

## **British Masters A.F. Indoor Championships, Lee Valley Stadium 8<sup>th</sup> Mar 20**

SWC's Roger Michell joined eleven others for the annual National Indoor Championships. He was 3<sup>rd</sup> man and gained the M70 Bronze medal, this being the dominant male age group. All are in the younger half of the group and look forward to a good team performance in the new season of international masters' events abroad. At 15 laps on the tight, sloping indoor bends this is not an easy race and most times were down on outdoor races but Roger was nearer to his norm than most despite a recent enforced lay-off.

Results:

3km Men (7starters)

1. I.Richards (Steyn 1st M70) 16 min 1.29 sec; 2. P.Boszko (Bir 2ndM70) 17 min 40.74 sec; 3. R.Michell (Sy WC 3rd M70) 18 min 6.56 sec.

3km Women (5 starters)

1. C.Derbyshire (Nun 1st W40) 16 min 7.57 sec; 2. W.Kane (Notts 1stW50) 18 min 29.62 sec; 3. R.Lawless (Ilf 1st W55) 18 min 47.7 sec.