

Long Overdue Summary of TAC Masters Activity 5th July 2022

Nichola Evans England Race

Nichola made an impressive debut for England Masters over 5km at Tenby last weekend.

This is a new format, a match against Welsh Masters, where athletes who meet a qualifying time can apply for selection to either 5km, 10km or HM. The teams were 10 year categories. Nichola reports that the course was downhill to start with, a bit lumpy and then a monster hill to finish which makes her 18.34 (PB 18.31) all the more impressive. She finished 2nd W35 and scored 4th for the team.

<https://www.thewales5k.com/athletes/results/>

For anyone else wanting to try for selection the next England Masters events can be found here, they involve specific qualifying races where you will need to finish in the top 3.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

While I am on the subject the British masters Home International that takes place in Dublin on the 12th November, it now has a selection race that is being held in Derby on the 15th October. You will need to be a member of a regional vets club (Southern Counties Vets AC or Vets AC) as a second claim. 5 year age groups.

<https://bmaf.opentrack.run/en-gb/x/2022/GBR/bmaf641/>

Upcoming Events

Vets League. 15th July Tonbridge then the last meeting on the 29th July at Dartford

Kent Masters T&F champs. 11th September jumps, 17th/18th Sept Track and throws

<http://www.kcaa.org.uk/fixtures.htm>

Kent Vets XC Dec and S of E XC Champs Dec

BMAF XC Relays. 29th October Long Eaton

Open meetings and Southern league meetings are good Track and field opportunities.

South of England Road Relays, Masters teams included from 40 upwards 25th Sept 2022

Plus some other events as highlighted above.

World Masters Tampere

The world Masters championships have been taking place this week in Tampere Finland.



Ben Reynolds took Bronze in the 5000m in 16.44.75. Ben knew he had his work cut out to beat the Portuguese athlete who won.

Mark McAllister took part in the M50 200m and made it through to the semi finals. He enjoyed the experience and learnt a lot about how these big events work.

Ex TAC athlete Nicki Buckwell also won a bronze in the W65 Heptathlon

British Masters T&F Champs

Report from Grazia Manzotti :

“ I was the only TAC Master who competed in Derby even though Sue James and Alan Newman were there supporting It was nice to hear them cheering me on during my race.

3k walk I was first lady overall just behind one of the men and British Champion, it is always nice to get a medal.”

Results here <https://bmaf.opentrack.run/en-gb/x/2022/GBR/bmaf-otfc/event/T26/1/1/>

SCVAC Vets League

I missed the last meeting at Bexley, but there was another win for the Ladies A team and second place for the men’s team. As ever, consistent scoring across the events counts. There were wins for Steve Daly M35 LJ, Mark McAllister M50 200m, Nick Arnott M50 800m. John Ridge and Ian Crawley 2nd and 3rd respectively in the walk!!!

Grazia Manzotti and Di Bradley won the women’s walks, Nina Ridge the W35 LJ, Diane Wright W50 200m, Maria Heslop W50 800m and Di Bradley W60 Hammer

<http://www.scvac.org.uk/2022%20results/SCVAC-KentDivisionErithResults17062022.pdf>

Next **Vets Meeting is at Tonbridge on Friday 15th July 6.30pm**

400m, 1500m 4 x400m WPV,WSP, MHJ, MHT,

We will need help setting up and any help assisting in the field events will be appreciated.

Please let Mark PK know if you can help mark@pkfamily.plus.com

We do need to bolster our women’s over 60 track resources. Does anyone know of a keen over 60 runner?

Kent Masters 10000m

Graeme Saker continues his amazing return from his knee surgery as he ran 39.27.55 to be 2nd M60 in the 10000m.

<http://www.kcaa.org.uk/race%20results%2022.htm>

BMAF Multi terrain 30km champs Gravesend

Julian Rendall collected a bronze medal in the British champs as he showed his strength over this challenging course.

www.stuweb.co.uk/events/2022/06/26/4130/

Antony Stevens Summer Spine Race

Antony completed yet another incredible feat of endurance over 268 miles as he raced the Spine race finishing 6th. Please see his report here. He is now preparing for his next one in the Autumn!!!!

<https://www.oldiesultras.com/post/spinal-cracker?fbclid=IwAR1v1Sh-gibW0PqZ1jUQyO3pEIOeqiyJ9UUGhMZnzpFXypKI1YYqSepiYk>



There have been plenty of impressive performances over the last month, unfortunately I was too busy to keep up with them all, so apologies for missing some, but here are some highlights..

