

## **TAC Masters Update 2<sup>nd</sup> March 2023**

The inter area XC at Lloyd Park is in danger of being cancelled as there are not enough SCVAC members entered. If you join SCVAC as a second claim (£10) **today** you will get immediate membership activated (apparently you need to tick all boxes A B and c) There are 7 regional Vets clubs in the UK, you need to be a member of one to compete in certain competitions. Our local one is the Southern Counties Veterans Athletics Club  
If you enjoyed the Nationals and fancy a bit more XC this is very close and a great course.  
How to join SCVAC and then enter the Interarea XC race.

<https://bmaf.opentrack.run/en-gb/>

## **Battersea 5K. Friday 17<sup>th</sup> February**

Becky Morrish produced a PB of 18.22 on this fast course under the lights. Dan Bradley 15.05 and Nathan Chapman 16.15 also ran.

## **Tunbridge Wells Half**

Many of those building to spring marathons were in action over this distinctive course with it's notorious hill to Fordcombe.

Leading the way was Dan Bradley in 1.11.22 to be 3<sup>rd</sup> overall. Closely behind and setting a new TAC M40 record was Neil McClements 1.11.59. They won the Mens team race with the help of Sean Molloy.

Tom Rule (M40) set a big PB 1.20.46, but couldn't quite catch his brother. Jacek Traczynski was also setting a PB in 1.22.04.

Lizzie Owen ran 1.34.27 to be 1<sup>st</sup> W45, with Laura Andrade 1.36.15 not far behind running a PB.



## National XC Championships Chester Saturday 24<sup>th</sup> March



Out of the 10 National trips I have been on this was one of the most special as there was such a fabulous coming together of the various different training groups, both on the buses, at the event and at the Dinner dance.

The venue itself was really good and the “Putty” like underfoot conditions were surprisingly testing with some long steady inclines.

As ever Ben Cole led the Masters contingent home as 4<sup>th</sup> scorer for TAC in 34<sup>th</sup> position. He really is in the premier division of Masters athletes!!

Tony Bennett led the rest of the squad home in 581<sup>st</sup> and celebrated this run well into the night. Despite almost missing the start for the second race running Joe Watts 729<sup>th</sup> had one of his best races for some time as he charged through the field. Simon Fraser (745<sup>th</sup>) also had a strong second lap as he overhauled Mark PK (880<sup>th</sup>), Nick Arnott (758<sup>th</sup>), Graeme Saker (779<sup>th</sup>) and Jack Keywood (753<sup>rd</sup>)

Steve Ellison had his best race for TAC (1251<sup>st</sup>) and Richard Puxty completed his 10<sup>th</sup> National in a row (1318<sup>th</sup>)

Charlotte Warren had her usual bold start and held on well to be 265<sup>th</sup> and 5<sup>th</sup> TAC finisher. Nicola Summerfield (400<sup>th</sup>) had plenty of other TAC runners around her in the middle of the race. National debuts for Virginie Martel and Gerry Jee.

Angie and Anthony Crush cleaned up on the most improved awards!!!

Next year the National is due to be held in the midlands (hopefully in Nottingham) definitely an event not to miss.



### **British Masters indoor Champs**

Last weekend Grazia Manzotti travelled to Sheffield to compete in the British Masters indoor 3k racewalk, still fairly new to indoor racing she finished in a much slower time than she hoped 17.19, having picked up a couple of red cards early on . Grazia still went on to take a clear win over her opposition and is for this year W50 British champion for 3km indoors.

Results <https://bmaf.opentrack.run/en-gb/x/2023/GBR/bmaf-itfc/event/T26/1/1/>



### **National masters Road Relays Saturday 20<sup>th</sup> May , Sutton Coldfield**

Teams are building nicely. More required in all age groups, particularly 45-54  
Each athlete 5km

Please forward your availability, don't think you are not good enough to be in a team, we can enter multiple teams in each age group or mixed age groups.

**SCVAC League dates**

- SCVAC League - Kent Divisions - Dartford, 28 July
  - SCVAC League - Kent Divisions - Tonbridge, 7 July
  - SCVAC League - Kent Divisions - Norman Park, 23 June
  - SCVAC League - Kent Divisions - Tonbridge, 2 June
  - SCVAC League - Kent Divisions - Dartford, 26 May
  - SCVAC League - Kent Divisions - Sutcliffe Park, 5 May
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