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Harriers Polish Medals

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Epsom & Ewell Harriers older runners are back in the UK having picked up medals at the world indoor athletics championships in Torun Poland.

Lisa Boland W40 (40-44) competed in the 60m and the 200m. Her 60m race saw her gain a PB of 7.82sec winning her a silver medal, she also won a Bronze medal in the 200m with a time of 25.85sec. If this wasn't enough, she also won a silver medal in the W40 4 x 200m relay.

Anne Nelson W70 (70-74) competed in the 60m, finishing with a bronze medal with an astonishing time of 10.19sec. To add to this medal, Anne also secured 3rd position and a bronze medal in the 200m with a time of 35.69sec.

Top photo: Lisa and Anne with their medals.

After a year of training, they were ready for the World Master Athletics Indoor Championships 2023 in Torun, Poland. Lisa and Anne train with Epsom & Ewell Harriers at the Harrier Centre, Poole Road. **Simon Bean**, President of Epsom & Ewell Harriers commented "We are so proud of Lisa and Anne, they have worked so hard throughout the year, to come away with so many medals is an incredible achievement."

The World Masters Indoor Championships enables athletes from across the world over the age of 35 to continue to compete in the sport they love. A celebration of athletics with age categories spreading right up to 85+ years of age.

Other news from Epsom and Ewell Harriers:

Epsom & Ewell Harriers shine through in the East Surrey Amateur Athletic League 2022/23. The recent third and final of the 3 East Surrey Amateur Athletic X-Country races took place at the Harrier Centre, Poole Road, Epsom. The 5-mile race was a 2-lap course with a mixture of on and off rd. Epsom & Ewell Harriers won 3 of the 4 team events, they were the overall team winners in the girls, men's and women's categories. Simon Bean, President of Epsom & Ewell Harriers said "this is an incredible result for the Club." In addition, there were some amazing individual Epsom & Ewell Harrier successes as follows:

Women
- U17 Women: 1st **Sophie Glencross**, 2nd **Lily Brown**
- U20 W- 1st **Georgina Winde**r
- Women overall: 2nd **Helen Maguire**, 3rd **Georgina Winder**
- W35-44: 1st **Helen Maguire**

Men
- U13 Boys: 2nd **Oliver Henderson**
- U20 men: 2nd **George Hannay**, 3rd **Alex Rodriguez**
- M45: 1st **Gary Coleman**
- M50: 1st **Steve Winder**
- Men overall: 1st **Alex Gurteen**, 2nd **Steve Winder**

Epsom & Ewell Harriers welcomes new runners of all standards whether you've run before or not. For more information about our training sessions see here: https://eandeharriers.weebly.com/

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