

TAC Masters Update 07/06/18

TAC Development meeting

It was good to see a number of Master's athletes taking the opportunity to put themselves under competition pressure on Tuesday evening.

Sarah Westrap had an interesting evening, but the highlight was coming away with a new W40 record of 1.80m for Pole vault in only her second competitive outing. With Angie Crush hot on her heels at 1.70m, but having cleared 2m in practice, we can expect to see this record changing hands a few times over the coming months. With Sally Vine clearing a height for W50 age group we will be able to cover all events at Bromley.

SCVAC Meeting Friday 15th June

Steve Brooks will be team manager for the Div 1 Mens and Womens teams for the next match at Blackheath and Bromley (Norman Park, Hayes Lane, Bromley BR2 9EJ) next Friday 15th June, 6.45pm start.

To see the match schedule of events please look at <http://www.scvac.org.uk/track.htm#tt>

Steve can be contacted via the facebook group or steve.brooks@citi.com or 07976815364

Alan Newman will be managing the Div 2 Women's team. As ever this may well be subject to change in the event of last minute issues with the Div 1 team. Please make both team managers lives easy by turning up early as early as possible, make allowances for the traffic on a Friday evening.

Non-scoring is allowed for anyone in all events apart from the Javelin.

As I will be away until the 23rd June, please make sure that you keep the 2nd July and 16th July , both MONDAYS free for the final two meetings as we attempt to qualify for the finals in September.

ParkRun

Nichola Evans is showing the benefits of her recent speed work training as she took a 20 second chunk off her PB at Tonbridge to run 21.35 last Saturday at Tonbridge, putting her age grading tantalisingly close to 70% at 69.27%

Staplehurst 10K

A number of members are doing Staplehurst 10k this Sunday.

Kent Road Running Grand Prix - latest

Tonbridge AC currently holds 6th place in the Kent Road Running Grand Prix standings after four of the ten events have been completed. Tunbridge Wells Harriers lead both men's and women's contests and there are 33 clubs involved. TAC masters are key to the standings. The Grand Prix is an individual competition with age group awards. TAC have several top ten (or thereabouts) athletes. The remaining fixtures in the 2018 series are:

Orpington High Elms 10k - 10 June
North Downs Run 30k - 24 June
Deal Dinosaur 10k - 22 July

Kent Coastal Marathon - 2 September
Larkfield 10k - 16 September (also Kent Short Course Championships)
Tonbridge Half Marathon - 7 October

Leading TAC age group athletes include:

M40: 4th Julian Rendall
M50: 8th Graeme Saker; 9th Alan Buckle
W35: 7th Antonia Skerritt
W45: 2nd Maria Heslop; 11th Penny Pilbeam

NB: Age groups are in 10-year bands.

Full updated tables are attached

Kent Short Course Championships, Larkfield 10K on 16 September 2018

The Kent Grand Prix of (mainly) road races includes a Long Course and a Short Course County Championships. The Long Course is usually a half marathon and was held within the Dartford Half Marathon on Sunday 11 March. There were 716 finishers in 3:46:08 but the event appears to have been boycotted by TAC!

There is a "golden" opportunity to show what we can do at County level at the Kent Short Course Championships with the Larkfield 10K on Sunday 16 September 2018. There is currently plenty of space for entries and there are Kent individual medals on offer for Senior Men, M40, M50, M60, M70 and Senior Women, W35, W45, W55 and W65. You must be Kent qualified (by birth, residence or continuous association) and have entered the race. Most importantly you must collect and wear the Kent age identifier on your back - Alan Newman and Sue James lost the M60/W65 Kent gold medals last year through that rule.

There are also Team County Championships (3-to-score) for all the above age groups except M70, W55 and W65. Club colours must be worn and there is no registration required - the first three athletes in each age group that are eligible will count. There is no doubt that TAC could do extremely well in a number of age groups.

If you fancy a challenge then enter the race and let us know you are going to be there. Would three individual gold and three team gold medals be too much of a target to set...?

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