

BRITISH MASTERS TRACK & FIELD CHAMPIONSHIPS

Birmingham 10th-11th August 2019

Five of our Vet Ladies and six Vet Men competed in this National Championship last weekend and brought back nineteen medals between them. Well done to all of them!

Ladies V75	Iris Holder	Gold medal - 100m (18.59s) Gold medal - Long Jump (2.67m) Gold medal - Triple Jump (6.28m).
Ladies V65	Liz Bowers	Gold medal - 800m (3m 14.17s).
Ladies V55	Angela Bryant	4 th place - 100m (15.13s) 5 th place - 200m (31.98s)
	Mel Garland	Silver Medal - 100m (14.69s) Silver Medal - High Jump (1.36m) Silver Medal - Long Jump (4.48m) Silver Medal - Triple Jump (9.43m). Bronze medal - 200m (30.65m).
Ladies V50	Jan Timberlake	Gold Medal - High Jump (1.21m) Silver Medal - 80mH (16.68s) Bronze Medal - Long Jump (4.26m)
Men V75	Laurence Oldfield	Silver Medal - 200m (32.23s)
Men V65	Derek Jackson	Silver Medal - 5000m (19m 16.64s)
	Mike Small	Gold Medal - Shot (11.26m SB) Gold Medal - Weight (14.48m)
Men V60	Martyn Cole	Bronze Medal - 800m (2m 26.38s) 4 th place - 1500m (5m 05.22s)
Men V45	Richard Houchin	Bronze Medal - 400m (55.74s SB)
Men V40	Stephen Buttler	Bronze Medal - Long Jump (5.10m)