

## TAC Vets Update 1<sup>st</sup> March 2018

### British Masters Indoor Championships

We had 3 athletes taking part in the BMAF Indoor champs at Lee Valley on Sunday, two of whom left with Gold Medals as British Age group champions.



Ian Crawley was very disciplined at the National Dinner on Saturday and held back from performing his usual dance display in favour of an early night in preparation for these champs. This clearly paid off as he won the M55 Pentathlon beating the 6 opponents with a total 3432 points. He had PB's in the High jump 1.59 and the Shot Put 10.18.

Steve Tester was winner of the M35 400m in a time of 53.58.

Nicky Buckwell admitted to being very nervous as she took on the 60m and 200m in the W60 age group. She was up against the amazing Helen Godsell from Blackheath and Bromley who is a Master's European and World champion. Nicky won the Bronze medal in the 200m in a time of 34.61 and ran 10.44 for the 60m.

### National Cross Country Championships

We had a good number of Masters athletes running in the National XC championships at Parliament Hill. Maria Heslop and Tina Oldershaw were important scorers for the Women's team that finished 8<sup>th</sup> in the Ladies race. Despite both probably preferring a road surface, they got stuck in and were 103<sup>rd</sup> and 145<sup>th</sup> respectively, on the tough testing mud.



There were a number of impressive debuts for Penny Pilbeam, Susan Jeddo, Angie Crush and Edina Hellyer.



Susie Jeddo



Penny Pilbeam

In the Men's race there were 16 Vets running, top of the tree in 689<sup>th</sup> place was Anthony Bennett M40. Simon Fraser 862<sup>nd</sup>, Adam styles 926<sup>th</sup> and Steve Keywood were the others to finish ahead of the half way point of 1164(finishers). There were debuts for Dan Crush, Ross Kinloch, Tobin Bird, Adam Roeder and Richard Tosh.



Tobin Bird



Adam Roeder



Richard Tosh

All of us can say we were part of the TAC Men's 2018 winning team!!

