

TAC Masters News 3rd August

SCVAC Kent Vets League

Both TAC Men's and Women's teams were able to enjoy another successful winning evening at Central Park.



The Men's team were assured the win providing they turned up on the night. The Women's team had assured themselves of the league title however it was great to see the enthusiasm to complete a 6th league victory.

Congratulations to all those involved Athletes, Volunteers and especially the Officials that TAC provided. John Sanders and Tony Fullbrook both deserve special mention. John was time keeper at each event and Tony gave up intended competing opportunities to cover field official gaps.

Mark McAllister, Nick Arnott and Grazia Manzotti all did great jobs organising teams and ensuring events are covered. Di Bradley stepped right out of her comfort zone to run the W60 track events as well as taking part in the throws.

Despite best efforts unfortunately there will be no Regional final this year due to diary congestion.

Results

<http://www.scvac.org.uk/2023results/SCVAC-KentDivisionResults28072023.pdf>

Kent Vets Track and Field Champs

Please support this opportunity to take part in some late season T&F.

Individual Entries at <http://www.kcaa.org.uk/track-field.htm>

Masters - Kent Affiliated Athletes
Masters - Open/Non Kent Affiliated Athletes

<http://kcaa.org.uk/onlineregs/newmeeting13.php?MeetID=9>
<http://kcaa.org.uk/onlineregs/newmeeting13.php?MeetID=10>
[non-on-line entry form](#)

Proposed Schedule of Events

<u>Sunday 10th</u>		<u>Saturday 16th</u>		<u>Sunday 17th</u>	
High Jump	All	200m	All	100m	All
Pole Vault	All	800m	All	400m	All
Triple Jump	All	5000m	All	1500m	All
Long Jump	All	80mH	W40 - W70, M70 - M80	110mH	M35 - M40
		100mH	W35, M50 - M60	200mH	M80
		Javelin	Women	300mH	W50 - W60, M60 - M70
		Hammer	Women	400mH	W35 - W40, M35 - M50
		Shot	Women	2000m Walks	All
		Discus	Women	Shot	Men
				Discus	Men
				Javelin	Men
				Hammer	Men

East Peckham 10 k Sun 30th August

There was a large turn out of TAC athletes at this local race.



Dan Bradley M35 2nd 32.02 and Nathan Chapman M35 3rd 33.44 were top TAC Masters. Adam Tibbals M45 36.44 out kicked Jacek Traczynski who ran a big PB of 36.45. Tony Bennett was 4th M45 in 37.57.

Tonbridge AC take home a trophy and club members receive a 10% discount to Nice Work events for the next season.



Lizzie Owen ran a PB 42.13 to be 3rd female and 1st W45. Tina Oldershaw made an encouraging return to racing after illness to be 1st W55 42.19.

Tony Fullbrook M55 40.23, Peter Sutton M40 40.40, Derek Jee 41.56 and Penny Pilbeam W50 43.19.

I doubt many were aware, that this team effort propelled TAC to the NiceWork Kent Club Championship annual title !!!! A bonus of this is that all members will receive 10% discount off race entry fees with Nicework.

NICE WORK KENT CLUB CHAMPIONSHIP			
1		TONBRIDGE AC	232
2		DOVER ROAD RUNNERS	214
3		FOLKESTONE RC	193
4		MAIDSTONE HARRIERS	163
=		TUNBRIDGE WELLS HARRIERS	163
6		ASHFORD & DISTRICT RRC	155
7		ASHFORD AC	122
8		SOUTH KENT HARRIERS	103

Battersea VETS AC 5k 1st August

Maria Heslop shot to the top of the UK W55 rankings with her 18.22 time. This gave her 98.56 % on age grading!!!! She heads some very respected athletes as shown on the list below. This is also a PB only bettered in 2014 at Tonbridge Parkrun.

5K V55 Women 2023 to 27:00

Rank	Chip	Gun	PB	Name	Club	Venue	Date
1	18:22		18:22	PB Maria Heslop	Tonbridge	London Battersea Park	1 Aug 23
2	18:27	18:28	16:43	Clare Elms	Kent	Battersea Park	21 Apr 23
3	18:45	18:58	17:59	Sara Avery	Cheshire Dragons	Kingsley	28 Apr 23
4	19:10		18:21	Susan McDonald	South London	London Hyde Park	24 Feb 23
5	19:12	19:15	18:34	Kay Neesam	New Marske	Redcar	19 Jul 23
6	19:22		18:09	Anna Critchlow	West 4	London Hyde Park	26 May 23
6	19:22	19:25	19:22	PB Jackie Murdy	South Shields	Sunderland	20 Jul 23
8	19:24	19:47	18:48	Clare Jolliffe	Bristol & West	Cardiff	30 Apr 23

Graeme Saker lowered his own M60 TAC record to 18.25, with Mark PK M55 18.39. Charlie Richardson appeared to have run a PB of 19.36 according to his watch, but is showing as 20.03 ???

<https://data.opentrack.run/en-gb/x/2023/GBR/bataug23/event/R1/1/1/>

Winter events

For those that are new to the winter season you may not be totally familiar with the events that are listed on the Google sheet that Mark Hookway has requested you to fill. Fill as you can, it is always easier for him if he has an idea in advance.

<https://forms.gle/ssiC7zjEBf7VPN5R7>



There are races with specific Vets categories included on the list (South of England Road Relays 23rd sept 40,50,60 team categories and The kent League has Age group categories.

However, there are also these below :

Oct 14th England Masters XC team selection race. Derby. Individual entry. This to race in the British and Irish Home International on the 11th November in Glasgow.

Oct 28th BMAF XC relays Nottingham

Nov 19th BMAF Road Relays , Mallory Park. Team categories 35,45,55,65 (team entry)

Dec 2nd Kent Vets XC Dartford Team cats W35,W45,W55, M40,M50,M60 (team Entry)

Dec 3rd BMAF 5k Road champs Battersea London (individual entry)

Dec 10th South of England Masters XC , Team categories 40,50,60. (team entry)

Also the European Masters Champs in Pescara Italy 21st Sept to 1st Oct

There are England masters team opportunities at 10k, HM and Marathon, 15 (top 3 from each qualifying race) selected per 5 year age group. Read more about qualifying races

<https://www.englandathletics.org/team-england/age-group-masters/masters-teams/>

Details <https://d1laub10p5ibfa.cloudfront.net/2023/05/Masters-FAQs-2023-24.pdf>

Hospice in the Weald 10k

Some members have recently been supported by the Hospice in the Weald, please support this race if it suits your schedule and you are not involved in the Kent masters Champs.

<https://www.hospiceintheweald.org.uk/events/hospice-run-2023/>