

## **TAC Masters Update 2<sup>nd</sup> November 2017**

### **Parkrun 25 min Paced target**

Alan Newman will be pacing a 25 min parkrun at Tonbridge this Saturday 4<sup>th</sup> November, this is aimed at those that have been running with him on a Thursday whose target is to beat 25 mins. He will be wearing something distinctive and will be at the start at 8.30am to lead a warm up.

### **Vets Distance Training Group**

The Vets group is evolving on a weekly basis and we are adapting it as it grows. At present there are a number of vets who have qualified as assistant Coaches and are involved with younger age groups. The rest are attached to Pete Mason's U17 group, within this group on a Thursday, Alan Newman is now taking a group aimed at those running 24-28 min parkrun times. Due to the U17 group having an easy session tonight ahead of the XC relays the vets group will be doing their own session at Stacey road under the guidance of Alan Newman.

The Sprinters continue as normal mostly on the track.

### **Tonbridge 10K**

Tony Bennett had a great run at this very under publicised run on Sunday 22<sup>nd</sup> October. He ran 38.41 to be 3<sup>rd</sup> overall (2<sup>nd</sup> M40)

Diana Ierfini who has recently started with Alan Newmans group ran 53.20.

Karin Gianonne, whom most of us know for her sprinting ability stepped up in distance to run 57.31.

### **Kent Vets XC champs Sat 2<sup>nd</sup> December**

Entries are due on the 17<sup>th</sup> November, so I now need to know who wants to race. To qualify you need to have been born in the county or have lived here for at least 9 months.

Central Park Dartford Saturday 2<sup>nd</sup> December, timings are 11am Men 50 & 60, 12 noon Women and M70+, 12.45pm Men 40. Men's distance is 9 km and the women's is 5km over a relatively flat course with a few short sharp banks to negotiate.

Action from last year at <http://www.tacdistanterunners.com/kent-masters-cross-country-championships-sat-3rd-december.html>

### **South of England Vets**

Again I need to hear if you would like to be entered for the S of E vets XC champs at Oxford on the 9<sup>th</sup> December. Nice course with a bit of everything.

Details at

[http://www.seaa.org.uk/images/2017/Endurance/Entry\\_Forms/Masters\\_XC\\_Entry\\_Form\\_2017.pdf](http://www.seaa.org.uk/images/2017/Endurance/Entry_Forms/Masters_XC_Entry_Form_2017.pdf)

## **National Road Relays date**

Saturday the 28<sup>th</sup> April is the date for the National Road Relays at Sutton Park. This is a month earlier than usual. We have been making steady progress at these relays and won our first medal in the M55 age group last year. Hopefully this year our Ladies 45 team will be in with a strong chance of a medal as well. We have not managed to get a M35 team yet, but this should be possible. 3 Miles each leg.

Please put the date aside, it is just after the holidays. For a taste of the event see below.

<https://www.youtube.com/watch?v=JzEPx0fbfal&t=831s>

## **Kent League Somerhill 28<sup>th</sup> October**

Once again the Ladies team was well supported by our masters contingent who provided 3<sup>rd</sup>, 5<sup>th</sup> and 6<sup>th</sup> in the team score. Maria celebrated her 50<sup>th</sup> birthday with another storming run to be 5<sup>th</sup> Lady and 3<sup>rd</sup> team scorer. Antonia Skerritt 40<sup>th</sup> was gradually caught by Penny Pibeam 42<sup>nd</sup> before Antonia's track speed saw her pull ahead over the final couple of hundred metres. These later two were pushing each other and their distance training ensured that neither let up until Antonia's track speed pulled her away at the end. Lisa Knight had been showing the form that we thought was coming as she was ahead of Antonia and Penny when she suffered a strain in her calf and had to retire. Lucy PK 47<sup>th</sup> was just edged out of 1<sup>st</sup> W50 on the day but showed good form just 13 seconds behind Penny.



Nina Ridge who has also been unable to train as much as she would like due to injury made a good comeback and was pleased to be competing.

One of the best sights was to see Julie Goodge making her comeback to racing after many years. The experience was there, as she was unfazed by everything around her and really enjoyed being back out there.

Sue James appeared to make light work of the hills as she again was first W65 and Anne Brenchley was 2<sup>nd</sup>, again looking good as a W70.



A few injuries in the men's team saw us slightly down for Vets numbers on the last event, however Graeme Saker showed good form again, although in white socks this week, to confirm his place at the top of the Vets 50 championship! Anthony Crush had a great run on one of his favourite courses, he was well clear of the scrap between Dan Crush, James Winniffrith, Tobin Bird, Ross Kinloch and Andy Wood. Ross pulled clear to win this little battle as he showed a liking for the course. Adam Roeder was a little off the back of this group as he didn't feel great on the day. Dan Madams was well up in the field after one lap but suffering the effects of a recent cold had to drop out. Adam Styles showed a return to form after a tricky run at Swanley reversing the position on Anthony Bennett.



## How to become an International (master) athlete by Alan Newman

Did you know anyone over-35 can be an international and represent British Masters? Unlike our junior and senior athletes, who have to work their socks off to achieve international selection, when you are qualified by age you can enter any international/national/regional masters event of your choice. All you have to do is be prepared to pay your own way, buy

your own kit and follow the appropriate entry procedure. New club members, Alan Newman and Sue James, are old hands at this and are happy to share their knowledge with anyone.

The starting point for all information is the BMAF website: [www.bmaf.org.uk](http://www.bmaf.org.uk)

Anyone interested should look around the site and pay particular attention to the Newcomers section. There are over 5,000 active athletes affiliated to BMAF and benefits include a regular magazine and eligibility to compete in age-group competition (usually in 5-year categories) in national events on the road, country, track and field and multi terrain. It is also prerequisite for any competition overseas.

Some people get confused by the requirement to join a Masters Area Club rather than BMAF direct. This is the only route to membership of BMAF. There are several Area Clubs to choose from. Most (but not all) masters in Kent join Southern Counties Veterans AC (SCVAC), who promote their own regional events and provide a regular magazine for a modest membership fee. Note that membership of SCVAC (or any other Masters Area Club) does not affect your first claim status of Tonbridge AC.

So you have joined an Area Masters Club and have your Area Masters Club membership number and BMAF kit - now what? If you want to compete in any Masters Championships you should visit the Fixtures section on the BMAF website and follow the general information for entrants, particularly if you wish to compete abroad. In 2018 there are three major events in easy to reach venues in Spain. We will be highlighting local, regional, national and international masters events you may wish to consider over the coming months.

One local event to get you started is the Kent Short Course Road Running Championships at Givaudan Ashford 10k, Julie Rose Stadium on Sunday, 8 October 2017 at 10:00am. County medals will be awarded for individual seniors, M40, M50, M60, M70, W35, W45, W55, W65 plus senior and for the first time masters teams (M40, M50, M60, W35, W45). Entries are online but make sure you complete your age category and select Kent Short Course Champs option on the entry form. Note that BMAF affiliation is NOT required for this event.

<http://www.sportingeventsuk.com/enterevent/givaudan-ashford-10k/>

Alan Newman

Alan Newman writes regularly for ABC South running magazine. Register at the site. <http://southernrunningguide.com>

### **Tracey Horne in USA**

Tracey and her husband have been in Miami competing in a Triathlon and took the opportunity to race in a 5Km run and Tracey was impressive "First Lady" (Not that First Lady in the USA)

