

## **TAC Masters Update 22<sup>nd</sup> March 2018**

Quite a bit of action this week despite the weather.

### **Hastings Half Marathon**

This was one of the few races to survive the bad weather last week-end. Maria Heslop continued her build up to the London Marathon with a dominant display in the womens race as she was first Lady overall and of course first veteran. I understand that her time is a new W50 TAC record and may well be W40 / 45 as well. On the day she beat all the M50 as well.

Dan Madams made a quick switch to Hastings at the last minute as his intended race at Fleet was cancelled.

“Mark H tipped me off that Hastings were taking late entries, so I thought I might as well give the lungs a good work out and give it a go. Knowing that it is meant to be a tough course I started conservatively, which is no bad thing when you consider the first 6-7 miles are basically up hill. It is probably the toughest half course I’ve ever done. I finished strong but had left it too late to make up too much of time from the first half.

Although the time wasn’t great I was fairly pleased with the run and had the small consolation of being quickest v40 (but did get beaten by a v45).”

### **European Indoor Championships Madrid**

Alan Newman, Sue James, Ian Crawley and Ben Reynolds have all been in Madrid this week. So far Alan took part in the M60 3K finishing 12th in the B final, 29th overall, 12:56.76.



Sue is due to race later today in the 800m, while both of them will be doing the 1500m and 5K XC on Friday and Saturday.

Ben Reynolds raced in the M50 3K and was just squeezed out of the medals by half a second. Ben is at the top of the age group so can look forward to being a youngster next time!

Ian Crawley competed in the Pentathlon on Thursday. He was not at his best in the 60mH and Long Jump. However finished on a high with 3.15 in the 1k as he was 7 seconds ahead of the rest of the field. Good placings in the High Jump 3<sup>rd</sup> 1.57 and Shot 4<sup>th</sup> 10.36m left him frustrated with below par performances in the first two events as he finished 7<sup>th</sup> overall. The level of competition was high and Iain reports that “everything would have had to go brilliantly for a medal”

### **Masters BMAF XC Championships Inverness**

Unfortunately, we had no first claim athletes at Inverness as injuries curtailed plans for Mark PK and Graeme Saker. However, Ben Reynolds running for first claim club Thames



Hare and Hounds made the trip and was 2<sup>nd</sup> in the M50. Only 18 seconds covered the first 3 in the M50 AG. Hopefully next year it will be held at this end of the country and will encourage us to have a good team again.

Video of his race is at <https://www.youtube.com/watch?v=D8Ys9d2HVLs&feature=youtu.be>

### **Road Relays Saturday 28<sup>th</sup> April**

Thank you to those that have confirmed one way or another. [More responses please.](#)

### **Vets Track and Field Team Social / Introduction day THIS SUNDAY 25<sup>th</sup> at the track.**

The schedule for Sunday is beginning to take place. The weather looks like it will be OK. Lunch is organised.

Diane Bradley will be giving instruction on the walk and rules from 9.45am. Rachale Fagg will be our A team W35 walker but we will need walkers for the W50 category and for both categories in the B team. Please come along and find out how to make it as easy as possible for you. Don't be shy!

Ian Crawley will be there from 10.30am and will be able to assist with High Jump and Long / Triple jump. Diane Bradley will take a group on the fields for Discus at about 11.15am

Lewis Church has agreed to help but this will be at 12.00, we can decide how best to use his expertise.

### **Alan Newman's Group**

This group, that is targeted at getting athletes below 25 minutes for 5K is growing rapidly and it is great to see Sarah Westrap and Dee Fino getting below the 25 minutes following a couple of months regular training.

