

European Best Male Master Athlete 2016

Manuel Alonso Domingo

Born 21.03.1936

In 2016 he has bettered the following World Record and European Records in M80:

1.500m outdoors:	5:47.35	09.07.16	Castellón, ESP	European and World Record
1.500m outdoors:	5:49.16	25.06.16	Elche, ESP	European Record
1.500m outdoors:	5:50.33	14.05.16	Madrid, ESP	European Record
800m outdoors:	2:57.24	26.06.16	Elche, ESP	European Record
800m outdoors:	3:01.28	28.05.16	Collado, ESP	European Record
1.500m indoors:	6:00.01	02.04.16	Ancona, ITA	European Record
800m indoors:	3:00.63	31.03.16	Ancona, ITA	European Record

In the European Indoor Championship in Ancona March 25-29 he not only won 800m and 1500m, but also 3,000 meters (13:35.00).

He is superior in his age class and the margin of victory was 25 seconds at 800 meters, 46 seconds at 1500 m and 12 seconds at 3000m.

A great lover of the athletics. Great grandfather

He has made the marks competing against young veteran athletes, running alone, without help from hares or other athletes.

With a long trajectory record in masters athletics.

He started his athletic life 30 years ago running marathon but soon saw that the distances were better suited to his characteristics - were the middle distance.

He dedicates his season to preparing the competitions of masters, giving up other types of races, like to the road events where it could obtain many successes.

