

TAC Masters Update 14th June 2017

Staplehurst 10k

A good team effort to take 1st Team at Staplehurst with Dan Bradley out in front (3rd) in 33.58, then Tony Bennett 18th, Phil Coleman 20th (38.45), Jo Watts 23rd and Mark PK 26th (39.18) all packing well. However, it was Tony who paced the race best as he was 4th of this group at 5Km, before moving through during the second half of the race to finish 2nd TAC. He also ran a PB of 38.38. Jo Watts also ran a big PB in 38.51.

Phil and Mark were 2nd and 3rd M50 respectively.

Lucy PK 44.10 took the 1st W50 prize, although Tina Oldershaw was 1st Lady overall and actual 1st W50. Tracey Horne, after a night of illness, was 77th in 44.31 and 3rd female 45.

Adam Roeder 56th and Richard Tosh 98th showed the benefit of their training with TAC over the recent weeks as they both posted PB's with 42.57 and 46.42 respectively.

Results <http://niceworkevents.blogspot.co.uk/>





Regents Park 10K

Angie and Antony Crush took part in a charity 10K in Regents Park, where Antony was just pipped for the win in about 42.50 and Angie ran in about 55m I am not sure if there are any results available.

High Elms 10k

Sally Vine took on the very tough and hilly High Elms 10k, no doubt she realised at some point while going up the hills why the rest of us had gone to Staplehurst!!! She made it in 1.05.51, a course I did once and have not yet returned to!

Vets League Dartford 19th June 6.45pm

The 4th meeting is nearly upon us and I have attached the latest team sheet. Please be aware that to get to the Dartford track involves coming off the M25 at junction 2 of the M25 and then taking the 2nd exit off the roundabout to run parallel to the M25 for a short distance. There is plenty of parking on some rough ground next to the club.

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