

## **BMAF National Road Relays Sat 28<sup>th</sup> April**

This is always one of the best attended races of the Masters' calendar. This year the race had been moved from Mid May to late April to avoid clashing with the European Masters' non stadia event in Spain. Unfortunately, this resulted in the event being the week after the London Marathon. The organisers were relieved that overall team entries were down by only 15. The course was different to usual, using the short course from the Senior event, the hills proving to be considerably slower!

The first race is all ladies age groups and M75+. We had a W45 team that was led off by Tina Oldershaw (19.38) who despite not having raced here before came through nicely to be 4<sup>th</sup> at the end of the lap to hand over to Lucy Pitcairn-Knowles (22.21). Lucy had been injured / ill but had stepped in to replace the injured Sasha Houghton. Her experience on the course was a great help as despite not being fully fit she managed her lap well to finish in 6<sup>th</sup> place.

Up ahead Telford had a minute's lead over Winchester and Dulwich, with a further 1.15 min back to 4<sup>th</sup>. Maria Heslop (18.36) relished the challenge of chasing down a deficit of 2m 45 sec. It was soon clear that all the teams ahead had front loaded and were struggling to hold off Maria as she ran the fastest time of the day. Maria started 1.45 behind Winchester and with 600m to go appeared to be on course to catch the leader who to her credit found just enough speed up the run in to hold Maria off by 7 seconds. The photo below shows how close Maria was at the final bend.



The M55 was off next led by Graeme Saker (18.44) who is coming back to form. He was disappointed not to be able to go with the leader but was a good 3<sup>rd</sup> place on the notoriously tricky first leg. Graeme ran the fastest TAC male time of the day (although Maria was fastest). Alan Newman (21.30) had the unenviable task of taking over in 3<sup>rd</sup>, but again experience ensured he did not go off too fast as he finished in 12<sup>th</sup>. Cain Bradley (22.52) converted his recent good Park run times into a good leg 3 as he finished 14<sup>th</sup>. Brian Buckwell (22.41) ran the first leg as an incomplete team.



The M45 team was looking to improve on it's remarkable run of 28<sup>th</sup>, 27<sup>th</sup>, 26<sup>th</sup> places over the last 3 years. We did in fact finish 25<sup>th</sup>!!! Although 2 teams were then disqualified as we leapt up to 23<sup>rd</sup> in the final results. The decision on who was to run first was easy as Andy Wood (19.46) had to get home quickly. He had shown he is in form over recent training sessions and he duly delivered a time close to his previous times over the faster course! Phil Coleman (19.06) ran the fastest leg for the team as he gained 10 places. Mark P-K (19.51) and Tobin Bird (21.05) held 25<sup>th</sup> place.



### **Goudhurst 10K Sun 29<sup>th</sup> April**

Tony Bennett ran a massive PB here in 37.30 as he was 3<sup>rd</sup> overall and 1<sup>st</sup> Vet. Rachael Fagg 46.30 was 4<sup>th</sup> Lady and 1<sup>st</sup> W40. Claire day made her return to competitive racing following the birth of her second child in November, as she was 6<sup>th</sup> female in 47.56. Clare Brown was next in as 7<sup>th</sup> female in 47.54 and first W50. They also made up the winning female team.

### **Hildenborough Road Races Mon 7<sup>th</sup> May 2.30pm**

It will be good to see plenty of TAC runners at this local event. 10M, 5 M and 2.5M options as well as family fun runs before.

<http://www.hildenboroughraces.com/faqs/4593809872>

### **England Representatives**

This Sunday Maria Heslop and Tina Oldershaw will be representing England Masters W50 AG at the Birmingham Great 10k race against a Celtic team. Andy Howey 2<sup>nd</sup> Claim TAC will be in the M50 team.

### **SCVAC League**

It was a shame that the bad weather forced the cancellation of the first league meeting of the season, the organisers delayed the decision as long as possible and had to make a decision to avoid people starting to travel / leave work early etc. It would have been a tough cold debut evening for a number of our athletes.

The next event is at Ashford on Monday 14<sup>th</sup> May, starting at 6.45pm with the 200m. There are 200m, 1500m and 4 x 100m relays on the track. Plus Long Jump and Discus in the field events.

I will send out proposed team sheets, but any updates on availability are welcomed. Please remember anyone wanting to do a non scoring event is welcome, apart from in the long throws.

### **Wimbledon Half Marathon**

Dee Ierfino ran 1.51.49 at the Wimbledon half marathon last Sunday.

### **Facebook Group**

Any new members who would like to join the TAC Vets facebook group please follow this link.

<https://www.facebook.com/groups/1725755161043753/>

### **Beckenham Team Relay - Wednesday 23rd May 2018**

As a club which has participated in our team relay previously, we would like to invite you to this year's event, which takes place on Wednesday 23rd May at 19:30.

Full details and a link to online entry is now available on our website at: <http://www.beckenhamrunning.co.uk/races/relay>

Would anyone like to be the organiser of teams for this event? It is 2 days before the home SCVAC league event.