

## **TAC Masters 1<sup>st</sup> November**

Two of our most successful Master's athletes were in action in the West Country recently.

### **Great South Run, Portsmouth**

Maria Heslop was selected to run as one of the few elite runners to start at the front of this massive race. Bearing in mind that she is a W50, this was quite an achievement. She then went on to finish 7<sup>th</sup>. Doing a quick Age grading calculation shows her at 91.48%, making her age grading winner ahead of the first finisher Eilish McColgan .

### **Weymouth 10 Mile**

Julian Rendall was on holiday in the Weymouth area and took the opportunity to race in the 10 mile race, which he duly won in 59.06.

Results [https://www.egdonheathharriers.com/results/vey10\\_results\\_2018.pdf](https://www.egdonheathharriers.com/results/vey10_results_2018.pdf)

### **Tonbridge 10K**

Claire Day 39.53 broke the 10km 40 minute barrier at the Tonbridge race, as she continues to lower her times on her come back. This is not a licensed race, so it won't show on Power of 10. This is closing in on her PB of 39.26. Tina Oldershaw 2<sup>nd</sup> Lady (1<sup>st</sup> W50) and Tracey Horne 5<sup>th</sup> Lady completed the winning team. On the day that Cain Bradley lost his TAC Marathon record after 33 years , he posted 46.51 to be 7<sup>th</sup> in M50 AG.

### **Kent League, Summerhill 27<sup>th</sup> October**

The TAC vets were out in force last Saturday at our home meeting.

In the Ladies race, Maria Heslop again battled it out with team mate Sian Robertson, on this occasion youth won as Sian tracked Maria until making a move on the short sharp hill. Maria felt her legs were tired from a couple of heavy days training the two days before the race (!!) so is looking forward to the next instalment at Danson Park.

Sasha Houghton has also had two very strong runs in the Kent league this season as she was 17<sup>th</sup> (5<sup>th</sup> Team scorer) and is currently 3<sup>rd</sup> in the W45 standings. Notably she is finishing ahead of personal rivals from other clubs.



Rachael Fagg is becoming consistent with her higher finishes, Lucy PK started more purposely and finished considerably higher than at the first event. Tina Oldershaw would also have had a much higher placing were it not for her shoe coming off as a result of it being stepped on. Sue James had another 2<sup>nd</sup> place in the W65 AG.

Tracey Paddington made her debut for the club and will improve further having got the nerves out of the way.



*Richard Newbold.*



*Alan Buckle*



*Tracey Paddington*

In the Mens race top vet for TAC on the day was Dan Madams who despite finishing 52 did not make the TAC 12 to score team (13<sup>th</sup> TAC) Simon Fraser (64<sup>th</sup>) is having a good start to the XC season , currently 11<sup>th</sup> in the M40 standings.

Richard Newbold is benefitting from some races as he led home the TAC M50 age group and is 5<sup>th</sup> in the league M50 standings. Alan Newman had a better race following his ankle injury. Alan Buckle will shortly move to the M60 AG and looks to be very strong for that AG.

### **Christmas Meal Saturday 1<sup>st</sup> December**

This is being organised by Diana Goldsmith, good numbers have already signed and paid up. We will need to be finalising numbers by the start of November to ensure we have a suitable area. Please let Diana know if you want to go, partners etc welcome.

**AT THE TIME OF WRITING. 4 places left**

This will take place on the evening of the 1<sup>st</sup> December, the day of the Kent Vets cross country championships.

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>

### **Kent Vets Cross Country**

This will be taking place at Dartford Central Park on Saturday Dec 1<sup>st</sup> .

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.

### **South of England Veterans Cross Country Championships**

Saturday 8<sup>th</sup> 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.

W65. Sue James

### **BMAF National Road Relays**

Saturday 18<sup>th</sup> May is the provisional date for this popular event that takes place on the Sutton Coldfield course. 3 Miles each. 3 runners for W45, W55, W65, M55, M65, 4 runners per team for M50 and W35, 6 runners for M35.

Having come within 7 seconds of winning the W45 this year we will look to improve on this, as well as having a potentially strong W35 team. There sounds to be more positive thoughts about a 6 stage M35 team and we should be able to field a stronger M55 team again to perhaps medal as we did in 2017.

Please put this date in your diaries.