

British Masters Indoor Championships – 2016

Venue - Lee Valley Athletics Centre, London



Name	Age Group	Event(s)	Performance	Comments
GARLAND Melanie	W 50	60m Triple Jump Long Jump High Jump	9.48s 6.70m (Silver) 4.16m (Silver) 1.27m (Gold)	SB British Indoor Champion
HOLDER Iris	W 75	60m Triple Jump Long Jump	10.97s (Gold) 6.81m (Gold) 3.14m (Gold)	British Indoor Champion British Indoor Champion + a new <u>British Indoor Record!!</u> British Indoor Champion + a new <u>British Indoor Record!!</u>
LOVERIDGE Marion	W50	Hammer	40.17m (Silver)	SB
SONN Angela	W 55	60m 200m	9.66s 33.05s	SB (Age PB)
WHITE Richard	M 55	400m 800m	56.65s (Gold) 2'16.8 (Gold)	British Indoor Champion British Indoor Champion

Another fantastic set of results for the Worcester AC athletes – this time at the British Masters Indoor Championships (and outdoor throws). We can boast 6 Gold Medals won by WAC athletes who are now British Champions. We also achieved 3 Silver Medals, plus SB's PB's and have people who either top or nearly top the current UK rankings.

Amazingly, we also have one athlete that set two “all time” British Records in their age group, this was **Iris Holder** (W75) at both the Long Jump **and** the Triple Jump

Many congratulations to one and all – a wonderful set of results, competing against some of the best athletes in the UK.

Incredibly, we had no less than 5 members of Worcester AC vet's squad down in North London for the British Indoor Championships (and outdoor throws). That in itself is quite an achievement, just one more to add to those you all managed on this tremendous weekend of track and field athletics.