

TAC Vets Update Thursday 21st September

Thursday Middle Distance Training

We had 16 Vets qualified athletes training in Pete Mason's group on Thursday. This worked well and I am in discussion with Alan Newman and Pete Mason how we will manage this best to suit everyone's needs as we go into the winter.

Winter Training nights. We will shortly be leaving the fields to run on the roads in Tonbridge. Everyone **must wear Day Glow visibility vests.** Although the U17's tend to think that lights are uncool it is a great help if adults wear any lights that they have. As adults in the groups we do need to lead by example to ensure the safety of the whole group. Please resist the urge to drift across the road, others will follow! Please Stop make sure that the group cross roads together when it is safe. Don't be afraid to tell the U17's to wait etc.

Kent Vets Track Championships, Erith Sunday 17th September



Unfortunately, it appears that numbers were not great at the Kent Vets champs, something we should look to try to support more next year, although coming after the Area final and in mid September it is not an ideal time. However, the TAC members who took part all ran impressive times.

Mark McAllister a season best 12.29 over 100m M45, missing gold by just 0.09 to cap an impressive season.

Phil Coleman (left) won Gold M50 1500m in 4.47.92.

Emma Wood won Gold W40 400m in 60.06 a little outside her SB of 59.27

Richard Christian won both M50 hurdles events, recording 18.82 over 100m and

71.91 over 400m.

Jason Cannon was second in the M50 100m flat in 13.58.

Fiona Argent competing for first claim club M&M took part in Discus , Shot , 200m and 300m Hurdles. She achieved Gold Standard in the Shot with 6.09m

VAC 10,000m Track Championships Champs

Ben Reynolds and Dan Madams took part in this last Wednesday evening. Veterans Athletic Club is one of the regional Vets Clubs (like SCVAC).

Ben won the M50 AG in 34.36.2 and was 3rd overall in the race.

Dan Madams won the M40 AG and was 5th overall and reports "FYI I did the Tunbridge wells park run on Saturday and manage to win it. 18.27 was the time. Also did the VAC 10k track champs last night - felt shattered from the start which never bodes well for running round in circles for 25 laps. Came 5th in 35.23. "



Blackheath and Bromley Will Bolton XC Relays

Firm conditions greeted us for the first XC outing of the season.

Sasha Houghton was given a lead of 1.23 on the 4th leg of the Ladies race for the TAC senior Ladies team and despite some nerves showed great calmness to not go off too fast. At the top of the first part of the hill the gap had closed to a 47 sec lead over Sevenoaks School but Sasha extended this to 1m 03 secs by the finish. Lucy PK, Antonia Skerritt, Susie Jeddo and Rachael Fagg were all in action as well.



There were many Male vets involved throughout the teams. Julian Rendall was unable to pull back the lead that Team 2 started the last leg with as he chased in form Jamie Bryant, bringing his team home second. Ian Crawley valiantly stepped in at the last minute for the TAC 7th team as Simon Fraser was unavailable, although he found it "too far". There were quite a number of improvements on last year's times.



South of England Road Relays Crystal Palace, Sunday 24th September 2017

This Sunday sees the South of England Road Relays at Crystal Palace. This is a big event and like last year all age group races and the Senior / Vets races are being held on the same day. There will be races overlapping with action all day. Added fun and hopefully atmosphere will be that the races start and finish on the track within the old stadium. Although it is in a rundown state it is still Crystal Palace. It was very much part of most of our early memories of Athletics and I am looking forward to running on the track.

The Vets women will be racing at 1.30pm and the Men at 2.30pm. Both will be within the Senior Women and Men's races respectively. This is not ideal as it is hard to see where you stand within the race but with spotters to look out for appropriate coloured numbers we can get an idea where we are. The fact that we have to run as fast as we can does not change!

Teams are as follows

Women 40 1/ Maria Heslop 2/ Sasha Houghton 3/ Lucy P-K 4/ Sue James

Men 40 1/ Tony Bennett 2/ Anthony Crush 3/ Andy Wood 4/ Duncan Ralph

Men 50 1/ Alan Buckle 2/ Graeme Saker 3/ Phil Coleman 4/ Mark P-K