

Masters League Match 1 – Two More Masters Records Fall!

On Monday 14th June the first of the 2 Masters League matches took place at Kingsmeadow Stadium in Kingston. The League was organised in a different format this season with mixed events seeded by performance, being the order of the night. Walton AC was well represented both on the track and the field. **Tina Howell (W35)** flew the WAC colours in the 100m, which was the first track event of the evening. Competing in Race 2, **Tina** had a solid start and powered home in 2nd place in a time of 14.6secs. The next track event of the evening was the 800m and WAC had 3 athletes all drawn together in Race 1. **Duncan Woolmer (M40)** blasted off from the gun, quickly separating himself from the rest of the field passing the first lap in a shade under 60secs. Meanwhile **Hayley Cargill (W35)** was holding 2nd position and being tracked by club mate **Chris Ness (M50)** in 3rd. Whilst **Duncan** ran a controlled solo 2nd lap to win the race by a significant margin, **Hayley** pulled away from the rest of the field to finish in second place and **Chris** just couldn't quite hold off an Epsom athlete and finished in 4th. **Duncan** was rewarded with a **WAC M40 800m Record** of 2:03.3 and Hayley set a **WAC W35 800m Record** of 2:18.6.

Chris had the busiest evening of the team, as no sooner had he crossed the finish line he caught his breath and made his way over to the discus to join **Jon Ladley (M35)** and **Martin Willis (M40)**. All 3 had solid performances with **Martin** finishing top of his category with a throw of 22.41m and both **Jon** and **Chris** were runners up in their categories with throws of 22.83m and 17.87m. Upon the conclusion of this event the 3 WAC athletes then marched over to the Shot Put. **Martin** threw the second furthest distance of the night with 8.51m, whilst **Chris** managed 7.74m and **Jon** threw 7.02m.

Whilst the action was happening in the field, athletes were lining up for the 400m on the track. **Lizzie Amos (W40)** represented Walton AC in the Race 1. **Lizzie** set off with purpose and battled down the home straight to hold off Danish Masters International, Emily Bokor-Ingram and was the fastest female of the night in a time of 61.9secs which puts her second on the current **Masters W40 UK rankings**. **Virginia Mitchell (W55)** ran in Race 2 and showed her class as she clawed back her fast starting opponents to take the victory in a time of 65.3secs. This performance puts the current European and World Masters W55 Champion, top of the **UK W55 400m rankings**.

Guy Cotter (M40) and **Mandy Ruks (W40)** competed in the 3000m which was the final track event of the evening. This was **Guy's** first time he's represented the club on the track and in a distance that was new to him. He finished in 10th position in Race 1 in a time of 11:13.4. **Mandy** took to the start line in Race 3 which was the final track race of the evening and set off at an even pace. It was great to see **Mandy** finish very strongly in the closing stages moving from 8th to 5th position in the final 400m. Overall a successful evening for the **WAC Masters Team** and also a huge thank you to **Matt Reed** who volunteered to work in the timekeeping team for the event, and **Tim Grose** who oversaw the running of the event as well as compiled the results so they were published online almost immediately, it made for a great competition. Quote of the evening came from **WAC Clubman** and **Power of 10** Creator **Tim Grose**, who said "If Andy Robinson who wrote Open Track and me can't do results between us then we might need to give up :)".

The next Masters League is on Monday July 5th at Sutton and it would be great to take a larger team from Walton AC. Do contact coachrep@waltonac.co.uk for your availability.

PHOTOS BELOW



Guy, Vi, Mandy, Lizzie, Tina, Hayley & Duncan



Mandy finishing strongly in the 3000m