

## TAC Vets Update 11<sup>th</sup> January 2018

### Brands Hatch Kent County Championships 6<sup>th</sup> Jan

As you can see from Alan Newman's excellent analysis of our TAC vet's efforts at the Kent County Championships we had an amazing 23 Vets athletes taking part. I think the standout results are first place in the M50 and W50 for Ben Reynolds and Maria Heslop. Both of whom helped secure the Men's and Women's team titles for the 6 and 3 to score team events. Maria also took the Bronze medal in the overall women's race as she showed great confidence in her ability to cruise into 3<sup>rd</sup> place half way round the second lap.

Simon Fraser and Antony Bennett were important scorers in the Men's 12 to score winning TAC team. Steve Keywood was in great form to be 4<sup>th</sup> in the M55 and narrowly missed being in the scoring 12.

Tina Oldershaw had a great club debut to be 6<sup>th</sup> overall and 2<sup>nd</sup> W50. Amazingly she did not score in the TAC 3 to score gold team, but was instrumental in ensuring gold in the 6 to score. Sasha Houghton was returning following her sprained ankle back in November, with a very strong 2<sup>nd</sup> lap in which she made up a number of places to be 19<sup>th</sup> and 2<sup>nd</sup> W45. Lucy P-K was one who recognised the longer length of this race and set off steadily. This paid off for her as she progressed throughout to be 32<sup>nd</sup> and 4<sup>th</sup> W50.



Lucy PK



Steve Keywood



Susie Jeddo

Sue James was 1<sup>st</sup> W65, despite having to stop to do up her lace!!

Special mention should also go to Deniz Bowart, Adina Hellyer and Diana Ierfino (not quite a vet!) who all made their club debuts over this longer distance after training with the club under the guidance of Alan for the last 2 months. This contributed to the largest number of female TAC athletes ever at the Kent Champs.

### Men's Race – 12,150m

<u>Name</u>	<u>Category</u>	<u>Position</u>	<u>Time</u>	<u>Age Pos</u>	<u>Comment</u>
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Ben Reynolds	M50	19th	41:57	1st M50	Team gold
Simon Fraser	M40	68th	46:12	9th M40	Team gold
Anthony Bennett	M40	82nd	47:23	12th M40	Team gold
Steve Keywood	M55	102nd	48:57	4th M55	
Mark P-Knowles	M50	130th	50:56	14th M50	
Anthony Crush	M40	133rd	51:12	18th M40	
John Ridge	M45	144th	52:06	18th M45	
Ross Kinloch	M55	152nd	52:55	13th M55	
Tobin Bird	M45	162nd	54:02	44th M40	
Tony Cohen	M50	185th	57:56	24th M50	
Duncan Ralph	M50	201st	61:26	26th M50	

### Women's Race – 8,450m

<u>Name</u>	<u>Category</u>	<u>Position</u>	<u>Time</u>	<u>Age Pos</u>	<u>Comment</u>
Maria Heslop	W50	3rd(bronze)	31:49	1st W50	Team gold
Tina Oldershaw	W50	6th	33:29	2nd W50	Team gold
Sasha Houghton	W45	19th	35:39	2nd W45	Team gold
Lucy P-K	W50	32nd	37:16	4th W50	
Penny Pilbeam	W45	34th	37:32	4th W45	
Rachel Fagg	W40	35th	37:36	5th W40	
Susan Jeddo	W40	43rd	38:32	7th W40	

Nina Ridge	W40	51st	39:02	8th W40	
Julie Goodge	W45	74th	41:05	10th W45	
Deniz Bowart	W40	97th	44:57	17th W40	Debut
Sue James	W65	105th	46:25	1st W65	
Edina Hellyer	W50	114th	48:37	15th W50	Debut

Note: Age group positions are shown in 5-year categories (35-40-45, 50, etc) due to more detailed results available from County Championships. Also, chip times are rounded up to the nearest whole second.

Alan Newman

Performance Coach, Level 3

### **Bromley Vets 5 Mile**

Sunday 25<sup>th</sup> March 10.30am at Sparrows Den. This was a well run race last year over an alternative route at Sparrows Den.

<file:///C:/Users/Pkfamily/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/VQR7E7G8/BVA%205%20Mile%20Entry%20Form%202018.pdf>

## Kent Road Running Grand Prix 2017 and 2018...

For many years there has been a Kent Road Running Grand Prix with various Kent Championship events. This has not always been well supported by the best runners as they often have higher level commitments. However, it is ideal for club runners and particularly masters as there are team and individual awards in all age groups. It remains popular and in 2017 there were 38 clubs competing and 577 men and 279 women scored at least one point. The rules and full results can be viewed on the KCAA website: <http://www.kcaa.org.uk/road%20races.htm>

The rules can be confusing at first glance. There are 10 races at a variety of distances held between January and early October (to conclude before the XC season starts in earnest). Individuals score their best six results; club teams score their best eight results. Top six men and top four women in each race automatically score for their club PROVIDED they are in the top 100 (men) or top 50 (women). For the purposes of the Kent Road Running Grand Prix runners not in the competition are discounted. Any club member (aged over-17) can count in the Kent RR Grand Prix (whether Kent qualified or not). There are more rules for masters' eligibility and they can all be found on the KCAA website above, or just ask.

The fixtures incorporate three Kent Road Race Championship events. One is designated "Long Course" and the another "Short Course". The "Long" race will usually be a half marathon and the "Short" a 10k. The Kent Marathon Championships are held within the Kent Coastal Marathon at Thanet in September. Oddly, this is for teams and all Masters' age-groups but not for senior men and

women. You have to be Kent qualified (by birth, residence or continuous association) to compete in any Kent Championships.

So how did Tonbridge AC do in 2017? Poorly, to be frank. It seems that this has not previously been a priority and understandably so with so many clashes with major events that must take precedence. TAC men scored in six races and finished 16th team; TAC women scored in two races and were ranked 18th and the best team performance was third in the Tunbridge Wells Half Marathon by the men. Individually, the only top-20 category results were achieved by Alan Newman (16th M60 – 1 race), Antonia Skeritt (10th W35 – 2 races) and Sue James (5th W65 – 1 race). The opportunity is clearly there for a major improvement in 2018, particularly among the Masters with new recruits who will be eligible.

Time to mark your diaries then with the 2018 Kent Road Running Grand Prix and Champs fixtures:

21/01/18 - Canterbury 10

18/02/18 - Tunbridge Wells Half Marathon

11/03/18 - Dartford Half Marathon (Kent Long Course Champs)

30/03/18 - Folkestone 10

13/05/18 - Larkfield 10k

10/06/18 - Orpington High Elms 10k (Multi-Terrain)

24/06/18 - North Downs 30k (BMAF Multi-Terrain Championships)

22/07/18 - Deal Dinosaur 10k

02/09/18 - Kent Coastal Marathon (Vets Individual and Team Champs)

07/10/18 - Tonbridge Half Marathon

For any information about Kent Road Running Grand Prix and Kent Road Race Championship races contact Alan Newman. Note that entries for these events are at individual athletes' expense.

Alan Newman

### **Indoor events**

There are a number coming up, it is probably best to communicate with either Richard Christian, Ian Crawley or Alan Newman regarding the best ones for Vets. Please look at the Masters page on the Tonbridge AC website to see the fixture list that explains how entries should be made etc.