

TAC Masters Update 4th April

Knole Park 10k Sunday 2nd April

Ladies win the team prize, but it was a roller coaster of emotions! Shortly before the start Lucy, Nina and Sally appeared to be the team. Sally Vine was not full of confidence on her TAC debut as felt she was not worthy of wearing the TAC vest and said she was simply hoping to get round. Then Claire Day appeared having entered on the day and Sally felt the pressure lift off her shoulders!!

The Men's team was boosted on the start line when we saw that Luke Reeves U20 (9th) was present, so with James Stoney U17 (5th), it would be left to Tony Bennett M40 (25th) and myself M50 (19th) to see if we could support them. James Elgar U17 was in the race but politely started well back in the field! Tony had played Rugby yesterday so his performance was all the more impressive to finish in 25th.

At the end the Ladies were delighted as Claire finished 3rd, Lucy 5th and Nina 9th. No other teams were close on points. However, when the results were put up Claire did not have TAC by her name. Unfortunately, she had failed to tick the box to register herself as part of TAC and despite having chip technology the organisers were not prepared to alter the results (reasonably). Lots of disappointment, but it was quickly dispelled as TAC were announced as winners of the Ladies race as Sally Vine had run well to beat her goal of 60 mins and finish as 95th lady, WELCOME to the TAC ladies team! Great joy as goody bags from Up and Running were dished out, champagne to be collected on Monday. Would you believe it they handed out 4 bags, so all 4 ladies got some goodies. Nina sorted out what to do with the "What do I do with this" Mug in the goody bag as she dropped the whole bag within 30 secs.



The men were edged out of the team race by 2 points.

http://www.swifttiming.co.uk/cgi-bin/list_race_result.php?firstname=&surname=&gender=All&category=&club=&bib_number=&sort_order=Finish+Time&meet_event_id=1130001

Paddock Wood Half Marathon Sunday 2nd April

There were some very good results here as a number of vets build towards marathons over the next few weeks.



Julian Rendall M35 continues his great form in 1.10.51 as he was 9th (Apologies for classifying you as a M40 prematurely last week) James Winnifrith M40 ran 1.28.55, not bad for a “slow” run as he aimed to take it easy before Brighton Marathon next week followed by London at the end of the month.

Antonia Skerritt W35 (9th in AG) was very close to sub 1.30.14, delighted to have PB and clearly on target for London in 3 weeks.

Penny Pilbeam W45 (10th in AG) ran a fantastic 1.36.32 as she comes back from the birth of her son in November. She is also doing the London marathon. I find it hard to believe this photo is taken after the race!!

Duncan Ralph M50 ran 1.48.19 as he builds towards Southampton and Edinburgh marathons. “Paddock Wood half started okay – reached halfway in 48:46 - on track to improve on last year’s time. Unfortunately, left adductor then started to play up so had to stop, stretch and jog. Given this, 1:48:19 was quite good.”



Penny Pilbeam



Antonia Skerritt

Crawley Open Meeting Sat 25th March

Richard Christian competed in the Crawley Pre-Season Open Meeting at the K2 stadium on Saturday 25th March with the following results :-

300m hurdles (M50 height) 48.81 sec.

This was a PB and TAC (M50) record by 2.29 sec which he ran at the same Open Meeting last year.

"I was lucky to be allocated a lane on the inside of two U17M (same hurdle height as M50) who I tried to keep up with but youth won out and I was 0.25 sec behind the second athlete. I was the first and only M50 hurdler and finished 5th out of 6 when ranked on time with all the senior men. Unfortunately, there are no hurdles races in the Kent Vets League 😞

80m 11.06 sec

"I was the first M50 sprinter and finished 5th out of 6 athletes in the senior men's race. This distance is not run often for seniors so not surprisingly it is a first time PB and a new TAC M50 record."

Cardiff 10K Sunday 2nd April



Brian Buckwell (M60) came 5th in AG, 44.52. The winner of the race Dewi Griffiths also had a chat after recognising the TAC vest and commented on the success the club has had recently.

Sunday 23rd April Pre league team Practice Gathering

This will be an opportunity for practice at various events, including relays.

Pole vault practice will be on most Sundays from 11-12.30

1st Vets League meeting on Friday 28th April 6.45pm at Blackheath and Bromley (400m (+60), 3k, TJ, Hammer, Men Pole Vault) The Hammer will be the only event where non scoring will not be allowed.

BMAF Relays Sutton Coldfield 20th May

The closing date for these relays that are one of the highlights of the vets TEAM racing calendar is quite early on the 28th April. **I enter the teams and the club pays for entry.**

Teams are 10 year age groups from 35 upwards for both Men and Women. Men 35, 6 in a team, M45 4 in a team, W35 4 in a team and the rest are 3 in a team. Each athlete runs 3 miles, you will find your times are about 1 minute quicker than Tonbridge Park Run.

The ladies race starts at 10.30am. The journey in a car can be done in 2.30-45 mins early on a Saturday. I anticipate cars leaving at about 6.50am to allow time to warm up and check the course. Ladies will be able to get home by about 2.30pm if they want. Men will be able to leave a little later if they want, Races at 12.15 and 2pm.

Alan Bennett has kindly offered the option to drive a minivan, this will be a bit slower but was fun when we did this before.

I would like to hear from you now if you intend to take part. We potentially could have a decent M35 team, but need to hear Yes or No so I can keep others updated.

For a taste of the event <https://www.youtube.com/watch?v=0cwohq9aRpk>

<https://www.youtube.com/watch?v=i3ENTax4C3o>

Runners entered for BMAF 10K at Cyclopark this Sunday

Graeme Sake, Cain Bradley M55

Mark PK, Phil Coleman M50

John Ridge M45 Team in M45 (all runners)

Sasha Houghton, Nina Ridge W40

Lucy PK W50 Team in W35