

TAC Masters 8th Feb

Chichester 10k

This proved to be a fast and flat course that returned to the Goodwood motor racing circuit after 6km before completing a whole lap of the track.



Maria Heslop led the Tonbridge W50 trio, with Tina Oldershaw and Lucy P-K to Women's team 2nd place. Maria was an agonising second outside her previous PB in 36.38, this is a TAC W50 record but also puts her 7th on the all time list of GB W50 women. In fact, she was 5th overall female and also beat all the W40's as well, although strangely the W40 prize was £90 compared with the £50 for first W50!!



This race had been chosen as one of 3 around the country to be a qualifier as far as selection to race for England Master's at the Birmingham 10k on May 6th. Maria and Tina have certainly put themselves in with a good chance of selection.

Andy Howey (2nd Claim) was 4th M50 in an impressive 35.19, however Andy has just turned 55 will probably be selected as one of the M55 England runners.

Ashford and District 10K

Julian Rendall was another to break a TAC masters record as he lowered the M40 10K time to 33.37 as he finished 7th overall and 1st M40 at the Ashford 10k.

Antonia Skerritt is still adjusting her pace to shorter distances (42.54 5th Female) but her fast finish was just enough to hold off Adam Roeder (43.05) as he makes his way back from injury.

Bedgebury 5M

Nina Ridge was also collecting a trophy as she won the Bedgebury 5M race on Sunday. Nina was 7th overall in 39.17. John Ridge ran the 10 mile in what looked to be testing conditions, 1.15.30.



Pre season Track and Field Practice session and Lunch



Dianne Bradley and Nicki Buckwell are kindly co-ordinating a light lunch for us to meet up after an introductory / training session on Sunday 25th March at the Tonbridge Track from 10.30am onwards. Please encourage anyone who is 35+ and may be interested in having a go at an event to come down and try. It is also an opportunity for existing athletes to see what events they can help to cover in the league.

RSVP to Di Bradley



We will then hold another introductory session (Not Lunch) on the 15th April.

Non members welcome to come along and have a go.

Masters Eligibility

Anyone thinking of competing in any Masters specific events this year should consider joining (or renewing) their membership of an Area Masters club. Most TAC Masters join Southern Counties Veterans (SCVAC) as we compete in their Kent track and field league.

We know it gets confusing and it is a bit of a chore but it is important, if you wish to make the most of your Masters' status, that you understand the requirements. Although any club member aged over 35 can compete in the SCVAC League in the summer, you cannot compete in most SCVAC (Area) or BMAF (National) Championships unless you are a member of SCVAC (or another Area Masters club). You certainly cannot compete in ANY international Masters events without a current Area Masters Club affiliation.

Everything you need to know is available online at [BMAF – British Masters Athletic Federation – British Masters Athletic Federation](#)

**BMAF – British Masters Athletic Federation –
British Masters Athletic Federation**

Simply go to the Newcomers tab and read the Overview and How to Join sections. You will have to set yourself up on BMAF Open Track and once your membership has been confirmed you will be able to enter events online, order the British Masters magazine and will receive the SCVAC Newsletter. Membership of SCVAC is currently £20 per annum and well worth the fee for the information alone.

FAQ:

Does SCVAC membership affect my first claim membership to TAC. A. No. You will be second claim SCVAC unless you choose otherwise.

Do I have to pay the England Athletics registration fee. A. No. This is already taken care of through TAC membership. You don't have to pay twice.

What will I need to join SCVAC. A. You need to know your personal England Athletics registration number and will need to be able to prove your identity and age (eg: passport).

When does SCVAC membership start? A. NOW - annually from 1st January.

Where can I find further information? A. At the BMAF website given above or look at SCVAC website at: [Home page of SCVAC](#)

Other dates

Sat 28th April Masters National road Relay Championships. For age 35 and over.