

TAC Masters Update 31st January 2019

Nicky Buckwell, Cardiff

“As the distance runners take to the muddy cross country and road races over the winter the sprinters, field event and some middle distance runners take to the warmth and shelter of indoor events! Following PK’s comment about an event in Cardiff and plea for more information about what the sprinters etc get up to I have to confess that I was the individual who decided it would be good to head to the Welsh Masters Champs in Cardiff on 20 Jan!

I had my first ever taster of indoor racing at Lee Valley last year - and thoroughly enjoyed it. So, keen to have another go this year and knowing I was going to miss some meetings at Lee Valley I decided to head to Cardiff - a very easy decision as we have family down there!! Unfortunately 60m and 200m results were a little disappointing due to slight injury, but pleased I did them. It was great because the Welsh Masters was integrated with an open meeting for U20s and seniors and so there was always lots going on.

Hopefully there will be more news from this section of the club soon - I know that several Masters were due to competing at the London Games at Lee Valley this weekend.”



Sally Vine, Lee valley

Izzy and I went to Lee Valley today for the London Indoor Games, to compete in 2x60m ... Izzy’s first indoor, my first of the year, and first time racing from blocks. Unfortunately my recovering hip flexor gave me trouble after the first 40m in the first race and caused me to limp across the finish line, still managed a PB though (should have been so much more !!😞) but decided not to do the second 60m and cause more damage.

In the Pole Vault, **Angie Crush** jumped a PB of 2.16 indoors at Lee Valley. This ranks her top W40 in the country for 2019 Indoors at the moment.

SCVAC Indoor championships coming up.

Southern Cross Country Championships 26th January

A depleted number of TAC Masters took part in the SEAA XC champs at Parliament Hill. The Ladies Race was over 8km and Sasha Houghton had another great run to be 3rd team scorer as she finished 114th out of 698 in 33.21. Grazia Manzotti was 472nd experiencing her biggest race to date with one of her best performances. Deniz Bowart was 537th finishing strongly over the gruelling course.



In the Men's race, Julian Rendall was only just outside the Silver medal winning team as he was 79th in 50.49. Adam Styles 451st 59.06 was just ahead of Joe watts 469 59.31. Steve Keywood was just ahead of the magical halfway mark (577) in 572nd 61.14. Adam Roeder had a flying last lap to be 646th 62.28 and Mark PK had a shocker in 837th 66.19.



Canterbury 10 Miles

Due to a clash with the Southern XC TAC had a select number at this race run in tough windy conditions. Dan Madams had a great race to be 1st Vet as he finished 9th overall. Nichola Evans continues to lower her PB's as she was 8th W35 in 1.13.52. Scott Shurmer ran 1.23.43.

Dan says “Really tough wind conditions put a spanner in the works in regards to getting a good time (finished in 59min 14sec).

Although the course is not as demanding as running around Parliament Hill(I’m applauding all those he did on Saturday) it’s certainly qualifies as very undulating.

Well organised and worth doing if looking for a decent road work out in January.”



British Masters Road Relay Championships Saturday 18th May

These are the ultimate team event in athletics when every second counts! Big event with only 35+ athletes. There are 3 races, All womens age groups plus M75 + together, M 35+ and 45 + together, then the M55 and 65 together.

Potentially we could have teams in all age groups, being particularly competitive in the M55, M65, W35 and W45 age groups. Please don't think that you are not good enough as we can enter more than 1 team in any age group and there will be options for older athletes to run down an age group where required.

The 3 mile course at Sutton Park , Sutton Coldfield is very pleasant and encourages good times. We may arrange a Minibus, depending on the start time.

Please keep this date free.

Southern Road Relays, Sunday 24th March Milton Keynes, this is a senior Men's (12 stage) and Women's (6 stage) race, however Mark Hookway will try to qualify two Men's teams for the Nationals(the women do not need to qualify). As with all relay teams being the manager can be very stressful. There are a few Masters who will be in a team by right, however Mark Hookway will always want to have reserves who can run to complete the team if there are last minute drop outs. Don't be shy to let him know, nothing worse than 11 runners in a 12 man team!