

TAC Masters Update 10th April 2018

Folkstone 10 Mile

Congratulations to Maria Heslop on yet another outstanding run in the Folkstone 10Mile race on Good Friday. I imagine conditions were not great and yet she still managed to run the 3rd fastest time by a British W50 ever as she recorded 60.22. Yet again beating her younger rivals by about 3 minutes! Tina Oldershaw was not far behind in 64.15.

Paddock Wood Half 8th April

Two more records were broken by TAC athletes at the Paddock Wood Half. Julian Rendall lowered the M40 record to 72.13 as he finished 20th 3rd M40.

Maria Heslop again showed great form as she ran the second fastest time ever run by a UK W50, in 79.21. She was 3rd overall to her younger TAC teammates Nicole and Lucy. Penny Pilbeam is also showing the results of her good preparation for the London marathon as she ran 90.12, 6m12 faster than last year and her fastest half marathon since 2014.

Tony Bennett knocked four and half minutes off his time from the TWells half, to finish in an impressive 80.03 21st M40. James Winniffrith 88.25 and Duncan Ralph 1.43.05.

Knole 10K 8th April



The Knole 10k provided the shorter option on Sunday although the muddy conditions underfoot and climbs were testing hence times were generally slower than the hot dry conditions of last year.

Tina Oldershaw led the way as she won the Ladies race in 41.25. Along with Polly P-K 2nd and Lucy Thompson 5th this secured the team win. Deniz Bowart was 8th W35 in 54.30 and Krista Bradford was 11th in the 45-54 AG in 57.35.

Mark PK was 2nd M50 in 42.50 and Brian Buckwell 4th M60 in 48.10

Tonbridge Easter Open Meeting

Congratulations to Lisa Knight who made her track debut for the club as she ran 48.8 300m and collected a TAC W45 record in the process.



Ian Crawley was another collecting records as he ran 1.43.4 over 600m and jumped 1.50m in high jump for M55 records. He also ran 47.9 over 300m. He has set a number of M55 records indoors recently that can be seen on the TAC website.

Also making her TAC debut was Grazia Manzotti over 1500m. 6.50.1.

Congratulations to Grazia Manzotti on her 1st lady at the Milan Park run last Sunday!

Membership renewals

Please make sure that you have renewed your membership for 2018-19 before competing for the club this year, if for any reason you did compete and then failed to renew the team could be disqualified at a subsequent date.

Difference between SAL and SCVAC Leagues

SAL. (Southern Athletics League). Is open to all club members from U17 upwards. One of the most important aspects is to have participants in all events to gather points at every opportunity. For this reason please let the team managers Hannah Czarnowski and Una Laqueretabua know if you are available. As a team manager it is much easier to be told rather than having to chase people. You can compete as a non scorer if not required by the team in an event.

SCVAC Kent League (Southern Counties Veterans League, Kent). This is for athletes 35 years and over. It takes place on Mondays and Fridays from the end of April to mid July (6 meetings). Again it is vitally important to have participants in all events. We have one Men's team and 2 Women's teams. We will be having another gathering on the 25th April to allow athletes to sort run ups and try new events, any Pole Vaulters please step forward, clearing 1m30 can win 5 or 6 points! Please contact Mark@pkfamily.plus.com.