



Worcester Athletic Club Newsletter April 2010



Editorial

After one of the coldest winters for a few years, spring has finally arrived and T-shirts and shorts are starting to make an appearance occasionally.

Club members both individually and as teams have had a successfully winter, the "Achievements" listed below detail some of the results.

The club has a new set of clothing, there is list at the end of this newsletter.

There are a couple of new sections this time, Masters News which an update on the activities of the "more mature" members of the club and "Hatches & Matches" which congratulates those club members getting married or having a baby (not the men). Please let me know of any details for this section.

May I wish the best of luck all those taking part in this year's London Marathon and hope that the weather stays reasonable for you.

If any of you still receive a "hard copy" of the newsletter and have access to a computer, please let Andy Peach have your e-mail address so he can add it to the mailing list. This helps keeps costs down, reduces the paper pile and does our bit for the environment.

David Hibbitt - Editor

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Achievements of Note

If I have missed any events, it is not that I have ignored you, it is that I didn't know about it.

Please let me know results etc. as soon after an event so that I can keep a note ready for the newsletters.

County Cross Country Championship - 9 January

Worcester club members were quite successful at this year's championships. A brief summary of placings is given below, full results are available on the internet.

Helen Jubb - 3rd U13 girls

Alice Wright - 1st U15 girls

Victoria Briggs - 2nd Senior ladies

Thomas Stock - 2nd U15 boys

Lewis Roberts - 2nd U17 men

David Jubb - 3rd U17 men

Sam Mitchell - 1st Senior men

Chris Wilson - 2nd Senior men

Stefan Sternkopf - 3rd men's Vet over 40

Geoff Aston - 3rd men's vet over 60

U13 girls - 2nd team

U17 men - 1st U17 men

Senior men - 2nd team

Not the Roman IX - 17 January

Geoff Jones - 1st vet over 65

MMAC Cross Country Championship - 24 January

The team of Mick Monaghan, Geoff Aston and David Hibbitt took the over 60's team prize.

Mayhill Massacre - 7 February

Warren Miles - 3rd vet over 40 (6th overall)

Wyre Forest 8 - 21 February

October 24 - The first entries for the 2010 race were received from Geoff Jones and Ron Smith, both veteran members of the club. Keen or what !!!!

Once again, WAC were well represented in the honours.

The team of Warren Miles (11th), Richard Walsh (13th) and Mick Monaghan (44th) took the team prize.

Warren Miles - 2nd over 40's

Mick Monaghan - 1st over 60's

David Hibbitt - 3rd over 60's

Geoff Jones - 2nd over 65's

Ron Smith - 1st over 75's

Gloucester road relays - 6 March

1st over 60's team (Dave Waldron, Mick Monaghan and Geoff Aston) New course record.

2nd Senior men (Dave Hall, Dave O'Brien, Chris Wilson and Chris Davies)

Midland Counties Road Relays, Sutton Park - 20 March

WAC fielded three teams this year, a men's team finishing (18th out of 39), a ladies team (27/32) and a vet's team (7/13).

Just a note, the average age of the vet's team was 58, and were up against 35 year olds.

Well done to all those that competed for the club.

Scenic 6 - 21 March

Chris Davies - 1st overall

Sandra Lane - 1st female vet over 45

Mick Monaghan - 2nd over 60's

Ron Smith - 1st over 75's

Birmingham Cross Country League

Despite the absence of some of the club's more accomplished runners due to work and other commitments for some of the races, Worcester Athletic Club finished a credible 5th out of 17 in Division 2 of the Birmingham Cross Country League. The 1st six finishers score for each team and WAC were often able to field at least 10 athletes. Well done to all.

Young Athlete of the Month

December - Lewis Roberts for his performance in the Gloucester Cross Country league.

January - Libby Merry for breaking the club's records in the triple jump, long jump and 60m,

February - Alex Bradnick for his 3rd place in the u17 National Indoor Championships.

March - Alice Wright for her outstanding cross country performances during March.

Masters News

This is the first update specifically focusing on Masters, as veteran runners are now called. To qualify as a Master, male and female runners have to have reached the ripe old age of 35 years! In competition on road, track and country, runners generally compete in either 5 or, 10 year categories.

A number of our members qualify on age so, potentially, it is an area of competition that the club could develop, building on the success of the Mid Week Track teams in the past few years.

Recent results include a male Over 60 team winning the age group at the Gloucestershire Road Relays in a course record 61mins 10 secs, (Mick Monaghan 20.27; Geoff Aston 20.51; Dave Waldron 19.52). The team also beat all the Over 50 opposition.

A team competed in the Midland Counties Road Relays at Sutton Park and, considering the age profile (OLD), finished in a creditable 7th position, (Martyn Cole (O.50) 36.16; Chris Lee (O.50) 19.09; Geoff Jones (O.65) 21.41; Dave Waldron (O.60) 36.39; David Hibbitt (O.60) 21.00; Geoff Aston (O.60) 20.07.

The club plans to enter Over 50 and Over 60 teams in the Midland Masters Relay Championships, in Birmingham on 18 April and, Over 35, Over 40, Over 50 and Over 60 teams in the National Open Masters Road Relay Championships at Sutton Park on Saturday, 15 May 2010. If you are interested in participating in these or other future events, please contact Dave Waldron on 01905 - 831481, mobile 07564 193963 or, email davidjwaldron@yahoo.co.uk.

Committed? Ambitious/ Want to progress and improve?

Join our group for sprints, 100m, 400m, 800m and both long and triple jumps.

