

WALTON AC INDOOR ROUND UP

Surrey Indoors Championships

The Surrey Indoors Championships took place at the David Weir Leisure Centre in Carshalton earlier this year. Eight athletes from Walton AC competed in the short sprints and field events. Six medals were won including **2 Surrey Gold, 3 Silver medals & 1 Bronze**. **Sophie Mace (SW 2C)** threw a solid distance of 11.43m to claim the Surrey title in the Ladies Shot Put, whilst **Mattao Bouget-Kotlar (U17)** jumped an impressive 11.43m in the Triple Jump, to win **Gold** in the U17 Boys Championship. **Evie Donaldson (U17)** set a **WAC U17IG Indoor Triple Jump record** of 9.69m to win the **Silver** medal in the U17 Girls Triple Jump. **Georgia Barnes (U20)** and **Tina Howell (W35)** both won **Silver** medals in the U20 Ladies Shot Put and Senior Ladies Triple Jump respectively. **Martin Willis (M45)** managed a podium finish winning a **Bronze** medal in the Men's Shot Put competition. **Chloe Bouget-Kotlar** finished 5th in the U15 Girls Long Jump but jumped a **WAC U15G Indoor Long Jump record** in doing so. Well done to all the athletes who competed.

Surrey Results:

Mattao	Bouget-Kotlar	LJ	U17	4th
Chloe	Bouget-Kotlar	LJ	U15	5th
Mattao	Bouget-Kotlar	TJ	U17	G
Mattao	Bouget-Kotlar	60m	U17	QF
Evie	Donaldson	LJ	U17	7th
Evie	Donaldson	TJ	U17	S
Tina	Howell	TJ	SW	S
Sophie	Mace (2C)	SP	SW	G
Georgia	Russell	SP	U20	S
Jacob	Thomas	60m	U17	SF
Jacob	Thomas	LJ	U17	S
Martin	Willis	SP	SM	B
Martin	Willis	60m	SM	Ht



Surrey Medal winners: Evie, Mattao and Jacob

South of England Indoors Championships

Several Walton AC athletes competed in the South of England Junior and Senior Championships which were both held at Lee Valley Athletics Centre. The sprinters dominated from a club perspective scoping up medals whilst setting fast times along the way. **Xavier Taylor (U15)** had an outstanding championship easing through the rounds of the U15 60m, setting a PB (7.34secs) in the semi-final before winning the **Silver medal** in the final in a time of 7.39secs. **Xavier** then returned the following day to compete in the 200m and successfully turned his silver into a **Gold** medal by winning the U15 200m title in a PB of 23.97secs. **Emma Fisher (U17)** showed great consistency in the U17 girls 60m setting a **Club U17IG indoor 60m record** of 8.00secs before running 8.02 in both the semi-final and final of the U17 girls 60m. A week later **Emma** returned to Lee Valley to compete in the London Games and lowered her **U17 indoor 60m Club record** to 7.88secs as well as setting a PB in the 200m of 25.97secs. **Annalise Agyei-Kyem (U17)** ran a fine series of 200m getting quicker with each race during the heats, semis and final of the U17 girls 200m. **Annalise** ran a superb time of 25.84secs, from Lane 1, in the final to win the Bronze medal and set a U17 indoor 200m Club record which was previously held by her sister **Cedelle**. **Brook Cronin (U20)** ran a great series of 200m in the U20 men's Championship coming second in both his heat and semi-final before winning the **Bronze** medal in a time of 22.44secs which is a WAC U20 indoor 200m record. This was particularly sweet for Brook as he set a new WAC U20 indoor 60m record of 7.13secs in the London Indoor Games a couple of weeks beforehand. **Stuart Channon (M45)** also set a **Club M45 indoor 200m record** of 24.93secs in the heats of the Senior Mens 200m event and **Lizzie Amos (W40)** set a **W40 UK leading time** in the heats of the Senior Ladies 400m. Well done to all those who took part. Full results can be found here: <http://seaa.org.uk/index.php/results/track-and-field>

AAA of England U20 Championships

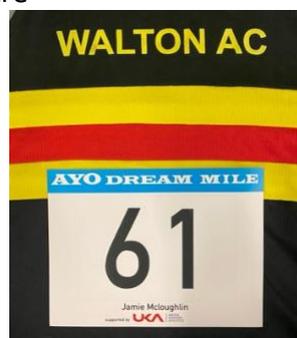
Congratulations **Xavier Taylor (U15)** who ran superbly in his first Indoor National Championships to win medals in both the 60m and 200m in the U15 Boys races. **Xavier** won the **Bronze** medal in 60m in a time of 7.37secs on the Saturday, after winning both his heat and semi-final. On Sunday, **Xavier** competed in the 200m in which he is the South of England U15 Champion. **Xavier** won his heat in a **PB** of 23.71secs, before taking off half a second in the final, to improve his **PB** to 23.21secs and win the silver medal. Well done!



Xavier winning the 200m (Photo taken from twitter)

Ayo Falola Dream Mile

Well done to both **Jamie McLoughlin (M45)** and **Chris Ness (M50)** who both set **Club M45 & M50) Indoor Mile records** at the Ayo Falola Dream Mile which was held on the 17th February at Lee Valley Indoor Athletics Centre



European Masters Indoor Athletics Championships

The European Masters Indoor Championships were held in Braga, Portugal 2022. Over 2000 athletes compete over the course of the week. There was a small contingent from Walton AC representing **Great Britain Masters** competing. **Lizzie Amos (W40)** took part in the 400m and won her heat in a controlled fashion, easing across the line to secure a good lane draw in the final. In the final, knowing she had the opportunity to win a medal, **Lizzie** started positively reaching 200m in the lead and held off her competition around the first bend of the second lap. The favourite from Ireland managed to pass her in the back straight and held on for the win, but **Lizzie** maintained her composure and chased her down securing the silver medal and a season's best of 59.13secs.

Susie McLoughlin (W40) competed in the 200m and although didn't have the best preparation for the event was nonetheless prepared to compete as the **defending European Champion**. **Susie** won her heat comfortably in a time of 26.65secs progressing into the first of the 3 semi-finals. In the most competitive of the 3 semi-finals, in which 3 athletes from this race progressed to the final, **Susie** finished second which resulted in being drawn in Lane 2 for the final. **Susie** finished in 5th place in the final which, on reflection, was an excellent result when considering her build up and lane draw.

Two of our second claim members produced some outstanding performances at these championships. **Virginia Mitchell (W55)** defended her European Indoor title in the W55 400m with ease, demonstrating her class and secured a comfortable victory. She then attempted to defend her 800m title but was beaten into silver by the current **W55 800m World Record holder** but nonetheless ran superbly to record a fast time. **Louise Wood (W55)** competed in both the W55 Long Jump and Triple Jump and whilst winning a **Silver** in the Long Jump, she managed to surpass 10m in the triple jump to secure the **Gold medal and European title**.

The 4 x 200m relays were the last track events of the Championships and Walton AC made up **50% of the GBR W40 relay team** with both **Susie** and **Lizzie** (who after finishing her 400m midweek flew back to the UK and then back to Portugal at the weekend to be part of the quartet). The GBR ladies won the **Bronze** medal behind Spain and Ireland and were just over 1 second outside the British record. It was a great way to end the Championships from a Walton AC perspective. Well done Ladies!

PHOTOS BELOW



Lou after her winning her Triple Jump final & Susie winning her 200m heat



Susie & Lizzie in action during the final of the 4x200m relay



The GBR W40 4x200m Team



Virginia and Lizzie celebrate their 400m medals on the podium