

September / October Endurance Round Up

VAC 10,000m Track Championships

On Wednesday 15th September the VAC 10,000m Championships took place at Wimbledon Park. During the evening, three seeded 25 lap races for Masters' athletes took place on the track with Walton representation in every race. In race 1, **Bob Bannister (M60)** 47:46.52 PB and **WAC M60 10000m Record**. In race 2, **Chris Ness (M50)** 39:53.19 PB and **WAC M50 10000m Record**. In race 3, **Duncan Woolmer (M40)** 33:29.78 PB and **WAC M40 10000m Record** and **Jamie McLoughlin (M45)** 36:27.57 PB and **WAC M45 10000m Record**. Four Walton athletes featured, and **4 Walton Masters Records** were set in what was a great night for WAC Masters distance runners. Very well done!



The WAC 10,000m Record Holders

London Marathon and Woking Surrey Half Marathon

Congratulations to all Walton AC athletes who completed the London Marathon earlier this month. **Craig Jarman (SM)** was the first Walton athlete to finish and ran a very creditable time of 2hrs 39:12. This was **Craig's** second fastest time over this distance, and he has demonstrated the potential to improve his PB of 2hrs 37 very soon. A following of other Walton AC athletes finished just outside 3hrs with Power of 10 creator, **Tim Grose (M50)** coming in next in 3hrs 09:25, **Shelley Atwal (M45)** 3hrs 11:16, **Guy Cotter (M40)** 3hrs 12:57 and **Robert Casebourne (M45)** 3hrs 17:04. Well done to everyone.

On September 26th the Surrey Half Marathon took place around the streets of Woking. **Duncan Woolmer (M40)** had another outstanding run to finish in his highest ever position which was **2nd** overall in a new **PB of 71:16mins**. This is also a **WAC M40 Half Marathon Record** and only 18secs short of the **Senior Men's Club Record**.



Duncan on the podium at the Surrey Half Marathon

England Athletics Junior Talent Programme

Congratulations to **Alex Kilby (U20)** who has been selected for the 2021-2022 cohort of the **England Athletics Junior Talent Programme**. Alex had an outstanding debut season on the track winning County gold and silver medals in the Surrey Championships in the 2000SC and 3000m. He also won a bronze medal in the South of England Championships at 5000m and setting **three U20 Club Records** in different events. He finishes the season with a **UK top 10 ranking in the 3000SC and UK top 15 ranking in the 2000SC**.



Alex in action during the summer Hayley on the podium with Rob & Matt

10km Road Club Records

Congratulations to **Hayley Cargill (W35)** and **Duncan Woolmer (M40)** who both set **Club Records** in their respective age groups over 10km on the Road this month. **Hayley** ran a PB in her debut Road 10km with a time of 38:01mins whilst finishing **1st Lady** and **2nd** overall at the Dorney Lake 10km on the 9th October. **Duncan** finished **2nd** overall in the Chase the Moon 10km race at Battersea Park on the evening of October 20th in a fast time of 32:59mins.

Surrey Masters XC Championships

On October 9th the Surrey Masters Cross Country Championships took place at Nonsuch Park near Epsom. The event was due to take place in Morden Park but due to a double booking with a Spartan Event and some quick thinking by the Surrey Organisers, was moved at the last minute to the new venue. The event itself was well supported with over 250 competitors and proved to be a challenging race. Walton AC's **Duncan Woolmer (M40)** won the overall race by a comfortable margin taking the individual Surrey title to add to his Surrey track medals he won in the summer. **Jamie McLoughlin (M45)** and **Clinton De Tarnowsky (M45)** finished 12th and 19th respectively in the M40-49 categorically resulting in a **Team Bronze Medal** for Walton AC.



Walton AC's Bronze medal winning Masters' Team