

TAC Masters Update 1st Feb

London Indoor Games.

Mark McAlister continued the good form he showed at the end of the Outdoor track season as he ran 7.87 for the 60m indoors at Lee Valley in the London Indoor games.



Phil Coleman Romsey 5 M

Phil Coleman did the Romsey 5 last Sunday. The course is on the Broadlands Estate so is traffic free and also flat. I met David Castle, a former TAC member, on the start line but he said he was taking it easy.

I finished 27th overall from over 900 finishers in a time of 30:10 and was 5th M50. It was won in a swift 25:00 by a Jonathan Roberts from Southampton AC and the first M50 was David Blackman, again from Southampton in 28:43. A bit disappointed not getting under 30 minutes but an enjoyable race.

Park run Age Graded GP

The Grand prix was compressed to a single championship race this winter that took place last Saturday at Tonbridge Parkrun.

The Age Grading was dominated by TAC runners with 10 of the top 12 places. The U13 girls took the top 3 places with scores in 85-86%. However there were some good vets performances. Alan Buckle was top TAC vet with 80%, Penny Pilbeam was close behind with 77.2 % and Tony Bennett on 74.26%

The "Twentyfivers" group run by Alan Newman (aiming to go sub 25mins at Tonbridge Parkrun) were out in force mixing with Kelly Holmes. Diana Ierfino smashed through 25 mins and was within a second of going sub 24! Deniz Bowart saved her sub 25 for another week as she PB'd in 25.17.

