

Masters League Match 2 - Carshalton

On Monday evening (5th July), the second match of the Masters League took place at the David Weir Stadium in Carshalton. Walton AC, once again, was well represented with athletes covering most of the events whilst **WAC Master and Power of 10 creator, Tim Grose**, worked hard behind the scenes as an official and Meeting Organiser, to publish the results on the OpenTrack webpage.

Once again the athletes were seeded into Open mixed gender events enabling the most competitive events across the different age groups. The first series of races on the track was the 1500m and Walton had 2 athletes drawn in Race 1. **Jamie McLoughlin (M45)** and **Chris Ness (M50)** were in a competitive race against athletes from Epsom & Ewell and Hercules Wimbledon. **Jamie** found a good position on the shoulder of the leader and finished strongly in 3rd position in a **PB** of 4:34.4. **Chris** found himself in a tussle in the second group and came through as the 1st M50 athlete whilst lowering his **WAC M50 1500m Record** to a time of 4:50.0. The 200m featured three WAC representatives, again all drawn together in Race 1. **World Masters Champion and British Record holder Susie McLoughlin (W40)** was by far the fastest lady of the night running by her standards a modest 27.3secs. **Tony Mitchell (M60)** ran 29.0secs and **Chris Ness (M50)** ran 29.5secs resulting in them both being the leading M60 and M50 athletes respectively. **Mandy Ruks (W40)** took part in Race 2 of the 5000m and had another good run finishing with her signature final strong last lap and was 2nd in the W40 category. By the time the Javelin commenced the rain was well established but this didn't deter the four Walton athletes who took part. **Tony Mitchell (M60)** produced the longest throw of the evening with 30.41m winning the whole event. **Joe Eastwood (M70)** opted to throw a heavier javelin than his age group weight to finish second overall with a throw of 25.51m which was a **WAC M70 Javelin (600g) Record** and was 1st in the M70 category. **Mike Futtit (M55)** competing for WAC for the first time and back in the athletics arena competitively for the first time in a number of years produced a solid 23.08m to finish 2nd in his category, whilst **Chris Ness** claimed 2nd in the M50 category after another busy evening for the multi eventer.

Sam sets another Hammer Record

Congratulations to **Sam Mace (U23)** who set a **WAC Senior Men's Hammer Record** at an Open Meeting in Loughborough at the end of June. **Sam**, who is studying hard for his degree at Loughborough University, is successfully balancing his studies, representing **Walton AC** as well as Loughborough University, and has also managed to find time to help coach our up and coming athletes in **Walton AC Academy** whilst back from University. **Sam**, who represented the **England U20 Athletics Team** in 2019, now holds **Club Records in every age group** from U13 through to Senior Men. Great work **Sam**!

PHOTOS BELOW



Tony launches the javelin into the night sky



Amanda settles into her rhythm



Susie, Tony & Chris in the 200m

