

TAC Masters Update 25th January 2018

Canterbury 10M Sunday 21st January

We had a good number of TAC athletes at Canterbury for the first race of the Kent Road running Grand Prix in cold wet conditions. Tina Oldershaw W50 1.03.33 was a fantastic 2nd lady overall (behind winning team mate Nicole Taylor) and first W45-54. Antonia Skerritt W35 was 22nd in 1.11.26. These 3 were the winning female team.



TAC had Julian Rendall M40 finishing in 55.04 to be first M40-49 and 8th overall. Graeme Saker was 30th in 1.01.28 to be 2nd in the M50-59. Julian was also second scorer for the winning TAC senior men's team.



You can read Alan Newman's Running ABC report here

<http://southernrunningguide.com/news/canterbury-and-st-albans-10-mile-race-reports-2018>

TAC Social / Quiz

A great turn out of 80 for the quiz night at Tonbridge Old Fire Station. A large percentage were vet qualified, hopefully some faces were put to names! Any suggestions / Volunteers for further events are welcomed.



Summer Track and Field League

We are entering a second women's team and are keen to welcome new members to both our Mens and Womens Vets teams (Over 35) who will be interested in all aspects of athletics, particularly field events and sprinting. The vets league is a great opportunity to have a go. Please get in touch via the contact details here.

TAC Winter Age Graded Parkrun Grand Prix Championship race this saturday

As TAC are not racing at the Southern XC champs this Sunday we will be holding a one off race within Tonbridge Parkrun to decide the winner of the Winter Age graded Parkrun GP. The winner will be the athlete who registers the highest Age graded percentage on Saturday at Tonbridge Parkrun. You must make sure that your Parkrun registration has you listed as Tonbridge AC otherwise you will not count (follow the link on your weekly email if you need to update this). Alan Newman will also be pacing 25 minutes again.

Upcoming events

Chichester 10 Feb 4th. This is one of 3 selection races to run for England as a Master at the Birmingham 10k. Representative age groups will be in 5 year groups up to 85+. Apparently there are still places. You will need to be a member of ScVAC or other regional vets club to be selected. Apparently, there are still a few places left.

<https://www.englandathletics.org/athletes/england-athletics-team/road-running/england-age-group-10k>

<http://www.chichester10k.com/home.html>

Traditionally the final **Kent League** event tends to have a few less entries, so it is an important one for the vets to potentially contribute to the team scores. Please let Mark

Hookway know if you want to race at Sparrows Den on Saturday 10th February.
markhookway@icloud.com All athletes welcome.

Please see the http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html for upcoming fixtures. A few to note are :

The **SEAA Masters / British Masters indoor meeting** on the 25th Feb at Lee Valley, entries close on the 11th Feb. Entries are made by individuals.

One to put in your diary is the Masters National Road Relays at Sutton Park on Sat 28th April

Other local races.

Knole Park 10K Sunday 8th April. <http://www.sevenoaksrotary10k.co.uk/>

Bromley Vets 5M. Sunday 25th March. <http://www.bromleyvetsac.org.uk/event-openrace.php>

Kent GP races. See fixture list, next event Tunbridge Wells Half on Sun 18th Feb.