

## TAC Masters Update 6<sup>th</sup> October 2021

### BMAF 10k Champs at Cyclopark 21<sup>st</sup> November

Great to see plenty of entries from TAC masters. Although this clashes with South of Thames XC event at Morden, TAC may not be entering teams for Morden and it is no longer the SCVAC champs due to the clash.

So far, we have complete teams in W35, M55, M65.

Another one for the M35-44 team for which we should really be very strong, same for the M45 team.

We should have a strong W45 team, but no entries yet?? Don't be shy.

Please make your own entry at

<https://mastersathletics.co.uk/events/british-masters-10k-road-championships-2/>

It is £16 if you are a second claim member of SCVAC (regional Vets club) or £20 entry using TAC details. Either way you will be part of TAC teams.

### Milton Keynes road relays.

This hastily arranged event to replace the last minute cancellation of the SEAA relays was a great success. We still managed to field M40 and M50 teams. Although the number of vets teams was reduced and in general we were left adrift after about 100m, there was still the challenge for the M50 team of not being lapped twice by our Senior Mens A team!!!

Ben Cole 15.41, Jay Smith 15.48 and Joe Watts 19.24, were all part of Senior men's teams as they showed their versatility in the final build up to their marathons.

Jason Barton led off the M40 team finishing in 3<sup>rd</sup> place 18.26. A few months off his 50<sup>th</sup> birthday Nick Arnott ran an impressive 18.36, with Derek Jee 20.05 and Tom Rule 20.38 both debuting in this type of event bringing the team home in 4<sup>th</sup> place.

The M50 team were 2<sup>nd</sup> of two teams, with Mark Pk, Andy Wood, Mark Raymond and Scott Shurmer ensuring we were only lapped once by our A team!!!



Grazia Manzotti was the only female vet racing as she was part of the Senior women's B team.

Results. <https://www.mkac.org.uk/2021/09/september-26-soar-mk-relays-results/>

### **Virgin London Marathon.**

Jay Smith led the TAC contingent home in an impressive 2.30.51. He was on schedule for something below 2.30, but like most athletes found the headwind along the Embankment just slowed the final few miles.

I can't be sure of everyone's targets, however looking at the PB's etc it looks like everyone achieved targets.

Ben Cole 2.40.10, Adam Tibbals 2.51.37 (PB), Ben Hepden 2.53.51 (PB), Tom Woolley 2.56.30, Penny Pilbeam 2.32.02, Elise Rendall 3.56.54, Pearl Pearce 4.04.23 (PB) and Clare Moses 4.22.56 all had impressive runs as the mass event returned.

Julian Rendall achieved his ambition of a Guinness world Record by running the fastest marathon in Pyjamas!! 2.51.45.

### **Walk**

It sounds like Grazia and Di Bradley were in an Aquawalk last Saturday in torrential conditions at the cyclopark in Gravesend. The Cecil Gittins memorial walk has optional distances, Grazia and Di chose the 4 laps 10km race. With some sharp ups and downs it is not ideal for racewalking technique, with strong wind and torrential rain it was quite a test and a return to race walking for Di.

Grazia was first Lady 58.23 only 2 seconds off her PB, with Di 3<sup>rd</sup> Lady, 1<sup>st</sup> W60 in 63.14.



<https://thepowerof10.info/results/results.aspx?meetingid=427784&event=10KW&venue=Gravesend&date=2-Oct-21>

### **Parkrun Tonbridge**

The senior training group targeted Tonbridge Parkrun last week and it was good to see some PB's being set. After a number of runs within a few seconds of 19.59, Derek Jee got under 20 mins for the first time.

### **Upcoming Masters Only Events**

21<sup>st</sup> November BMAF 10k Cyclopark Gravesend. Individual entries. M35 +and W35 +

4<sup>th</sup> Dec Kent Masters XC Dartford , TAC Team entry W35+ and M40+. (Ind and team)

11<sup>th</sup> Dec SEAA Masters XC Oxford , TAC team entry, W40+ and M40+ (Ind and Team)

12<sup>th</sup> March BMAF National Masters XC , Tonbridge, W35+ and M35+ (Ind and team)

Ask Mark McAllister for more details re indoor championships