

## Walton AC athletes Medal Haul at the Surrey Athletics Championships

On the weekend of the 31<sup>st</sup> July/1<sup>st</sup> August, the Surrey AA Championships were held at the Kingsmeadow Track, in Kingston. **Walton AC** had a record amount of athletes competing with over 50 athletes registered competing against some of Surrey's best athletes in over 60 different events. Over a weekend which consisted of a mixture of high temperatures and flash showers, there was plenty of action on both the track and in the field to keep the keenest of enthusiasts entertained.

**Nicola Bell (U23)** was a **treble** County medallist by winning **Gold** in the Senior Women's Javelin in a **WAC Senior Ladies Record** 41.92, silver in the Discus and bronze in the Shot Putt. England International, **Sam Mace**, also extended his **WAC Senior Men's Hammer Record** with a throw of 52.31m to win **Gold** in the Senior Men's Hammer.

The U20Men's 3000m was an exciting race to watch from a Walton AC perspective with 3 athletes featuring in the top 4 places. **Tom Jones** kicked for home with 600m to go to win the gold in a **WAC U20M 3000m Record** of 8mins 45.59 which surpassed **Ron Martin's record** of 8:47.0 which has stood since 1969. **Alex Kilby** was close behind winning the silver in a **PB** of 8mins 50.90 and **Joesph Daws-Twilley** finished 4<sup>th</sup> in a time of 9mins 13.30

**Ben Whitham** won **Gold** U20Men's 110 hurdles in a **PB** which is still a relatively new event for him and **Joshua Cowie** took **Gold** in the U20Men's Hammer with a throw of 46.45m. Walton AC's strong Hammer status was also reinforced by **Eva West** who took **Gold** in the U20 Women's Hammer. **Sian Popham** won **Gold** in the U17 Girls 300m in **PB** 42.18secs. This was particularly sweet for **Sian** as she has another year in the U17 age group so could choose to defend her county title in 2022. **Emma Fisher** dominated the U17 Girls 100m winning in the **Gold** medal in 12.8secs after winning her heat in 12.78secs.

It was great to see some of **WAC's Masters Champions** winning medals at the Senior County Championships. **Susie McLoughlin (W40)** won bronze in the Senior Women's 400m (59.71) and silver in the Senior Women's 200m (26.18) **both UK leading times in the W40 category**. **Hayley Cargill (W35)** added the silver medal in the Senior Women's 800m (2:17.9) to her Surrey Masters title and **Chris Ness (M50)** took the bronze in the Senior Men's Long Jump

The U17 Boys 800m final was a great race to watch with four Walton athletes qualifying from the heats to make up half of the 8 finalists. **Ben Shepherd** was the first WAC athlete across the line winning the silver medal in a **PB** of 2:01.69 and he was closely followed by **Josh Punton** who also ran a **PB** of 2:02.16 to win the bronze. **Chris Vaughan** and **George Pittwood** finished in 7<sup>th</sup> & 8<sup>th</sup> position and as a bonus both **Ben** and **George** will both be in the U17 age group in 2022. Two medals were also won by **Xavier Taylor** in the U15 Boys events and he set **PB's** when winning a bronze in the 100m (11.94) and silver in the 200m (24.34). **Xavier** also has another year in the U15 age group to look forward to.

There were some good results from some of our 2<sup>nd</sup> Claim members as well, with **Sophie Mace** winning **Gold** in the Senior Women's Discus and silver in the Shot Putt. **Aaron Marlow** won **Gold** in the U20Men's Javelin in 44.52m and **Virginia Mitchell (W55)** set a **W55 UK leading time of 62.65** in the final of the Senior Women's 400m.

More medals were won by Walton AC athletes' with **Ross Hurst** taking silver in the U20Men's 800m; **Alex Morrice (U23)** won bronze in the Senior Women's 3000m; **Stephen Smith** won bronze in the U17 Boys 3000m; **Olivia Mensah** won bronze in the U17 Girls 300mH and **Amy van der Westhuizen** won bronze in the U17 Girls Hammer.