

# SAL Match Report

Welcome to the first SAL match report of 2021! In what has been a turbulent year with the COVID-19 pandemic, it was a fantastic return to club athletics, and what was even more heart-warming was seeing so many athletes don the black red and gold for our first match in 18 months!! We took a **strong** team to Sutton, and put in some truly **fantastic performances!** The team came 3<sup>rd</sup> overall [247.7], with Hercules Wimbledon AC [312.8] and host club Epsom & Ewell Harriers [301.4] take 1<sup>st</sup> and 2<sup>nd</sup> place. A great first result and with only a few points in it, there's high hopes for an even higher finish at our next match, **July 11<sup>th</sup> at Kingsmeadow.**

We had a lot of athletes making their SAL debut, and they did not disappoint! We had **Emma Fisher [U17W]** and **Olivia Mensah [U17W]** winning the A string Senior 100m and 200m respectively, as the youngest athletes in the race! Great work ladies! **Jacob Thomas [U17M]** and **Evie Donaldson [U17W]** won the B string Long and Triple Jump events, with their marks even besting opposition A string athletes, truly fantastic! **Alex Morrice [U23W]** doubled up with the 3000m, finishing **1<sup>st</sup> place by nearly 20 seconds**, and went on to run her second **sub 5minute** 1500m of the season, coming second. **George Pittwood [U17M]** picked up 2<sup>nd</sup> place in the 400m with a **PB of 56.1**, and **Ben Wells [U17M]** made his 100m debut coming 4<sup>th</sup> with a **12.4 PB**, unfortunately he had to step out of the 200m B string due to a hamstring niggle, get well soon Ben! Wrapping up the younger debutants for the scoring events; we had **Olivia Hansen [U17W]** Long Jumping with Evie, picking up 3<sup>rd</sup> and 4<sup>th</sup> respectively, we had **Ben Witham [U20M]** winning the 110mH by **3 seconds**, [running on the **Senior Men's hurdles**] and coming 2<sup>nd</sup> in the Long Jump, **Georgia Russell [U20W]** coming 3<sup>rd</sup> in the Womens A string Shotput, and winning the B String Discus, and **Alex Kilby [U20M]** also followed his training partner Alex Morrice in a Long distance double, **winning** the B string 1500m in a **PB** after a closely contested 2<sup>nd</sup> place in the mens **5000m!** Great work guys! **Special mention** to our non-scorers from the Walton AC Satellite and other sprint groups; **Charlie, Trinity, Eghosa, Ruby, Frida and Yukti!**

Now onto our regular, stalwart SAL performers and our supreme masters, and not to be outdone by the newcomers, they put on fine displays in their races. **Jon Awuah [U20M]** completed the A string sprint double, a seasons best in the 100m, and a PB in the 200m [4<sup>th</sup> and 5<sup>th</sup> respectively], **Ethan Dray [U20M]** ran great 400m and made it look easy, bringing home the A string win comfortably in 51.5, 2seconds in front of the nearest contenders. **Rob Smith [SM]** jumped 1.60m for the High Jump, but saved his best performance for the 2000m Steeple Chase. Driven on by having **Coach Jamie McLoughlin [M45]** in the same race, he finished in 2<sup>nd</sup> place taking **15 seconds** off his previous best running 7:15.7, but more importantly, besting Jamie who won the B string and **narrowly** missed out on the **Club V45 Record**, in his first ever outing in the event clocking 7:23.7, always the next one! Wrapping up action from the seniors **Nikki Bell [U23W]** picked up **3 1<sup>st</sup> place finishes** in the A String Javelin and Discus, and B String Shot, and Team Manager **Martin Norman [SM]** survived his first Triple Jump outing in 2 years, placing 3<sup>rd</sup> in the B string.

A special section needs to be dedicated to the remaining Masters athletes, because not only did we see some fine returns to form from injury, but continuing the early season form, **club records fell this day!** **Susie McLoughlin [W40]** completed the Womens sprint double, claiming 3<sup>rd</sup> in the 100m and 2<sup>nd</sup> in the 200m running great Season's Bests [**13.4 and 27.0 respectively**]. **Lizzie Amos [W40]** ran a hotly contested 800m, being pipped on the line for 2<sup>nd</sup> place running a Season's Best of 2:25.0. **Tina Howell [V35W]** completed her usual SAL trifecta of A String **High Jump, Triple Jump**, and B String Javelin, picking up 5<sup>th</sup>, and two 2<sup>nd</sup> place finishes respectively. **Bernhard Jongejan [M50] (Shot**

**B, Discus A, Javelin A), Martin Willis [M45] (Shot A, Discus B), and Joe Eastwood [M70] (Javelin B)** covered the 3 throwing disciplines; picking up 3<sup>rd</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for Bernhard, 4<sup>th</sup>, and 2<sup>nd</sup> for Martin W. and 3<sup>rd</sup> place for Joe.

**Now onto our record breakers!! Hayley Cargill [W35] set a Club W35 Record in the 800m in 2:16.7**, besting the previous mark by over **2 seconds**, and picking up maximum points by winning the event by a 6s margin! She also set a **PB** in the 400m with **60.4!** **Duncan Woolmer [M40]** continued his record breaking hot-streak by knocking off **4 seconds** of his previous **Club M40 Record** with **4:10.3**, claiming 2<sup>nd</sup> place in the **1500m**. **Chris Ness [M50]** set a **Club M50 Record** in the **Mens High Jump** with 1.50m coming in 3<sup>rd</sup> place. He also had a crack at the **Club M50 Record** for the Triple Jump, but sadly didn't break the mark **this time**, always the next one!



**End of Match Team Photo**

Now onto my **highlight of the day**: the **Womens Relays**. With no Men's squad entered, it was up to the Women to be last athletes standing and putting on some truly remarkable relay running. The 4x100m quartet of **Olivia M, Olivia H, Lizzie, and Susie** ran superbly picking up 3<sup>rd</sup> place in 51.7s [which **beat** the St. Mary's Mens team, go on ladies!!]. Then came the 4x400m, and if you missed this, you missed a **doozy!** **Lizzie [61.3], Hayley [another 60.4], Frida Blackwood [U17W, SAL AND 400m debut! 63.9], and Susie [63.2]** won the relay with a **120m LEAD, completing the race in 4:08.8!!** Quite simply remarkable running.

A wonderful day capped off with a wonderful performance! Let's hope for more of the same at match 2!!



**Susie and THAT relay lead!!**