**SAL Match Report 2 – Aldershot**

Our second league match of the 2022 campaign saw us head to Aldershot. With all clubs slightly short with the British Masters and Surrey School Championships happening the same weekend, it was a great showing by the team for filling multiple events to take the advantage. We ended the match in 4th place with an improved score from last outing of **114pts**, with host club Aldershot taking the win in **166pts**, Oxford City 2nd with **163pts**, and Plymouth Tavistock & Erme Valley 3rd with **156pts**. Another result which was not reflective of our attending athletes’ performances.

Our 6 woman strong team performed spectacularly, with 13 events covered and picking up **44pts** out of a possible **52pts**!! A special nod to **Lizzie Amos[W45]** and **Hannah Makin[U20]** in extending their unbeaten streaks in the SAL over 400m and 800m respectively; but the standout was **Hayley Cargill[W40]**, collecting **17pts** with 3 wins [400m, 800m, 1500m], 4th in the Javelin, and a fantastic leg for the mixed 4x400m relay.

Over on the mens side we were treated to another multi-event masterclass from **Chris Ness** and **Robert A Smith**, both picking up **18pts** and **17pts** respectively, we also had some great PB’s from **Jacob Thomas** [Long Jump], **Sean Salter** [400m], a classy 2nd place run from **Duncan Woolmer[M40]** [1500m]. The standout was Rob however, ensuring the team had a relay team to end the day, anchoring the mixed 4x400m Relay team shortly after winning the **3000m S/C**!

A special note of thanks to our Officials team organised by **Clint Marks** – thank you **Jonelle Salter, Adrian Guest, Robin Roach, Malcolm Howard, and Paul Edwards**.

Match 3 is scheduled for **Saturday 16th July** at **Guildford Spectrum** – put it in the calendar and let’s kick on and turn these great individual performances into a team win!

Martin Norman

Team Manager