

TAC Masters Round up

SCVAC Track and Field League 25th May Tonbridge

Congratulations to everyone involved in putting on such a good evening for the 2nd SCVAC meeting. We have had a number of emails thanking us for the smooth running schedule. All Officials and helpers take a bow, particularly Dawn Hookway, James Taylor , Alan Bennett and Rachael Fagg who kept the schedule running on time.

Another strong performance by the men to win by a decent margin, with Dartford finishing 4th to leave us 2.5 points clear of Bexley at the top. A bit closer for the Women who tied with rivals Dartford for the Div 1 win, both on an impressive 80 points. The pattern on the track was the same as we dominated the middle distance and they won most of the sprints apart from the W60 where Nicky Buckwell took the honours. The Div 2 Ladies team was again strong throughout to be clear winners. It is impressive to cover all the events and there were a number of athletes who had relied on a crash course of Youtube coaching to give them confidence!! You made all the difference.



Standout performances came from Maria Heslop who, racing an unfamiliar short 800m race was not fazed by the fast start of her rival and reeled her in, to pass her at 550m to be a convincing winner. Steve Tester M35A Simon Fraser M35B and Andy Howey M50 were also dominant in the 800m. We then witnessed a high class non scoring race of 9 TAC runners with Dan Madams finishing ahead of Julian Rendall and the fast finishing Adam Roeder (PB)



There were also wins for Mark White in the M35 javelin, Mark McAllister M35B 100m, Ian Crawley M50 Shot Put and the Mens 4 x 100m relay team narrowly holding off the fast finishing Bexley team.

Lisa Knight W35B and Tina Oldershaw W50 both won their 800m to make it a treble. Star of the team was Nicky Buckwell W60 who covered 3 W60 events and the W50 PV to score a total of 20 points!! Angie Crush won the W35 PV. Elise Rendall made her TAC debut in the W35 Javelin and promptly threw a PB and TAC W40 record to take second place, Welcome to TAC!



The Div 2 team had a number of winners including Sarah Westrap at her first attempt in the Pole Vault. Both Sarah and Deniz Bowart were impressive in the 100m. Sue James took wins in the W60 100m and Shot Put. Div 2 appears to be a 3 way battle with Sevenoaks and Swanley. Most importantly the Div 2 team is gaining experience as we will need lots of these athletes to be part of the team to take part in the finals when all events are included in one day.



All results can be seen at

<http://www.scvac.org.uk/SCVAC%20Kent%20League%20Tonbridge%20School,%20Tonbridge%20Results%2025052018.pdf>

London Vitality 10K

What appeared to be a perfect day for a PB before the start, became a hot race as the sun came out! It appears that generally times were slightly down amongst our runners apart from Maria Heslop who continues her rich vein of form to break her own PB and establish a new TAC W40, 45, and 50 10k record of 36.21 as she was 1st W50 in the race. Tina Oldershaw was an impressive 3rd W50 in 38.53. Adam Roeder M35 ran a PB of 39.27, to follow his 800m PB on Friday night! Ben Reynolds running for Thames Hare and Hounds was 2nd M50 34.03.



Other TAC results at <https://www.tacdistancess.com/results-2018.html>
<https://www.vitalitylondon10000.co.uk/results/2018/>

Westminster Mile

On a busy week-end for Master's action, Brian Buckwell was our only entrant in the Masters wave at the Westminster mile. Brian was 10th M60 in 6.03. He met up with Richard PK who was 1st M85 in a frustrating 10.03.



SCVAC Vets T&F Championships Ashford

This was unfortunately the day after a busy night of vets league action, we had tried to change the League date, but the school track was not available.

Our sole representative at these champs was Nicky Buckwell, who ironically had done the most events of any TAC athlete in the league the night before. She came up against the formidable Helen Godsell as she collected Silver in both the 100m (16.44) and 200m (34.91)

Newbury ROC 10K

Phil Coleman ran the above 10K on Sunday, 40.15, 2nd M50 and 16th overall from about 700.

“Very warm day, fairly undulating and partly off road course - 7 seconds slower than last year! I am planning to do Staplehurst 10K next month”



<http://www.chiptimingresults.co.uk/Results.aspx?Cid=61&Rid=307&Eid=2>

Park Run Saturday 26th May

Congratulations to Tony Bennett who had the enjoyment of winning the Tonbridge Parkrun in 18.09, just outside his PB. This shows that we can put out what could be a strong M40 relay team in the Autumn at the Southern Road relays (4 to score)

AND Tony Fullbrook ran a new 21.11 PB!!!! Clearly his steady 800m the night before was all part of a cunning plan!

TAC Records (Ian Crawley)

“Maria Heslop with her latest Road 10k which will probably stand as one of the Michael Johnson type records unless she breaks it herself.

Also, her 800 which actually broke Emma Wood's vets record which seemed also to be one of those MJ type records before this latest feat.

Maria seems set to Hoover up all the ladies running records from 800 upwards. It would be interesting to see her do a 600m!

Sally Vine continues her assault on W50 sprint and Javelin records.

Di Bradley continues to advance the other throwing records at W50 and W55

New member Elise Rendall (sister of Julian) looks like a find in Javelin.

On the men's side Alan Newman continues to notch up unexpected records with a new M60 SP record

Steve Tester broke a very old 200m record at M35.

And I continue my assault on Pete Ebbage's stranglehold on the M55 section, as well as still chasing Brian Buckwell's M50 400 record, gradually getting closer!!”

All these records will be on the Tonbridge AC website shortly.