

## TAC Masters update 11<sup>th</sup> September

### Masters World Championships Malaga

Coach Alan Newman may be injured but he still makes his presence felt at the World Champs as he appears on the home page for the championships.



### Ian Crawley, M55 Decathlon.

Ian put in a massive effort and many of us enjoyed watching the results coming up over two days of his competition. Ian was clearly up against some really good athletes and this helped him to achieve a PB and TAC M55 record. Here is his report from the event.

“Leading up to the World Masters I had eased off on the training and resisted the temptation to compete. I continued my unhealthy relationship with Nurofen in an effort to get a decent night's sleep; with both shoulders very painful. Mercifully everything below the waist was working fine, or my legs at least.

The competition was spread over 4 stadia for reasons known only to the organisers, with the M50 and M55 Decathletes consigned to Torremolinos. To call Torremolinos a dump is to do a disservice to all those well run establishments up and down the country that process our rubbish. If you ever find yourself there you will know that you are dead and that you led a far from blameless life.

I had a day to acclimatise and watch Sue James toiling away on her 8k XC. It looked gruelling.

On my day 1 I rose early and trudged through the early morning gloom with a kit bag laden down with more nuts and raisins than a squirrel's lunch box. Staggering towards me, shirtless and covered in blood, was a rather unprepossessing youth returning home after what appeared to have been a very heavy night. Ah I thought ... the glitz and glamour of international athletics.

I lined up for the 100m more nervous than a member of the Labour Party at a barmitzvar and sure enough messed up; completely failing to execute my race as planned. The time was OK but not where I needed to be, in golfing terms a par rather than the required birdie. LJ followed and I was still all at sea, managing 4.65, another par when birdie was needed. SP was I think a season's worst; the little technique that I have deserted me- 9.50 a bogie. HJ has become a bit of a banker for me this year and notwithstanding the time it went on, over 2 hours, I managed an outdoor PB 1.59 with what felt like a text book jump. Unfortunately the 1.60 mental block kicked in and technique deserted me for 1.62. But a birdie at last. I managed to channel all my irritation from the morning into my 400 and executed the race completely according to plan which was to totally commit for 300 and then hang on. Unfortunately the fickle winds of the day kicked in and the home straight was like running into a gale. My legs turned to blancmange, which ironically is the pudding of choice in Torremolinos and the electronic timing clock at the finishing line seemed to speed up. Inexplicably Einstein's Special Theory of Relativity popped into my head. Just missed 59 again but a PB and another birdie. One under par for the day and lying 5th - reasonably happy.

I haven't mentioned the food..... I thought a pasta dinner with salad was the sensible choice; it was almost inedible so I had to resort to a pint of San Miguel to wash it down.

Day 2 was a later start which meant a lie in, in theory, but my eyes pinged open at 6 and that was that. Mercifully no injury issues but felt very fragile and a slow warm up was needed; another long and blisteringly hot day followed.

I got a perfect start to the hurdles but was called for a false start, second time of asking I was left a bit. However PB - a birdie - and I started to dream the dream. Big mistake- very edgy and poor discus followed- bogie and pretty much realised that the game was up. Then PV. By this stage conditions were brutally hot and it went on for 3 hours, during this time you have to periodically keep loose which means going out into the sun as well as take the opportunity to take on more fuel. I came in early to make sure of a height and to stay active. But this came back to bite me at the end when I really began to run on empty. However managed a massive PB - 3.15 - an eagle at last and was a very happy boy. But I was very tired and very fragile by this stage. Hoped for, rather than expected, a decent Jav and didn't get one - bogie. 1500, normally a banker for me, took place at close to 8pm (10 long hours after warming up for first event). I warmed up for this by having a cold shower to try to get my body temperature down, probably a wise move. I knew by then that the medals were out of sight but still wanted to be the best of the rest. I set out pretty well 2.42 to 800 and managed to drop the Swedish guy who was annoying me by tracking me. However, the wheels came off; kept going as hard as I could but simply nothing left in the tank - bogie.

