

## **TAC Masters Update 23<sup>rd</sup> April 2024**

### **Manchester marathon**

Mixed experiences for this group that had been fully focused on this race for some time. Tom Woolley had an excellent race to break 2.50 for the first time in 5 years running 2.49.20. Nichola Evans was an impressive 3<sup>rd</sup> W40 as she achieved her sub 3 hr target in 2.58.23. Penny Pilbeam was 12<sup>th</sup> w50 only slightly outside her target time in 3.29.00. Adam Tibballs (3.02.27) and Ben Hepden's (3.04.49) races did not go quite to plan as they suffered sickness and tendon issue respectively. However both adapted on the hoof to ensure they still completed in very respectable age group times.

### **Reading Half Marathon**

Two TAC age group records set here as Ben Cole yet again not only won the race but set a new TAC M35 record 65.38 for a half marathon. He is certainly setting some tough records for future generations. John Harley M70 was second in his age group and also set a TAC M70 age group, 1.42.28.

### **Boston Marathon**

Julian M45 and Elise Rendall W45 made the trip to Boston for this unique race. A tough route / experience. Julian 2.51.28 and Elise 3.55.28

#### *Elise reports*

*"Just thought I would update as I've been on my travels again(!) and completed Boston marathon (Monday). Might not have been my quickest 3:55:28 but can't moan after only 7 weeks of training due to a rather persistent calf injury.*

*A hilly course and unseasonably hot weather but I loved running through their neighbourhoods and actually found the course better than NYC.*

*I'm wondering if anyone else at TAC has completed the 6 World Marathon Majors (London, Tokyo, Berlin, Chicago, New York and Boston) and joined the hall of fame in achieving the Abbott World Marathon Majors Six Star medal. Photo attached.*

*No mean feat, and even more so having completed the 5 international ones all within the last 13 months (and 3 of those within a 6 week period!). And very pleased to say that I also completed them all in sub 4 hours.*



*I'll leave Julian to update separately (if he hasn't already) as he ran the marathon too. It was nice that we both qualified for 2024 and also got to do a bit of sightseeing together at this one.*

*Not been training for a while at TAC due to the injury and also was a bit nervous about running in the dark with uneven pavements, pot holes etc when I eventually did get back to running recently. Hope to be back on the fields in warmer weather in the not too distant future! “*

### **Paris Marathon**

Mike Davies had targeted this marathon but unfortunately was restricted by an injury in the lead up to the event. He adjusted his ambitions and managed to complete in 3.43.27

### **London Marathon 21<sup>st</sup> April**

This spectacular event had 50,000 participants, a chilly north wind and 12 TAC masters athletes!!

I am sure that everyone has stories of ups and downs. Dan Bradley was the fastest in 2.29.08, although Ben Shearer running as 1<sup>st</sup> claim Cambridge harriers was 2<sup>nd</sup> M45 in 2.27.12. Helen Gaunt got to experience the elite start following her 3<sup>rd</sup> British runner placing last year, however the downside was an empty road with only 20 participants from the elite start and starting 30 minutes before the mens race. Once separated from the pace maker she had to battle on alone coping with some windy conditions for the last 16.2 miles which makes her 2.38.40 (1<sup>st</sup> W40) even more impressive.

Tim Hill and Tom Rule definitely achieved their targets of sub 3 and sub 2.50 respectively. Tim has been chipping away since 3.19 at London in 2002, this was his 7<sup>th</sup> marathon where he chopped the extra 5 minutes he required. Jason Barton had the biggest PB by 20.08 to 3.02.26.

Congratulations everyone else on your achievements, I think we have all seen how much training and commitment has gone in. Unfortunately Pete Sutton rolled his ankle in the warm up, but determinedly got round only 10 mins outside his very attainable target.

### **BMAF relays Sat 25<sup>th</sup> May Mallory Park**

We now have the following squads forming, please bear in mind that there may be some movement between teams depending on final availability. (Potentially 2 x M35 teams (with M45 running down) and 2 x M55 or 1x M35, 1x M45 and 1 x M55 . M35 and 45 run in the same race anyway.

<https://data.opentrack.run/en-gb/x/2024/GBR/bmaf-orrc/>

I make team entries

## **Race Walking Association National 10km & YAG Championships**

This race was the National 10km racewalk. It was in Leicester in a college cycle circuit

This was a Senior race and Grazia was 4th lady and in a time of 55:43, a pb by one minute.  
Full results will be on Power of 10.

Provisional results



<https://meets.rosterathletics.com/public/competitions/details/schedule?id=24871>

### **Beckenham Relays 22<sup>nd</sup> May 7.30pm. Beckenham Place park**

Details at :

<https://www.beckenhamrunning.co.uk/races/relay>

We have entered 10 teams. Gerry Jee will be team manager on the night.

### **Tonbridge AC relays at Penshurst Place Wednesday 3<sup>rd</sup> July 7pm**

We will shortly be opening entries for this inaugural event that TAC are hosting.  
This year we have set a limit of 100 teams of 3 x 3966m on a multi terrain course.

Pete Sutton is team manager for this event

### **Worthing Half Marathon Sunday 28<sup>th</sup> April**

Rebecca Morton led the small TAC contingent in atrocious wet and windy conditions which makes her 3.35 pb of 89.04 even more impressive. Michael Thomson M55 89.55 and Derek Jee M50 93.52.

### **SCVAC Kent vets League**

This starts in just under 3 weeks. Please help your team managers (Grazia Manzotti, Mark McAllister and Richard Christian) by contacting them re availability  
Full details dates and timetables are available on the [SCVAC website](#).

There is no non scoring in the field events.

Those wishing to non score on the track must inform the team managers so they can enter this at least 24 hours prior to the event. There will be no non scoring entries accepted on the night and must be via the team manager only.

Races coming up

**Hildenborough 5M 6<sup>th</sup> May (kent GP)**

<http://vetsac.org.uk/Fixtures.html>

Popular local race for TAC runners and part of Kent GP, where you can score points for the club.

**VAC evening 5 mile and 5k events in Battersea Park**

<http://vetsac.org.uk/Fixtures.html>

**Lingfield 10k**

<https://lingfieldrunningclub.co.uk/lingfield-10s/>

Nice off road race

**Larkfield 10k (kent long course and GP)**

<https://www.larkfieldac.co.uk/larkfield-10k>

All Kent grand prix road races at <http://www.kcaa.org.uk/road%20races.htm#2023>