

## TAC Masters Update 6<sup>th</sup> June 2017

### Tonbridge SCVAC Vets League meeting 2<sup>nd</sup> June 2017

It was great to see such a good atmosphere on Friday night at the Vets league and the athletes clearly benefitted from the support as results on the track, where vocal encouragement was much in evidence, were consistently good. There were very solid field results with many top 3 finishes. It looks like Nina was very unlucky to have finished equal on height with 2<sup>nd</sup> and 3<sup>rd</sup> in the PV but was 4<sup>th</sup> on count back. Sally Vine and Val Simpson showed how their training has paid off as they both recorded 2<sup>nd</sup> place (5 points) in the Javelin. In fact these were also Club AG records. As you will see from below there were a number of club records for the Women, however the Men's would appear to becoming harder to set.



Fiona Argent was actually making her team debut after missing the first 2 matches while away at the World Masters games in New Zealand. Although not happy with her performances she did score 2 second places in the W60 shot and Javelin.

A couple of middle distance runners showed great speed over 100m. Antonia Skeritt followed up her London Marathon 3.21, with a 15.1 100m. She also ran a very confident front run 800m to win the A string W35, with sasha Houghton doubling the points with the B string win. Anthony Bickley who is a 19 min Parkrunner ran 13.1 in the 100m for 3<sup>rd</sup> place in M35 B string.

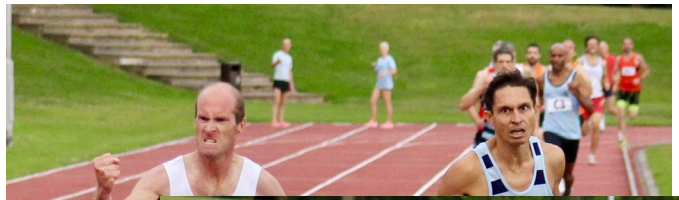


Most exciting moment of the night was probably Simon Fraser cheered on down the home straight getting the better of the Dartford runner in the final stride of the 800m race. Ben Reynolds had a race on his hands in the M50 800m but the pressure he applied down the back straight told in the final 200m. We hope to see Ben again this summer but as it stands he is unable to race in any of the remaining matches, but we are very grateful for your contribution to this point. Andy Howey had the



unenviable task of stepping down an age group but still secured 5 points as 2<sup>nd</sup> M35 B string.

Our Ladies non scoring (Development) relay team running alone would have been 3<sup>rd</sup> in the Div 1 race, showing great strength in depth.



The meeting would not have been such a success without the help of a number of Volunteers John Sanders, Dawn Hookway, Pete Mason, Katie Russell, Mark Hookway, Tony Fullbrook, Louise Mason, Jo Bird, Michael Ellis, JT, Steve Brooks, Tim Fagg, Katie Russell and a number of others who were willing to help put things out and away. Thank you to Dawn and John in particular for putting up with a few issues as I learned some lessons about putting on an event.



Club Records set on the night

W35 100m Antonia Skerritt 15.1 sec

W40 SP Nina Ridge 6.45m

W45 JT Val Simpson 15.23m

W50 800m Lucy Pitcairn-Knowles 2:49.4 sec

W50 JT Sally Vine 16.97m

W55 SP Diane Bradley 6.08m

W60 PV Nicola Buckwell 1.30m

M35 4x100m 50.6 sec (Steven Brooks, Anthony Bickley, Richard Christian, Simon Fraser)

M50 SP Ian Crawley 9.94m

W35 SP Rachel Fagg 4.75m

W45 800m Sasha Houghton 2:44.5 sec

W50 100m Irena Postlova 16.2 sec

W50 SP Irena Postlova 6.42m

W50 PV Irena Postlova 1.4m

W60 100m Nicola Buckwell 17.2 sec

M50 SP Ian Crawley 9.94m

M70 SP Peter Brenchley 5.13m

#### **4<sup>th</sup> Vets League Meeting Dartford Monday 19<sup>th</sup>**

This is almost exactly the same as the last meeting but with 1500m instead of 800m, and Men 60 do more whereas the W60 do less. Please confirm that you will race asap (you were all so quick last time) so we can work out scorers etc. Again there are no non scorers in the Javelin.

We will be on officials duty for the Javelin again (MPK, John Sanders, Frank Czarnowski so far) all offers of help gratefully accepted, we should have 6 for it to run smoothly.

A couple more top two finishes should almost confirm finals spot.

#### **Graeme Saker 3K M55 Record**

Graeme quietly went back to Watford to lower his M55 record of 10.01.21 that he set a couple of weeks ago but was not happy with to 9.51.61.

### **Staplehurst 10K**

Antony Bennett, Dan Bradley, Jo Watts, Mark PK, Tracey Horne, Lucy P-K, Nina Ridge, Richard Tosh and Adam Roeder are all planning to do this race next Sunday. Entries below. The more the merrier.

<http://www.nice-work.org.uk/events.php?id=42>

### **BMAF XC Champs Inverness 17<sup>th</sup> March 2018**

Lucy and I have booked flights with easyjet from Gatwick £43 return, leaving Gatwick 18.55 on Friday 16<sup>th</sup>, we have chosen to return on the Monday afternoon at 4pm, however there are similar flights on the Sunday. Once we know how many are going we can plan hotel and transport up there etc. Hopefully a bit of a party on the Saturday night.