



Indoor athletics vets championships Lee Valley. 20th February 2011

It was medals galore in the Southern County Vets Championships at Lee Valley last weekend with some great performances from all the athletes. The youngsters (M35!!) led the way with two silver medals for Jim Bennett in the 400m and 800m and a silver medal for Mark West in the High Jump. Jon Tilt continued his solid preparation in a busy year for Masters Athletics (European and World championships in 2011) with an impressive win in the M45 400m (53.8!). He was made to work a bit harder over the longer distance but showed a quick turn of speed around the final bend to take victory and a second gold medal. In the M65 age group, Vic Novell ran extremely hard and came away with two silver medals in the 60m and the 200m. Our sole female representative was Mary Axtell who once again dominated her age group by winning gold in the 200m. Other notable performances were from Derek Warn who, despite a recent illness competed in four events including a great opening seasonal height in the pole vault. He couldn't quite reach Alan Williams' 3.91m – a new British men's over 55 record. There's little rest for the veterans when they join more than 500 athletes in the British Masters indoor championships next weekend.

M35

M West - 200m - 25.5
J Bennett - 400m - 56.9 S
J Bennett - 800m - 2.07.8 S
M West - High Jump - 1.55 S
M West - Long Jump - 5.21

M45

Jonathan Tilt - 400m - 53.8 G
Jonathan Tilt - 800m - 2.09.2 G
Derek Warn - High Jump - 1.40 S
Derek Warn - Pole Vault - 2.50
Derek Warn - Long Jump - 4.17
Derek Warn - Shot - 7.42

M50

Roderick Davies - 60m - 8.2 S
Roderick Davies - 200m - 27.3 B
Roderick Davies - Long Jump - 4.72 S

M65

Victor Novell - 60m - 8.7 S
Victor Novell - 200m - 29.0 S

W65

Mary Axtel - 200m - 38.5 - G