

Bronze for Alex and a Club Record for Nikki at the South of England Championships

The South of England Senior and U20 Championships were held at Bedford on the weekend of 12th/13th June. It was good to see the 2021 edition of the Area Championship running with full events, even though it was run under very strict COVID regulations. Five athletes from Walton AC made the journey to Bedford and competed against some of the very best athletes in the region.

Walton had 2 Junior Men compete in track finals on the Saturday. In the U20 Men's 1500m Final **Joesph Daws-Twilley (U20)** demonstrated consistent form finishing in 6th position in his second fastest time of 4:10.93. **Alex Kilby (U20)** ran in the 5000m Final which was integrated with the Senior Men's Championship. **Alex** ran another strong race, again demonstrating consistent form with his second fastest time to date of 15:47.07 over this distance. **Alex** was rewarded with 3rd place and the **Bronze Medal** for his efforts.

In the field events, **Georgia Russell (U20)** competed in the Junior Ladies Shot and threw a **PB** of 10.44m with the 4kg shot to finish in 5th place. **Eva West (U20)** threw the Hammer in the Junior Ladies event and finished in a respectable 8th position with a throw of 36.13m which was close to her **PB**. Walton's **Nicola Bell (U23)** competed in the Senior Ladies Javelin and had a good series in this competition. In the 4th round she set a **WAC Senior Ladies Javelin Record** of 40.73m bettering her recent record by nearly half a metre. She also threw over 40m in the 5th round surpassing her old mark but settled for 4th place just outside the medals.

Well done to all of you who competed, what fantastic performances!



Alex in action at Bedford in the 5000m Final and with his bronze medal

New WAC U20 100m Record for Brook

Congratulations to **Brook Cronin (U20)** who set a **WAC Junior Men 100m Record** of 10.98secs (+0.9) in an Open Meeting at Lee Valley on June 9th. **Brook** now holds both sprint U20 Club Records, well done **Brook**.