

TAC Masters Update 16th November 2017

British and Irish Masters Cross Country International in Derry.

Good luck to Graeme Saker M55 and Ben Reynolds as they race in the Home international for England in Derry on Saturday. We will be looking forward to a report on the week-end. This is a high quality event involving selection with teams from England, Wales, Scotland and Northern Ireland



Footscray Meadows, Sidcup. Saturday, 11 November 2017

Here are the updated TAC Masters results following the third race in the Kent Cross Country League 2016-17 held at Footscray Meadows on Saturday 11 November. The league standings are now beginning to take shape. We have six TAC Masters in the top 100 out of 417 runners in the men's league table.

Here are a few statistics of interest. TAC fielded 30 senior men - 14 were masters (47%). Overall there were 83 M40+; 62 M50+; 15 M60+ competing, making 160 Masters or 61% of the total finishers (263 ran). Julian Rendall was 1st M40; Dan Madams 10th M40; Adam Styles 11th M40; Steve Keywood 9th M50; Alan Newman 1st M60 (now 1st M60 overall).



The Standout performance was from Julian Rendall, as he finished well ahead of last year's M40 Kent Vets champion. Adam Styles again improved, showing strength in depth for the M40 at Kent Vets.

Steve Keywood recovering from injury had a steady run to be pleased to complete. Daniel Crush had a “blinder” starting steadily to beat his brother Anthony for the first time (I think) and won the battle of the highly competitive mid field gang. I suspect better footwear this year made a big difference. Alan Newman was in good form as he was first M60 to finish. Alan will be part of what I believe will be our first M60 team (in my memory) at the Kent Vets this year.



Footscray Meadows, Sidcup. Saturday, 11 November 2017

Men's Race – approx 10km

<u>Name</u>	<u>Category</u>	<u>Position</u>	<u>Time</u>	<u>Age Pos Overall Lge Pos</u>	
Julian Rendall	M40	11th	34:34	1st M40	133rd (2 races)
Dan Madams	M40	59th	38:21	10th M40	295th (1 race)
Adam Styles	M45	68th	38:55	11th M40	41st
Steve Keywood	M55	108th	41:25	9th M50	321st (1 race)
Daniel Crush	M40	135th	42:16	43rd M40	82nd
Alan Buckle	M55	140th	42:24	17th M50	333rd (1 race)
Anthony Crush	M40	144th	42:44	47th M40	66th
Andy Wood	M50	154th	43:36	22nd M50	77th
Alan Newman	M60	161st	43:52	1st M60	95th (1st M60)
Ross Kinloch	M55	171st	44:08	28th M50	87th
Tony Cohen	M50	215th	47:48	40th M50	108th
Duncan Ralph	M50	233rd	50:19	49th M50	120th
Mark Schofield	M40	234th	50:40	50th M40	390th (1 race)
Richard Tosh	M40	239th	51:38	80th M40	117th

Kent Veterans Cross Country Championships Entries

I have made the entries for the Kent vets XC championships on Saturday 2nd December at Dartford. Please let me know if you are unable to run for some reason. We can expect to improve our medal

success from last year with decent chances in all categories where we have sufficient numbers to complete teams. Further details attached document.

Training Schedule

For those doing middle distance training the training schedule is on the www.tacdistance.com website. You log in and click on younger groups (yes that is where the Vets are!) then you can see what is planned for each group. We are "V" for Vieux ! This schedule may occasionally have to change in the event of sickness of coaches etc. Please contact me or Mark Hookway for the password if you do not already have it (members only) You should also be on the email list that Mark Hookway sends out for distance runners information on up coming races. Please respond promptly to requests for availability, it really helps to know definite Yes or No, or possible etc

It is encouraging to see the **Masters sprinters** working well. I hope that we will be able to set up clear point of contact for new Masters sprinters in co-ordination with the new coaching co-ordinator Pete Mason.

Masters Fixtures

We are very fortunate that we have an up to date fixture list that features all the Masters events that are coming up over the next 6 months to a year. Please refer to this if you have any queries regarding entry process etc. As a club we are becoming stronger in the Masters categories and should look to compete in team events around the country. If you like the look of an event please let me know that you are interested.

http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html

E.g.. Lucy PK and Mark PK plan to race at the Masters XC champs in Inverness and have booked cheap flights on the Friday night. I hope others will be interested and we can share a hire car and negotiate room rates somewhere etc

South of England Masters XC Champs

Entries for the South of England Masters XC at Oxford on Saturday 9th Dec have to be in next week. Any more please let me know asap .

http://www.seaa.org.uk/images/2017/Endurance/Entry_Forms/Masters_XC_Entry_Form_2017.pdf