

## TAC Masters Update 22<sup>nd</sup> July 2018

### \*Ian Crawley BMAF M55 Decathlon Champion 2018\*

Ian Crawley has kindly written this report on his weekend at the British Masters Decathlon championships where he won the M55 category to be British M55 Decathlon Champion.

“I was in two minds about doing the British Master’s Decathlon in Sheffield. In particular I didn't want to go all that way and crash out after the first event because my groin or shoulder couldn't take it. But faint heart and all that... So, I headed up the M1 on Friday. Nightmare! As you will recall it was sweltering and the old Jeep is feeling her age; the air con does not work and the windows don't open. So, after 5 hours on the road I felt like an extra on Bridge Over the River Kwai.

Anyway, to my huge relief Saturday started well as the 100 went better than I expected, with a 13.62 PB and no injury problems. In fact, I felt great about the time until I heard that Jason had run a 13.6 at Gillingham. In addition, my main rival pulled up injured in the 100 thus reducing the pressure factor significantly. LJ followed and the wind alternated from head on to tail wind making the run up a bit of a lottery; but 4.67 was adequate. SP next and 9.89 was OK although not what I was hoping for. However, I was still injury free. At this point we had a long break before HJ and buoyed by three events without breaking down I forgot all about taking it steady. Whenever I do this disaster strikes and sure enough after going clear up to 1.55 my adductor went ping. I had the bar set for 1.61 when common sense returned and I opted out. Nevertheless the 400 was pretty daunting and I limped around in 64 something. Brian's record really does have a charmed life. The positives were hardly any lactic acid and a comfortable lead at the end of day 1.

It was now just a case of getting through day 2 without any major disasters. The Hurdles was my biggest worry, but I dosed myself up with Nurofen and felt no pain at all during the race, in fact couldn't feel much at all, and came away with a PB 18.89. The flip side of not being able to feel your legs is it makes balancing a bit tricky, and I managed only one legal throw in Discus, and that was not great. Having Pole Vaulted with a groin strain at Dartford I felt confident that I could get over something reasonable and 2.80 extended my lead. Next Javelin which is difficult for me at the moment but over 30m was enough to pretty much guarantee victory. I was all set to jog the 1500 when I realised that I needed to be in the low 5:20s to break the 6000 point barrier. I was a bit worried about it, but in the end I had a bit of help with the pace and found 5:19 fairly comfortable. The final result was a win with 6047 points.

Felt much better after my second decathlon than after the first so maybe there is something in this training lark after all. Big thank you to Lewis Church who puts a lot into coaching whilst simultaneously trying to get himself to the level required for 2020 Olympics. And thanks also for all the messages of good luck and congratulations. Decathlon is a pretty lonely business so it is nice to know that there is a team behind you.”

## SCVAC Vets League

While the Men's team and Div 2 Ladies team were in the relaxed position of having already won their respective leagues providing they turned up to win a point, the Div 1 Women needed to produce their best to maintain their 1 point lead over Dartford.

On paper the Women's team was almost as strong as we could have hoped for. Lisa Knight and Claire Day started the evening well in the 800m W35 race securing 11 points, with Lucy winning W50 and Sue James 2<sup>nd</sup> in the W60 800m we were level with Dartford.



Sasha Houghton rose to the occasion and jumped a PB of 1.30 in the high jump to win the W35 AG. Lucy PK was interrupted by her 800m, missing the 1.10 height that was possible and tired legs made 1.15 tricky as she finished 4<sup>th</sup>, but again overall the points difference was the same with Dartford!



Meanwhile at the other end of the track Nina Ridge produced a PB as she opened up 3 points on Dartford in the Discus. With Di Bradley and Nicky Buckwell both second to Dartford, we were a point to the good overall in the match!

It was the 100m races that proved to give us some breathing space as Emma Wood 35A, Ruth Bingham 35B and Sally Vine W50 (PB) all won, with a gain of 6 points.



With Nicky Buckwell winning the W60 Long jump, along with second places for Nina Ridge W35 and Sally Vine W50, the lead was up to an unassailable 10 points.

The earlier sprint dominance was reflected in the 4 x 200m relay where Lisa Knight and Nina Ridge joined Ruth and Emma to run a new club W35 record by 11 seconds in 1.58.7

Champions and on to the South of England area finals on the 30<sup>th</sup> September, where if everyone can stay fit we can look to spread the load and improve on our 3<sup>rd</sup> place, but also collect the League trophy.

**Division 2** Women's highlights were a PB of 1.20m for Sarah Westrap in the W35 High Jump and she doubled up for a second win in the Long jump W35. Carla Caswell was very impressive in 14.7 W35 100m, with Deniz Bowart making it a double in her own PB of 15.7.



Penny Pilbeam had spent the previous day in the company of Kelly Holmes and this had the desired effect as she stormed to a win in 2.54.3 (apparently the first race she has ever won!), backed up by Diana Ierfino winning the B string. Clare Brown won the W50 as the team set about building another large score.

Anne Brenchley cleaned up in the W60 Discus and 800m and Edina Hellyer stepping out of her comfort zone to have a crack at the Discus.

Again Champions, but no promotion as only one team per club allowed in Div 1 .

