

## More Walton AC Club Records fall in a Variety of Events

Since the start of the season, Club records have been set on 49 occasions across the different age groups. There's no doubt that whilst the competition season has been very different from usual, the athletes of Walton AC have been putting in some outstanding performances and during the past few weeks several more records were set in different events.

On August 7<sup>th</sup> **Sam Mace (U23)** improved his **WAC Senior Men's Hammer Record** with a throw of 52.80m at Eton. **Sam** is currently ranked **9<sup>th</sup> in the UK U23 Rankings** and is adjusting well in the difficult transition from being a successful U20 athlete to a very good senior athlete.

On August 21<sup>st</sup> **Olivia Mensah (U17)** set a new **WAC U17 Inter Girls 300HW Record** in the heats of the South of England Championships, with a time of 45.88secs. This time beat the previous mark which was set by **Kate Norman** in the mid 90s and who went onto represent Great Britain in the U20 age group. **Olivia** went onto winning the **Bronze medal** at the South of England U17 Championships the following day, and is currently ranked **12<sup>th</sup> in the UK U17 rankings**.

On the evening of August 26<sup>th</sup>, Epsom and Ewell Harriers hosted the 'Night of Mad Miles' which featured 10 separate track mile races and a series of 4 x 400m relays. **Chris Ness (M50)** set a **WAC M50 Mile Record** in the 8<sup>th</sup> Race finishing in 2<sup>nd</sup> place in a time of 5:10.4. In the 10<sup>th</sup> and final race **Jamie McLoughlin (M45)** finished in 4<sup>th</sup> position and lowered his **WAC M45 Mile Record** to a time of 4:56.4.

On Saturday 4<sup>th</sup> September **Hayley Cargill (W35)** competed in her first ever Parkrun and chose Bushy Park to be the venue. In a field of 1275 runners, Hayley finished in 18<sup>th</sup> place overall and set a **WAC W35 ParkRun Record** with a time of 18:34mins.

Well done to all our record breakers and with a few more end of season races left, we hope to see some more in the coming weeks.