Overall score was a PB and good for 6th. The three medalists were really a class apart and even my hoped for score would not have been good enough so have to be happy and back to the drawing board for next time.

My warm down consisted of cutting some shapes at the Athletes party in Malaga, dancing with the American Ladies Sprint team, although I suspect they didn't realise they were dancing with me. Had a few beers before making the mistake of switching to vodka, missed the last train back to Torremolinos and spent an hour searching for a taxi rank. Had just resolved to continue my warm down by walking back to Torremolinos, when a taxi turned up, got ripped off but couldn't summon the energy to haggle. Got back just as Torremolinos was kicking off but went to bed with my borrowed PV pole which I was now in love with.

Have to mention and thank Lewis Church my coach, who really is a class act, and my training group who tolerate having an oldie tagging along, if only so they can take the piss. And of course TAC Vets for all the interest and support over the 2 days; having people watching even from afar gives you a boost.

Apology: if anyone is offended by my joke about being nervous I apologise, it was my attempt at irony for which I know Jezza has a keen sense. And I am in no way questioning the labour party's right to exist or suggesting that all members share the same traits and characteristics."

Ian was hoping for a medal, however Mark Hookway has promised him a KitKat as a reward for his efforts.



**Sue James, W65**, has a busy World Champs planned, but started well in really tough hot conditions for the non stadia XC 8km. After a tricky spring with illness and injury it was a great reward for Sue to be 8<sup>th</sup> and achieve a gold Team medal for GB.



Road 10Km. Sue James was 13th W65 in 53:23. Again, tough conditions.

[http://www.rfea.es/competi/result2018/airelibre/Malaga2018\\_Non\\_Stadia/C73.5725.html](http://www.rfea.es/competi/result2018/airelibre/Malaga2018_Non_Stadia/C73.5725.html)

Sue is taking part in the 1500m final tomorrow, possibly followed by a relay.

### **Great North Run**

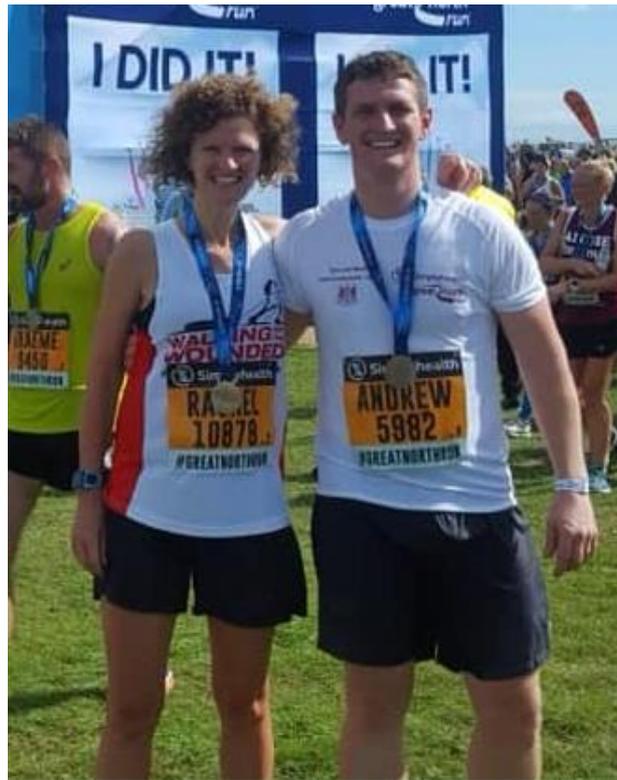
A number of TAC vets took part in the Great North Run (half marathon)

Julian Rendall impressively won the M40 category at the Great North Run in 1.15.26

### ***AGE AND GENDER RESULTS (40 - 44)***

| Pos | Name                  | Finish Time |
|-----|-----------------------|-------------|
| 1   | Julian Rendall        | 01:15:26    |
| 2   | JONATHAN BALL         | 01:16:08    |
| 3   | DARREN MICHAEL PURVIS | 01:17:01    |
| 4   | Paul Brown            | 01:18:00    |
| 5   | Eddie Ware            | 01:18:35    |

Elise Rendall 1.37.43 , 14<sup>th</sup> W40 and Rachael Fagg 1.48.39, 75<sup>th</sup> W40 were also racing in this iconic race.



