

TAC Masters Update 7th Dec 2017

Kent Masters Cross Country Championships, Central Park, Dartford - Saturday 2nd December, 2017

The Kent Masters XC Championships returned to the intricate Central Park course at Dartford on Saturday (2 December), with improved results for TAC Masters. There were a number of athletes making their club debuts Krista Bradford, Milton Barrett, Henry Andrews and Richard Newbold.

First up was the Men's 50-59 race over approx 9k (four laps) in which we had won team gold for the last 3 years. Ben Reynolds was hot favourite as the recent Masters International XC champion in this category. Ben forged an early lead that grew to 21 seconds over Darrell Smith (Sevenoaks), a surprise new entrant to the age-group. Graeme Saker was always well clear of the pack for the bronze and team gold was secured by Phil Coleman (12th), with Richard Newbold (14th) close by as back up. Andy Wood had one of his best races to finish 33rd. Steve Keywood looked to be going well early on, but the tight lumpy sharp up and down banks may not have suited knees and Hamstrings as he settled for 38th.



The second race was a combined women's 35; 45; 55; 65 and men's 60 and 70 mash-up. This was no place for "ladies first", although that is how it worked out as Amy Clements (W35 Kent AC) defeated a field of 177 runners. There were two TAC individual gold medal winners: Maria Heslop (W45) and Sue James (W65), as the team medal tally mounted up. Antonia Skerritt (12th), Rachel Fagg (17th) and Nina Ridge (22nd) took bronze at W35-44. Krista Barrett had mistakenly been entered for this younger age group

(MPK mistake) but her time would have put her in 40th for the W45 AG. Maria Heslop led Lisa Knight (6th) and Penny Pilbeam (11th) to gold in the W45-54, with Lucy P-K (12th) just missing the cut. Julie Goodge continues to impress on her return to racing as she had a fantastic sprint finish to gain 2 places for 25th. We had no runners in the W55 race and Sue ploughed a lone furrow in the higher age-group.



The M60 race was won by the impressive Alan Camp who led Blackheath to the title. A hard fought team silver was gained by comeback man John Harley (8th), Alan Newman (12th) and Brian Buckwell (15th). There was no margin for error as Cambridge Harriers were one point behind! The race distance was a tad short of the advertised 5k, so some impressive looking times have to be ignored.



And so the stage was set for the "blue riband" M40-49 race with 82 thoroughbreds competing. And what a finale! Julian Rendall sat in the leading group for half of the race then drifted to the front. It was a narrow lead that he was never going to relinquish, despite a pulsating finish that seasoned observers were heard to describe as the best ever veterans race. Alex Gibbins (Blackheath) finished fast to improve from bronze to silver ahead of Ben Hope (Kent AC) as less than three seconds covered the medal winners. Julian was supported by Simon Fraser (16th), Adam Styles (25th) and Anthony Bennett (27th) in the bronze medal team.



In summary, all complete TAC teams won medals and we had individual champions in 50% of the available age-groups. A final word of thanks to the team managers, photographers, bloggers and vloggers, plus the coaches for preparing the athletes so well and giving such excellent vocal support. It all helps to build team spirit and enables athletes to produce their best on the day. The whole team was wonderfully managed by Di Bradley and her assistant Nicky Buckwell, supplying us with not only pins, numbers, tents and chairs but also a wonderful selection of cakes!!

Videos

Women and M60+ <https://www.youtube.com/watch?v=DbgV-F-410M>

M50 <https://www.youtube.com/watch?v=iixkcPj-ShU>

M40 <https://www.youtube.com/watch?v=T7ntOkEXhFg>

Plus a Bede Special at <https://www.youtube.com/watch?v=zmC-Rhfl3Uw&t=2s>

Crowborough 10k

Maria Heslop continued her winning ways at the Crowborough 10k on Sunday as she was first Lady home in 38.40 over the traditional tough hilly course.

Alan Buckle running for his 2nd claim club Wadhurst as part of the Sussex GP was first MV4 (M55) in 41.24. Fresh from his first time under 40 minutes at Brighton Adam Roeder attacked the first half of the race..... "What a brutal course. I felt great at the gun and was in the mood to attack. Sadly found the hills to be heavily guarded and duly suffered quite the defeat! I lost time mainly on the up but was pretty bad on the down too. Hill training once a week from now on!" Adam finished in 45.04.

Congratulations to Claire Day and her family on the arrival of their daughter Theia last week. Apparently it was very quick, so I guess that can be put down as a PB!

South of England Vets XC Championships Sat 9th Dec ,Horspath

We have teams in the M50 and W40, plus runners in a variety of other age groups.

Kent League Masters Update after Danson Park

Danson Park, bexleyheath. Saturday, 25 November 2017

Women's Race – approx 5km

<u>Name</u> <u>Pos</u>	<u>Category</u>	<u>Position</u>	<u>Time</u>	<u>Age Pos</u>	<u>Overall Lge</u>
Maria Heslop	W50	1st	17:58	1st W45	1st (1st W45)
Lucy P-K	W50	34th	21:03	5th W45	21st
Susan Jeddo	W40	52nd	21:48	14th W35	93rd (2
races)					
Nina Ridge	W40	53rd	21:50	14th W35	97th (2
races)					

Full league standings attached.

Fixtures and more at http://www.tonbridgeac.co.uk/Masters/Masters_home.html