

TAC Masters Update 27th September

SCVAC Vets Finals this week-end

The final has finally arrived and although it is feeling more like autumn with everyday passing, it looks like we will have a decent day for Sunday, but do bring lots of warm clothes.

The first events are at 10.30am, I am sure many of us will be there by 9.15 to set up a base and declare teams etc

We will receive the League trophies during the Lunch break at about 1pm. This is a great photo opportunity , so please can as many people as possible be there for that with as much TAC Stash on as we can muster. Anyone who has competed for the Vets or been an official / supporter is welcome.

The Julie Rose Stadium, Willesborough Road, Ashford, TN24 9QX

Hospice in the Weald 10k

Congratulations to Tracey Horne who bounced back from her disappointment at not being able to run at the Berlin marathon last week due to illness, by winning the Hospice in the Weald 10k in 44.22. Despite the monsoon conditions she was also 25th overall.

Richard Bamford 31st 44.53, may have been running his first 10k according to his Po10.
Lorraine Nihwai ran a PB of 51.01 and Krista Bradford dipped under the hour in 59.30.



SEAA Road Relays

Fortunately for the Adults the conditions improved considerably by the time their race took place on Sunday with sunshine replacing the wind and rain of the morning.

The Vets races are run within the Senior races, 4 x 4.5km. There were vets in all the TAC women's teams. The vet's competition for women is simply over 40's. Sasha Houghton 19.29.90 put the team in 7th place after the first leg. Maria Heslop set about closing on the leaders and in so doing ran the fastest Vets leg of the race in 17.38.60. Maria got up to 3rd place, just about 20 seconds off the lead. Lisa Knight 20.44.15 held 3rd place before handing to Lucy PK 21.02.90, who found herself up against a couple of teams with fast last leg runners as the team finished 5th.



Claire Day 19.01 ran in the Senior women's team on the second leg where she held the 28th place that she took over in. Nichola Evans ran first leg for the Senior Women's B team and her time of 20.13 demonstrates how she rose to the occasion as she finished in 52nd position. Rachael Fagg 21.16 moved up to 47th and handed onto Kim Cross 23.46 48th. Unfortunately the team was incomplete due to an incident on the A21.



The Men's 50 team predicted a 10th-12th place, so finishing 11th was a par score! 1st Leg specialist Phil Coleman 22.48 was 11th and we went 12th with Andy Wood 23.05, then back to 11th with Mark PK 23.04, before Richard Newbold put the rest of to shame with 22.08 to finish in 11th, as he was outsprinted and had 10th place pinched by Southampton AC.

The change of Age groups for the Masters Road Relays in May will suit our team and we should be able to have strong Women's teams in the W35 and W45 AG's. The Men's will be strongest in the M55.

Richard Tosh 26.59 had one of his best races as he was 3rd leg for the Senior Men's E team. These races are quite an experience as faster runners lap us at great speed.



Kent Vets T&F Champs

Unfortunately, the above mentioned horrendous rain resulted in a flooded track at Erith and the Sunday events were cancelled.

On the Saturday Dan Madams won the 5000m M40 title. Jason Cannon had picked up Silver in the M50 200m, Nina Ridge Silver in the W40 Discus and Gold in the W40 Hammer. In the W50 there Di Bradley won Gold in the Discus and Bronze in the Hammer. Nicki Buckwell took Gold in the W60 200m. Anne Brenchley was a lone competitor in the W70 AG but took Gold standard in the Discus.

Andy Howey running for TWH won the M50 800m.

There were a number of other performances either not finishing in the top 3 or outside of the standard time to qualify for a medal.