

TAC Masters Update 28th September 2017

DON'T FORGET YOUR HIVIS TOPS FOR TRAINING ON THE ROADS

SEAA Road Relays Sunday 24th September 2017 Crystal Palace



Sadly, we were unable to field a M50 team to defend our South of England title that we won at Bedford last year. Unfortunately, Alan Buckle was ill during the week and Phil Coleman was very grumpy as his boss insisted he had to do PR at the Winchester half Marathon (Below)! As a result we fielded a M40 team instead. Looking at the results and with Graeme Saker 17.31 and Mark PK 18.36 going 1st and 2nd leg in the M40 team we would have been in 4th place in the M50 after 2 legs. Anthony Bennett 3rd leg in 18.42 and Anthony Crush 19.26 completed the team as we were 15th out of 30 M40 teams.



Andy Wood ran in senior Men team



M40 Team Anthony Crush, Mark PK, Anthony Bennett, Graeme Saker missing.

The women's team which has only a W40 category was led off by Maria Heslop. She completely blew the opposition away and in so doing ran the fastest W40 time of the day in 12.50 (actually finishing the 1st leg in 15th including the Senior Women) Sasha Houghton then extended the lead as she ran the fastest second leg in 14.28. before Lucy Pitcairn-Knowles 15.20 held 1st place handing over with 1m 30 sec lead. Sue James (W65) had kindly stepped in to complete the team (after losing Tracey Horne to a work commitment) despite running 10k the day before (see below). I hope she enjoyed leading the Women's

vet's road relays. She did well to finish in 6th place as a number of teams had held back good runners for the last leg.



Sasha Left Maria receiving last minute advice from daughter

The women's performance can give us high expectations for the National Road relays in May. We would also like to find another W65 who is happy to run 5km to join Sue James and Anne Brenchley in forming a womens over 65 team for the Nationals.

The event was disappointingly not very well organised and the TAC entries had gone missing (despite all confirmations of being received and paid for etc) and as a result no TAC runners in any of the age groups from U13 to Vets, had chip timing. There are clearly some odd results showing but I think the Vets ones are about right. Apart from that and the fact that the course was well short of advertised (5km for men as opposed to 6Km) it was a a good atmosphere in the old stadium.

Officials course

Dawn Hookway has been instrumental in arranging an Officials course at Tonbridge on Sunday 22nd October 10am. See the details below. A number of us have done this and progressed to Level 2 with very little effort. If you assist in any capacity at a field or track discipline (could be raking sand, putting high jump bar back up, retrieving shot put etc) this just needs to be listed (Can be back listed for this summer) and once you have done 10 meetings you can take the open book test for level 2 ,that requires you to look up some details in the rule book.

For parents who are likely to assist at KYL or YDL doing this course will give you confidence that you know what you are doing, but also assist the club in gaining points at the events. It is also the closest that you can get when watching your child. Health and Safety is very important when Javelins, Discus, Hammers and Shots are flying around.

From a TAC point of view the more officials that we have qualified the less any individual has to do. The club will pay for attendance at these courses. Any questions contact Dawn Hookway dawnhookway@aol.com

"This is to let you all know that there will be a level 1 Track and Field module at Tonbridge School on Sunday the 22nd October. To register for the course please go to the EA website . <https://www.englandathletics.org/courses.aspx?siteSectionId=33&postCode=Postcode&distance=5®ion=&keyword=officials&courseType=&page=3>

The course number is as follows;

SO/0424HS (Health & Safety cost is £10 if you only need to do the H&S) will start at 10am

SO/0424FD Including the H&S module is £30

SO/0424TR Including the H&S module is £30

Please can you pass this information onto anyone in your club who may be interested. This is a short time to enrol before the cut off point. At the moment it is only those two disciplines on offer, but if there is enough interest to do a ST/M or TK course then I can arrange that for a later date.

It is hoped to put on a course in Ashford, once I know the demand for Tonbridge. You may still book onto the course at Bexleyheath academy on the 4th November, which is offering all disciplines at the moment."

Anthony Bennett

"I did the ratrace organised 'man versus mountain' event at the start of the month finishing 23rd after just over 23 miles which involved running up and down Snowdon with some 'tough mudder' type challenges at the end including swimming and abseiling. Time was about 4 hours 25 mins. Got the worst cramps I've ever had from running downhill but it was a good event to do with some friends from university. All six of us made the top 100 of about 1200 finishers.

I then did a couple of tourist parkruns. The first in Penrose, Cornwall was dead flat with only one turn so not surprisingly was relatively quick and a parkrun pb for me, 18.27. The second in Plym Valley, Devon was proper cross country which combined with a cooked breakfast was more sedate and took 20.24."

Alan Newman and Sue James

New members Alan Newman (M60) and his partner Sue James (W65), who both joined TAC on 1st September, did not waste any time in giving their new club vests an airing. Alan was 7th M60 in the BMAF British Masters half marathon championships in Northampton on 3rd September (1:37:56). Full results are here - see where you might have finished in your age group:

<http://bmaf.org.uk/results/res2017/BMAFhm2017%20Results.pdf>

Both then led their age-groups in the Kew Gardens 10k on 16th September (Alan - 60th, 41:51; Sue - 482nd, 52:20) from 2,318 finishers and Sue was 60th from 620 in the hilly Windsor Women's 10k on 23rd September (53:23) and first over-60 prize winner, before dashing to Crystal Palace to compete in the SoEAA Road Relays the following day.

[Georgie Bruinvels Runs Windsor](#)

Park run

Steve Keywood continued his recent return to form at Tonbridge 19.15 for 3rd on all time 55-59 AG

Hospice in the Weald 10K Tunbridge We Wells

Krista Bradford W40 and Milton Barrett M50 both ran the Hospice 10km which I believe is not the flattest course. They both came in under the hour at 58.51 and 59.41 respectively achieving their targets.

Stato's

Tony Bennett has introduced me to this website which along with the rankings on the Power of 10 will ensure your work efficiency drops!!

<http://runbritainrankings.com>

Everyone who has an EAA registration is on it but you may need to set up a profile password. It ranks all your runs and your age grade rankings. Endless fun for statto's!