

Masters Update 20<sup>th</sup> April 2017

### **TAC Open Meeting**

There were some record breaking performances by some masters at the TAC open meeting on Monday.

Simon Fraser showed impressive speed and experience as he came from well back in the field to win his 1500m in 4.22.02. He doubled up to run 600m in 1.30.76 which is a new TAC M40 record.



Brian Buckwell also set a new TAC M60 record in the 600m as he ran 1.49.03.

There were a number of Masters running 150m, with Mark McAllister



leading the way in 18.96 which I think is a TAC record for M45. New recruit Stuart Medlen M40 19.85, Steve Brooks M50 21.39 and Nicky Buckwell W60 27.00 all showed that winter training is paying off. Martin Hillier M45 ran 22.21, I must admit I did not know that Martin is a sprinter, but this is impressive running and he followed up with 5.41.57 in the 1500m.

John Ridge M45 ran a massive PB in the 3k, 10.50.

Angie Crush W40 made her track and TAC debut as she did the 150m 26.54 and the 600m 2.17.31.

In the field events there were two TAC records in the Shot Put. Ian Crawley set a M50 record with 9.69m. Then a very nervous Irena Postlova showed the benefit of good basic technique to throw 7.48m in the W50 age group with the 3k shot for a TAC W50 record.

Ian Crawley 31.75 and Nigel Brooks 25.89 both took part in the Javelin.

### **SAL Sat 15<sup>th</sup> April Stevenage**

Maria Heslop and Sasha Houghton did their bit to assist TAC finish 2<sup>nd</sup> in the SAL league. Maria ran 5.23.76 for a TAC W45 record in the 1500m (2<sup>nd</sup> place in A string). Sasha just missed a W40 record in the 3k by 4 seconds as she ran a 12.3 second PB in the 11.45.55. Both Maria and Sasha will be running 3k in the vets league next week when I suspect both could run TAC records.



Ben Reynolds impressed with his 16.41 in the 5k, this follows a tricky second half of the winter following injury.

#### **Vets League Friday 28<sup>th</sup> April at Norman Park Bromley.**

Please see the evolving team sheet for next Fridays opening league fixture. There are a number of athletes missing however thanks to the depth of the squad we should still be competitive as we enter Div 1 in both Men's and Women's leagues. Please see the attached team availability sheets.

We will have a meet up this Sunday at the track at 11.30am for all those who can make it. There will be a chance to dust of some technique on field events and discuss what events are favoured by individuals. Hopefully some coaches present to ask questions on technique. Although there are no relays at the first event we can practice relay hand overs for anyone who may be in the relays.



### **London Marathon**

Good luck to Penny Pilbeam W45, Antonia Skerritt W35, James Winniffrith M40, Dan Crush M40 and Julian Rendall M35 who are all running the London Marathon. We will all be willing you on to your various targets.

### **Beckenham Relays Wednesday 24<sup>th</sup> May 7.30pm**

These are a low key enjoyable midweek evening event. Open to all ages (over 16) Teams of 3 each of whom run 2.6 miles.

Let me know if you would like to be included.