

TAC Masters Update 22nd March 2017

Kent Indoor Champs Sunday 19th March

There were a number of good performances by Masters athletes at the Kent Champs (not vets Champs)

Top performer was Emma Wood who lowered her 400m time from the week before to 59.73, which is a new W45 National record. Many congratulations. She also took bronze medal in the event.

Simon Fraser M40, qualified for the Senior mens final and then ran 4 secs faster 2:06.01, to show he is in good form as the track season approaches. Steve Tester who becomes M35 this summer was 4th in this race in 2:03.78.

National Masters Cross Country Championships Liverpool Sat 18th March

A team of 7 TAC runners made the trip to Liverpool. Traditional north west weather conditions ensured that the soggy parkland course was testing.

The first race was all women's age groups along with the Men over 65, over 6km.

Sasha Houghton W40 Nina Ridge W40 and Lucy PK W50 took part. Lucy ran down AG to make up the W35-44 team. This paid off as they won Gold medal by 2 points from Newcastle. Lucy was also second W50 and was awarded silver medal, however this does not show in the final results. This is because this year the organisers decided that you cannot run down an age group and still count as an individual in your own age group.

Video at of ladies at <https://youtu.be/9vgVDgUXhpQ>

1st Team 35-44

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|-------------------------------|----|---------------------|
| Sasha Houghton 0:26:21 | 9 | 5 th W40 |
| Lucy Pitcairn-Knowles 0:26:33 | 11 | 2 nd W50 |
| Nina Ridge 0:28:04 | 15 | 9 th W40 |



Second race is for M35-M64, 8km

As a result of this ruling, we decided that Graeme Saker would stay in the M55 AG, this paid off as he out sprinted two other M55 over the final 150m to take the gold medal.



Graeme Saker appears to be leaving Mel James “hanging”, or is he rubbing Graeme’s tummy!

Doug Bentall M50 had been a doubt, due to a hip injury, right up until he decided to start. He was relieved to feel able to continue and finished in 24th. The team was 6th. Ben Reynolds (2nd Claim) who was 3rd individual in the M50 was part of the winning M45-54 team for Thames Hare and Hounds

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|----------------------------|---------|----------------------|
| 24th Douglas Bentall | 0:29:55 | 13 th M50 |
| 30th Mark Pitcairn-Knowles | 0:31:04 | 16 th M50 |
| 31st Philip Coleman | 0:31:07 | 17 th M50 |



BMAF 10 Km Road Race at Cyclopark Gravesend 9th Feb

This event needs to be entered by you as an individual (the club do not enter you for this) The closing date is April 2nd, details at

<http://bmaf.info/library/fixtures/BMAF%2010%20km%20Open%202017%20Prospectus.pdf>

It is best to be a second claim member of SCVAC £18 (our regional vets club) You can do this through the BMAF site or SCVAC site. It is not the easiest process as age verification is required, but persevere and email them with any queries. Do it sooner rather than later to be sure. You can enter without joining SCVAC but as you can see below it still requires verification. This race is also the SCVAC 10km championships, so double opportunity for medals.

"New member registration welcomed, all completed online Open competitors please register online in OpenTrack and allow additional time for age verification (submit scan/photo of passport/birth certificate before you enter to memsec@bmaf.org.uk)"

<http://bmaf.info/>

This is a team event as well as an individual one.

BMAF Road Relays at Sutton Park May 20th

This is an event that I enter you for as part of the team (the club pays entry) We should be able to field our most competitive teams yet in both Men and Women. We can have more than one team in any category. **Please keep the date free.** We will be able drive there and back in a day. Please let me know your availability.

Events coming up

Knole Park 10k April 2nd

Paddock Wood Half Marathon April 2nd

Hildenborough Road races (10M, 5M and 2.5M) Mon 1st May

I have also received news of the SCVAC multi terrain 10k, that takes place from Norman Park as part of the Ted Pepper Memorial 10k Bank Holiday Monday 1st May 2017 10:00 a.m. start. This does clash with the Hildenborough 5M and 10M races, that I know many will be doing.

Middle Distance Training

Pete Mason has kindly added a "V" group to his training schedule. As you will see we will join his group for the longer reps, but where they are doing 200m reps etc, we will join Mark Hookways group to ensure that we do sessions that suit the longer races that we tend to do. However if you wish to do shorter reps you are welcome to do them.

Look at the Training planned pages on <http://www.tacdistancerunners.com>

Track and Field Training.

The field event equipment should all be up and running over the next couple of weeks at which point I will arrange some specific training sessions for throws and jumps, as well as advertising when the equipment is available for use.

We are planning to have a team gathering for as many as can make it on the Sunday 23rd April before the first vets meeting at Blackheath to allow each age group to establish who is likely to be team scorers, practice relay squads etc. Non scorers will be welcome in all events (apart from the long throws) and these are good opportunities to

In the mean time sprint sessions continue on Tuesdays, Thursdays and Sundays.

Thanks for the updates from the following:

James Winniffrith M40

Just thought I would update, as I have not been to many events recently.

I ran Tunbridge Wells half as you noted in your report and then the following week I ran Brighton and got a PB of 1:26.48. Since Brighton seems to have been confirmed as short, I guess this does not stand. I ran Hastings half on Sunday, very against the wind on the last 2 miles and came in exactly as per last year at 1:28.17.

<https://www.sportsystems.co.uk/ss/results/athlete/?entId=JAMES-CZFMM-WINHP>

I am running Paddock Wood half, but slowly as I have Brighton full marathon the next Sunday with London marathon two weeks later.

I am also hoping to be in the Hildenbrough road races with the rest of the family.

Jason Cannon M50, Sprinter

Back training and will be back on the track next week after 6 months off with Planter Fasciitis!

Looking forward to competing again and smashing some records.

Duncan Ralph

Was a bit disappointed by time at Lydd - not enough miles in the legs so struggled for final 3 miles.
However, good preparation for:

PW half 2/4

Southampton marathon 23/4

Seaford half 14/5

Edinburgh marathon 28/5

Please send in updates of your plans and race reports