

TAC Masters Update 14th February

Kent League Sparrows Den 10th March

The final Kent League XC race of the season took part last Saturday for the Senior Men and Women.

The Men's race had a couple of incidents. On the start line Alan Newman suffered a calf injury that prevented him from racing, which was a shame as he just needed to complete the race to secure the M60 title. It had been niggling for a few weeks and it shows that despite so much experience the heart stills rules the mind!!

I understand that Adam Styles had a nasty incident shortly after the start when he ran into a concrete bollard that was obscured by the mass of runners. Fair play to Adam, after taking some time to get up and make his way back to the start he was able to re-start and despite giving the field a 10 minute start he was able to finish up with a number of the TAC contingent.

A number of Vets made up the 12 to score team. Julian Rendall was leading the way as he was 12th. Having missed one KL race Julian was out of contention for the leading Veteran. Antony Bennett and Simon Fraser were 9th and 12th scorers respectively, helping TAC to win the 12 to score title.

The Women's race was less incident packed. Maria Heslop secured the overall title with her 4th place, while also collecting the W45 title and leading veterans title.

Sue James was pleasantly surprised to win the W65 title, despite having missed one race.

Good race for Sasha Houghton 14th making her season KL debut and Lucy P-K 26th making up the 6 to score team that won on the day. As ever the mid field of Lucy, Rachael & Nina was very competitive with only 42 seconds covering them.

Steve Brooks was called in to film the race and as a result there is a bit of a Vets bias this week!!

<https://www.tacdistancerunners.com/kent-cross-country-league-at-west-wickham-saturday-10th-february.html>

England Team Master's Selection

Following their great runs at The Chichester 10K last week, Maria Heslop and Tina Oldershaw have both been selected for the England Masters Team (W50) to race at the Birmingham 10K on the 6th May. Andy Howey M55 who coaches at TAC but runs for TWH has also been selected.



Alan Newman Vets Distance Running Coaching

You will have noticed that Alan Newman is becoming more involved in the coaching at TAC and will be concentrating on the Master's runners. At present he is running what we have called the "25 ers" group, which is for athletes looking to run 5km below 25 mins. It has been very successful with his first "graduate" now below 24 mins! We are looking at how we will adapt the Thursday evening sessions to focus on the Master's events, while continuing to train with the U17's. If there is anyone who would like to be a focus for Tuesday's please make yourself know to Alan.

For your interest there is now a profile telling you all about Alan running career, on the Masters page of the Tonbridge AC

http://www.tonbridgeac.co.uk/Masters/Alan_Newman.pdf?fuseaction=main&OrgID=10719

Indoor Events

Please refer to the Masters fixtures on

http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html

Where you can find details of all the Masters specific events and entry process.

National Masters Road Relays. Saturday 24th April

SCVAC Track and Field League Dates

Please put these in your diaries, arrange time off work and shift swops! Start at 6.45pm. With two Ladies teams there will be lots of opportunities to compete both as scorers and non scorers.

Mon 30th April Eltham

Mon 14th May Ashford

Fri 25th May. Tonbridge

Fri 15th June. Norman Park Bromley

Mon 2nd July. Dartford

Fri 13th July. Medway