

TAC Masters Update 3rd December 2023

Kent Vets XC 2nd December Dartford

We had a great turnout for this rare opportunity to race just against your own age group. There is a strong team element to this event and this year there were some tight results that showed how important the efforts of non scoring team members are.

M40

We won bronze team medal with 71 points, however both Blackheath and Dartford had 72. Tom Woolley (19th) really dug deep for the last lap and a final last sprint to hold off two athletes including a Blackheath one was vital. However Anthony Bennett 26th and Tom Rule 27th (just behind Julian Rendall 4th scorer in 25th) critically pushed the 3rd and 4th Dartford scorers (30th and 31st) down places. Jay Smith 12th led the team and Andy Graffin 15th (4th M45)



W55

Due to various circumstances this potential gold medal winning force had not come together in this age group before this. However they delivered with Maria a close 3rd in the overall race taking Gold W55, Tina Oldershaw silver W55 and with Lucy PK 5th they won team gold out of 3 complete teams.

W45

A solid 2nd place team out of nine was just reward for Close packing of Lizzy Owen 6th, Penny Pilbeam 9th and Lisa Knight 11th. Rachel Fagg 13th was a great team backup.

W35

After team Gold for the last two years we had to step aside for a very strong Kent AC team (2nd, 3rd and 4th) However Silver for Claire day 7th, Charlotte Warren 8th and Antonia Sanderson 14th (Birthday girl) was very competitive.





M60

Graeme Saker took the individual title, although he needed his race experience to patiently close down on the fast starting Andy Howey. He only took the lead halfway round the final large lap.

A glance at the team results (11 complete teams, equal highest number of complete teams with M50) below shows how close it was for 2nd and 3rd place. In fact both Andy Wood (19th) and Mark Grange (23rd) both gained places in the final 50m sprint off the last sharp climb. Without those we would have been out of the medals.

Vets M60

	First 3 to Score		
	Club	Finish Pos.	Points
1	Tunbridge Wells Harriers	2,6,13	21
2	Tonbridge AC	1,19,23	43
3	Kent AC	3,7,33	43
4	Dulwich Runners AC	10,12,22	44
5	Maidstone Harriers	15,16,18	49

M50

Unfortunately Ben Reynolds had broken ribs in a fall and with a few others unavailable the team finished a creditable 5th place outside the medals for the first time in a while. Nick Arnott 25th, Mark PK 27th, Tobin Bird 35th and Phil Coleman 36th. Peter Kernan and Michael Thomson not far behind.

M70

Our sole representative Alan Newman had a very strong race to take the M70 championship title by a comfortable 45 seconds.

<http://www.kcaa.org.uk/race%20results%202023.htm>

Race video's at www.tacdistanacerunners.co.uk

Battersea BMAF 5k

A small group took this opportunity for a relatively local BMAF champs over 5k. Dan Bradley was 4th overall and bronze medallist in the M35.

Helen Gaunt 17.30 won the W40 and Nichola Evans 18.20 was 3rd in the W40 category. With Harriet Woolley 18.27 they comfortably won the W35 team title.



Kent League XC Swanley Park 26th November

A slightly under par (Due to a tooth infection) John Harley was crowned M70 champion although on the day he was 3rd. Alan Newman completed his 3rd victory, but having dropped out at Summerhill was out of contention for the title.

Maria Heslop continues to contribute to the 3 and 6 to score team results while dominating her W55 AG with 3 out of 3 wins. Charlotte Warren and Lizzie Owen also scoring for the 6 to score team.

Elizabeth Owen is tied in 3rd place for the W45 title and will need to beat her rival from Cambridge Harriers at the final meeting. Lizzie has beaten her twice out of 3.

<http://www.kcaa.org.uk/kent%20league%20results.htm#24>

SCVAC Kent Vets League 2024

Dates and Location. All start at 6.45pm Events list will be distributed shortly when finalised.

- 1) Friday 17th May – Norman Park. Host Blackheath and Bromley
- 2) Friday 31st May – Tonbridge. Host TAC
- 3) Friday 14th June – Dartford. Host DAC
- 4) Friday 28th June – Sutcliffe Park. Host Cambridge harriers
- 5) Friday 12th July – Tonbridge. Host TAC
- 6) Friday 26th July – Dartford. Host Central Park AC

OFFICIALS COURSES

Officiating, we need more officials to share the duties. It is very easy and the courses can be online or in person. Dates for the new year are now available. Simply log on to your EA account and search the officiating courses

<https://www.englandathletics.org/coaches-and-officials/officiating-journey/>

Valencia Marathon

Dan Longhurst ran a PB of 2.48.25 as he took advantage of the conditions.

Masters Hoodies

I think we are all in agreement that the masters hoodies are very nice.

Grazia has enough requests for a further order, however they will not be available until mid January (due to a holiday)

Grazia will need payment up front before she can make the order

