

TAC Masters Update 1st May 2017

League Opening Fixture at Norman Park Friday 28th April



I am sure a number of you like me were unsure of how we would do in Div 1, on paper we looked like we could compete but it was great to see both the Men and Women perform so well to be 2nd equal and 3rd respectively on the night.

The women started the night on the track with Emma Wood showing her class to win the A string 400m by some distance in 60.00. Nina Ridge then followed this up with a beautifully timed finish to win the B string as she came from some way back to pip the tiring Dartford runner. Lucy PK W50 and Nicky Buckwell W60 both picked up 3rd place finishes.

The men started with Simon Fraser narrowly beaten into 2nd place in a thrilling race. Both Mark McAllister 4th and Steve Brooks 6th showed their pace in the first 200m but were overhauled in the final straight.

Meanwhile in the field Pete Ebbage was winning the M50 pole vault and Ian Crawley, despite clearing 2.60m finished 4th.

The ladies hammer is a tough event for us as our throwers are all novices and was not helped as team manager (me!) had used last year's team sheets that did not include W60, so Nicky Buckwell was suddenly required to throw.

The Women's 3k produced yet another exciting race as Sasha Houghton took the race on from the start in her bid for the W40 club record. Although tracked by the Dartford A string for the final 4 laps she refused to be passed and showed great pace to pull away and break the record (11.41.90) Not far behind but well clear in W50 was Lucy PK (12.06.30) Rachael Fagg making her league debut, more than equipped her herself by taking 2nd place in the B string W35 race, 50 secs clear of 3rd in 12.45.20 .

Simon Fraser ran his customary well timed 3k (after his lactic 400m) coming through well to be 3rd in the A string with Andy Howey running down an age group from the M50 still taking 2nd in the B string in

9.56.8 . There was a squad of non scorers to support Alan Buckle in the M50 race, but in reality after Ian Crawley shot off to be pace setter for the first 200m, neither Mark PK or Antony Crush could get ahead of Alan to be of much assistance!! He was a comfortable 2nd in the M50.

Meanwhile in the Mens triple jump there was very little between the teams apart from the leading two jumpers in the M35. Mark McAllister and Jason Cannon both picked up 5th places.

Mark Davies made a return to club action after many years in the Hammer. He is a specialist in Discus and Shot, so to come 3rd in the M35 after very little training was impressive. Mark will be leading Shot and Discus sessions on Tuesdays and Thursdays over the following weeks, so anyone wanting assistance can join in with his groups. Pete Ebbage was also 3rd in the M50.

The women finished with the Triple Jump and in the W35 the difference between 1st and 5th was only 90cm, a frustrated Nina Ridge is determined to move up the rankings next time. Lucy was 4th improving on last years W50 effort. Nicky Buckwell fared better with 3rd in the W60 6.44m

Results at

<http://www.scvac.org.uk/SCVAC%20Kent%20League%20Norman%20Park%20Results%2028042017.pdf>

Great thanks to John Saunders, James Taylor and Alan Bennett for filling officials roles on the night.

Next fixture at Ashford Julie Rose Stadium on Monday 15th May at 6.45pm. 1500m, 200m, 4 x 100m, Discus and Long Jump. Non scorers will be welcome in all but the discus.

Hildenborough Races

There was a fantastic turn out of TAC runners of all ages at the Hildenborough 2.5M,5M and 10M races on Monday. In fact it was U17 years of age or over 37 for the TAC runners! Below is just a selection!



Sally Musson and Penny Pilbeam were 2nd and 3rd ladies respectively in the 10M race, and were part of the winning team (along with Dan Bradley)

In the 5M, Mark PK was 2nd Male overall in a time of 30.43 (pleasingly 40 secs faster than 2 years ago!) Tony Bennett was 4th Male, having equipped himself with a pair of illustrious pace makers in Mark Steinle (Sydney 2000 Olympics GB marathon runner) and Alan Lee (former Tac) Along with Fraser Gordon U15 and Vita Milana U17 they won the team medal. Richard Puxty took 1st M50 award and Brian Buckwell was 1st M60.



Sasha Houghton continued her good form to be 4th Lady, 1st W40, with Lucy PK 1st W50 in 5th place.

At the time of writing this there are no results up but there were plenty of other TAC vets running and with the relays coming up in 3 weeks it was very pleasing to see Tony Cohen, Nina Ridge, Cain Bradley, John Ridge and Di Bradley all having good runs. Di will probably be kindly stepping into the shoes of the

injured Maria Heslop for the W45 team and showed she is as determined as ever! She also got the biggest cheer of the day as she finished. Angie Crush made her debut for TAC on the road, to follow her Friday night league debut.

TAC Open Meeting

Unfortunately, due to the predicted issue re vehicle access to the track area as a result of the new basketball court at the Tonbridge Centre there was no electronic timing. Initially the track events were cancelled however intense organisation by Dawn Hookway ensured the event did continue, although a number of athletes did not turn up as a result. However those Vets that did were able to post times (hand held) for the 100m, 300m and 1 mile.

Mark McAllister and Anthony Bickley ran 12.5 and 13.1 over 100m, I think this 12.5 equals the club record for the M45. Then Anthony turned the tables in the 300m 41.1 and 42.4, to lower the club record from Jason Cannon (for those that have asked when Anthony can run in the vets league, he will be running on the 2nd June!)

Nicky Buckwell appears to have set a new club W60 record for the 100m in 17.7s (she adds this to her 8 other records)