

## TAC Masters Update 3<sup>rd</sup> October 2019

### SEAA Road Relays 22<sup>nd</sup> September

There were some last minute changes to our vets teams, but we still performed well to be 5<sup>th</sup> W40 team and 13<sup>th</sup> M40 team. There are always some strong teams in these races and is an example of how challenging it is to get your top runners to the line together! I hope it was a good experience for everyone.


### Kent Masters Championships 22<sup>nd</sup> September

Angie Crush jumped well taking gold in the V40 pole vault. As can be seen in the photo on Facebook Nina Ridge had another busy day taking V45 gold in both the triple and long jumps and added a third by running a leg in the victorious 4x200 senior relay! Helen Bond had a good day in the V50 long jump taking silver with a personal best. Nicky Buckwell took silver in the V60 triple jump with a seasons beat and also silver in the long jump. A good end to the a very successful track and field season for TAC Masters!

### EMAC 2019 or another slither 'gently into that good night'

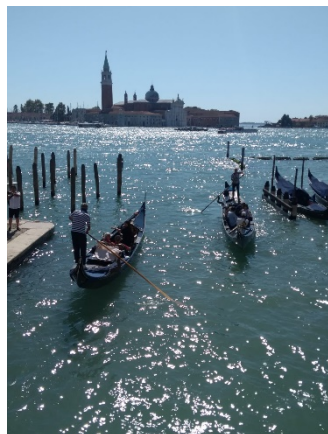
"Well, I'm not going to do the half" I thought as the two leaders pulled away in the 5,000m. The pace wasn't quick but my legs weren't interested. "This is no fun. I wonder if I can get an early flight home?" I plodded on in mild irritation at the noisy Frenchman clipping my heels. Then he too breezed past me but I suspected it might be temporary and sure enough a lap later he stepped aside claiming it was too hot which is exactly what he did in the WMA champs Lyons 2015 when it was 36 degrees. Here it was 'only' 30 degrees.

They had squeezed 30 of us into the race so the spread was vast. While warming up, a fellow Brit

		<b>EMAC 2019</b> European Masters Athletics Championships - 5-15 September 2019 Organization: L.O.C. EMAC 2019 - Venice, Italy		16/09 - 15:52	
<b>Record</b>		<b>WR</b>	15:29.70	Keith BATEMAN	AUS Blacktown 05/01/2011
		<b>ER</b>	15:32.29	Martin FEZ MARTIN	ESP Durango 13/07/2019
<b>FINAL - RESULTS</b>					
<b>Final</b> Stadio Comunale - Eraclea - 13 September 2019 - Start Time: 17:11					
<b>Pos.</b>	<b>Bib</b>	<b>Athlete</b>	<b>Year</b>	<b>Cat.</b>	<b>Mark</b> <b>Points</b>
1	4351	ERIKSSON Hakan	1961	M55	16:26.14
<b>European Champion</b>					
2	1495	LEACH Andrew	1964	M55	16:35.22
3	1583	REYNOLDS Ben	1964	M55	16:57.31
4	1082	JOLY Eric	1963	M55	17:10.79
5	973	BOURDET Patrick	1962	M55	17:17.23
6	1037	DURAND Alain	1963	M55	17:25.11
7	551	HERRERA PLATA Diego	1962	M55	17:27.83
8	3876	MONDRIA Jan-pieter	1963	M55	17:31.05
9	1114	LEPERE Bruno	1964	M55	17:32.28
10	3637	TERZONI Fabio	1963	M55	17:59.98

confided his PB was 28 mins. Scusami? Go figure... I could see compatriot Andy Leach doing all the hard work at the front while Hakan Eriksson, a friendly Swedish orienteer who knows TAC's Nick Barrable, waited to strike which he duly did a lap or two from home to win in an

unexceptional 16.26. I was an isolated 3<sup>rd</sup> in 16.57. Of course, a major medal is a good thing but I confess it's tarnished when it's obtained via a PW! We three warmed down together. Andy confessed to 4 days hiking in the Dolomites since his 10,000m victory which seemed rather Bannister-like. Hakan said he was considering the WMA champs in Toronto 2020. Me too, I thought, but somehow I need to get myself in better shape than I am now.



With a day to kill until the Half, I did the tourist thing in Venice. What a spectacular place! Visiting good or interesting places is just one of the many pleasures of international master's champs.

Thoughts of skipping the half evaporated and I focused on logistics. Unkind people like to remind me of Aarhus 2017 when I managed to book flights that required me to drop out of the half at the 6 mile point and hoof it to the airport. No such constraints this time. A light breakfast in my AirBnB at 5.30am left me feeling over-full. I got a couple of buses to the start. Beautiful blue skies but the mercury was rising ominously. 'Warming up' seemed superfluous so I didn't do much. I saw Simon Baines (ex TAC) go out in 3<sup>rd</sup> in the 10k race (he

went on to win the M45 title) which started 10 mins late. We were milling around the start with 7 mins to go when the gun went. Some people started running so we figured we'd better join them. For those still warming up or 'looking upon a hedge' it was an awkward gallop to join the race while poking away offensive body parts.

My stomach still felt tight from breakfast so I took it slowly. In truth I had to, given the number of slower men and women in my way. Our Team Manager said afterwards that I looked awful. Given the heat (30 degrees again) I thought it would be prudent to take on some water at the first water station but I was worried lest I had a Monty Python Mr Creosote moment with a mouthful of water being the last 'waffer'. Thankfully there were no explosions. I moved through the field steadily and tucked in behind an M50 Italian who was making equivalently steady progress. At half way I was told I was a minute behind the leading M55 Brit. Hmmm. A bit too far I thought.

