

# MEN'S REPORT interarea 8/7/18 – part 1 - Track

It was an extremely hot summer's day and the team pulled out all the stops with some very impressive performances.

On the track the day started with the sprint hurdles, but we had no hurdlers. Next up was the 1500m. Paul Clarke (M35+) came from 4th to power through to a win in 4:22,

Paul Flynn (M50) began a busy day with a solid 5:05 for 4th in his main event.

Richard Marks (M60) made a comeback with 5:27 for another 4th and John Gardener (M70) managed 6:29 in the midday sun for 3rd.

Next up was the 400m with Pete Watkeys (M35+) happy with a season's best 55.6 seconds for 5th in a very classy field – four under 52 seconds!

Paul Flynn trotted round for 7th for the points in 67 seconds.

Kieran McDonnell (M60) was our second winner, pacing it well and ignoring an early pace-setter ducking just under 62 seconds in his first representative 400m.

Barrie Roberts (M70) arrived at the track following his morning's duties just in time to undertake a 90 second lap in 5th place.

The 100 metres began with Stuart Pearce (M35+) powering to 12.2 seconds for 6th against a field led by a very classy 10.97 championship best.

Chris Millard (M50) with tape applied also clocked 12.2 to hold off the other competitors with our third win on the track.

Ian Broadhurst (M60) sped to 13.2 for a strong 3rd behind the dominant Steve Peters (12.5).

Glyn Sutton (M70) added yet another inter-area win to his tally in 13.5 seconds giving the team its fourth track winner.

The 800 metres began with Pete Watkeys bravely leading the field round ending with 4th place in 2:08.

Steve Toogood (M50) chased hard to get 3rd place behind another championship best performance of 2:07.

Richard Marks managed one place better than the 1500m with 2:41 for 3rd.

The 200 metres again began with Stuart Pearce holding good form for 25.4 seconds for 7th against another strong field.

Chris Millard (M50) with an even closer finish than in the 100m came through strongly in 24.8 seconds to get our fifth win on the track.

Ian Broadhurst (M60) improved by one place on his 100m with 26.5 for 2nd behind the again-dominant Steve Peters with another championship best performance (25.1).

Glyn Sutton (M70) added yet another inter-area win to his tally easing down at the finish with 29.1 seconds giving the team its sixth track winner.

Our sole representative in the walk was team player Paul Flynn contributing more points with 4th place in 12 minutes.

The 3000 metres saw Lee Aherne (M50) cover almost all the breaks by the M35+ runners only being beaten by 2 of them, winning the M50 by over 20 seconds in 9:39 (our 7th track winner) after years of getting mainly 2nd places.

Gareth Knight (M35+) had a solid run for 5th in 10:37 and Mike Murphy (M60) on his debut also achieved 5th in 12:05.

In the 4x100 relays, the M35+ Stuart Pearce, Pete Watkeys, Ian Williams and Gareth Knight gave us 5th in 54.0 seconds – impressive as the last athletes standing in that age-group. The M50 had Keith Powell, Steve Toogood, Paul Flynn and Lee Aherne with 3rd in 56.9 seconds. The M60 was our only team made of sprint specialists and they blew away their opponents winning by **6 seconds** in 54.6 seconds! Well done Rod Davies, Glyn Sutton, Kieran McDonnell and Ian Broadhurst giving us our 8th track win – I'm sure the most I've seen in the last few years.

# **MEN'S REPORT interarea**

## **8/7/18 - part 2 - Field**

Out in the field, where there was little chance of finding shade from the full-on sun, the day began with a bang in the throws with Pete Roberts comfortably winning the M35+ discus with a season's best of 35.34 metres, some 3 metres ahead of 2nd place, in what turned out to be our only field win of the day.

Glyn Pugh managed 29.29 metres for 7th in the M50s, returning to representative masters competition after a few years.

The jumps began with Ioan Hughes leaping to 5.59 metres for 2nd in the M35+ backed up by Keith Powell whose 4.66 metres gave him 4th for the M50s in his first of 4 jump/vault events!

Next up was the M60 and M70 shot with Chris Berry and Ian Bowles representing. Chris threw 9.28 metres for 5th and Ian 9.16 metres for 3rd.

Dave Shields went down an age group achieving 5th with 9.20 metres in the M35+ triple jump and Keith managed 9.11 metres for 7th in the M50 triple jump.

The javelin throwers featured Ian Williams throwing 28.73 metres for 5th M35+ and Chris Pruski switching from his duties as an official to make his masters debut and throw 27.68 metres for the M50, dropping down from the M60 age group which doesn't have a javelin at the inter-area.

Our sole pole vaulter was Keith Powell and he rose to the occasion with a season's best vault of 2.82 metres for second M50!

The younger age groups took on the shot next with Ian Williams managing 9.24 metres for 2nd M35+ and Glyn Pugh 9.53 metres for 5th in the M50s.

Rod Davies leapt 3.82 metres for 3rd in the M60 long jump, followed by Allan Cheers returning to competition with 3.39 metres for 5th in the M70 long jump.

Keith Powell finished his day in the field with another season's best in the M50 high jump of 1.35 metres for 4th. Chris Berry our only jumper and thrower jumped 1.25 metres for 4th in the M60 and Allan Cheers jumping 1.15 metres for 3rd M70.

The throws finished with Pete Roberts gaining 3rd for a 26.51 metre throw and John Owen making his representative masters debut with 35.41 metres for 4th in the M50s.

A great performance guys!