### **Larkfield 10K Sunday 16<sup>th</sup> Sept. (Sorry this is late)**

Anyone planning to race at Larkfield please let Nichola Evans [NEVANS2@travelers.com](mailto:NEVANS2@travelers.com) know so she can include you in the TAC PB competition. Let her know your PB from within the last two years, then points will be awarded according to whether you are ahead or behind your PB.

<https://www.larkfieldac.co.uk/larkfield-10k>

The race is also part of the Kent Short Course Champs , see below:

#### Kent Short Course Champs at Larkfield 10k, 16<sup>th</sup> September

- Individual competitions: M,M40,M50,M60,M70,F,F35,F45,F55,F65. You must actively enter the Kent Champs event (tick the box, or with me on the day at the Kent Champs desk) and wear the identifier on your back (also from me on the day – although I am talking to the organisers and will try to get them in with the race numbers for pre-race champs entries if I can)
- Team competitions: All KCAA affiliated club members are entered automatically: M,M40,M50,F,F34,F45. Club colours to be worn.
- **THIS EVENT IS ALSO AN INTERCOUNTRIES QUALIFIER!!....**Kent are taking male and female senior teams to the Brighton 10k, 18<sup>th</sup> November, 4 athletes per team. Top 2 at Larkfield 10k have automatic selection, thereafter down the order but with wildcard applicant results from other races also considered.

### **KENT GP FIXTURES**

Canterbury 10  
 Tunbridge Well Half  
 Dartford Half (Kent Long Course Champs)  
 Folkestone 10

Orpington High Elms 10k (distance approx. – multi-terrain)  
North Downs Run (30k approx. – multi-terrain)  
Deal Dinosaur 10k  
Kent Coastal Marathon (Kent Marathon Champs – Veterans & Teams)  
Sun 16<sup>th</sup> Sep – Larkfield 10k (Kent Short Course Champs & Inter Counties Qualifier)  
Sun 7<sup>th</sup> Oct – Tonbridge Half

### **Kent Vets Track and Field Champs 15<sup>th</sup>/16<sup>th</sup> and 22<sup>nd</sup>/23<sup>rd</sup> September**

Great to see 17 athletes entered for these champs, with many doing multiple events

<http://www.kcaa.org.uk/county%20t&f%20champs.htm#masters>

### **SCVAC Vets League Finals 30<sup>th</sup> September**

2 Weeks tomorrow!

### **Officials Course**

We are very fortunate to be having a “home” official’s course on Sunday October 21<sup>st</sup> at Tonbridge Track. This is a great opportunity to obtain Level 1, progress to Level 2 requires recording your experiences and then an open book questions using the rule book. There is an Hour and a half of Health and Safety after which you choose Track, Field or Starter depending on your interest.

Please let Dawn Hookway [dawnhookway@icloud.com](mailto:dawnhookway@icloud.com) know if you can attend. The club will pay. Anyone wishing to book onto the course must do so on the England Athletic website quoting the course codes stated below.

<https://www.englandathletics.org/courses.aspx?siteSectionId=33&postCode=Postcode&distance=5&region=&keyword=officials&courseType=&page=4>

|                     |              |           |
|---------------------|--------------|-----------|
| Health & Safety.    | 10:00-11.30. | SO/0444HS |
| Level 1 Field.      | 12:00-16:30  | SO/0444FD |
| Level 1 Track       | 12:00-3:00   | SO/0444TR |
| Level 1 Timekeeping | 12:30-3:30   | SO/0444TK |
| Level 1 Starter     | 12:30-3:30   | SO/0444ST |