Training Times

Tuesday	7:00 - 8:30
Thursday	7:00 - 8:30
Saturday	10:00 - 12:00

Other times to be arranged.

For more information, contact Roger Turner at the track or phone 01886 832661

IF YOU ARE A FEMALE AND OVER 35 & WOULD LIKE TO COMPETE in the veterans track and field league in low key events and enjoy yourself and feel you would like to have a go please contact Ron Smith on 01905 452640 or roncharlessmith@aol.com.

This applies to the ladies who have turned out in the past and any new ladies.

Any other senior ladies who wish to compete, please contact Phil Bullock on 07824 861984

Throws

I shall be introducing a new throwing approach for anyone who wants to throw between 7pm and 8pm on Tuesdays and Thursdays with effect from Thursday 22 April.

Also, for throwers ready to move to a more advanced level, I am prepared to hold a Saturday morning 2 hour session between 10am and 12 noon.

If you think you would like to do any throwing at all on any of these occasions during the season please either fill out the form with Joan at the bottom of the tower or e-mail me at ian@blackmore-gardens.co.uk. The information that will be needed at this stage is name, school year/age if not at school, throwing discipline interested in (e.g. shot, discus, hammer javelin - you can enter 1, 2, 3 or all 4 of these if you wish), day(s) you are likely to attend (Tues, Thurs and/or Sat), contact details (e.g. e-mail, home phone, mobile, etc).

Regards

Ian Bowles

Forthcoming Coming Races

For the off road runners,

Mid-Week Cross Country Series

19 May Haybridge Sports Centre

9 June Arrow Valley Park, Redditch

14 July Gaudet Lace Golf Club, Droitwich (new venue)

11 August Halesowen Athletic Club (new course)

All Wednesdays, all at 7:30.

April 18 Magnificent Eastnor Castle 7

May 26 The Bulmers Bash (see entry form on club's website)

(A new 6 - 7 mile off road race around Bulmers orchards at Wichenford.)

June 16 Castlemorton 10k

June 25 Blakedown Bolt

Road races

May 9 Crowle Gunpowder Plot 10k

May 15 National Open Masters Road Relays Championships

May 30 Cobra 10k

June 6 Acorns Triple Run, half marathon, 5k Spring Fun Run and The Chicken Run

July 11 Timberhonger 10k

Evesham 10k

July 18 Pitchcroft 10k and Fun Run

August 14 Stourbridge Stumble

100 Club Winners

January	£25	44	Jim Cowell
	£15	87	Steve Phillips
	£ 5	86	Catherine Telling
	£ 5	64	Dave Wilde
February	£25	98	Maggie Crosswell
	£15	16	Dave Hall
	£ 5	14	Wilf Bates
	£ 5	23	Derek Cowdrey
March	£25	33	Ron Smith
	£15	73	Mick Monaghan
	£5	89	Geoff Aston
	£5	40	Roger Turner
April	£25	51	Mark Hill
	£15	42	Deirdre Elmhirst
	£5	49	Andy Peach
	£5	78	Mel Clarke

If you want to be "in the club" then contact Andy Peach on 01905 763054
You've got to be in it to win it. All proceeds help the club funds.

Welcome to the following new members

Erika Blott	Austin Hugo	Stuart Summers
Ella Gibbons	Anne Marie Glover	Jon Glover
Jack Roughan	Ian Smith	George Stephens
Daniel Stock	Hannah Stock	Michael Stock
Sarah Stock	Molly Taylor	Tim Bird
Christopher Jones	Natasha Jones	Elisabeth Read
Cerys Dolloway	Ashley Garlic	John Hartley
Sophie King	Bethany Nicholls	Declan Reynolds
Paul Scriven	Ryan Upfield	Poppy Vice
Niamh Vincent		

May we wish them all the best in their chosen disciplines.

Hatches & Matches

May we offer two of our members, Emma Hibbitt and Chris Graham, all the best for their forthcoming marriage on May 8th.

Letter to all coaches, from Ron Smith, Coaching Coordinator.

First of all I would like to thank you for all your hard work, time and dedication to all your athletes. It is this that will ensure our club can go forward, with well coached and trained athletes. Our club is now well over seventy years old and is better placed than it has been for a long time. What I would like is for you to promote the club, you may ask how? Well one way is to promote the club image, by this I mean only to recommend official club clothing and not your own. We now have a range of clothing that is as good if not better than ever. I ask you please only recommend kit approved by your committee. Joan Turner now has a full range of club kit, all at very good prices and quality. Let us all be proud of being a member of Worcester Athletic Club.

From Ron Smith
Vice chairman
Coaching Coordinator.

Other Notices

The Christmas Special held on 20 December at Top Barn Farm, hosted by WAC in conjunction with Runaround Sports, presented St Richard's Hospice with a cheque for £126. Thank you for all those who ran and supported this event.

To All Worcester A.C. Members

The management have asked me to make our members aware of their responsibility for their own safety and that of other users of the public highway (road and footpath) when running out on the road.

Although the nights are getting lighter, hi-vis clothing is still advisable and please remember to observe the rules of the Highway Code, Rule 1 of which states, among other things "... If you have to step into the road, look both ways first. Always show due care and consideration for others".

Remember - See and be seen

And finally

**Do not forget, this is your newsletter.
If you want anything publishing, I need to know.**

David Hibbitt

I am usually with the roadrunners on Tuesday and Thursday evenings at the Sports Centre or can be contacted as above.