

TAC Masters 9th May 2018

Representing England Masters

Maria Heslop W50, Tina Oldershaw W50 and Andy Howey M55 (TAC Coach and 2nd Claim) were all selected to run for an England Masters team against a Celtic nations team at the Great Birmingham 10k on Saturday. The Celtic team was not the strongest for a number of reasons but the organisers (EA) hope that this will be the first of a regular event. There were some teething problems, primarily that two of the selection races for the England team were cancelled due to snow and there was a clash with a Scottish Vets event. The results were sorted quickly but not entirely accurately, with two unfortunate athletes having to return medals to present them to the actual winners!

Maria as ever put her shoes on and ran fast! In fact, starting with the elite runners inspired her to a 9 second PB in 36.30. She was 9th overall beating a number of Elite runners as well as finishing 3rd of the England Vets and 1st W50. Impressive on a hot day in fairly uninspiring surroundings for large parts of the course. Tina suffered a little but still finished well up in 22nd overall and 4th W50 after a stressful week. Andy Howey was disappointed with his time of 36.30 as he just didn't feel strong on the day, but I believe this was a first England representative vest for Andy and he still finished 60th.



Results

<http://www.greatrun.org/myresults/advanced-search>

TV Coverage Maria and Tina can be seen in the early stages <https://www.my5.tv/great-birmingham-run-2018/season-2018/great-birmingham-run-2018>

Hildenborough 5 M and 10 M

There was a great turnout at this local race with TAC Masters competing in all race distances. Although the hot conditions contributed to slower times.

Nick Arnott M45 was second in the 2.5 M race as he paced his way passed the fast starting youngsters.

Julian Rendall M40 stepped down in distance to win the 5 Mile race overall in 28.07. Mark P-K (11th) was 3rd over 50 in 32.48. Adam Roeder 14th in 33.58. There were 9 TAC male vets in the race.

Penny Pilbeam was 2nd in the Women's 5M behind Katie Goodge, although she had started intending to race the 10M, but wisely decided to abort after 1 lap due to the heat. Antonia Skerritt was 4th 36.54 overall narrowly ahead of new member Nichola Evans 5th 36.56. Antonia won the Vet 35 prize.

Lucy P-K was first W50 winner. 6 TAC female vets running.

Maurice Marchant won the M60 prize in 49.22, with Graeme Charters 3rd M60 in 55.14.



Maria Heslop followed up her 10K W50 win for England at Birmingham the day before by not only winning the Womens 10M race but overhauling the leaders on the second lap to be first overall winner. James Winnifrith and Duncan Ralph made up the winning team with Maria.



A word also for Sally Musson who completed the 2.5M race on crutches and in an airboot following surgery to her right foot (no Para prizes on offer today!)

SCVAC 10K multi terrain TED Pepper Championships

The 40th annual Ted Pepper Memorial 10K at Norman Park, Bromley hosted the SCVAC multi-terrain 10K championships on an interesting course around Bromley Common on Early Spring Bank Holiday Monday (7 May). While most of the club were busy at the traditional races at Hildenborough, coach Alan Newman took time out to take the M60 SCVAC gold (54th in 45:08). Sue James was present to return the SCVAC best age-graded trophy she won last year and it may yet return to the Newman/James household depending on results analysis.



SCVAC League Monday 14th

Latest Team sheets will be posted on the facebook Group page on Thursday night, start at 6.45pm. <https://www.facebook.com/groups/1725755161043753/> request to join

Directions to Julie Rose Stadium <http://www.ashfordleisuretrust.co.uk/centres/e/the-julie-rose-stadium>

Train pickup from Ashford Station available and lifts available to be brought home.

Beckenham Road Relays Wed 23rd May 7.30pm

If you would like to be part of a team of 3 please let Mark Hookway know. I believe that Dan Bradley will be in charge of the teams. We have good numbers signed up already. Please make sure that you take exact money on the night, it will be £5.00 per runner.

Staplehurst 10K June

This 10k will be the SCVAC championships (SCVAC is one of the 7 regional Vets clubs, for some National Vets events you need to be a member, second claim, £20).

Staplehurst is flat, fast and an opportunity for a few gongs if people are SCVAC registered. <https://www.nice-work.org.uk/races/staplehurst-10k>

The BMAF Half at Redhill Aerodrome, Redhill, Surrey RH1 5YP on the 22nd July incorporates the SCVAC Champs and is local so worth considering. Also, the BMAF Multi Terrain at the North Downs 30K is another handy one.