

Kent League

KENT CROSS COUNTRY LEAGUE – MASTERS RESULTS/STANDINGS

Stanhill Farm, Dartford. Saturday, 14 October 2017

Saturday saw the start of the 2017/18 Kent XC league. There were 24 TAC vets taking part, with debuts for Richard Tosh, Ross Kinloch, Lisa Knight and Susie Jeddo.

Julian Rendall and Graeme Saker showed their class as they scored for the Senior men's team. However Anthony Bennett put in his best performance as he hit the accelerator over the last two laps. I was on his heels after two laps and probably stayed in about the same position, whereas Tony leaped forward almost 30 places to finish 65th! There was great rivalry between The Crush brothers, Andy Wood and Adam Roeder (M35). Andy again showed his liking for this course as he pulled away, to leave Anthony and Adam in a sprint for the finish, which Anthony claimed, although they were given the same time.



Tobin Bird
Alan Newman



Ross Kinloch
Anthony Crush





Julian Rendall



Graeme Saker

In the Women's race Maria Heslop was closing fast on her younger rivals as she took 4th place and first vet. Antonia Skerritt was 3rd team scorer and 5th Vet. Lisa Knight had a great debut although her finishing burst was curtailed by an untimely stitch, there is no doubt that Lisa will be moving up the order during the season. Lucy PK was 2nd W50 and Rachael Fagg close behind completed the TAC Ladies scoring 6. Susie Jeddo had a confidence boosting debut to show she is very much at home in the Kent league and Sue James was 1st W65.



Men's Race – approx 10km

<u>Name</u>	<u>Category</u>	<u>Position</u>	<u>Time</u>	<u>Age Pos</u>	<u>League Pos</u>
Julian Rendall	M40	7th	33:04	1st M40	1st M40
Graeme Saker	M55	42nd	35:41	1st M50	1st M50

Anthony Bennett	M40	65th	37:25	11th M40	11th M40
Mark P-K	M50	93rd	38:47	7th M50	7th M50
Andy Wood	M50	101st	39:10	9th M50	9th M50
Adam Styles	M45	125th	39:59	29th M40	29th M40
Anthony Crush	M40	130th	40:14	33rd M40	33rd M40
Daniel Crush	M40	153rd	40:55	43rd M40	43rd M40
Ross Kinloch	M55	164th	41:24	23rd M50	23rd M50
Tobin Bird	M45	177th	42:19	52nd M40	52nd M40
Alan Newman	M60	202nd	43:38	4th M60	4th M60
Cain Bradley	M55	210th	44:23	37th M50	37th M50
Tony Cohen	M50	212th	44:34	38th M50	38th M50
Brian Buckwell	M60	218th	44:44	7th M60	7th M60
Richard Tosh	M40	250th	47:23	81st M40	81st M40
Duncan Ralph	M50	255th	47:45	53rd M50	53rd M50
Maurice Marchant	M65	294th	63:09	26th M60	26th M60

Women's Race – approx 5km

<u>Name</u>	<u>Category</u>	<u>Position</u>	<u>Time</u>	<u>Age Pos</u>	<u>League Pos</u>
Maria Heslop	W45	4th	19:20	1st W45	1st W45
Antonia Skerrett	W35	23rd	22:05	5th W35	5th W35
Lisa Knight	W45	32nd	22:35	3rd W45	3rd W45
Lucy P-K	W50	41st	23:06	5th W45	5th W45
Rachel Fagg	W40	50th	23:27	16th W35	16th W35
Susan Jeddo	W40	64th	24:04	19th W35	19th W35
Sue James	W65	112th	27:29	1st W65	1st W65

Maria Heslop Winner of the 2016/17 W45 trophy and Sue James winner of the 2016/17 W65 trophy. Better late than never!



Maidstone Half Marathon Sunday 15th October

Not content with having helped to secure 2nd place for the Kent League team the day before by one point in the 3 to score team, Antonia Skerritt was up early to take part in the Maidstone Half marathon. She was well and truly rewarded with 3rd female position in a time of 1.37.56 over the challenging hilly course. She made the press courtesy of Alan Newmans article.

<http://southernrunningguide.com/news/maidstone-marathon-and-half-marathon-report-2017>



Training with Alan Newman on Thursday Evenings

The Vets training group is developing / evolving and as part of this and the need to ensure that we do not lose anyone when we are out on the roads, Alan Newman will continue to take a group aimed at runners between 24 and 28 min parkrun speed who are looking to get faster. This will only take place on a Thursday evening. At present Alan is learning the routes that we use around Tonbridge, so anyone who knows the routes and is coming back from injury / illness and would benefit from a less intense session, your help will be appreciated.

Last Thursday's session was very successful as we did about 6km followed by some instruction from Alan on some basic running technique tips / practice. If the main session suits mixed abilities then this group will mix in.

England vets

Along with Graeme Saker being selected to run for England M55 age group, Ben Reynolds has also been chosen for the M50 AG. Sue James is first reserve for the W65 and Lucy P-K reserve for the W50 AG, although neither are planning to travel as reserves.

Kent Vets and S of E Vets Championships

I have had a positive response to availability for the Kent Vets XC champs on the 2nd December and the S of E Vets champs at Oxford on the 9th December. At the Kent champs we should be competitive in all the M40, M50, W35 and W45 teams. M60 is potential as well.

Please keep the replies coming.