

## **TAC Masters Update 5<sup>th</sup> October 2017**

Don't forget to lead by example , all middle distance runners must wear Day Glo vests for training

### **Tonbridge Half Marathon**

It was very impressive to see how TAC runners dominated this local race. Julian Rendall (M40) battled with Dan Bradley before making his move at about 4.5 miles to win the race in 1.14.16. Maria Heslop dominated the Ladies race as she won by over 3 minutes from former TAC runner Nicola Wilkinson some 27 years her junior. Penny Pilbeam picked up the W45 prize as she finished 6<sup>th</sup> overall in 1.36.12 despite not being 100%. Hopefully Penny will be 100% for the Bournemouth marathon this week-end.

James Winniffrith 1.33.42 showed he is form with the XC season approaching. Duncan Ralph 1.52.53 just pipped Richard Bamforth 1.53.45 who had been going well at 10 miles and on target for around 1.40 when he strained his calf and hobbled to the finish.



*Julian Rendall 1<sup>st</sup>*



*Maria Heslop 1<sup>st</sup> Lady*



*James Winniffrith*

### **Graeme Saker Park Run**

Graeme Saker continues to demonstrate his ability to be competitive across the ages as he came 4<sup>th</sup> at the West Malling Parkrun in 18.01. He was comfortably highest age graded scorer with an impressive 86.03% and a new PB for the course. It appears that lots of club runners descended on the West Malling parkrun for a mob match. I hope that the selectors recognise Graeme's form this year and select him for England M55 in the home countries international XC in Dublin this November.

### **Rachael Fagg and James Winnifrith**

Rachael and James both did the inaugural Rother Valley 10km (Northiam to Bodiam) on Sunday 17th September. It was an extremely hilly course with only the final 2km being on the flat. The winner (from Hastings AC) ran 34:30. James finished 21st in 42:24 (7th Vet men) and Rachael was 68th (50:26) and was the 3rd Vet woman – (haha, the highest position I have ever (and will ever) finished!! *Comments Rachael*)

Rachael followed this with a trip to New York where she joined a local running club for a session in Central Park!

### **Dec 2<sup>nd</sup> Kent Vets Cross Country championships**

One of the highlights of the XC season for the Masters Distance runners at the club. This is held at Dartford Central Park. This is essentially a flat 8km course around football pitches but with some short sharp banks that are taken up and down. There is one Ladies race with 35-44, 45-54, 55-64 and 65-74 age groups. There are two Mens races 40-49 and then a separate one for 50-59 and 60-69. Older men race over the 5km with the Ladies.

Please all make a big effort to be available for this race as we can defend our Mens 50 title, improve on the M40 bronze medal and potentially win / medal in all the Ladies age group races.... Having said that it is a good event for anyone who is apprehensive of racing and we would like to see all abilities racing.

The club pays entry.

### **Dec 9<sup>th</sup> South of England Cross Country Championships Oxford**

This again is a club team event. It takes place with the Southern age group intercounties championships. If your children are racing for Kent it is a good opportunity to race as well over a fun challenging course that has a bit of everything! Realistically we should be able to have at least a M50 team, perhaps W50 and M40 teams.

### **Ashford 10Km**

Good Luck to those doing Ashford 10Km, unfortunately it is now sold out if anyone was thinking of a last minute entry.

### **England Athletics Masters Association (EAMA) Cross Country Inter-Area Challenge**

SWVAC has kindly offered to host the 2017 Inter-Area Cross Country Challenge.

The event was first held in 2016 hosted by VAC at Wimbledon Common.

The 2017 event will be held at Bournemouth Athletics Centre, Kings Park, Bournemouth BH7 6JD on Saturday 25th November.

Entry details can be found via the following link:- <https://bmaf.opentrack.run/comp/528/>

The event distance will be 4.5 miles. Registration from 12 noon and the race will start at 1.30pm.

The event will be open to males and females aged 35 plus. Individual entries will be accepted up to the deadline of 19th November. Entrants must be members of their Area Masters/Veterans Athletics Club and be UKA registered.

Prizes will be awarded as follows: Trophy to the winning team plus certificates to the winning team scoring runners - the first 10 male and 10 female runners on the basis of age adjusted times. Further information can be obtained by contacting [des.white@btinternet.com](mailto:des.white@btinternet.com)

### **BMAF XC Relays**

I had a couple of responses for this event in Nottingham, however it does clash with the Somerhill Kent league event. Let me know if you are interested.

Team entries are now open for the BMAF Open Cross Country relays. This very popular event, held annually, is taking place at the centrally located and easy accessible venue of West Park, Long Eaton. All masters (35+ male and female) that are currently (UKA registered) members of clubs are entitled to enter, with team entries taken from club team managers/secretaries. The online entry system is via the BMAF website, under the fixtures column, where you will find all the full entry details and information displayed.

The course is a flat and fast, with each competitor covering (approx.) a 3k leg for each team. Teams will consist of men 35+ and 45+, 5 per team. The 55+ men compete over 4 legs and all men over 65+ and women's teams consist of just 3 competitors per team. "B" teams are also welcome to compete in all age groups; they cannot qualify for BMAF medals, but will receive prizes if they obtain a first three position. All team competitions are in 10 year age groups up to women 65+ and men 75+, providing competition for all masters. The fastest legs on the day, within each 10 year age group competition, will also receive medals.

Please note that entries close on October 13th for this event.

### **Beckenham Charity Trail Race 10k - Sunday 12<sup>th</sup> November 2017**

This is the day after Kent League at Footscray.

"As a club which has participated in our charity trail race previously, we would like to invite you to this year's event, registration is now open.

Full race and entry details are available on our website at <http://www.beckenhamrunning.co.uk/races/trail>

Regards

Beckenham Running Club"  
[www.beckenhamrunning.co.uk](http://www.beckenhamrunning.co.uk)