In the Men's league various last minute changes and the absence of a few athletes, led to less expectations for the team on the night. However, it shows what a squad we have and how satisfying to see various people stepping up to surprisingly still win and maintain our 100% record for the season. In particular Tobin Bird (Discus M35) and Adam Roeder (M35 LJ) had their first ever goes at these events.



A big thank you to the various coaches who have given advice to many of the Vets athletes as this has been so important in improving performances to ensure 1<sup>st</sup>- 3<sup>rd</sup> positions in most events. ( Nigel Brookes, Pete Ebbage, Mark Ormorod, Pete Mason, Mark Hookway, Ian Presnell, Lewis Church, Alex Hookway, John Sanders, Ian Crawley, Di Bradley)

So, onto Ashford for the finals where we can hopefully share the load of events better than last year. Keep putting in performances where you can as this really helps with selection for points scoring positions.

Videos at <https://www.youtube.com/watch?v=QRqoWH4jmLI> 100m only

All races <https://www.youtube.com/watch?v=G5Dg6WN18hA>

Field events [https://www.youtube.com/watch?v=-JNs\\_c3pYbM](https://www.youtube.com/watch?v=-JNs_c3pYbM)

#### Results

<http://www.scvac.org.uk/SCVAC%20Kent%20League%20Gillingham%20Results%2016072018.pdf>

#### **British 10K London Westminster Sunday 15<sup>th</sup> July**

Here is a report from Penny Pilbeam on her day at the British 10k with Kelly Holmes.



A friend of mine works at Mind - they had some places so she asked me to run. Kelly Holmes had signed up for the run / she is a Mind ambassador , promoting the benefits of exercise / running for mental health. We all took the train up together, very relaxed early Sunday morning ride! She was with her media guy James. We were met at the station by Virgin rep and taken to British Academy Media Suite.

She had PR to do for UN 100 years suffragette , Sky news interviews and was starting the race , no time to warm up for her. Then hop straight into the race. Such a hot day, 30 degrees. Really well run, organised lots of extra water stations and some showers. Very strange to only do 10k. Kelly wanted under 40 mins and got 39.27. I wanted 40-45, achieved 45.03 ( pb) but could have pushed more, but was concerned about the heat and asthma. She was 1st woman

in age group and 5th woman overall and I was 5th in age group. We spent the rest of the time together and she took us on the hospitality bus for afternoon tea. It was lovely and we had good chats. No portaloos for us! It was an amazing experience from beginning to end, seeing how things are for those more famous in the public eye. Genuinely up there with one of the best days and a great race I would recommend .

## **Staplehurst 5M**

In a summer that will be remembered for the number of races run in hot conditions, The Staplehurst 5 Miler was no exception. Jo Watts who qualifies for the Masters tomorrow (Happy Birthday !) was part of a strong 3 man TAC winning team as he finished 6<sup>th</sup> in yet another PB of 30.18, an improvement of 43 secs. Jo will be a useful addition to the M35 team.



Jo (Centre)

## **A Jog Down History Lane (Alan Newman)**

While researching an article for runABC South magazine, Alan Newman contacted former Sevenoaks 7 organiser Andrew Johnson, who is now living in Royal Leamington Spa. Andrew provided some key facts on the 25-year history of Sevenoaks 7 and the full results for the first race that he organised on 21st May 1995 (there were two previous Sevenoaks 7 races in 1993/4). The results make interesting reading compared with last Sunday's 25th edition of this popular local race. Here are a few facts:

1995 - 233 finishers in 1:21:03. Winners: Roy Smith (Blackheath) 38:01; Sue James (Maidstone Harriers) 49:01

2018 - 241 finishers in 1:37:08. Winners: Daniel Pink (Petts Wood) 41:44; Becky Morrish (Paddock Wood) 50:31

Back in 1995 there were age-graded awards as well as the usual individual and team prizes. The top three age-graded were Roy Smith (80.5%), Andy Howey (TWH, 77.9%) and Alan Newman (M40 Maidstone Harriers, 77.4%). Sue James (W40, 74.6%) was first lady in 11th overall age-graded, two places ahead of David Novi (Tonbridge, 73.8%).

In 1995 there were only 40 women running (17% of the field). The 2018 race saw 91 female finishers (38%). The most successful athletes between 1995 and 2018 are Darrell Smith (Sevenoaks) with six wins and Tina Oldershaw and Maria Heslop (both Paddock Wood) with five wins each. The fastest times recorded are 35:52 by Ethiopian athlete David Girbede (Team Garfield) in 2002 and 41:31 by Abby Settle (TAC) in 2011.

Perhaps surprisingly for such a local race there have only been five Tonbridge AC winners: Nick Barrable (37:40) in 2000; Darrell Smith (39:03) in 2007; Thomas Fewster (38:57) in 2013 and Daniel Watt (40:11) in 2014, plus the women's race winner and course record holder Abby Settle (41:31) in 2011. However, new TAC members Maria Heslop and Tina Oldershaw have clocked up ten wins between them in Paddock Wood

colours, Sue James won for Maidstone Harriers and Darrell Smith had already won five times for Blackheath Harriers and Sevenoaks AC before taking his 2007 victory for TAC.

Full results of Sevenoaks 7 races can be viewed here: [Sevenoaks 7 Results](#)