

Walton AC athletes Medal Haul at the Surrey Athletics Championships

On the weekend of the 31st July/1st August, the Surrey AA Championships were held at the Kingsmeadow Track, in Kingston. **Walton AC** had a record amount of athletes competing with over 50 athletes registered competing against some of Surrey's best athletes in over 60 different events. Over a weekend which consisted of a mixture of high temperatures and flash showers, there was plenty of action on both the track and in the field to keep the keenest of enthusiasts entertained.

Nicola Bell (U23) was a **treble** County medallist by winning **Gold** in the Senior Women's Javelin in a **WAC Senior Ladies Record** 41.92, silver in the Discus and bronze in the Shot Putt. England International, **Sam Mace**, also extended his **WAC Senior Men's Hammer Record** with a throw of 52.31m to win **Gold** in the Senior Men's Hammer.

The U20Men's 3000m was an exciting race to watch from a Walton AC perspective with 3 athletes featuring in the top 4 places. **Tom Jones** kicked for home with 600m to go to win the gold in a **WAC U20M 3000m Record** of 8mins 45.59 which surpassed **Ron Martin's record** of 8:47.0 which has stood since 1969. **Alex Kilby** was close behind winning the silver in a **PB** of 8mins 50.90 and **Joesph Daws-Twilley** finished 4th in a time of 9mins 13.30

Ben Whitham won **Gold** U20Men's 110 hurdles in a **PB** which is still a relatively new event for him and **Joshua Cowie** took **Gold** in the U20Men's Hammer with a throw of 46.45m. Walton AC's strong Hammer status was also reinforced by **Eva West** who took **Gold** in the U20 Women's Hammer. **Sian Popham** won **Gold** in the U17 Girls 300m in **PB** 42.18secs. This was particularly sweet for **Sian** as she has another year in the U17 age group so could choose to defend her county title in 2022. **Emma Fisher** dominated the U17 Girls 100m winning in the **Gold** medal in 12.8secs after winning her heat in 12.78secs.

It was great to see some of **WAC's Masters Champions** winning medals at the Senior County Championships. **Susie McLoughlin (W40)** won bronze in the Senior Women's 400m (59.71) and silver in the Senior Women's 200m (26.18) **both UK leading times in the W40 category**. **Hayley Cargill (W35)** added the silver medal in the Senior Women's 800m (2:17.9) to her Surrey Masters title and **Chris Ness (M50)** took the bronze in the Senior Men's Long Jump

The U17 Boys 800m final was a great race to watch with four Walton athletes qualifying from the heats to make up half of the 8 finalists. **Ben Shepherd** was the first WAC athlete across the line winning the silver medal in a **PB** of 2:01.69 and he was closely followed by **Josh Punton** who also ran a **PB** of 2:02.16 to win the bronze. **Chris Vaughan** and **George Pittwood** finished in 7th & 8th position and as a bonus both **Ben** and **George** will both be in the U17 age group in 2022. Two medals were also won by **Xavier Taylor** in the U15 Boys events and he set **PB's** when winning a bronze in the 100m (11.94) and silver in the 200m (24.34). **Xavier** also has another year in the U15 age group to look forward to.

There were some good results from some of our 2nd Claim members as well, with **Sophie Mace** winning **Gold** in the Senior Women's Discus and silver in the Shot Putt. **Aaron Marlow** won **Gold** in the U20Men's Javelin in 44.52m and **Virginia Mitchell (W55)** set a **W55 UK leading time of 62.65** in the final of the Senior Women's 400m.

More medals were won by Walton AC athletes' with **Ross Hurst** taking silver in the U20Men's 800m; **Alex Morrice (U23)** won bronze in the Senior Women's 3000m; **Stephen Smith** won bronze in the U17 Boys 3000m; **Olivia Mensah** won bronze in the U17 Girls 300mH and **Amy van der Westhuizen** won bronze in the U17 Girls Hammer.