**SAL Match 3 Report – Bournemouth**

Walton’s 3rd fixture in the SAL calendar saw the team travel down to Bournemouth for what was going to be our hardest fixture on paper; with 4 of the leagues Top 6 in attendance in the forms of Winchester & District, Walton AC, Newbury, and Radley, alongside South London Harriers and host club Bournemouth.

With team spirit at a great high, the very skies parted and all threats of rain were quickly replaced with brilliant sunshine and favourable winds [for the sprinters and jumpers, sadly not for anyone running longer than 1 lap!]. In a match with multiple twists and mid-race overtakes, the match ended with **6pts** separating 2nd and 4th place! Top of the league **Winchester & District** took the win with 296pts, **South London Harriers** finished in 2nd with **214pts**, Newbury 3rd with **211pts**, **Walton AC** took 4th with **208pts**, Radley ended 5th with **197pts** and host club Bournemouth ended 6th with **193pts**. These results still keep us in contention for promotion, so well done to all involved!

With wins from **Nicholas Landeau [400m], Jonathan Hiorns [400m], Matthew McKenna [800m], Evie Donaldson [Triple Jump], Oluwatobi Aderoju [Discus], Nicola Bell [Discus];** and even more 2nd place finishes from **Jani Kraner [1500m & 3000m], Alex Kilby [3000m], Jonathan Hiorns [800m], Sam Mace [Hammer and Discus], Rob C Smith [Hammer], Lizzie Amos [200m], Hayley Cargil [800m & 1500m], Mandy Ruks [2000m Steeplechase], Tina Howell [Triple Jump], and Oluwatobi Aderoju [Shot]** – the 26 strong team put out a phenomenal display of athletics, finished off with some excellent relay performances!

For the 3rd match running, we fielded all relay teams to end the meet, with all performing brilliantly. Our Women’s 4x100m Quartet of **Aderoju, Bartlett, Donaldson, and Blackwood** picked up 4 points with a 3rd place finish, whilst the Men’s Quartet of **Salter, McAllister, Rahman, and Walter** placed 4th picking up 3 points – well done squad!

Following on from our previous matches, our Men’s 4x400m quartet remains undefeated; **Walter, Hiorns, Landeau, and Salter** picking up the win with a **30m lead – well done lads.** Not to be outdone, our Women’s 4x400m team of **Amos, Bartlett, Blackwood, and Cargill** also picked up 1st place, and underlined their dominance with what ended up being an 80m **lead on the nearest competitor!** Sensational!

Our last match of the season is set for August the 19th at the Guildford Spectrum. With promotion to Div 1 still on the cards, I look forward to seeing as many of you at this fixture to round off what has bene a tremendous season of athletics for the Club!