TAC Masters Update 6th Oct 2022

London Marathon

There were two standout performances by TAC Masters on Sunday at the London Marathon.

Helen Gaunt showed her usual determination as she maintained her pace over the last 6 miles despite cramps etc to run a massive PB and TAC club record of 2.39.10. She was 4th female outside the elite start and 1st W40.   This has been a very successful 2 weeks for Helen following her debut for England Masters in Bristol the previous week.

Neil McClennan was quietly confident that he was able to run sub 2.30.   He was surprised how good he felt as he said he had done less running and had a shorter build up, but importantly was feeling fresh.   His race plan went well and he finished as the fastest TAC runner on the day in 2.28.37, having gone through halfway in 1.13.30.   He finished 53rd out of nearly 24000 men!!

Jay Smith went through halfway in 1.14.45 as he targeted sub 2.30. Like Neil he was in great shape in the lead up. Unfortunately, he suffered from about mile 14 and had to slow behind his schedule.   He was disappointed to finish in 2.44.43 and these two experiences show how accentuated the highs and lows of marathon running are.

Julian Rendall 2.47.01 and Jacek Traczynski 3.08.09 both had frustrating races as they encountered waves of slower runners who had started ahead of them and I understand spent about 15 miles weaving, dodging and squeezing past people.   Jacek was never the less very pleased with his time and now believes that sub 3 hours is within reach.

James Winnifrith M50 3.12.32.   I understand that Adam Tibbals struggled over the second half finishing just behind James in 3.12.54.

Tony Fullbrook and Pete Sutton ran together for much of the race.   Both appear to have maintained good even pacing with Peter 3.32.02 and Tony who suffered with hamstring cramp at mile 21 just behind in 3.36.40.

Nicola Summerfield looked cool as a cucumber as she finished in an impressive sub 4 hours (3.54.07) after less than the perfect build up!! Richard Harris gained a belated place in the marathon and had suffered some set backs in his relatively short build up, so was relieved to get round in 4.09.14 despite hip pain from mile 6.

Attention will now turn to the band of athletes doing Amsterdam on the 16th October

<u>Tonbridge half</u>

If you get the opportunity to support , this takes place on Sunday.

<u>BMAF Races this Autumn</u>

Correction to last week YOU DO NOT NEED TO BE A MEMBER OF A REGIONAL VETS CLUB TO RACE IN THE EVENTS BELOW.
These require you to enter yourself , see below.   There are team medals as well.

Cyclopark, Gravesend will hold the **BMAF 10 Mile** Championships on the 27th November.
A perfect surface awaits on a challenging traffic free course.
Cyclopark has all the infrastructure to accommodate the needs of an athlete and the race will only be open to Masters.

All finishers will receive a limited edition BMAF Buff with BMAF medals in 5 year age groups.
Teams as with last years 10k will add to the challenge of the day.
Cost of entry = £19.00 for BMAF area club members, £24.00 for non-members
Entries via Opentrack **here**. Closing date 20th November

In addition to the 10 miles we are fortunate to have the support of VAC who will guide us with the promotion of the **BMAF 5k** Championships at Battersea Park. London on 4th December.
A very fast lap awaits and if the weather is kind the possibly of British bests must be there for the taking.

All finishers will receive a limited edition BMAF Buff with BMAF medals in 5 year age groups.
Teams as with the 10 mile will add to the challenge of the day.
Cost of entry = £18 for BMAF area club members, £23 for non-members.
Entries via Opentrack **here**. Closing date 27th November

For all those who enter both the 10 mile and the 5k there will be a £5-00 reduction.

For both events it will only cost a total of £32-00 for members and £42-00 for non members or why not join one of the 11 areas clubs to save even more.

Masters XC

Sat 3rd Dec. Kent Vets XC champs at Dartford (club pays and makes entry)
We have a strong record at this event and it is very popular. Unfortunately, the BMAF 5k road event in Battersea has been set for the same weekend. I know some prefer XC over road and vice versa.
M40 upwards
W35 upwards

Sat 10th Dec South of England Masters XC champs. Oxford (Club pays and makes entry)
M40 and W40 upwards

Senior Group Day time Training (open to all TAC members)
Tony Fullbrook will be starting a day time training session during the winter. These will be doing the scheduled Senior group Tuesday evening session at 12 noon. We will decide on a meeting place nearer the time as there may be options to go to different venues as light will not be an issue. The first one will be on Tuesday 1st November.

Officials Course.

Level 1 is very basic and no knowledge of field events or track is required.

If you have children in the lower age groups of the club I strongly request that you do the officials course as you will then be able to share the duties at the events your children compete in, scoring points for the team being part of the clubs quota and getting closer to the action where your child is competing.

The course codes for the 5th November at Medway park are below –

https://www.athleticshub.co.uk/course-list/eng?what=Official&_ga=2.30530623.1211017003.1664286103-1160195126.1663862183

Track -- OV0186TR

Field -- OV0184FD

Starter -- OV0185ST

SCVAC Vets League

Mark McAllister is taking over as the Men's team manager as Mark PK will take on the role of league organiser from Tim Fagg. Mark McA will need input from a distance runner offers requested……

Grazia Manzotti will continue to be the Women's team manager.

We are attending a league meeting on the 16th November, please pass any ideas to us before then.   I.e. a composit team from clubs in the East of Kent for Div 2 only to encourage more clubs to join the league. Should over 60's do triple jump, minimum distances for long throws to take pressure off time schedule ….   Fresh thoughts requested.