

TAC Masters Update 7th Sept 2017

SCVAC TRACK & Field Finals 3rd September



Hard to know where to start after what everyone agreed was a great day for athletics and team spirit! Probably best to start at the end where we won all 4 relays. The women were convincing winners in both, finally beating Dartford in the 4 x 100m as much improved handovers made a massive difference. In the 4 x 400m we had seen that Epsom had two very fast runners, but what were their 3rd and 4th team members able to do. In fact we probably had about an 80m lead over Epsom going into the 3rd leg where they had back loaded, and although they closed on the 3rd leg once Emma had the baton we started to celebrate!



The men's races were closer, the first 4 x 100m hand over was safe but 2nd and 3rd were perfect and given the lead Steve Tester was not going to be overhauled. Their time of

49.56 is the fastest in the country for a veteran M35 club team this year and is only headed by GB and Regional teams. Steve showed his experience on the last leg of the 4 x400m after Mark McAllister had tied up a bit in the last 50m, he opened a slight lead, allowed the chasers to think they were closing before pulling away in the final 70m. Simon Fraser had set the tone on leg 1 and Anthony Bickley held this lead showing great calmness despite having only run a handful of 400m's.



Ian Crawley has to be man of the match for his busy day's work in which he collected 32 points, including four 2nd places. However Mark McAllister was hot on his heels with 31 points including the relays. Brian Buckwell did sterling work in the M60 as he covered 100m, 400m 1500m, LJ and HJ. In fact the High Jump was only a few minutes after a tough 1500m.



Interestingly we didn't actually win any single event in the Mens until the relays, but did enough to pull away from Herne Hill and Oxford City whom we had been very tight with all day.

Men's Match

1	Southampton	238.5 pts
2	Dartford Harriers	196 pts
3	Tonbridge	185 pts
4	Herne Hill Harriers	177 pts
5	Oxford City	172 pts

6	Hercules Wimbledon	148 pts
7	London Heathside	124.5 pts

In the women's team both Nina and Ruth scored 32 points (both in relays) to be the highest points scorers for the team, although Di Bradley scored 22 from her 4 events in which she was never out of the top 3. Maria Heslop, 20 with 1st, 2nd and 1st in the 800m, 1500m and 3k respectively. Emma Wood contributed 27 points (incl both relays) and was involved in the top quality W35A 400m race in which she was just pipped by 0.23 s.



We were tied with Dartford with just the final event W60 discus to come and despite Anne Brenchleys valiant effort we were just edged out to 3rd! But we beat Dartford in the relays for the first time!.. You can see below that Anne has gone straight off to start her winter warm weather Discus training for next year!

W : Women's Match after 18 of 19 events		
1	Epsom & Ewell Harriers	214.5 pts
2=	Dartford Harriers	201 pts
2=	Tonbridge	201 pts
4	Winchester & District	170 pts
5	Oxford City	154.5 pts
6	Serpentine	124 pts
7	Stevenage & North Herts	107 pts

Women's Match

1	Epsom & Ewell Harriers	223.5 pts
2	Dartford Harriers	213 pts

3	Tonbridge	209 pts
4	Winchester & District	178 pts
5	Oxford City	162.5 pts
6	Serpentine	128 pts
7	Stevenage & North Herts	114 pts

There were lots of PB's on the day that I am unable to search for and some club records that Richard Christian has listed below. Overall we should feel very pleased with ourselves and it was encouraging to hear people discussing how we will improve for next year. First step is for everyone to make sure that no holidays are booked for the start of September 2018, then Winter training followed by qualifying for the finals again (I suspect that Blackheath will want to re-establish themselves in Div 1!)

Massive thanks to our officials on the javelin and track, John SANDers, Tony Fullbrook, Steve Brooks, Julie Goodge, Alan Bennett, Adam Roeder, James Taylor, Dawn Hookway and everyone else who helped set up, bake cakes , video etc etc

Results are on line at <http://www.hampshirevetsleague.org.uk/2017/fixtures2017.html>

There are hundreds of photos in the Facebook group with plenty of comments!!
https://www.facebook.com/groups/1725755161043753/permalink/1978218429130757/?comment_id=1978632485756018

Videos are going up at
https://www.youtube.com/channel/UC1GJ4G-GE_1V_TuF7_tBtmQ
 Sorry no 3K or Mens walk.

TAC RECORDS set at Ashford according to Richard Christian:

W35 4x100m Relay 56.08 sec (Ruth Bingham; Antonia Skeritt; Nina Ridge; Emma Wood)

W35 4x400m Relay 4:35.03 sec (Ruth Bingham; Antonia Skeritt; Nina Ridge; Emma Wood)

W40 HT Nina Ridge 18.72m
 W45 800m Maria Heslop 2:33.91 sec
 W45 1500m Maria Heslop 5:10.46 sec
 W45 JT Val Simpson 18.43m
 W50 LJ Sally Vine 3.55m
 W50 TJ Sally Vine 6.78m
 W50 JT Sally Vine 17.21m
 W55 2000m Walk Di Bradley 11:59.50 sec
 W55 DT Di Bradley 20.65m
 W60 400m Nicky Buckwell 83.90 sec
 W60 LJ Nicky Buckwell 3.07m
 W70 1500m Anne Brenchley 8:33.78 sec

M35 4X100m Relay 48.56 sec (Anthony Bickley; Simon Fraser; Mark McAllister; Steve Tester). Now UK ranked No 1 M35 4X100m for an individual athletic club, so far in 2017.

M35 4X400m Relay 3:50.76 sec (Simon Fraser; Anthony Bickley; Mark McAllister; Steve Tester)

M45 JT Mark McAllister 37.04m
M60 400m Brian Buckwell 67.89 sec
M60 HJ Brian Buckwell 1.20m
M70 SP Peter Brenchley 5.18m



ParkRun this Saturday at Bromley

A few of us are planning to run at Bromley Parkrun this Saturday in a bid to put in Pb's over the flat and fast 5km course. Please join us there in Norman Park.

South of England Road relays

Mark Hookway has now made the entries for this event, it looks like we will have M40, M50 and W40 teams. Mark will announce the teams nearer the time.

Alan Buckle trains with Antony Whiteman

Last week went up to Humberside where his brother trains with Tony Whiteman the legend M45 runner who after setting M40 world records is doing the same in the M45 AG, with 1.49 for 800m this year!!



Asford 10k

A number of us are thinking of doing this 10k, it is a fast PB potential course and is part of the Kent GP series. See Alan's item below.

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

BMAF XC relays

I am keen to race in this event, it will be a M45 team of 3. It does clash with the Kent league XC at Tonbridge on Sat 28th Oct, so anyone looking to do well in their age group for the Kent League should consider that they won't be able to miss the Kent League. Others who want an excuse to not do the hills of Somerhill should jump at this opportunity!!! The relays take place in Nottingham. Any thoughts welcomed.

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

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>