

SCVAC Masters League – Match 1

On Monday 23rd May, the first match in the SCVAC Masters League South London Division, took place at Epsom. On a cool evening with occasional showers, this first match was a hive of activity with 8 Clubs battling across a range of events. The Masters League matches consist of 3 track races, 4 field events and a relay condensed over a period of 2½ hours. Each event changes with each match and the teams are broken down into Over 35, Over 50 & Over 60 Categories which makes for frantic, but fun, competition. The events for this match consisted of the 800m, 200m, 3000m, 4 x 400m, Javelin, Pole Vault, Long Jump and Shot Putt. With over 120 individual competitors covering well over 200 performances (not including the relays!), it was testament to the masters' athletes that there were six separate 800m races with as many as 12 athletes per race, and three 3000m races of up to 18 athletes competing.

Walton athlete of the evening was most certainly **Chris Ness (M50)** who scored maximum points in the 800m, Long Jump and Shot Putt and finished 2nd in the Javelin and 200m before turning himself over for the 2nd leg of the 4x400m relay team. **Martin Willis (M45)** was 3rd in the Shot Putt & Javelin whilst **Jamie McLoughlin (M45)** was 3rd in the B string 800m, B string 200m, and 4th in the Long Jump. **Stuart Channon (M45)** looked an easy winner of the A string 200m before pulling up metres from the line with a sore knee but still clung onto 2nd position. **Guy Cotter (M45)** was 5th in the A string 800m and **Alex Mackula (M35)** was 6th scorer in the 3000m. **Tim Grose (M55)** spent most of the evening in an official capacity processing the results, before stepping out onto the track for his much-awaited 3000m race, in which he finished 3rd in a field of 18 and set a **Club M55 3000m Record**. **Tina Howell (W35)** also had a successful evening coming 2nd in both the 200m and the Javelin. The final event of the evening was the 4x400m and Walton fielded a mixed relay team, with the help of **Hayley Cargill (W40)** who rushed over to Epsom after work, to compete as non-scorers in the Men's race. The team enjoyed a third-place finish in this race which rounded off the evening nicely.

Overall, Walton AC finished 4th in the men's match and 6th in the Ladies match which considering the size of the team was a good result. The next match is at Kingston on Monday 27th June with the events to be contested are the 100m, 400m, 1500m, 4x100m relay, Hammer, Triple Jump, High Jump and Shot Putt (for Ladies only). The Masters League is great fun and a good entry point for older athletes, do get in touch with Team Manager – Jamie (coachrep@waltonac.co.uk) to declare your availability for this next event. Point scores or not you will be most welcome. Well done to all who took part.

Photos below



Chris and Guy in action in their respective 800m races



Awesome foursome 4x400m 'mixed' relay team

BMAF Pentathlon and 10000m Track Championships

The British Masters Pentathlon and 10000m Championships took place earlier on this month in Horspath, Oxford on Sunday 8th May. In very high temperatures the athletes competed over the course of the day in the hope of bring back some medals. **Mike Futtit (M55)** finished in 5th position in the M55 Pentathlon setting a **M55 Club Record** in both the **Long Jump and Pentathlon**. **Chris Ness (M50)** also finished in 5th place in the M50 Pentathlon in a competition that didn't run to the timetable and meant a very long day in the searing heat. The afternoon heat made the 10000m a very tough event, but nonetheless **Duncan**

Woolmer (M40) struck **Gold** in the M40 category whilst **Jamie McLoughlin (M45)** managed a **Bronze** medal in the M45 age group. Well done!