Ben Cole 5000m 14.25.33 TAC M35 record
10000m 30.40.72 to be 7th in the English Championships.

Ben Reynolds 9.46 3000m at Watford Open meeting 15th June.

Maria Heslop 5000m 19.16.95 at SAL Chelmsford. W50 TAC record

John Harley 800m 3.03 M70 TAC record

Tom Rule took part in the Stockholm marathon 3.28.34, learnt a lot about pacing a marathon having suffered in the final 6 miles.

<https://www.runbritainrankings.com/results/results.aspx?meetingid=470918>

Jacek Traczynski

Jacek has put together a series of good race performances, winning the Bedgebury 5 mile, Hawkhurst 10k. 3rd place, Wittersham 10k where he went under 40 minutes for the first time 39.10, Bewl Water 15 mile finishing 15th in 1.48.16.

<https://www.nice-work.org.uk/races/Bewl15/2022>

Jacek is a great example of someone who has trained consistently and is seeing results.

Tina Oldershaw has also been competing in a number of local races collecting some nice trophies along the way including the High Elms 10k (penny Pilbeam also raced) and the Wittersham 10k, before also completing the Bewl Water 15 miles to be first Masters

woman. **Dan Bradley** has also had some good results on the road including 31.56 at the Sandwich 10k.

Trans Runner Protest Update

Some of you will be aware of the issues following our protest that we made at the inclusion of a trans athlete in the Cheshire Dragons team that came second in the W45 BMAF road relays back in April. The athlete in question is at present the fastest W50 in the country over 5km and 5M. English Athletics are investigating but considering it is over 10 weeks now, progress is slow. Our initial protest was rejected on the grounds that the athlete was registered as a female on UKA, however when we looked into how this is achieved, it was apparent that a simple tick box Male or Female was all that was needed. There are no checks or questions re status, hormone control etc. We re-submitted our protest about 2 weeks after the race and still await a decision.

Mark Hookway, Mara Yamamuchi, Myself and a number of other concerned people around the country have been working hard to ensure that the National Governing bodies are kept under pressure to put in place clear guidance concerning the inclusion of trans (male to Female athletes) in women's races as we see it as unfair to cis women.

We have now heard that the athlete in question has not renewed her EA registration for 2022-23 (there is a grace period of 3 months) hence was not registered at the time of the relays. We are awaiting a decision from the BMAF. Tonbridge would not enter an athlete in a championship race who has not renewed EA for exactly this reasoning.

Facebook Group

Please request to join the facebook group where we post teams etc.

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

Distance Runners

If you are new to the club and do distances over 800m to marathons etc please contact markhookway@icloud.com to request to be added to his weekly distribution email that gives news of the weeks activities and also all the details of upcoming events. Also use his website <https://www.tacdistanterunners.com> where there is everything you need to know about upcoming races etc

Masters Athletes at the Southern league Chelmsford 13th June

Grazia Manzotti team manager reports :

"We had a few gaps as this meet was clashing with the Kent School Championship and with the BMC international Grand Prix. But as the team manager is one of the league days I enjoyed the most. It was a great day There was a great atmosphere and every TAC athlete who was there had a great team spirit and jumped in events at the last minute or events out of their comfort zone. I felt that is what TAC is all about.

A shout out to all the masters athletes who competed and got vital points as we were joint second so each pointed counted as we would have been third otherwise.

Diane Wright did the 100 metres super speedy and she also stayed longer so that her daughter Asha could do the 200 as well as the 400!

Angie covered the 100 and 200 metres B string as well as winning the pole vault!

Ian Crawley was second in the pole vault and just 5 minutes after finishing the competition jumped in the 1500 metres and was second with a personal best

Lisa Knight did 1500 as well as the 4x100 with myself and Maria, yes we did the relays with super speedy Lucinda White and Lisa and Maria did also the mixed 4 x 400 with 2 super fast guys and we picked up quite a few points, ! I think I need some training in the change over but it was great fun.

Myself and Maria did the 5000, It was Maria's debut and she got the club record and I was super happy with a 42 seconds PB

Nina Ridge did one high jump and won it! Was second in the triple jump with a season best and got also a PB in the long jump! And she was also second in the hammer!

David Harcourt was second in the hammer and I must also mention Charlotte Nicholls vets to be next year as she covered all the throws! Milton McNichol was third in the discus and second in the shot put. Stephen Daily did the triple jump and got a PB "

Please contact Grazia to be part of the next SAL meeting.

