

### **Another 4 Club Records tumble during a Successful week for Walton AC**

During the course of the week beginning 17<sup>th</sup> May, no less than 4 new Club Records were set by WAC athletes in different competitions.

On Tuesday 18<sup>th</sup> May, **Jamie McLoughlin (M45)** competed in the VAC 5km Road Race Series held in Battersea Park. **Jamie** managed to pace himself well working the course with an athlete from HHH and finished in 6<sup>th</sup> position in a time of 16:56 which was a **PB** and new **WAC M45 5k Road Record**.

**Craig Jarman (SM)** ventured to Wimbledon on Wednesday 19<sup>th</sup> May and raced in the 5000m at the Hercules Wimbledon Distance Night. **Craig** had another good run and was 2<sup>nd</sup> in Race 1 in a track **PB** of 15:32.66.

On Thursday 20<sup>th</sup> May, **Nicola Bell (U23)** opened her season in the javelin after being invited to compete at the Burton Athletic Club Championships as a guest. Nicki, the 2019 England Athletics U20 Bronze medallist, opened up with a throw of 40.35m a **New WAC Senior Ladies Javelin Record** which was an improvement on the previous mark by nearly 3m, and pushes her into the current UK Top 20 Rankings.

On Saturday 22<sup>nd</sup> May, a group of Walton AC athletes competed in the Herne Hill Harriers Track Meeting held at the Millenium Stadium in Battersea Park. **Alex Kilby (U20)** fresh from the success of his two opening races, was the sole entrant in the 5000m. Running in the A race, **Alex K** had another strong run again improving his **PB** and **WAC Junior Men U20 5000m Track Record** by a significant 13secs, to a time of 15:44.6.

In the 300m **Charlotte Maxwell (U17)** came second in Race 1 in a time of 45.0secs, which was her fastest opener, whilst **Frida Blackwood (U17)** ran a **PB** of 47.2secs in her debut 300m race. Good solid performances from our Walton girls. In his debut 400m, **George Pittwood (U17)** stormed to victory in Race 2 also running a **PB** of 56.7secs.

Walton had 2 athletes drawn in Race 1 for the 3000m. When **Duncan Woolmer (M40)** and **Alex Morrice (U23)** stepped up to the start line, the heavens opened. Fresh from their record breaking 5km runs, both **Alex M** and **Duncan** set off with purpose. **Duncan** finished in 2<sup>nd</sup> place in a **New WAC M40 3000m Record** of 9:01.0, a PB by 37 seconds and was beaten by a chap named Gebreselassie! **Alex M** continued her fine form recording 10:25.8 in her first ever 3000m, only a few seconds short of the current Senior Women's Club record.

Whilst the action was going on in Battersea, 3 more WAC athletes were competing in the Two Lap Open Meet at Basingstoke. Much like Battersea, the weather wasn't kind to our runners ensuring the emphasis for the athletes would be practicing the craft of racing as opposed to time trailing. **Lizzie Amos (W40)**, drawn in race 10, endured a micro hailstorm for the duration of her race and finished in 5<sup>th</sup> place in an even paced race. Training partners, **Rob Smith (SM)** and **Hayley Cargill (W35)** competed in Race 13 in heavy rain, with **Rob** finishing 2<sup>nd</sup> just outside his PB and **Hayley** finished in 4<sup>th</sup> with a fast opener of 2:20.84.

Well done to all our competing athletes, what another fantastic set of performances!

**PHOTOS BELOW**



**George, Charlotte & Frida** after the Long Sprints



Thumbs up from **Charlotte & Frida**



Hail **Lizzie!**



**Rob & Haley** storm round the bend



**Lizzie, Rob & Haley**



Another strong run by **Alex M**



**Duncan** on his way to another Club Record