

### **'They're going down we're shouting Timber!.....'**

More records and **PB's** fell on Wednesday evening at the Hercules Wimbledon Middle Distance Night on the 2<sup>nd</sup> June. On a warm and humid evening, a group of WAC athletes travelled to Wimbledon Park Athletics Track to all compete in a series of 3000m races. In a fantastically organised event that was streamed LIVE on YouTube, the WAC runners had the benefit of knowing they were being cheered on by friends and training partners both trackside and who were at home following the LIVE coverage on the internet.

In heats consisting of 18 athletes and a pace maker, all the races were extremely competitive. Race 1 featured both **Matt Reed (SM)** and **Alex Morrice (U23W)**. **Matt** held the front of the second group well during the course of the race and finished in a time of 10:09.30 for a solid mark over the distance. In only her second attempt at this distance, **Alex M** worked hard throughout the race and picked up during the final lap with a fast last 200m to race home in a **WAC Senior Women's 3000m Record** and **PB** of 10:19.93. This took nearly 2 seconds off the previous best held by **Fiona de Mauny**.

WAC Coach, **Jamie McLoughlin (M45)**, competed in Race 2. The race quickly separated into 2 distinct groups with **Jamie** amongst the 2<sup>nd</sup> group of runners for much of the race. With a strong final lap he was able to work his way up the field picking off athletes to finish in 6<sup>th</sup> position in a time of 9:53.11, a **PB** by 0.02secs!

Walton AC's **Duncan Woolmer (M40)** and **Alex Kilby (U20M)** competed in a head to head in Race 3. In what was a compelling race, the 2 Walton athletes' tracked each other in the leading group, continually switching position, and teeing it up for an exciting finish. Both **Duncan** and **Alex K** are both in fine form and have already set **Club records** this year so seeing who would come out on top was a fascinating prospect. In the final sprint, **Alex K** held on to win the battle of the WAC athletes, in a time of 8:53.77 which is superb considering this was his first ever race at this distance and only 6 secs shy of the Club Record which has stood since 1969. **Duncan** finished in 5<sup>th</sup> place in a **PB** and **WAC M40 3000m Record** of 8:54.83. This sliced another 7 seconds of his previous **PB (and M40 Record)** which he set only last week.

What an evening for the WAC athletes' and it was great to receive some positive comments and support from local rival club athletes during the races.

Congratulations to **Clint de Tarnowsky (M45)** who set a new **PB** of 82:08 in Half Marathon at the Kempton Park Renaissance Run on Sunday 30<sup>th</sup> May. Also competing, but in the 5km Road Race at the same Running Festival, **Donald Prance (M55)** recorded a time 24:29 to set a **WAC M55 5km Road Record** to go hand in hand with his M55 10km record.

Congratulations to **Brook Cronin (U20M)** who set a **WAC Junior Men U20 200m Record** of 22.22secs in the AFD Open Meeting on May 31<sup>st</sup>. This eclipsed the previous time which has stood since 1982 by **WAC 400m Olympian Paul Harmsworth**.

**PHOTOS BELOW**



**Alex M, Matt, Duncan, Alex K & 'Coach' Jamie**



**Alex M on her way to another Senior Ladies Club Record**



**The 'Walton Boys' (Duncan & Alex K) as described in the LIVESTREAM YouTube commentary!**