

## TAC Masters Update 2<sup>nd</sup> August 2018

### Southern Athletics League

A number of Vets have made useful contributions to the SAL team and the last match at Ashford was no exception, in the process collecting PB's and TAC age group records.

First on the list has to be Angie Crush for her 2.05m in the Pole Vault (TAC W40 record). Angie has had this record in sight for some time and despite Sarah Westrap briefly holding the record at 1.80m she was not perturbed! Listening to Angie talk about when to use longer, stiffer poles emphasises how much she has put into this. She was 2<sup>nd</sup> string in the SAL, 2<sup>nd</sup> place and a valuable 3 points.

Nina Ridge was involved in the Triple Jump ( 8.51 PB) Discus (22.84 PB) and Hammer for 3 points. She threw a Hammer PB and TAC W40 record of 25.96. Along with Steve Tester's 400m B string win and 200m B string 3<sup>rd</sup> place (6pts), the 12 points won by the vets made the difference as there was 11 points between 1<sup>st</sup> and 2<sup>nd</sup> in the match score.

Please continue to offer your availability for the SAL matches, if there are faster, longer, higher athletes don't be offended if you are not required (there is always non scoring) Team managers love filling spaces on team sheets and particularly like not having to chase availability.

Next meeting Sat 18<sup>th</sup> August at Thurrock, we are up against 2 teams who are in the bottom 3 of the league and one who is equal with us, a win could push us close to the top depending on other results. Please offer Hannah and Una if you can fill slots.

### Dinosaur Deal 10K

Tony Bennett was the sole TAC representative at this race that is part of the Kent Road running Grand Prix. However, he smashed his current PB that he has set since his running "revival" (he thinks he may have run 34/35 in his 20's) as he finished 4<sup>th</sup> overall in 36.37.

### Hercules Wimbledon 3k

Dan Madams M45 ran 9.30.34, his best time since 2012. Graeme Saker M55 ran 10.02.20 for a season's best although frustratingly close to sub 10.



### **Bexleyheath 10k**

Nichola Evans is showing great form as she was a close 4<sup>th</sup> Female and 3<sup>rd</sup> Vet in 44.19. She picked up the team win as part of her 2<sup>nd</sup> claim club Larkfield AC on the day. According to PO10 this is a big PB beating her previous 46.30.



### **Bedgebury Evening series 10K and 5K**

Ladies Team win in the 10k over the challenging, led home by Penny Pilbeam 47.29 who was 3<sup>rd</sup> Female and 1<sup>st</sup> W45 despite an extra 400m somewhere in the woods! Along with Deniz Bowart 53.18, 5<sup>th</sup> Lady and 3<sup>rd</sup> W35 and Kim Cross 53.47 6<sup>th</sup> Female and 4<sup>th</sup> W35, they secured the 10K team win.

Angie Crush was 2<sup>nd</sup> Female Vet in 28.22.



## **Larkfield 10K** Sunday 16<sup>th</sup> September

This race is part of the road running grand prix. It does follow the traditional TAC XC season opener at the Blackheath and Bromley XC relays the day before, however they are only 4Km each. Nichola Evans will be organising a championship with a difference for any TAC runners that enter, which will involve racing against your current PB (within the last 2 years). Please let her know when you have entered and what your PB from within the last two years is. The base mark will be 10 mins that every runner is allocated, every second you beat your PB by will be deducted from your 10 min and every seconds that you are over your PB will be added to your time.

We will also recognise the fastest Veteran athletes in each age group from 35 upwards.

## **South of England Road Relays**

Sun 23<sup>rd</sup> September at Crystal Palace Stadium and park

This is a great event and the Veterans races are included as part of the Senior races. The Men's races (2.30pm) have M40, M50 and M60 (4 x 6K) categories, the Women's (1.30pm) has only W40+ (4 x 4.5K). Any Vets who are under 40, they will be able to race in the Senior teams where the club will be able to enter as many as required to ensure all those who want to race, can.

Please respond to Mark Hookway with your availability when he sends out a request. We should be able to have teams in all categories including M60. He will also be asking for availability to run in the Blackheath and Bromley XC relays on Saturday 15<sup>th</sup> September.

Don't forget to use the Masters fixtures page that Alan Newman keeps updated on the [http://www.tonbridgeac.co.uk/Masters/masters\\_fixtures.html](http://www.tonbridgeac.co.uk/Masters/masters_fixtures.html)

## **Officials**

As many of you will have noticed this year the need for qualified Officials is never ending. Qualifying as a Level 1 official is very simple involving a course separated into Health and Safety followed by either Field or Track speciality lasting about 5 hours. You are then required to submit a record of 4 events that you have assisted (raking sand, collecting Javelins etc) at, these can even be backdated for this season.

The more we have within the Vets ranks not only helps us fulfil our duties but allows you to be close to the action when your children or friends are competing. You may want to go on to higher levels, even international!!

Please contact Dawn Hookway if you are interested, with enough numbers she will be able to arrange a course at Tonbridge.

We need a team to official the Javelin in the Vets finals on the 30<sup>th</sup> September, so far MPK , Tony Fullbrook, Grazia Manzotti, Pete Brenchley, Anne Brenchley, Maurice Marchant and Ian Presnell. Please let me know if you can help, don't need to be qualified. The more the merrier to allow us to rotate. Tim Fagg will be Track Judge and Steve Brooks Time Keeping?

### **Coaching**

If anyone is interested in a coaching role please speak to Pete Mason, as the numbers of requests for Taster sessions continues to increase the need for more Assistant coaches continues. Assistant Coaching courses are 2 days.