

## TAC Masters Update 3<sup>rd</sup> September 2018

### BMAF Outdoor Track and Field Championships , Birmingham

Lisa Knight took part in her first BMAF championships in the W45 400m. Digging deep to take Silver medal with a PB of 67.61, beating 3<sup>rd</sup> by 3 tenths. This has been Lisa's first track season back and she struggled with a few niggles early on, but has sensibly managed her training load to steadily build up and this is justified reward.



Steve Tester went one better in the M35 400m as he took Gold in a time of 52.62, when he won the youngest age group racing. As we all know Steve has been a fantastic addition to the Men's Vets team at TAC and although athletes have lifted performances across the team, he has probably been the biggest reason we went from second to first in the league.

Robert MacKenzie, is a new member to TAC. He joined about 8 weeks ago with the desire to race at the World Masters in Malaga in September. Robert is an M80 and has not run since he was a student, but he has cycled a lot and continues to do so. The biggest challenge that both Alan Newman and myself identified was how to start something new without getting injured at the age of 80! The track being closed may well have been a blessing for this reason. Robert took part in his first race, the M80 100m and won Gold! Robert goes straight to third M80 100m UK Rankings.

He had three NJs in the LJ and unfortunately on the third which would have been a winning jump, walked back through the pit!

I understand that he has sore achilles as a result of his first use of spikes, fingers crossed for Malaga.

Ben Reynolds took part in the M50 5,000m...

"At long last I finally pulled on a TAC vest yesterday in the BMAF v50 5,000m. After a summer of niggles and compromised training I am on a gently improving trajectory. Last two Park Runs were 17.29 and 16.46 so I was looking for another 30 secs. The race boiled down to a last lap sprint between 3 of us. Despite a 69 sec last lap I lost out by a second to Gordon Lee of Leicester and finished 2<sup>nd</sup> in 16.20. It was almost a carbon copy of last year's race (except we were 15 secs quicker last year). Last year I then went on to the European Champs and ran 25 secs slower! I hope to reverse that precedent this year in Malaga in the Worlds on 12<sup>th</sup> Sept."

Nicky Buckwell, also made the journey to Birmingham where she was 4<sup>th</sup> in the W60 100m, it seems there is very strong opposition in this age group as Nicky ran a 16.40 PB to be 4<sup>th</sup> in a race won in

14.36. Her 200m was only around 0.2 outside her best in awful weather conditions (wet, cold and windy on Sunday).

Sue James 1500m was a good season's best but she did not cope well with the cold weather on Sunday so her 800m was not so good. However, on the positive side she finished both races strongly and had no breathing difficulties this time - encouraging for Malaga.

### **Weald 10K**

Great to see Maria Heslop back to winning ways as she was 6<sup>th</sup> overall and first lady in 38.35, on a course with a notoriously tough last couple of km.

### **Thanet Half Marathon 2<sup>nd</sup> Sept**

Congratulations to Tony Bennett who was just outside the top 3 in 4<sup>th</sup> place, 1.21.48. He was 2<sup>nd</sup> M40. Tony is building to the York Marathon.

Brian Dye, M60 was 4<sup>th</sup> in his category in 1.56.26, as he builds to the New York Marathon. He had planned to race and then continue to add a few more kilometres, not sure if he managed this.

### **SCVAC Finals**

Team sheets have been published, but will continue to evolve. The Tonbridge track is laid and painted, will reopen on the 10<sup>th</sup> September.

### **World Masters Championships**

Good luck to Ben Reynolds, Ian Crawley, Sue James and Robert Mackenzie who are all taking part at the World Masters champs in Malaga this week.

### **Southern Road Relays, Crystal Palace, 23<sup>rd</sup> September**

At present availability it looks like we will have a M50 team and one Women's vets team. The potential M40 and M60 teams have not materialised, however all those wishing to race will be accommodated. Please keep an eye on Mark Hookway's communications.