

## TAC Masters Update 14<sup>th</sup> Dec 2017

### South of England Masters XC Championships

As at almost all events that we attend this year, a larger contingent of TAC Vets travelled to the SEAA Masters XC championships at Horspath, Oxfordshire. The course was a mix of frosted hard ground and some mud, with a mix of flat fields, sharp hills and woodland paths.



First race of the day was the M50-59 & 60-69 race over 9km. After a steadier start than normal Phil Coleman surged on to be 37<sup>th</sup> finisher (up 9 places from 2016), Alan Buckle was 47<sup>th</sup>, exactly the same as 2016 and Mark P-K made up the scoring 3 with 53<sup>rd</sup> place having been pleased to get over the start line this year. Mark Schofield was the insurance as he completed after a tricky week suffering from illness. Despite scoring 20 points less as a team than in 2016, this only equated to one place better as they finished 10<sup>th</sup>.



Phil chasing Phil Neville ????????

Brian Buckwell was our sole representative in the M60 AG and he ran well to finish 11<sup>th</sup> out of 21 in 41.55.

Next up was the Ladies race over 6km. Team management made the decision for Maria Heslop to go for the individual win in the W50 AG, with Lucy P-K dropping down to complete the W40-49 team with Rachael Fagg and Tracey Horne. Maria completed her part of the deal by winning the W50 and in the process beating all the W40's as well. The W40 team finished well up in 7<sup>th</sup> place, the first TAC ladies team to complete. The race was notable for Maria's attempts to get lost and the tremendous finishing burst from Rachael Fagg as she over took both Lucy and Tracey over the final 300m. Next year we should compete for the title as a team in the W50-59 as Tracey moves up to join Maria and Lucy in that AG.

Rachael Fagg was unable to beat her "maiden self" according to the results!! As Rachael Bennett finished 25<sup>th</sup> in 24.27, while Rachael Fagg was 33<sup>rd</sup>!!!!

[http://www.seaa.org.uk/images/2017/Endurance/Masters\\_Champs\\_Results/Monday/2017\\_SEAA\\_Vets\\_xc\\_W40-49\\_team\\_results\\_v2.pdf](http://www.seaa.org.uk/images/2017/Endurance/Masters_Champs_Results/Monday/2017_SEAA_Vets_xc_W40-49_team_results_v2.pdf)



Sue James was a worthy winner in the W65 AG by nearly 2 and a half minutes, as she appeared to make light work of the mixed conditions.

The men's 40-49 team was the final race of the day and due to the cold weather most of us had left Dan Madams to run alone, sorry Dan! I understand that Dan was not completely happy with his run but was a creditable 20<sup>th</sup> in the 40-45 AG!

Unfortunately this was another SEAA event with issues, long delays for results, although I do have some sympathy with the Ladies race as there are so many different AG's in one race, although chip timing would sort this instantly.



### **Pudding Race**

Don't forget to send in your entries to Steve Keywood for this Boxing day handicap 5km. Steve would like any offers of help.

### **It's All About The Pace, 25 Min Parkrun goal.**

On Saturday, 23rd December, coach Alan Newman will again be wearing highly conspicuous clothing with a great big "25" on his back at Tonbridge parkrun. He will aim to improve on his appalling 25:02 effort on 4th November as the 25-minute pacemaker. Everyone is welcome to tag along as Alan aims again for that elusive 25:00. (Editor exclusive: Alan has been training and clocked 24:59 at Maidstone parkrun on 18th November - close, but no cigar)!

### **Can You Run In Snow?**

Daily Express readers will be familiar with 'weather bomb' stories that often prove to be a damp squib but many forecasters are predicting harsh weather conditions this winter. So should you train on snow and ice? The answer is yes if you take extra care, dress appropriately and take time to consider the additional skills that may be required. It's a bit like driving in hazardous conditions, as Alan Newman explained in the following runABC magazine article...

[The Wrong Sort Of Snow?](#)



## **The Wrong Sort Of Snow?**

Winter running advice from runABC coach Alan Newman

### **Kent Champs Brands hatch 6<sup>th</sup> January 2018**

It is very pleasing to see 16 Vet qualified Ladies and 19 Men entered to race at the Kent Champs.