

### **TAC Masters Update – 11<sup>th</sup> May 2017**

*A relatively quiet week for TAC masters racing.*

#### **TAC M55 3K record**

*Last week Graeme Saker made the mid week journey to Watford where he ran 10.01.21 to record a M55 club record and puts him 4<sup>th</sup> on the Overall National rankings for 2017, but first in the Outdoor rankings for M55. Understandably Graeme was frustrated to just miss the sub 10 mins as he was hoping for 9.50.*



#### **ParkRun Record**

*Anne Brenchley chose the tough Bedgebury Parkrun last week but was rewarded with a new record age group record in the W70-74 at Bedgebury where she ran 32.46 for a 69.07 age grading score.*

#### **Discus Club Record**

*Mark Davies marked his return to the TAC competitive arena with a M45 Discus record of 36.63 at the TAC Open meeting.*