

TAC Masters Update 15th March 2017

A much busier weekend!

Graeme Saker

Firstly an update from the National XC championship, Graeme Saker was 1st M55, which I hope the England selectors have noted!! Graeme will be competing this Saturday in the BMAF XC championships in Liverpool. Also running Nina, Sasha, Lucy and Emma Avis. Mark PK, Phil Coleman and Doug Bentall.

Eastbourne Half Marathon

Alan Buckle was running for Wadhurst in the Sussex road GP. Overall 52nd in 1.30.22. He was 3rd in the M50-59 category, but only 1m 10s off 1st place, but with a superior Age grading to the two ahead of him.

BMAF Indoor Championships.

Richard Christian Day 1

60m Hurdles (indoors) 10.44 sec, PB by 0.09 sec, new TAC age record and British bronze medal.

60m (indoors) 8.51 sec, equalled my best time for 6 years and equalled my TAC age record.

400m (indoors) 62.85 sec, my best indoor time for 9 years and a new TAC age record.

Day 2 for Richard

200m (indoors) 27.91 sec which was 0.21 sec quicker than I ran indoors last year and is my best indoor time for 9 years. This is also a new TAC M50 age group indoor record.

Triple jump (indoors) 8.56m British Silver medal, an indoor PB for me and a new TAC indoor M50 TJ club record.

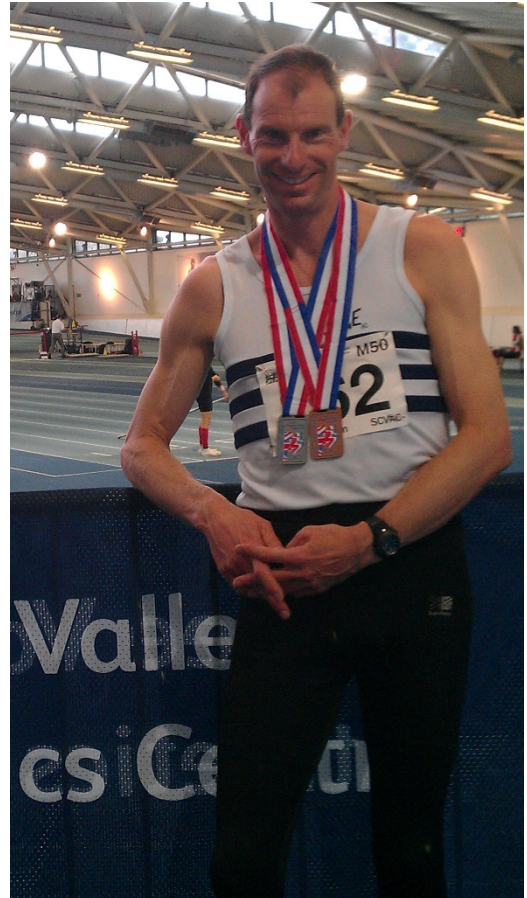
Emma Wood

We all saw a glimpse of Emma's speed at the Kent Vets in Canterbury last summer, and she has trained consistently so it was great to see that she won W45 Gold in the 400m, 60.10. This is actually the second fastest indoor time for the W45 AG in GB.

See her race on the facebook group page <https://www.facebook.com/groups/1725755161043753/>

Mark McAllister

Only managed 4th in my 60m heat on Saturday so not enough to get to the final but a fraction faster than last time, i was told it was 8.04 but didn't hang around for results, if i keep improving like this then should be at world record pace in 5 years!!!!



National Inter Counties XC Championships.

Claire Day who became TAC first claim 10 days ago was the only masters qualified TAC athlete to represent Kent on Saturday. She has suffered a recent stubborn chest infection that has limited her training, so she was very satisfied to complete the testing muddy / undulating course near Loughborough.

Bromley Vets 5 Mile XC Sparrows Den

4 TAC runners took part in this race that is mainly vets, but not exclusively.

Doug Bentall M50 made a great TAC debut and XC return coming 4th overall and 1st Vet overall, but received the prize for 1st M50. He ran 34.05 for the 5 mile course that involved two climbs of the notorious hill at Sparrows Den, but then continued further along the road to a clearing in the woods. He will clearly strengthen our relay and team squads. Mark PK was 10th overall and 3rd M50 in 35.53. Cain Bradley ran 42.08 to be 10th M50 before he leaves for the warmth of Florida!



Lucy PK ran a great race to be 3rd overall and dip below 40 mins in 39.56. This also secured her 1st W50, however unfortunately at the prize giving they awarded 1st W50 to a lady who finished in 42 mins. Although we pointed this out the organisers seemed reluctant to get the bottle of wine back, oh well on to the Nationals next week!!! Hence the set up photo below.



Park Run

Tony Bennett M40 ran a PB at Tonbridge Park run in 19.14, his fastest for almost a year. Antony Bickley was not far behind in 19.32 which is one of his fastest Parkrun times. Tony Cohen M45 was also faster than he has been for 2 years in 21.32.

Lydd 20 mile

Antonia Skerritt ran 2.29.37 as her build up to London Marathon appears to be going well. Duncan Ralph ran 2.49.56 (not sure if a marathon is on the agenda for Duncan)

Haworth Hobble 50km, Yorkshire, Saturday 11th March

Julian Rendall M40 finished 13th in 4 hours 20 minutes on this multi terrain ultramarathon around the hills of Yorkshire. Results are at - www.facebook.com/Team-GB-Ultra-Running-1557553204496942/

BMAF 10 Km Road Race at Cyclopark Gravesend 9th Feb

This event needs to be entered by you as an individual (the club do not enter you for this) The closing date is April 2nd, details at

<http://bmaf.info/library/fixtures/BMAF%2010%20km%20Open%202017%20Prospectus.pdf>

It is best to be a second claim member of SCVAC £18 (our regional vets club) You can do this through the BMAF site or SCVAC site. It is not the easiest process as age verification is required, but persevere and email them with any queries. Do it sooner rather than later to be sure. You can enter without joining SCVAC but as you can see below it still requires verification. This race is also the SCVAC 10km championships, so double opportunity for medals.

"New member registration welcomed, all completed online Open competitors please register online in OpenTrack and allow additional time for age verification (submit scan/photo of passport/birth certificate before you enter to memsec@bmaf.org.uk)"

<http://bmaf.info/>

This is a team event as well as an individual one.

BMAF Road Relays at Sutton Park May 20th

This is an event that I enter you for as part of the team (the club pays entry) We should be able to field our most competitive teams yet in both Men and Women. We can have more than one team in any category. **Please keep the date free.** We will be able drive there and back in a day.

ITV Programme on Older athletes

My father Richard was involved in the filming of this programme during the BMAF indoor champs scheduled to be shown on the 30th March on ITV.

Other Local races

Knole Park 10k April 2nd

Paddock Wood Half Marathon April 2nd

Hildenborough Road races (10M, 5M and 2.5M) Mon 1st May

Track and Field Training.

The field event equipment should all be up and running over the next couple of weeks at which point I will arrange some specific training sessions for throws and jumps, as well as advertising when the equipment is available for use.

We are planning to have a team gathering for as many as can make it on the Sunday 23rd April before the first vets meeting at Blackheath to allow each age group to establish who is likely to be team scorers, practice relay squads etc.

In the mean time sprint sessions continue on Tuesdays, Thursdays and Sundays.