



Iris Holder (W75) jumping into Silver Medal position at the World (Masters) Championships - 2016



Richard White (M55) coming through for a Bronze in the 400m at the World Masters Championships – no, the guy on the floor was not tripped by Richard!



Pat Oakes W70 (left) of Ashford AC, winner of the Triple Jump Bronze Medal and Iris Holder W75 (right) winner of the Silver Medal at the World (Masters) Championships 2016