



## TRACK REPORT

### **SCVAC Final** (Southern Counties Vets Athletic Club)

Ashford

*Saturday 31st August*

The Men's Team travelled to Ashford on Sunday 1st September to compete in the Southern Counties Vets final having won the 4 league matches.

A magnificent team effort resulted in the team finishing third on the day.

The most successful athlete on the day was Paul Grange who won the 100m (B string), 200m (B string), 400m (A string) and 800m (A string) achieving PBs in the 100m and 400m.

Sam Malekout showed his versatility by competing in the 100m (A), 200m (A), High Jump, Pole Vault, Discus, Shot and Javelin M35 events. His positions were 3rd, 3rd, 2nd, 5th, 3rd, 3rd and 2nd respectively.

Team Manager Henry Ricketts matched the effort by covering a mixture of M50 and M35 events – 100m, 200m, High Jump, Discus, Shot, Javelin (all M50) plus Long Jump and Triple Jump (M35). He placed 4th, 4th, 4th, 5th, 2nd, 5th, 3rd and 5th respectively gaining a High Jump PB.

Roger Honey also contributed hugely competing in the M50 Pole Vault and Hammer as well as the M60 Long Jump, High Jump, Shot, Javelin and 100m where he placed 5th, 6th, 4th, 5th, 6th, 4th and 4th respectively.

Tom Gardner won the B string 400m and 800m and placed 3rd in the A string 3000m.

Cliff Warren finished 4th in the 400m and 2nd in both the Long Jump and Triple Jump in the M50 category.

David Butler came down to the M50 age group for the 3000m finishing 6th. In the M60 age group he placed 3rd in the 400m and 2nd in the 1500m.

Rob Sargent stepped in as a last minute athlete for the 800m in the M50 age group coming home 6th.



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Pete Whiting competed as a M35 Hammer thrower where he finished 5th.

Malcolm Muir ran the A string 1500m to finish 6th and improved this placing in the B string 3000m for 2nd.

Seb Parris was the B string 1500m athlete finishing 5th with a PB and comfortably won the M35 walk over 2000m.

Rohan Alexander also stepped up to run the 1500m for 6th as M50.

Stuart Bennett competed as the M50 walker over 2000m and came home 3rd.

The 4 x 100m relay team of Cliff, Henry, Sam and Paul brought the baton home in 3rd despite a dubious start by the officials.

Sam was back again for the 3rd leg of the 4 x 400m relay joined by Tom, Malcolm and Paul and they were clear winners in the last event of the day.

Despite not being fit enough to run Andy Catton was also pivotal in ensuring events were covered.

The total of 207 points earned a great third place.

A huge thanks to all athletes who competed in the season helping the team to reach the final and to perform so admirably on the day. Also a big thank you to those who officiated and supported during the season.



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