

## TAC Masters Report 20<sup>th</sup> September 2018

### Blackheath and Bromley Relays

Traditional XC season opener for TAC athletes saw quite a number of Vets mixing with the younger athletes. Maria Heslop anchored the TAC Womens A team to victory running the second fastest Womens leg of 15.04 . Lucy PK also anchored the TAC B team to 3<sup>rd</sup> place. Adam Roeder knocked a good chunk off last year's time as he continues to progress.



Julian Rendall M40 ran legs for 2 teams, and his 13.44 was 10 seconds faster than his potential rival at the Kent Vets XC Alex Gibbins from Blackheath and Bromley. He was part of the winning TAC team.



### Kent Vets T & F Championships Jumps only

There were a good number of TAC vets supporting these championships, although numbers overall appear to have been very disappointing. Coinciding with the last weekend of the World Masters in Malaga probably did not help.

Brian Buckwell M60 L J and Pete Ebbage PV took Gold medals as they achieved the standard required.

Nina Ridge Gold in the W40 TJ and she also won the LJ but did not achieve the standard to receive a medal. Sally Vine took Gold in the W50 TJ and Bronze in the LJ. Nicky Buckwell W60 showed what we will miss at the League finals as she took Gold in both the LJ and TJ.

Angie Crush was unfortunate as she was the only W40 competitor in the Pole Vault and cleared 2.10, however was unaware that she had not achieved the standard height to win the championship medal.



The Kent Relay championships were also taking place at the same time. Nina appears to have been pulled into the TAC women's 4 x 400m team that took Gold. She teamed up with U17's and U20's in a very exciting race in which the first 3 teams were separated by 2 seconds.

Mark McAllister was part of the TAC Mens team that won 4 x100m

"Proud to be part of the 4 x200m SM Kent Championship relay team on Sunday winning gold!!

17 year old Max Messer (In his first ever competition!) had first leg and got us in a good position handing me the baton in second place, we had a clean handover, I held second thinking that younger opposition would easily pass me but I guess I was just too damn quick! I passed the baton to Anton Bachorski finding his hand after a couple of attempts in the safe knowledge that he is bloody fast! He caught the leader handing over to Jack Lennard, there was no way anyone was catching Jack speedy Lennard!!!"

<http://www.kcaa.org.uk/KCAAMastersChampionships-JumpsResults2018.pdf>

<http://www.kcaa.org.uk/KCAARelayChampionshipResults2018.pdf>

### **Larkfield 10K**

There was some speedy running at Larkfield 10K which was also the Kent Short Course Championships (and part of the Kent Road Running Grand Prix that TAC does not focus on.)

Maria Heslop appears to have benefited from an injury break in the summer (a Lesson to us all) as she ran a new PB by 12 seconds of 36.09. This not only won the Female race and also The Kent Short Course Championship, but also puts her 3<sup>rd</sup> on the all time UK W50 rankings.....

Claire Day put her recent good training to use as she continues to come back to form after maternity break finished 5<sup>th</sup> in 40.39 (3<sup>rd</sup> Vet). Nichola Evans also smashed her PB by about 2 minutes as she finished 11<sup>th</sup> overall female and 7<sup>th</sup> vet to complete the Kent Short Course winning team. Dee Goldsmith (nee Ierfino) had her first race post wedding , 29<sup>th</sup> in 51.47.



Due to the number of fixtures going on the TAC runners were less that we hoped for when we planned a PB competition. Nichola Evans was the winner of this competition cutting her PB from 46.30 to 44.25 after about 8 months of TAC Training.

### **Alan Newmans Report from Malaga**

#### **23rd World Masters Athletics Championships, Malaga, Spain**

British Masters returned from the 2018 World Masters Athletics Championships in Malaga as medal table winners with 203 (80 gold, 66 silver, 57 bronze). Spain also won 80 gold but GB&NI Masters had one more silver than the hosts! There were 8,200 entries from more than 100 nations and the GB contingent was the second largest squad at around 800.

Ian Crawley's heroics in the M55 decathlon have already been reported but he deserves every accolade – and that KitKat – after toiling away in relentless heat and humidity in an empty and soulless Torremolinos Stadium. British M85 100m champion Robert Mackenzie was unfortunately limited by injury to a single no jump in the M85 LJ but would have learned a lot as a complete novice to competition at this level. He is already talking positively about the next opportunity in Poland in March.

Alan Newman had four events lined up but was a spectator at all of them following ankle ligament and adductor injuries. He was bag man for his partner Sue James (W65), who added to the GB tally with an excellent team gold medal in the 8km cross country held on a tough, technical course in a pine forest high above Torremolinos. GB W65 finished ahead of Germany and Mexico, with Sue third scorer in 8th place (42:16). Sue also ran well in 93% humidity and 32C in the 10km road race that now replaces endless 10,000m track races, so has no team medals, finishing 13th W65 (53:25). The second week saw Sue in track action in 800m semi-finals (7th, 3:37.39) and 1500m final (18th, 7:32.37).

Overall, the championships were well organised but the decision to spread events over four stadia diluted the potential support and atmosphere. The multi-events and throws drew the

short straw and ended up at Torremolinos, by far the worst venue to find and for facilities. On the positive side the genial Spanish hosts provided a friendly “Masters Olympics” with free Metro transport around Malaga and a shuttle bus service to/from Torremolinos. Alan and Sue chose to stay in the much maligned Torremolinos and found it to be a vibrant town with lots of tourism opportunities and a wealth of decent restaurants. It was fun watching England playing Spain at Wembley – screened in every bar in Torremolinos – until we lost!

### 8th World Masters Athletics Championships Indoors (WMAI) Torun, Poland

The next opportunity to pull on the GB Masters vest is not far away. WMAI will be held in Torun, Poland from 24-30 March 2019 and entries are available now. Alan and Sue have competed in Torun before when the ancient city on the Vistula River hosted the European Veterans Indoor Championships in 2015. The most sensible route to Torun is to fly Ryanair from Stansted to Bydgoszcz (flights available now at under £100 return). All other airlines fly to Warsaw (260km away) or elsewhere in Poland, leaving a lengthy train journey to Torun. Note that the WMAI programme also includes an 8km XC, 10km road race, 10km road walk, half marathon and outdoor throws as well as the full indoor track and field programme. So, if you would like to run in Torun speak to Alan Newman or Sue James for more information or follow this link to the event website.

<https://wmaci2019.com>

### SEAA Road Relays Sunday 23<sup>rd</sup> September

We have male 50+ and W40+ teams for Crystal Palace this week-end. In the Ladies there is only category and we have a strong chance of a medal.

The races start and finish on the Crystal Palace Track. TAC will have a base in the stands where you can collect your numbers and chip. More info at :

<https://www.tacdistancerunners.com/south-of-england-road-relay-championships-sunday-23rd-september-2018.html>

2.30pm. 4 x 6km M50. 1 Phil Coleman , 2 Richard Newbold, 3 Andy Wood, 4 Mark PK  
1.30pm 4 x 4.5km W Vets. 1. Sasha Houghton 2. Maria Heslop 3. Lisa Knight 4. Lucy PK  
(Tina Oldershaw is now fit so a reserve in case of last minute illness etc)

### England Team selection for Home Nations XC international.

We have a number of athletes who could consider applying for selection for the England team. Follow the instruction at this link. This needs to be done asap

<http://englandmasters.org.uk/cross-country/>

### Schedule for League Regional finals

With just over a week to go until the Finals on the 30<sup>th</sup>, I have sent out team sheets and details separately.