

TAC Masters Update 23rd February 2018

SCVAC Indoor T&F champs

Sally Vine and Diane Wright had a successful trip to the SCVAC Indoor champs at Lee Valley.

Diane W45 , won Silver in the 60m (9.14) and 200m (31.06). Sally Vine also won Silver in the W50 over the same distances (10.12 and 34.08). Great to see these results following steady training this winter.

Tunbridge Wells Half Marathon

A number of TAC vets contributed to the 3 to score team wins at the Tunbridge Wells Half marathon and Kent GP team wins for 6 to score .

Julian Rendall was 3rd overall in 73.16 , a new TAC M40 record! Tony Bennett was 6th TAC scorer in the Kent GP 6 to score 1.24.25, I think this is a PB. Alan Buckle was close behind as he builds towards the London Marathon, 1.26.56. He was 4th in the M50 category which is impressive as he nears the top end of the category. James Winnifrith 1.30.49 and Dan Crush 1.31.26 were closely matched. Dan had been ill and lacking training in the lead up. Tony Fullbrook 1.46.05 made use of the conditions to run a PB. Duncan Ralph 1.47.29 a few minutes off his best.



In the Ladies Race, Maria Heslop won the race in a new TAC W50 record of 82.25. I understand that it is also the 7th fastest time ever by a W50 women in the UK. Tina Oldershaw was 2nd Lady in 85.03. Penny Pilbeam completed the scoring team in 9th position 93.34. 1st, 2nd and 4th places in the W45 category and first team overall.

Antonia Skerritt 1.34.55 and Deniz Bowart 1.51.57 were also enjoying the great conditions.



www.nice-work.org.uk/races/tunbridge-wells-half-marathon/2018

Both the Men and Women are leading the The Kent Grand Prix after two events! Impressive considering it is not something the club is actively chasing.

Masters National Road relays

Please note I put the wrong date last week, it is **Saturday 28th April**. I hope for good squads for the W35-44, W45-54, M45-54 and M55-64. Can we defend the Bronze M55 and get a medal in the W45? Traditionally we have struggled to get a team for the M35-44 (6 legs) so if you would like to race and are in this age group please let me know now as it will help others with their plans.

Pre Season Track.and Field team Lunch

Please also let Di Bradley know if you can make our pre season practice followed by lunch on Sunday the 25th March.