

Walton AC shine on the Road

There has been some great racing on the road during the last couple of months, with several members of Walton AC recording some impressive performances.

On 23rd January **Tim Grose (M55)** competed at the Speedway 10km, in Beachley, and set a **Club M55 10km Road Record** with an impressive time of 37:42mins. On Friday 11th February **Craig Jarman (SM)** ran in the Friday Night Under the Lights Podium 5km at Battersea Park, recording a very good time of 15:41minutes. The Valentines 10km race took place at Chessington, on 13th February, attracting a field of over 500 athletes and a contingent of seven WAC athletes. As the race was also doubling up as an England Masters' selection event, it attracted some top runners and all the Walton athletes performed exceptionally in less than ideal conditions. **Craig** was the first WAC athlete to cross the line (8th position) in a fast time of 32:33mins and **Hayley Cargill (W40)** finished as 8th fastest female overall in a time of 38:36mins. Other Walton performances included **PBs** from **Richard Singleton (M40)** and **Jamie McLoughlin (M45)** as well as sub 40 minute runs from **Robert Smith (SM)**, **Matt Reed (SM)**, and **Tim Grose (M55)**. On 27th February **Bob Bannister (M65)** took to the roads at the Bourton 10km and set a **Club M65 10km Road Record** in a great time of 49:06mins.

Half Marathon Mastery

On the same day (27th Feb) the Wokingham Half Marathon and Brighton Half Marathon took place. There were 2 Walton athletes in each of these races and all 4 competitors ran exceptionally well. The Brighton Half, where athletes battled against a windy coastline, saw **Richard Singleton (M40)** finish in 14th place in his age group and 82nd overall in a new PB of 80.11mins. **Clinton de Tarnowsky (M45)** finished 31st in the M40 age group and 132nd overall in a very good time of 83:42mins. Both were great performances in a popular race which fielded nearly 6500 finishers. The Wokingham Half Marathon had a field of over 2000 athletes and as always, this local event, attracted a high-quality field. **Duncan Woolmer (M40)** and **Craig Jarman (SM)** competed in the colours of Walton and worked together to both record some of the fastest times ever seen in a Walton vest over this distance. **Duncan** finished in 26th position overall in a **PB** of 70.50mins. This is a **WAC M40 Half Marathon Record** and surpassed the **WAC Senior Men's Record** taking the mark below 71 minutes for the first time. **Craig** finished just behind in 32nd position in a great time of 71:45mins, his second fastest over this distance.

Alex crowned Surrey 5km Road Champion

The Surrey Road League started with the Wimbledon 5km Dash on Sunday 13th March. This event doubled as the Surrey 5km Road Championships and with prize money on offer for the first 3 past the post attracted some exceptional athletes. The race is quite hilly and not renowned for fast times so position was the key for our athletes. **Alex Kilby (U20)**, who continues to impress with each performance, ran superbly finishing second in the race. As he was the first Surrey athlete to cross the line, he lifted the title of **Surrey Champion** and was awarded the **County Gold medal** and his first **Senior Surrey title**. Alex also set a **WAC U20 5km Road Record** in doing so. **Robert Smith (SM)** was next to finish in 31st position

(17:46mins) with **Matt Reed (SM)** and **Guy Cotter (M45)** finishing in 58th and 70th position respectively both in under 20 minutes.

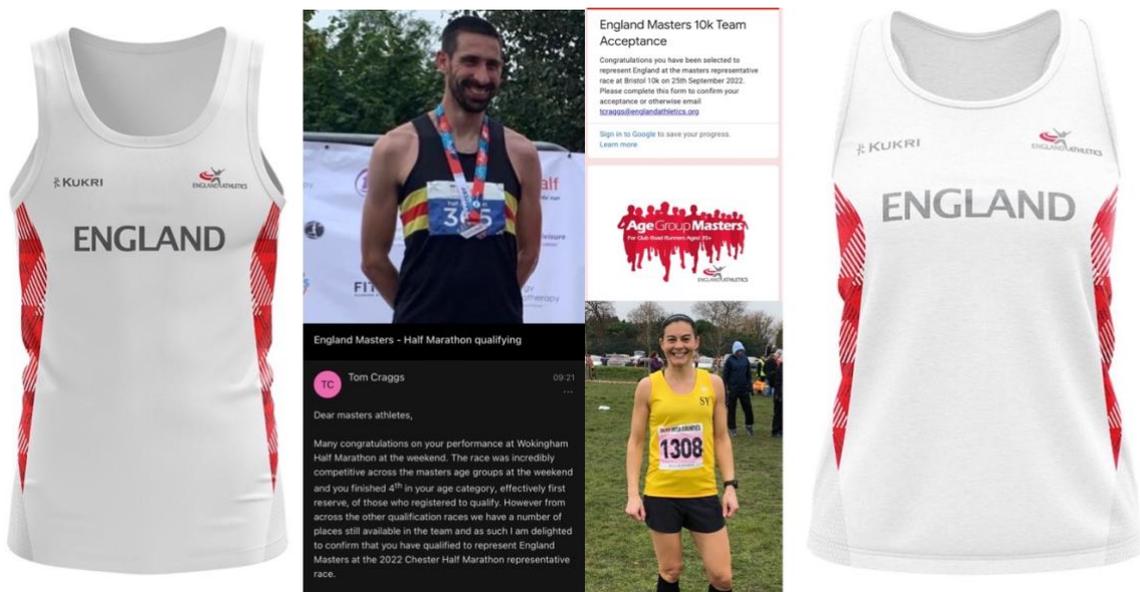


Alex K - Surrey 5km Champion

Guy, Alex, Rob & Matt

England Selection for 2 Walton AC athletes

Congratulations to **Duncan Woolmer (M40)** and **Hayley Cargill (W40)** who have both been selected to represent the England Masters Team after their recent fantastic performances at the Wokingham Half Marathon and Valentines 10km. England are fielding teams at the Chester Half Marathon on the 15th May in which **Duncan** will race, and **Hayley** will represent England in the Bristol 10km on 25th September. Very well done!



Congratulations Duncan & Hayley