

Midland Indoor Champs

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Congratulations to **Martin Cook** who won Mansfields only medal at the Midland indoor champs at the NIA on Sun 19th Jan.

Competeing in the SNR 400m he brushed off the winter cobwebs, posting the fastest time of the heats with 50.08sec. In the final he was in a strong position at the bell but had to check his stride to avoid a collision, however he managed to regain his rhythm and produce a strong finish to come home in the Bronze medal position in a time of 49.50sec.

In the heats Stefan Wilcockson (52.85sec) & Jonathan Newell (56.33sec) both ran well posting indoor pb's in the process.