

## TAC Masters Update 30<sup>th</sup> November 2017

### Kent League Danson Park Sat 26<sup>th</sup> November

Once again the Ladies Vets were critical to the team score in both the 3 and 6 to score Senior Ladies team that was 3<sup>rd</sup> in both categories at Danson Park.

Maria Heslop led from the front, in fact the very front as she won her first Kent League race this season to cement her position at the top of the League standings. Lucy PK was 3<sup>rd</sup> scorer, although she will admit that she was slightly distracted tracking a couple of W50 women from Cambridge Harriers who had beaten her in the last race, intent on revenge she achieved her target! Susie Jeddo made a welcome return after missing the last race as she and Nina Ridge were very important 5<sup>th</sup> and 6<sup>th</sup> scorers for the team.



### Kent Vets Champs, Dartford Central Park Sat 2<sup>nd</sup> Dec

We have team medal chances in the following age groups (W35,W45, M40, M50 and M60) Hopefully some individual medals scattered throughout.

Please see details below. Car Parking is available at the athletics club but will probably fill up by the time of the M40 race, so allow some time. Check the traffic situation around the Dartford Tunnel area.

Di Bradley has kindly offered to be Team manager and will collect the numbers, look out for the TAC banner to pick up your number. We will have a small tent (not a shelter) to put your bags in. The course is a 5 minute walk from the Athletics track.

Presentations will take place after the events in the club house.

#### DETAILS

This year's event will be held on the 2nd December 2017 at Central Park, Dartford, Kent DA1 1JP kindly hosted by Dartford Harriers AC. The race headquarters and presentations will be in the Dartford Harriers club house. Parking at the clubhouse, including an overspill area, is limited so car sharing is recommended. The Acacia Car Park, Overy Liberty DA1 1DJ public pay and display car park as shown on the course maps is convenient to the course. (The Central Car Park, Market Street is limited to a maximum stay of 2hrs)

[www.dartford.gov.uk/by-category/transport-and-streets/parking/pay-and-display-car-parks-and-on-street-pay-and-display-bays/town-centre-car-parks-map](http://www.dartford.gov.uk/by-category/transport-and-streets/parking/pay-and-display-car-parks-and-on-street-pay-and-display-bays/town-centre-car-parks-map)

As Dartford Harriers AC have kindly offered to host both this meeting and the main championship in January we strongly request offers of Course Marshalls from all clubs. Please submit names and contact details to me so that I can forward them on.

The course is mainly run on flat plateaus linked with relatively short steep inclines and descents. The course location is some distance from the club house it will not be convenient to take and erect club tents.

Championship Timetable:

11.00 M50 – M59 – approx 9k

12.00 M60 – M69, M70+, W35 – W44, W45 – W54, W55 – W64 and W65 – approx. 5k

12.45 M40 – M49– approx 9k

These Championships will be run under UKA and KCAA Veterans Cross Country Championship Rules.

#### **Dan Madams 10K**

Tracked down to Battersea Park on Sunday at the crack of dawn...8.30 race start!!!!

Training had been going well and was hoping to have a crack at a sub 34min, but a niggling piriformis and still being half a sleep put that way out of reach.

Ended up with a disappointing 35min 30sec.

Hopefully can redeem myself at the southern counties vets champs. (unfortunately Dan is unable to race in the Kent Vets as he missed the residential qualification by 3 weeks)

### **Warm Weather Training and racing in Cyphrus**

News from Alan Newman and Sue James in Cyphrus

"Race results via link below. Clutching at straws I was first Brit in the 5k - billed as a Fun Run but trophies for first three men/women!

I was 9th (7th Male) in 20:06. Sue was 55th (12th Female) in 25:40. Both missed our targets of 20:00 / 25:00. Weather was warm (24C)."

[http://www.runclub.com.cy/aphrodite\\_results\\_2017.htm](http://www.runclub.com.cy/aphrodite_results_2017.htm)