

TAC Masters Update 4th October 2018

SCVAC T&F Area Finals Ashford, 30th September

Concern at the late date for this event was unfounded as the weather was warm and still. An unexpected bonus was the relatively large number of officials due to the lack of other events taking place. As ever there was a great atmosphere, friendly but intensely competitive!!!



TAC Men's and Women's teams took their place amongst the strongest Vets clubs from the South East area, all of whom had won their leagues during the summer. Epsom and Ewell have won the Ladies title at the final for the last 9 years and were again victorious with a very strong team. Tonbridge improved from last year's 3rd place to be 2nd this year as we finished strongly to pip Southampton.

The Men's event was tight all day between Southampton, Oxford City and Tonbridge. This was the finishing order with only 10 points between the top 3 at the end. This shows the improvement in the team as last year we were 53.5 points behind Southampton! There are clearly areas where we can be stronger that will help to bridge this gap.

This was very much a team event with 88 out of 90 events being filled, just the tricky W and M 60 high jump missing out! There were some outstanding performances in both teams and our strength in the B team track events contributed to our position. I think Nicola Evans 1500m W35B and Adam Roeder 800m M35B were two of the most impressive tactical wins. Mark McAllister in the 100m and 200m M35B was particularly dominant as he got a flying start to run 12.00s in the 100m. Simon Fraser 400m came up against a very strong B string runner whose time was actually quicker than Steve Tester (wins in 200m and 400m M35A)





Sasha Houghton (W35 3k) and Antonia Skerritt (W35 800m) took B string wins.

Maria Heslop ran PB's in the 800m (2nd) and 1500m (1st) (W35A), before winning the W50 3K by over 2 minutes. Claire Day was in a scrap for the 2nd/ 3rd / 4th place in the W35A 3K and despite pushing the pace and running a 12 second PB, got edged out to 4th. Lucy PK and Sally Vine covered the rest of the W50 track events,

but found the opposition was of a very high standard and despite some PB's were often 3rd or 4th. Sally was particularly busy as she did the Pole Vault, Long Jump, Triple Jump, Javelin, 100m and 200m!

Nina Ridge was busy as well as she scored top 3 in all her field events (LJ,TJ, Shot, Hammer and Discus). Discus (1st) and a PB in the Hammer (2nd) being her highlights. Despite finishing equal 1st in the W35 Pole Vault Angie Crush was disappointed not to have vaulted to her potential, however as a beginner at the start of the season to be first in the area finals is an example of what can be achieved in the Master's section of the club.



Ian Crawley was contributing large numbers of points across the field events and relishing the competition from familiar faces. 1st High Jump, 2nd Pole Vault, 1st Long Jump, 2nd Shot Put and then even a 3rd in the Javelin. Di Bradley and Grazia Manzotti had been training hard for the walk and they were rewarded with 1st W50 and 2nd W35 respectively. Di also took on the W50 throwing for Shot, Discus and Hammer, with 2nd in the Discus particularly impressive.

There were many real team contributions, Graeme Charters and Alan Newman filling the M60 spots despite recent injury and lack of experience in events. Sue James and Anne Brenchley did the same for the Ladies W60 events, with all of them picking up points across the board.

Dan Crush M35 Hammer, Pete Ebbage with a hamstring injury still managed Pole Vault, Discus and Hammer.

WE WERE REALLY GOOD in the 4 x 100m relays (M & W), slick handovers resulted in very convincing wins. Both were TAC Masters relay records and in fact puts both teams top club in the country Men 35 and Women 40 with only the GB or regional squads ahead of them.



Epsom were too strong in the W 4 x 400m relay, but our Men had the last win of the day in the Men's event with another club record.



A very big thank you to those who were part of the Officials team for the Javelin, in particular John Sanders, Tony Fullbrook and Grazia Manzotti who all did from 1.30 to the end!

Videos of all the races (apart from Men's Walk) are shown at https://www.youtube.com/channel/UC1GJ4G-GE_1V_TuF7_tBtmQ/videos

Results at <https://www.hampshirevetsleague.org.uk/2018/fixtures2018.html>

England Masters Cross Country Inter-Area Challenge, Bury St Edmunds, 29th September

Eastern Masters promoted the England Masters Inter-Area Cross Country Challenge on a dry and gently undulating course at Bury St Edmunds, Suffolk on Saturday. TAC Masters kept their powder dry for the following day's League Final at Ashford, but Alan Newman made a "gentle" return to competition after injury and Sue James made a final bid for selection for England W65 team for the British and Irish Masters XC International in Swansea next month.

Results

Race 1 (6kms): 59th Alan Newman, 27:25 (14th M65); 71st Sue James, 30:15 (5th W65)
Teams: 1 EMAC 749pts, 2 VAC 694, 3 SCVAC 586, 4 MMAC 498, 5 NMAC 423, 6 SWVAC 403
The teams for the British and Irish Masters XC International will be announced soon.

Kent Road Running Grand Prix 2018

Despite not targeting the Kent Road Running GP specifically, TAC have some useful positions going into the deciding race for 2018 – our own Tonbridge Half Marathon on Sunday. TAC are currently 9th men's team/36 teams and 6th women's team/34 teams. Leading masters include Julian Rendall (4th M40); Maria Heslop (3rd W45) and Tina Oldershaw (4th W45).

Kent Cross Country League 2018-19

The Kent Cross Country League is an important series of races for TAC and we have a fine record of success in this competition. There are only four races and three are front-loaded into October/November, with a final race in February. Masters can add strength to the senior squads and all standards are welcome. The club even pays the entry fees! It's not too late to get involved – just email Mark Hookway to register – but do it soon as he is very busy at this time of year. Races are approximately 5k for women and M70+ and 10k for men. Here are the fixtures for 2018/19:

13/10/18 – Beech Grove Academy, Nonnington
27/10/18 – Somerhill School, Tonbridge
10/11/18 – Danson Park, Welling (no men's race)
24/11/18 – Footscray Meadows, Sidcup (no women's race)
09/02/19 – Sparrows Den, West Wickham (to be confirmed)

Also note the Kent Cross Country Championships are at Brands Hatch on 5th January, 2019.

Kent Masters Cross Country Championships, Central Park, Dartford

The Kent Masters XC Championships 2018 will again be held on the tight, testing Central Park course at Dartford on Saturday 1st December. No finer way to build up an appetite for the TAC Vets Christmas Dinner that evening at The Hand & Sceptre! Interested runners contact Team Manager, Mark P-K and interested diners contact Diana Goldsmith.

Southern Masters XC Championships, Oxford

This is a regional event taking place on the 8th December. Contact Mark PK as this is a team entry.

The perfect December day: XC, grub and a knees-up!