

Indoors Report

Stefan Wilcockson showed an impressive turn of speed at the final Midland Counties open meeting at the National indoor Arena in Birmingham.

Having already improved upon his 400m personal best at the Birmingham Games, he set a new best time of 23.64sec in winning his heat of the senior mens 200m. His coach Martin White put his impressive performance down to his 'effort and commitment' to his winter training regime which has seen a considerable increase in his strength & speed. Also showing that he is wintering well was Aiden Reid, running a swift 1:58.50 in his 800m.

Harriers' results:

Tom Bell: U20 Triple Jump 12.44m; **Aiden Reid:** U20 800m 1:58.50; **Martin White:** SNR 60m 7.57; 200m 23.93; **Jonathan Newell:** SNR 60m H 10.10; 400m 56.47; **Stefan Wilcockson:** SNR 60m H 9.03; 200m 23.64; **Shaun Davy:** SNR 60m 7.83

Silver Lining for White

Mansfield Harriers sent a small contingent down to London for the British Masters Indoor Athletics Champs and returned with two medals and a number of impressive performances.

Martin White, competing in the M35 age group produced a sizzling 7.39sec in the 60m heats taking almost 2/10th of a second off his season's best time. However, tough qualifying conditions meant that he missed out on a place in the final by an agonizing 1/100th of a second. There was a success the following day as he claimed a Silver medal in the 200m with a strong run despite clashing arms with the eventual winner.

Chris Ashmore found the going tough having moved up to the M45 age group. In a very competitive event he finished 4th in the heats of the 60m & 200m.

Alan Maddocks performed well to finish 5th in the M55 800m. His time was almost 4 seconds faster than at the same championships last year, suggesting that he is finally over the injuries that troubled him in 2007.

Also incorporated into the Indoor championships was the winter throws championships. Held outside, adjacent to the indoor arena Lee Peters collected Mansfield's second Silver medal of the weekend with a throw of 49.47m in the M40 javelin.