

TAC Masters Update 18th October

Kent League Cross Country

There was a good turnout of Over 35 yoa TAC athletes to support the TAC efforts at Nonnington for the first Kent League Cross country of the season.



The Ladies race over 5km was won by Maria Heslop. Claire Day was 3rd team scorer as TAC took the 3 to score team race. It was good to see Sasha Houghton running well after a tricky summer following injury in the spring as she was 4th scorer and Tina Oldershaw 5th despite a recent hamstring issue. TAC won the 6 to score team race.

There were a number making a return to racing or their TAC XC debuts. Rachael Fagg was particularly strong to be 40th. Grazia Manzotti 91st and Lorraine Nikwhai 96th made good debuts.

The TAC men's team was very strong on the day and the only Vets qualified athletes to score in the 12 to score were Julian Rendall (7th Scorer) and Dan Madams (11th scorer) Further down the field Richard Newbold continued to show good form as he was 71st (6th M50)



There is still time to enter the Kent Cross Country League in time for our home fixture on Saturday 27th October. If you want to join the "fun" at Somerhill School you need to email Mark Hookway markhookway@icloud.com asap. If you are free on that date but not running, please volunteer to help as it's 'all hands to the pumps' time, again contact Mark Hookway. Races are approximately 5k for women and M70+ and 10k for men. Here are the remaining fixtures for 2018/19:

27/10/18 – Somerhill School, Tonbridge
10/11/18 – Danson Park, Welling (no men's race)
24/11/18 – Footscray Meadows, Sidcup (no women's race)
09/02/19 – Sparrows Den, West Wickham (to be confirmed)

Also note the Kent Cross Country Championships are at Brands Hatch on 5th January, 2019. Masters run in the relevant senior races. As per the Kent League, email Mark Hookway for entry: markhookway@icloud.com

York Marathon 14th October

Tony Bennett ran sub 3 hours for the first time since 2001. He was 57th overall and 54th man in 2.52.19 which was a pb (only done 2 previously, the most recent being Chicago in 2.55 in 2001). Category - 9th M40.

"Not very well judged today, as I went through the half in 1.21.44 so a painful last 6 miles or so...."

<http://www.chiptiming.co.uk/wp-content/uploads/2018/10/asda-foundation-yorkshire-marathon-2018.pdf>

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.

Masters Distance running Group Training – Coach Allocation (Alan Newman)

You may not realise that every member of TAC has an allocated Coach. This is part of the good governance of TAC and a few volunteers work hard in the background to keep the database up to date and relevant. The Masters (over-35) are possibly the fastest growing section of the club, enjoying considerable success in both Masters specific competition and supporting the senior men's and women's teams. The distance running Masters section is coached by Alan Newman, following an overall programme written by Pete Mason, which ensures we do not trip over everyone else in the club!

The coaches have recently reviewed training and agreed we need to adjust the sub-group sizes to ensure manageable numbers, provide the best coaching and support and, frankly, because there has been so much progress through your efforts! The previous notional split at 25min/5km pace will change to 23min/5km pace with immediate effect. Alan Newman will concentrate on the >23min/5km runners. Pete Mason will lead the <23min/5km runners with Mark PK assisting. Athletes will be allocated to the relevant Coach on the database.

In practice this means little will change. Most sessions will still be held together but Coaches might modify certain aspects to ensure maximum benefit for “their” group. Some sessions will be held jointly with another group (e.g.: under-17s), when appropriate. The split will be based on known form (e.g.: parkrun) or potential and there will be a few exceptions to the general rule. If you are in any doubt just ask any of the Coaches for advice.

Alan Newman has already unofficially dubbed his group ANTS – 'Alan Newman's Training Squad', and believes that he has the group with the greatest potential, as their ceiling for making progress is just a little higher than the rest. However, once you reach a certain age it's all about getting slower, slower – if that makes any sense to anyone!

The Coaches would like to take this opportunity to thank the Masters for their tremendous application, positivity and effort in training. This sets a fine example for the younger athletes in the club and has laid the foundation for some truly outstanding results in domestic and international competition. Finally, there is always a need for more help with coaching. If you would like to volunteer to assist and perhaps go on to formally qualify as a Coach sometime please speak to Pete Mason, Alan Newman or Mark PK at training.

Sprinters

Training groups are different and a clear explanation on training groups will be published shortly.

Kent Road Running Grand Prix 2018

TAC does not target the Kent Road Running Grand Prix series of 10 races, which concluded with our own Tonbridge Half Marathon on Sunday 7 October. Despite concentrating on other events the club finished 7th men's team/41 competing teams and 6th women's team/34 teams. Leading masters overall included Julian Rendall (3rd M40); Maria Heslop

(7th overall, 3rd W45) and Antonia Skerritt (5th W35). Tina Oldershaw (4th W45) completed her scoring races for Paddock Wood AC before her transfer to TAC.

Unfortunately our local course was cancelled due to a lack of interest but here is another opportunity for us to increase our pool of officials, no commitment to official at a number of events. This will not even cost TAC!

Message from SCVAC / BMAF

Officials Training Courses

BMAF have launched an exciting initiative to tackle a problem which has been increasing in Masters events.

Over the last few years, BMAF have experienced shortages of Officials at our National Championships, and this is replicated at some Area Club fixtures.

The BMAF Executive have therefore decided that to counteract this, they will fund a series of **Level 1 Officials Courses, including Health and Safety/Risk Awareness for Track, Field and Endurance, for interested Athletes, their Partners or Area Club Officials**. The Courses will be set up in liaison with England Athletics etc. and hopefully with a Course Official will be an official who has worked at SCVAC or BMAF Masters National Championships, so that we know they are Masters orientated.

The idea is to introduce people to low level Officiating along with other SCVAC Members, at a place near home. They would follow that up by getting experience, at SCVAC Fixtures and possibly BMAF events in a Masters environment. Doing that they would gain a greater extent of experience, than with Senior Athletics, purely due to multiple age groups involved.

If enough SCVAC members are interested, we will find a room within easy travelling distance, where possibly 12 people could be seated at tables, for the Introductory Course to be conducted.

BMAF will pay the costs of the Course including the expenses of the Official conducting the Course.

Please email me if you are interested in helping to officiate at a low level initially, and would like to take advantage of this BMAF funded initiative. Officials are vital to keep our sport going!

beattieruns@blueyonder.co.uk