I actually began to feel rather better from 10k although my splits still deteriorated. I oozed past a Spanish M55 and then a Frenchman too. I wondered how many more M55s were up the road? It was very hot but I didn't feel unduly affected. Suddenly I saw the leading Brit and he was walking! I encouraged him to tuck in when I went past but there was no response. I finished quite strongly but was horrified to see the clock tick past 80 mins to 80.07 – a 6 min PW! I looked around for other

Cat Pos	Overall Pos.	Athlete	Country	Year	Cat	Time
1	26	MORAN Paul	IRL IRELAND	1963	M55	1h17:20
2	47	LECOMTE Pascal	FRA FRANCE	1962	M55	1h19:43
3	50	REYNOLDS Ben	GBR GREAT BRITAIN & N. I.	1964	M55	1h20:09
4	54	VELDMAN Henri	NED NETHERLANDS	1962	M55	1h20:50
5	55	NOTTOLINI Claudio	ITA ITALY	1962	M55	1h21:03
6	56	BLANCKE William	BEL BELGIUM	1962	M55	1h21:27
7	57	HAKOLA Jari	FIN FINLAND	1964	M55	1h21:37
8	58	WATMOUGH Stephen	GBR GREAT BRITAIN & N. I.	1962	M55	1h21:45
9	60	MORALES ROBLES Jose Ant	ESP SPAIN	1961	M55	1h22:18
10	63	SEMPELS Marc	BEL BELGIUM	1960	M55	1h22:29
11	69	LEPERE Bruno	FRA FRANCE	1964	M55	1h22:49
12	82	VAN DE GRAAF Rob	NED NETHERLANDS	1962	M55	1h23:37
13	92	HALLS Mark	GBR GREAT BRITAIN & N. I.	1963	M55	1h24:53

M55s and spotted an Irishman and a Frenchman so suspected I was 3<sup>rd</sup> which proved to be the case. The over-heated Brit made it in, just, but was as white as a sheet with tidemarks round his mouth and a list to port á la Jonny Brownlee.



The medal ceremony was in a Plaza with no shade so we sheltered in a nearby gelateria. With a national anthem for each age group/sex, the ceremony was interminable. By the time they got to my race, the winner had left for the airport so it felt a bit flat. After a 5 hour wait for team awards we discovered we had won the team race but they confessed that they had run out of medals so we just got certificates and precious few people were still there to receive or applaud. Supposedly a box of medals had been stolen...

So, the 2019 season ends with medals but personal worsts. It occurs to me that I haven't run well on the track for 3 years and yet I have run OK on the country so maybe there is a mental weakness to my track racing. Either way I need to channel a bit of 'rage against the dying of the light' and try not to go too gently into that good night.

See you for the 2020 season.



Sunday 7<sup>th</sup> proved to be quite a successful day for TAC, with the Senior Ladies leading the way to 2<sup>nd</sup> place in the **National Road Relays** 6 stage. Maxine McNulty the only Masters athlete involved running the fastest leg in the C team, which was narrowly 2<sup>nd</sup> C team on the day. the squad in the C team.

Closer to home Helen Gaunt was 1<sup>st</sup> Lady in 1.27.01 (just 20 secs ahead of 2<sup>nd</sup> place) at the **Tonbridge Half marathon**. Other category winners were Tina Oldershaw W50. 1.31.09 (but was not TAC registered in the entries) and Alan Buckle won the M60 in 1.30.27. Nichola Evans 1.31.18 4<sup>th</sup> place and Penny Pilbeam 1.37.51 9<sup>th</sup> completed the winning team.

Tony Bennett was back in action finishing 6<sup>th</sup> 1.24.01, and Tim Hill 1.26.42 joined Dan Bradley in the winning Men's team. David Suddes ran a massive PB in 1.39.46.





Meanwhile in Ashford at the **Givaundan 10k**, the TAC ladies were winning again, with Claire Day 4<sup>th</sup> and Grazia Manzotti PB 47.22 completing a winning team with the help of overall winner youngster Becky Morrish. I have not seen results yet.



Mark Schofield and Mark PK ran in the **Titsey Trail 10km**. A challenging muddy undulating course saw Mark PK finish 11<sup>th</sup> (3<sup>rd</sup> M50) 44.09 and Mark Schofield 40<sup>th</sup> in 48.55.

#### **Upcoming events**

The cross country season is upon us and it is great to see so many Masters athletes getting involved. The Kent League XC does have a Masters league within it, 10 year categories for Women from 35 upwards, the Men start from 40 in 10 year categories. There are 4 races and to have a chance of winning you will need to race all 4 as the winner is the lowest score.

30<sup>th</sup> November is the Kent Vets XC championships at Dartford, this has the same age categories but with only Vets racing it is a chance to really know where you are in a race. (Team and individual champs). W35 upwards, M40 upwards.

7<sup>th</sup> December is the South of England XC Championships at Horspath, Oxford. Again, these races are only for Vets, although it is part of the intercounties day. Team and individual. W40 upwards. M40 upwards. Hope we can have teams in all age groups for Men.

Please start letting me know if you can race in these last two events

For your interest

### **Beckenham Charity Trail Race 10k - Sunday 10<sup>th</sup> November 2019**

As a club which has participated in our charity trail race previously, we would like to invite you to this year's event, registration is now open.

Full race and entry details are available on our website at <http://www.beckenhamrunning.co.uk/races/trail>

### **TAC Masters Facebook group**

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