

Allan Williams sets his sights on new heights

What do the 57 year olds you know get up to at the weekends? Reading, gardening, a bit of golf or cycling perhaps. Or are they just enjoying a more relaxed time in their lives?



Allan Williams is 58 years old in May. He received life enhancing multifocal laser eye surgery from Accuvision in 2009 and has never looked back!

Allan is using his multifocal vision to push the boundaries of what is possible in the most demanding and technical events in athletics, the Polevault.

Since Allan returned to Masters athletics, following great success as a professional golfer and cyclist (never one to do things by halves) he has broken every British record for the polevault event in the age groups he has competed.

The most recent record to be broken was the M55 age group where the record had stood for many years at 3.80m. Allan chose the Southern Counties Masters Championships at Lee Valley for his assault on this elusive record.

Allan entered the competition at 3.60m and cleared first time. Then he went for the record with the bar raised to 3.81m. A second time clearance at this height secured the new record but Allan had other ideas.

A new record of 3.91m was attempted and again Allan was able to give himself a good clearance on his second attempt.

Allan stated, "Overall I am delighted with the performance today, the previous record was a real challenge to any Masters athlete but it was there to be broken and that is what I am pleased to have done today. I am now looking forward to a good performance in the European Championships in Ghent, Belgium later this month."

