

TAC Masters Update 13th October

Christmas Meal Saturday 1st December

Diana Goldsmith has very kindly agreed to organise a christmas party for the Masters athletes at TAC. This will take place on the evening of the 1st December, the day of the Kent Vets cross country championships. Athletes and partners welcome.

Christmas Vets Dinner

December 1st 2018

7.30pm

@ The Hand & Sceptre

Delicious festive menu - 3 courses + prosecco for only £26.95

Please book your spot in before Nov 17th by transferring dinner cost to :

Sort Code: 07 02 46

Account Number: 29546390

Looking forward to a great night of drinks and a delicious meal with great people.

<https://www.thehandandsceptre.co.uk/content/pcdg/south-east/thehandandsceptre/festive-menu>

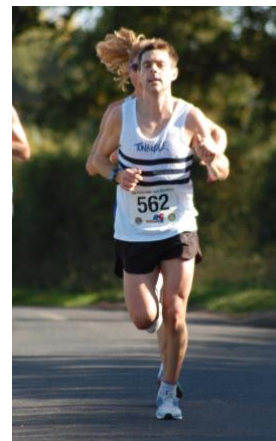
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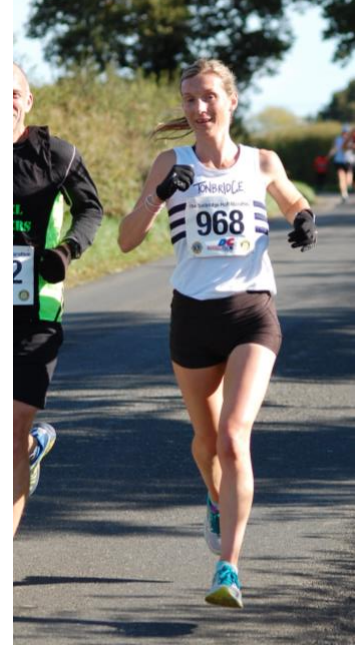
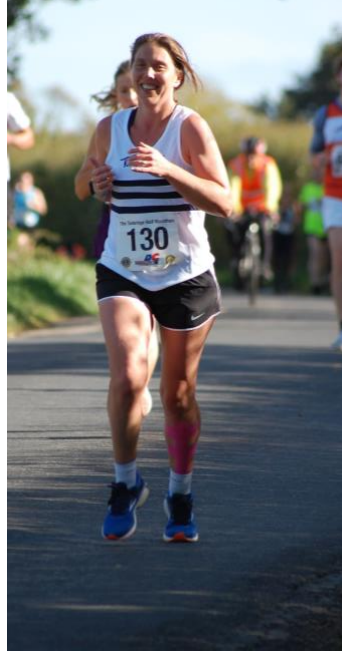
Dan Madams M45 ran his first Tonbridge Park run 17.45 and helped Tony Bennett M40 to a 16 sec PB of 17.46. Nick Arnott M45 also ran a PB of 18.55 to break 19 mins for the first time. This is looking encouraging for the Masters Road Relays in May!

Tonbridge Half Marathon Sunday 7th October

Maria Heslop 1.22.32 was again in a class of her own in the Women's race at her "home" race and made what is a challenging course at the beginning and end look easy. Maria looks to have used Luke Hooper as a useful pacer, spot her?

The Women were second team with Antonia Skerritt 1.39.37 and Eva Kolivoskova-Martin 1.48.09 making up the scoring team. Lorraine Nikhwai ran a PB of 1.56.40. Diana Goldsmith followed up her wedding celebrations with 2.02.04.





Julian Rendall 1.16.02 was a clear 3rd at the halfway point, although finishing 5th behind two fast finishing athletes. Tonbridge were 1st team.

Simon Fraser 1.24.29 was another to switch distances from the track finals the week .

James Winnifrith 1.33.06 and Antony Fullbrook 1.41.17 , Duncan Ralph 1.45.42 were back in action.



National Road Relays, Sutton Park, 6th October

Lucy Pitcairn-Knowles and Rachael Fagg were doing their bit supporting the TAC senior Women's team that won Bronze at the National Road relay champs in Sutton Park. Both ran in the B team that finished 55th out of the 83 teams that started. It is always a great

safety net to have a B team at these events that can provide substitutes to the A team in case of last minute problems to the A team.



Name B Team	Time	Position after leg
Alice Wood	16.19	43
Lucy Pitcairn-Knowles	18.42	54
Annabel Carter	18.39	56
Rachel Fagg	18.54	55
Team	72.34	55 th

Kent League Cross Country Sat 13th October

Enjoy this Season's opener. It looks like the Ladies will have a large turnout with many of you scoring for the team in the absence of younger athletes.

All details that you need are at <https://www.tacdistancess.com/kent-cross-country-league-at-nonington-saturday-13th-october-2018.html>

It is all there! Times, directions etc

Kent Vets Cross Country

This will be taking place at Dartford Central Park on Saturday Dec 1st .

Men's races are 40-49, 50-59 over 8km.

Men's 60-69 and 70+ over 5km

Women's 35-44, 45-54, 55-64, 65+ over 5km

These are open to all athletes and have a wide range of abilities.

Please let me know if you would like to race as it is entry by Team manager.

South of England Veterans Cross Country Championships

Saturday 8th Dec at Horspath Oxford. Another good event.

This event has the same age categories for Men and Women, starting from 40, with 10 year categories for races , but prizes for 5 year categories.

Again a team entry by Mark PK . Takes place at the same time and venue as the junior inter-counties races.

