

### **Plenty of success over the Christmas period.**

New member Tina Oldershaw won the **Staplehurst 10 Mile race** on New Years eve in 1.04.48. I am sure that most of you know who Tina is, as she is a prolific local road racer. She has recently moved into the W50 AG and this age group is beginning to look very strong at TAC with hopefully some National success in the W45 & W50 events this year. Tina has now completed her club transfer to TAC and will be running for us this Saturday.

**New Years day** saw a number racing the Tonbridge Park Run in unpleasant conditions apparently! Julian Rendall M40 was 2<sup>nd</sup> and Antonia Skerritt was first Lady. There were a number of other TAC members taking part.



### **Parkrun on the 23<sup>rd</sup> December (Alan Newman writes)**

I am sorry I let you down again (25:01) on the pacing!

Julian Rendall (M40, 16:56) was the first finisher overall, only 41 seconds outside his best on a tricky, slippery course. Julian was top age-graded, with 80.61%, followed by Sue James (W65, 26:40) for 79.56%.

Anthony Crush (M40, 19:40) and Daniel Crush (M40, 20:17) needed no help from the pacer. Anthony missed his PB by 5 seconds. Richard Tosh (M40, 22:12), Tony Fullbrook (M50, 22:34) and Martin Hilier (M45, 24:28) were also enjoying a pre-Christmas workout.

Alan's twenty-fivers were led by Diana Ierfino (not quite a vet, 25:07), with Sarah Westrap (W40, 25:54) also inside 26 minutes.

A little further back we had Angie Crush (W40, 28:27), Karin Giannone (W40, 29:12), Milton Barrett (M50, 29:27) and Maurice Marchant (M65, 29:35) inside half an hour, as 552 completed the run supported by all the usual cheerful helpers, including Krista Bradford.

### **New Years Day Lamberhurst 10K and 5K**

Similar atrocious conditions but plenty of success. John Ridge 42.49 got his reward as he completed the 3 man team in 18<sup>th</sup> place. With colleagues in 1<sup>st</sup> and 2<sup>nd</sup> this ensured the team win.

Sasha Houghton won the Ladies race in 43.26.

To complete the Hat trick of success Nina Ridge 25.27 was first Lady and 4<sup>th</sup> overall in the 5k race.

**Kent XC Champs at Brands Hatch** this Saturday, please see <http://www.tacdistanterunners.com/kent-cross-country-championships-at-brands-hatch-saturday-6th-january.html>

If you have not run for TAC before, allow time before hand and locate the TAC Blue Shelters where your numbers will be. Any doubts ask anyone in the tent area.

### **TAC Social 20<sup>th</sup> January**

Please keep responding to Adam Roeder if you would like to attend the Social event at The Old Tonbridge Fire Station on the 20<sup>th</sup> January [adam.c.roeder@gmail.com](mailto:adam.c.roeder@gmail.com) It really helps to have advanced notice for organisation.