

TAC Masters Update 12th October 2017

Graeme Saker England selection

Congratulations to Graeme Saker who has been selected to run for England M55 age group in the home international event in Londonderry Ireland on the 18th November. This is thoroughly deserved having won the BMAF XC champs in March along with a number of top performances over the summer.

Lucy P-K has been given a reserve spot for the W50 age group at this stage.

Bournemouth Marathon

Penny Pilbeam Ran Bournemouth marathon in 3.35.50. This is just a fraction outside her London marathon time of 3.32.28, which is known as a fast course.

Givaudan Ashford 10k (Kent Championships)

Two Kent titles and a superb PB by over two minutes - that was the return from our three Masters entered for the 31st Givaudan Ashford 10k on Sunday, 8 October, 2017.

Adam Roeder (M35, 40:47 chip/40:50 gun - PB) was too young to figure in the Masters championships, where men's awards start at M40 and go up to M70. However, he was delighted to get so close to 40 minutes on the gently undulating but fast course from Julie Rose Stadium.

Alan Newman (M60, 42:57/43:00) and Sue James (W65, 52:39/52:48) won their age categories in both the open race and the Kent Champs.

<http://southernrunningguide.com/news/givaudan-ashford-10k-report-2017>

Winter Road Running

We are developing a decent number of vets runners and are able to split the group for longer runs to accommodate different paced runners. This will become easier as new members become familiar with the routes we use.

With the dark evenings upon us the following instructions have been issued by Masters coach Alan Newman. All runners **MUST** wear light, high visibility clothing, with a reflective element. Running bibs with reflective tape over a white or 'day glo' T-shirt or long-sleeve are ideal. Running lights are more than welcome. Safety has to be everyone's number one concern, above running hard and fast. On any road routes there will be a considerable differential between the fastest and the rest. No-one should ever run alone. Try to form small groups of a similar ability, even if one or two have to compromise their pace a little to accommodate others. This is where club spirit is seen at its best. If you become detached, slow down and wait to join the next group behind. There are a number of new members who will not be familiar with the route so be prepared to act as a 'running guide' and warn

newcomers about known hazards if you are an experienced club member. Remember, it only takes a slight loss of concentration for an accident to happen.

BE SEEN - BE SAFE - BE THERE NEXT SESSION!

At the end of each session we will meet on the basketball court to ensure we stretch effectively.

Petts Wood 10K

Maria Heslop was disappointed to find the Ashford 10k was fully booked a week before the event, but not content to miss an opportunity entered and won the Petts Wood 10k last Sunday. She ran 38.14 on the multi terrain course to be 8th overall and 1st Lady.



National Road Relays

We had two Vets running for the senior teams at the National Road relays.

Lucy P-K helped the TAC Womens A team to 36th place out of 101 teams that started the Ladies race. Lucy ran the 3rd leg, 18.02 and had the dubious pleasure of following Nicole Taylor and Kiri Marsh with the team in 14th place. Lucy headed off just in front of Amy Griffiths (AFD B team runner who has represented England and GB as well as being Corey De'ath's partner)

Rachael Fagg ran the first leg 18.55 for an incomplete B team. She acquitted herself well on the renowned highly competitive first leg when it is easy to go off far too fast.



Rachael above, Lucy below



Kent Vets XC Champs

Please start to let me know if you wish to race in Kent Vets XC Champs on the 2nd December at Dartford and the South of England Vets Champs at Oxford on the 9th December. Age categories are 10 year bands Men 40+,50+,60+and 70+, Women 35+,45+,55+ and 65+. Last year we had a great turn out and can expect to be even stronger this year.

Officials Course at Tonbridge 22nd October

Don't forget to register for the officials course, the more the merrier spreading the load. This is an easy opportunity to have an understanding of what is going on when assisting at track and field events.

http://www.tonbridgeac.co.uk/membership/officials_courses.html