

Walton AC impress at the Surrey Masters Championships

Walton AC was well represented at the Surrey Masters Athletics Championships which took place at Kingsmeadow Track on Sunday 18th July. At the 11th hour the event was under jeopardy as a number of officials had to withdraw from the event due to various reasons, however the Championships managed to go ahead at the delight of the 200+ competitors, with some athletes stepping in to help support the dedicated Officials, in temperatures that surpassed 30°C.

Duncan Woolmer (M40) scored a track treble in his age group winning gold in the 1500m, 800m and finishing off with a **WAC M40 5000m Record** of 16:48.41 in the 5000m, in the searing heat. **Chris Ness (M50)** led his 800m and lowered his **WAC M50 800m Record** to 2:17.00 for the silver, before winning gold in the Triple Jump and setting a **WAC M50 TJ Record**. **Hayley Cargill (W35)** struck double gold in the 800m and 400m winning the 800m by a huge margin in another fast time of 2:16.82, which was a new **Championship Best Performance**. **Susie McLoughlin (W40)** was an impressive winner in both the 100m and 200m sprints, winning the later event in a time of 26.42secs which pleased the W40 British Record holder. **Helen Channon (W40)**, a former treble European Masters Champion competing for the first time after a break, won gold in the W40 Long Jump after taking silver behind her sister, **Susie**, in the W40 100m. In the meantime, husband, **Stuart Channon (M40)** took gold in the M40 100m. **Martin Willis (M45)** had the busiest day collecting medals galore in the M45 category taking gold in the High Jump, Javelin, 100m, Hammer, Discus and Shot Put. **Tina Howell (W35)** struck gold in the W35 100m, Triple Jump & High Jump and silver in the Javelin, whilst team mate **Clare Ridd (W35)** won silver in the W35 High Jump. **Mike Futtit (M55)** was back throwing for Walton in the Shot Put, Discus & Javelin with his best performance coming in the Shot, finishing 2nd in the M55 category. **Amanda Ruks (W40)** finished just outside the medals in the 5000m, during the peak of the highest temperatures.

There were some great performances from some of Walton AC's 2nd Claim members as well. **Louise Wood (W50)** won both the Long Jump and Triple Jump setting **Championship Best Performances** in her age category. **Virginia Mitchell (W55)** won gold in the W55 800m whilst husband, **Tony Mitchell (M60)**, struck gold in the M60 300mH before both **Mitchell's** got stuck into assisting the officials in the Shot Put, Javelin and 5000m water station!

A big thank you from the competing athletes to **Walton AC Chair, Malcolm Howard; WAC Life Member, Dave Moles; WAC Officials & Volunteers Co-ordinator, Ben Kennard, and WAC athlete, Matt Reed**, who were all working hard in the heat as Officials to help ensure the smooth running of the Championships.

PHOTOS BELOW



Stella Line Up in the Ladies 800m A Race



Tony manning the water station in the 5000m



Helen attacking the board in the Long Jump



Duncan celebrates on the Podium



Susie a clear winner in the Ladies 200m