

INTERAREA REPORT

The men's team achieved a very creditable 4th with the following from my experiences as a team manager:

Firstly some performances that caught the eye or otherwise noteworthy (I could not see the whole event due to the size of the programme and fitting in warming up/competing/warming down for 400m 800m and relay) :

Pete Watkeys for his brave front-run almost winning the M35 800m. Kieran McDonnell for almost catching the 400m winner as they hit lactic city.

Similarly Austin Davies for throwing down the gauntlet to 3 very experienced M60 800m runners – all medallists from a huge number of competitions, they did pass him but he gave them a surprise and made them work ! Matt Evans (M35 1500m) and Owen Chesher (M35 HJ) for achieving 2nd places on their debut (Owen also competing in the 400M and relay). Martyn Cole for a creditable 4th place in his debut in the M50 1500m, but at 59 ready to be a hit in the M60s. Adrian Lewis and Paul Flynn for hitting the 3000m after the previous day's welsh cross country, Adrian having the audacity to take out the pace in front of an English master who had run 9:10 the previous weekend. I think the match adrenaline got into some people's bloodstreams!

David Glendower flagged up that there was no sign of Ian Williams who was due to be joining him in the shot put competition. I grabbed the first athlete who was the right age and had done a shot put before to be ready to do a covering put. This was Pete Watkeys who I am sure will be OK with me referring to him as our own pocket rocket (see relay write-up and the original pocket rocket is Juliet in the ladies team – 60m M50 winner). Top volunteer – then I spotted Steve Buttler and Pete and I both agreed that he had bigger muscles for the stand-in job! Steve was fine with this and rolled up straight from his 60 metres. Just as he was about to limber up, Ian appeared having finally beaten the M4 / M25 traffic.

Other top volunteers: Robin Wood already doing long jump, triple jump, stood in at the high jump for Glyn Price who had hamstring trouble. He also volunteered for the walk but was disqualified afterwards for reasons unstated. The relay finished his long day!

Mark Williams who had signed up for the M60 1500m after 30 years out from running and defying medical opinion, picked up the 3000m and also filled in for the M50 relay slot left by Glyn. Glyn still managed to win the pole vault despite his hamstring taking its toll (plus the early hurdles).

Ian Robinson, our M70 shot putter, put his hand up and got permission from his other half to stay late and enable the M70 relay team to take part. This was in addition to also volunteering to get over the bar in the high jump and cunningly outwitting another competitor by careful choice of heights attempted and achieved. In fact only WMAA had the maximum 4 men's relay teams and in the ladies only Eastern matched the WMAA ladies in having the maximum 3 teams.

The highlight of the WMAA men's relays were the M60s completely dominating the opposition to the point of winning by 6 seconds with Ian Broadhurst (previously 60m and 200m) able to ease down well before the line. Also Pete Watkeys reaching warp speed on the back straight in the anchor M35 leg when chasing down the opposition.

Also competing, not mentioned above and contributing to the impressive team performance were

Stuart Pearce M35 200m and relay

Keith Powell M50 60m and relay

Mel James M70 60m, 200m and relay

Paul Allen M70 800m, 1500m and relay

Rod Davies M60 Shot put, long jump and relay

Dave Shields M35 triple jump

Barrie Roberts M70 400m and relay