

## British Masters Athletics Championships

The British Masters Athletics Championships took place in Derby from 20<sup>th</sup> – 22<sup>nd</sup> August. UK Athletics Chief Executive, Joanna Coates, made an appearance and tweeted 'Great day at BMAF, inspirational'. Over the weekend a lot of Age group Records were set including 2 World Records, 2 European Records, 13 British Records and numerous Championship Best Performances (CBP). Nine Masters athletes from **Walton AC** made the journey to Derby to compete in a variety of events in conditions that ranged from bright sunshine to flash downpours as well as a constant headwind, at the annoyance of the sprinters, down the home straight.

**Susie McLoughlin (W40)** had a successful championship winning the short and long sprints and coming home with **3 Gold medals** and the honour of being a **triple British Age Group Champion**. In windy conditions she exerted her authority with 59.25secs in the 400m; 200m 26.46secs (-1.6) in the 200m and 12.96secs (-1.7) in the 100m.

**Chris Ness (M50)** claimed another Walton **Gold** medal winning the 400H in the M50 age group, and then followed this up with a **Bronze** in the M50 100H, a **Bronze** in the M50 High Jump and a 6<sup>th</sup> place in the M50 Long Jump.

In the middle-distance events, **Duncan Woolmer (M40)** had a great run in a very competitive M40 1500m and won the **Bronze** medal in a **WAC M40 1500m Record** of 4:08.81 after which he then finished 5<sup>th</sup> in the M40 800m. **Tim Grose (M55)** followed this up with a fine 6<sup>th</sup> place run in the M55 1500m, whilst **Jamie McLoughlin (M45)** picked up a **Silver** medal in his debut 3000m Steeplechase, setting a **Club M45 3000mSC Record** with 11:11.63.

**Tina Howell (W35)** won 2 **Silver** medals in the W35 category finishing in second position in both the High Jump and the Triple Jump. **Martin Willis (M45)** once again challenged himself by competing in no fewer than 5 different events; the 100m, Pole Vault, Weight 15.88kg, Discus PB 23.37, and Hammer. His best results being a **PB** (23.37m) in the Discus, and a **Bronze** medal in the Pole Vault.

Second Claim WAC members, **Virginia Mitchell (W55)** and **Louise Wood (W50)**, won **4 Gold** medals and **4 British Age Group titles** between them. **Virginia**, who is a multiple age group **World Champion**, made easy work of the W55 400m & 800m winning by huge margins. **Louise**, a former 1.87m high jumper who represented **Team England** at the **1986 Edinburgh Commonwealth Games**, won **Gold** in both the W50 Long Jump and Triple Jump.

Well done to all our athletes who took part and supported each other throughout the weekend.

**PHOTOS BELOW**



**Tina and Martin** receiving their British Masters Medals in the Pouring Rain



**Duncan and Jamie** in action setting Club M40 & M45 Records



Interclub camaraderie: Whilst being fiercely competitive on the track, both **Susie** and **Chris** celebrate their victories on the podium with their rivals

**WALTON AC**



British Masters Athletics Championships  
20-22 August 2021, Derby

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Jamie Mccloughlin

M45

