

**TAC Masters News 9<sup>th</sup> December 2021**  
**Kent Vets XC Championships, Dartford Sat 4<sup>th</sup> December**

There were some really determined team contributions from a number of TAC Vets on Saturday. The course at Dartford is pretty flat and demands mental strength to keep pushing the whole way.

First race of the day was the M50-59 over 8.2km. This is about the only chance for a race with just one age group. Ben Reynolds was latched onto the front as he looked to continue his unbeaten run as an M50 in these champs. A leading group of 4 was whittled down to two when Ben launched his attack with about 600m to go. It was not quite as decisive as hoped and the Kent AC runner still had hope and a good sprint saw him close to within a stride at the finish.



With the individual honours sorted TAC were in a battle to try and win a team medal. Medway were clear winners, with Kent AC looking safe in silver. Mark PK was 13<sup>th</sup>, with Adam styles finishing strongly to gain what turned out to be a vital 3 places over the final 200m. Chris Potter stuck to his task well as 4<sup>th</sup> scorer, despite a lack of recent training due to injury and then illness he finished in 29<sup>th</sup> showing how each place counts as TAC took bronze from Dartford by 3 places.

Graeme Veale, Richard Cowling and Mark Grange got their first taste of these championships and will all benefit from the experience. Scott Shurmer was pleased to find that 2 years older he was 2 minutes faster than the last he raced here!



The biggest race of the Day was the Women's and Men over 60 race. From a TAC point of view Claire Day went off with great purpose in second place, was gradually reeled in by a group including team mate Nichola Evans. Claire and Nichola showed great determination as they battled each other in the final 200m, with Nichola taking the honours on this occasion for Bronze medal in the W35-44 category. Clearly with 3<sup>rd</sup> and 4<sup>th</sup> place in the bag, it was up to Charlotte Warren to show great courage to finish in 13<sup>th</sup> place despite starting with a sore foot that got worse during the race. This was yet another dominant win for the talented TAC W35 team.



Matching the W35 team were the winning W45 team, with Maria Heslop taking Individual 3<sup>rd</sup> place. Sasha Humphries continued her fine form with 5<sup>th</sup> place and Tina Oldershaw a battling 8<sup>th</sup> place despite being in A&E last week!!



There were plenty of other good performances from the women, with Sue James taking the W65 bronze (1<sup>st</sup> W70) . It was great to see Lucy PK (5<sup>th</sup>) competitive again in the W55 AG, Geraldine Jee made her TAC debut, Rachel Fagg made her racing comeback, with Grazia Manzotti and Pearl Pearce pushing hard.



The Mens over 60's compete over this same distance, with Ross Kinloch not available to defend his title, Alan Newman (20<sup>th</sup> and 4<sup>th</sup> M65) led the team (Graeme Charters & Maurice Marchant) home with one of his best runs for sometime.

The M40 race was surprisingly small with only 54 entrants. As a team we still looked to be in with a shout of bronze but 2 high placed finishers gave Medway the edge, as TAC finished 4<sup>th</sup>. Julian Rendall, former winner of this race, led the team home in 9<sup>th</sup> place. Tony Bennett continued his rise in form to be 17<sup>th</sup>. Despite not having trained for 3 weeks due to illness Tom Woolley really stuck to the task as he battled on to 20<sup>th</sup>, with road specialist Dan Madams in 21<sup>st</sup>. Jason Barton, Dan Crush and Derek Jee backed the team up despite all having had recent niggles.



### **Indoor Season Starts**

Ian Crawley M55 took part in various events as he opened his Indoor Season at Lee Valley in the Veterans AC & Eastern Masters AC meeting. 1500m 5.50.53, 60mH 11.3, HJ 1.35 and a Shot 9.51.

Neil Dickson M50 competed over 60m 8.66, before returning the following day to run 8.82.

### **British Masters XC Champs at Somerhill 12<sup>th</sup> March 2022**

I am aware that the Paddock wood Half marathon is the day after this event. I would like to point out that England only gets to host the BMAF champs once every 4 years and that the

South East will only get it once every 16 or 20 years, whereas the half marathon is every year and there are plenty of other half marathons taking place.

This is your easiest opportunity to race in this National event. Please support this event as a lot of effort has and will go into having it on our doorstep!!!

**Boxing Day handicap run**

Don't forget to enter this fun event.

**Entry via Google Form with all details (helper volunteers please also complete separately) here**  
– <https://forms.gle/Z5Fs52SYCui8T6My6>