

Three Club Records and more PBs at the Ardingly 5km

On the evening of Wednesday 12th May, six Walton AC athletes travelled to Ardingly in Sussex, to compete in the PB5K Ardingly 5KM Road Race. This is an extremely popular event with a reputation for attracting fast athletes, due to the closed flat route, situated in the South of England Showground. The event consisted of 400 entries split down into 2 separate races. Each race set the athletes' off in waves of up to 40 runners every 20-30 seconds.

In race 1, Walton had 3 representatives with **Alex Kilby (U20)** and **Duncan Woolmer (M40)** starting in Waves 2 & 3 respectively, and **Tim Grose (M50)** starting in Wave 5. At 7:30pm Race 1 started promptly and 30 seconds later Wave 2 crossed the start line. **Alex K** raced off in a closely knit bunch as Wave 3 was set off 20seconds later with **Duncan** chasing. Within the next minute **Tim** had crossed the start line as the 5th and final Wave entered the race. In this 2 lap race, **Alex K** settled in with a strong group whilst **Duncan** pulled away from the runners in his wave and was working hard with each stride to bridge the gap with Wave 2. Meanwhile **Tim**, after a fast start settled into a consistent paced from 2km onwards. With the race coming into the final stages, **Duncan** picked up the pace to chase down his training partner and unleashed a 2:56min final km effort. **Duncan** was rewarded with a time of 15:29mins, which was a significant **Personal Best (PB)** and a new **WAC M40 5k Road Record**. **Alex K** sprinted through the line to also finish in a **PB** and a new **WAC U20 Junior Men's 5km Road Record** of 15:54mins, both outstanding performances. **Tim** raced home in a time of 18:36mins which was only 6seconds short of his M50 Club Record to finish off a fantastic Race 1 for Walton AC.

Inspired by their team mates performances, **Rob Smith (SM)**, **Matt Reed (SM)** and **Alex Morrice (U23 Female)** took to the start line in Wave 1 of Race 2. As the race started the 3 WAC athletes hit the front staying in the top 6, with **Rob** leading the Walton contingent, closely followed by **Alex M** and then **Matt**. The 3 WAC athletes stayed in this order all working hard and pulling away with a small contingent from the rest of the field. With a km to go **Rob** held his form to cross the line in 5th place in a massive **PB** of 17:33mins. **Alex M** picked up her pace over the final km and stormed home in 6th place in a **PB** and a new **WAC Senior Ladies 5km Road Club Record** of 17:37mins. This new time by **Alex M**, lowered the old mark set by **Chloe Oldfield** by nearly 40 seconds. **Matt** followed up closely behind in 7th place with a respectable time 17:55. Watching 3 WAC athletes finish consecutively inside the top 10 in a race of 200 runners was a fabulous sight to see. Clearly the challenge of competing with their training partners, in an organised event, brought out the best in our athletes. It will be wonderful to see more WAC athletes challenge themselves and take to the track and the road in the very near future. Well done!

PHOTOS BELOW



Alex Kilby storms to a New U20 Junior Men's Record



Rob leads the WAC contingent in Race 2



WAC stand tall at the finish!



Rob, Duncan, Alex M & Matt