

## What a Weekend! - New Club Records for Craig, Alex, Duncan and Chris

With races now upon us and various Leagues due to start, it was great to see so many Walton AC (WAC) athletes test themselves in competition this weekend after such a long break.

On Friday night **Craig Jarman (Senior Men)** lined up in the highly competitive 'Friday Night 5Km Under The Lights' at Battersea Park. This event, which was sold out within a couple of days attracted some of the best 5km road runners in the country. **Craig** who was in the 7<sup>th</sup> of 12 waves, stormed around the course setting a new Personal Best (PB) time and a new **WAC Senior Men's Club 5km Road Record** with an outstanding time of 15:20 minutes, to improve the Robin Copestick's mark that has stood since 2005.

On Saturday, no less than 11 WAC athletes competed in challenging conditions at the AFD Open Meeting in Aldershot. With a horrendous wind against on the home straight, as well as the occasional shower, I would probably describe it as the weather conditions I would least want in any track meet, let alone the first meet of the year for many of the athletes! Despite this, it was great to see a good turn out from Walton AC. Most people would be content to finish a race under such circumstances so it was fantastic to witness some outstanding performances. In the C 800m, **George Pittwood (U17)** in his debut race, went off like a rocket and managed to hang on in the final 200m to finish with a respectable 2:13.6 in his first ever race at this distance. In the B race, **Ross Hurst (U20)** ran a controlled race, finishing strongly in a very competitive heat and was rewarded with a new **PB** of 2:02.5. **Charlotte Maxwell (U17)** was Walton AC's sole representative in the 400m and ran an even race to finish 3<sup>rd</sup> in the C race in a time of 66.1secs.

In the 1500m event, Walton had numerous athletes in different heats. **Matt Reed (Senior Men)** and **Jonathan Hoirns (Senior Men)** both ran gutsy performances taking their respective races by the scruff of the neck and finishing in 4:38.9 and 4:31.5 respectively. **Rob Smith (Senior Men)** battled through his race finishing in 2<sup>nd</sup> place in a **PB** of 4:47.4. In the same race, **Alex Morrice (U23)** in her debut 1500m finished in 6<sup>th</sup> place in a very respectable time of 4:55.6 which by default is a **PB**. **Chris Ness (M50)** who has recently moved into this age group, played a tactical race saving himself for the final 300m and stormed through the finish to set so a new **WAC M50 Club Record** in this event with a time of 4:51.1. Incidentally this was Chris's 3rd M50 Club record in as many races! **Duncan Woolmer (M40)**, seeded in the B race, was in 15<sup>th</sup> place after the first 300m and then worked his way through the field and finished with a decisive kick in the final 200m, to win the race, and was rewarded with a PB as well as setting a new **WAC M40 Club Record** of 4:14.6.

**Alex Kilby (U20)**, in his debut 5000m on the track, was placed in the A race in a very competitive field of 20 athletes. Alex had an outstanding race passing the 3000m mark in 9:20 and finished like a steam train to take 4<sup>th</sup> place overall, whilst setting a new **WAC U20 5000m Club Record** of 15:57.3 to beat John Redshaw's mark from 2007.

In amongst the field events, SAL Team Manager & Coach, **Martin Norman (Senior Men)** competed in the javelin throwing 25.58m against a very strong headwind. To see so many good performances, **Records** and **PBs** in extremely adverse conditions at the beginning of the season was a testament to all the hard work, effort and training that took place throughout the lockdown. Well done to all who took part.



**Duncan Woolmer** on his way to victory in the 1500m



Walton's **Rob Smith** managed a PB



**Rob, Alex Morrice, Duncan, Matt Reed, Chris Ness & Coach Martin Norman**