartford tunnel!! Numbers will be by the TAC banner!!

M50 race 11.30am

All Women and Men over 60 12.30pm

M40-49 13.20pm

We have teams in the M40, M50, M60, W35, W45 and W55 categories.

<http://www.kcaa.org.uk/forms/KCAAVeteransCrossCountryChampionshipProgramme2022.pdf>

Any problems 07780728942

Good luck to those signed up to the BMAF 5K champs on Sunday in Battersea Park.

## Masters Indoor Events 2023

Mark McAllister has put this list together.

**Lee Valley** - Sunday 12<sup>th</sup> Feb - SCVAC INDOOR CHAMPS - Entries not open yet.

**Sheffield** - 18<sup>th</sup> - 19<sup>th</sup> Feb - BRITISH MASTERS INDOOR TRACK & FIELD CHAMPS - Entries not open yet.

**Torun Poland** - 26<sup>th</sup> March to 1<sup>st</sup> April - WORLD MASTERS INDOOR TRACK & FIELD CHAMPS - Entries close 31<sup>st</sup> Jan.

### **Open Events**

**Lee Valley** - 2<sup>nd</sup> Jan - NEW YEAR OPEN MEETING - Entries open.

**Lee Valley** - 8<sup>th</sup> Jan - BFTTA OPEN MEETING - Entries open.

**Lee Valley** - 21<sup>st</sup> - 22<sup>nd</sup> Jan LONDON INDOOR GAMES - Entries open.

Windsor Slough Eton & Hounslow AC are delighted to announce that we are holding winter indoor open graded meetings for 2023 on the newly laid refurbished track, with Electronic timing held under UKA rules with a UKA competition permit.

In all 3 meetings there will be a 60m's, 2 rounds for each entry. There will be 2 field events per meeting, with maximum entries per event, which change for each meeting.

Entries are online only and **NO LATE ENTRIES WILL BE ACCEPTED**. Entry link [www.race-results.co.uk](http://www.race-results.co.uk) as with most entry systems you will need to register with race-results online if you haven't already to be able to enter the meetings, this is an easy process to register.

The WSEH link is <https://wseh.co.uk/windsor-slough-eton-hounslow-athletic-club-winter-indoor-open-meetings/> meeting day information will be added to the website that will include the final timetable, event time registration and all additional information the athletes will require.

The meetings will have start times of 12.00 and will finish by 4pm.

If you have any qualified officials who are available to help at any of the 3 matches – please do get in touch if you haven't already if you are able to assist at any of these meetings, your help would be really appreciated.

Attached is the advert, below is the information for each meeting along with the events and maximum entry numbers per meeting.

If you are able to print off the advert and display it where you train that would be a big help, or email it out to your club members would be fantastic.

If you have any contacts in the athletics world, other clubs, counties etc could you either forward the advert to them or pass their details to us so we can send the information to them.

The 3 meetings are:

**Sun 8<sup>th</sup> Jan 2023** - All Entries close 29<sup>th</sup> Dec 2022 or when maximum entries are reached.

2 x 60m Rounds maximum entries 190 athletes

Pole Vault open to WSEH athletes only until 15<sup>th</sup> Dec then open to all – maximum entries 15

Long Jump (4 Jumps Each) open to WSEH athletes only until 15<sup>th</sup> Dec then open to all – maximum entries 20

**Sun 5<sup>th</sup> Feb 2023** – All entries close 29th Jan or when maximum entries are reached.

2 x 60m Rounds maximum entries 190 athletes

High Jump open to WSEH athletes only until 12th Jan then open to all – maximum entries 16

Long Jump (4 Jumps Each) open to WSEH athletes only until 12th Jan then open to all – maximum entries 20

**Sun 5<sup>th</sup> March 2023** - All entries close 26th Feb or when maximum entries are reached.

2 x 60m Rounds maximum entries 190 athletes