



Worcester Athletic Club Newsletter September 2010



Editorial

What a changeable summer. Hosepipe bans one minute and flash floods the next, made training difficult at times. Never mind, we are approaching the darker nights and colder weather, which is more pleasant for running than temperatures in the 70's/80's. (I'm old and still work in fahrenheit). As ever, September onwards hails the start of the more interesting conditions for the off-road runners, mud and water. Great if you enjoy that sort of thing.

Do you want to see anything new in the club's newsletter? Please let me know and I will try and put it in, but I will obviously need some feedback of information.

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 keep costs down, reduces the paper pile and does our bit for the environment.

Please note new contact telephone number

David Hibbitt - Editor 01905 757540

hibbittrunner@hotmail.co.uk

Notice to all members: the club might be having a bonfire, fireworks and BBQ sometime in November, as this is not yet certain please keep your eye on the notice boards at the tower and inside the Sports Centre and on the club website.

All this is subject to committee approval at the next meeting in October. as this is one of a few social events that Worcester AC hold it gives us all a chance to do something together, that all ages can enjoy.

Help Required

Worcester Athletic Club is hosting the annual Worcestershire Beacon Race in Malvern on Saturday 9 October and is looking for marshals.

Anyone who can help on the day, please contact Gary Bailey home - 01386 831525
mobile - 07736 447747 or gasabailey@hotmail.com

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.

Congratulations to Ivan Pawluk (2:49), Paul Childs (2:54), Richard Walsh (3:01), Tom Forrester (3:17), Kes Thornley and Terry Bedington (3:55), Beverley Hicks and Sue Needham (4:28) for successfully completing this year's Virgin London Marathon.

Off road runners,

Midlands Mid-Week Cross Country Series

Best placed WAC member - David Hibbitt 3rd over 60's

The Bulmers Bash - May 26

Chris Davies - 2nd overall

David O'Brien - 1st over 40's

Castlemorton 10k - June 16

Mick Monaghan - 2nd over 60's

Waseley Wobbler - September 12

David Hibbitt - 2nd over 60's

Road races

Gloucester 5 mile series

Fastest WAC member - Mark Hill in a time of 16.57

Crowle Gunpowder Plot 10k - May 9

Worcester AC had a very successful day, having 8 out of the 1st 10 finishers

David Hall - 1st overall

David Jubb - 3rd overall

Ivan Pawluk - 2nd over 40's, 4th overall

Peter Richardson - 3rd over 50's

Geoff Aston - 1st over 60's

Sandra Lane - 1st lady over 45's, 3rd lady overall

Mick Monaghan - 3rd over 60's

Ros Townsend-Hope - 1st over 50's

Maggie Crosswell - 3rd over 50's

National Open Masters Road Relays Championships - May 15

See Masters report below

Cobra 10k - May 30

Geoff Aston - 1st over 60's

Geoff Jones - 3rd over 65's

Acorns Triple Run, Half Marathon - June 6

Richard Walsh - 1st WAC member

Evesham 10k - July 11

Chris Davies - 2nd overall

Ivan Pawluk - 3rd over 40's

Geoff Aston - 1st over 60's

Sandra Lane - 1st lady over 45's

Mick Monaghan - 2nd over 60's

Pitchcroft 10k - July 18

Chris Davies - 1st WAC member

Ivan Pawluk - 2nd over 40's

Geoff Aston - 1st over 60's

Sandra Lane - 1st lady over 45's

Mark Washington - 1st over 17's

Tenbury 10k - August 11

Sophie King - 3rd senior lady

Geoff Jones - 1st over 65's

Ron Smith - 2nd over 70's

Stourbridge Stumble - August 14

Martyn Cole - 2nd over 50's

WAC results can be found on www.worcesterathleticclub.org.uk

Young Athlete of the Month

April Jade Allard for her u15 200m PB of 27.29 seconds at Birchfield

May Joe Kinsey for his 2nd place in u17 400m in 51.85 seconds at the Midlands Championships

June Oliver Morgan for his performances in the Heart of England league u11 600m in 1m 57.7 seconds and 75m in 12.6 seconds.

July Alex Bradnick for his performance in the English Schools and his subsequent appearance in the international at Glasgow where he was 4th in the 400m and part of the winning 4 x 100m relay.

August Georgina Williams for her u13 club record in the discus of 20m44.

Masters News

On a beautiful sunny morning two mens teams competed in the Midlands Masters Relay Championships over a two lap, (extended 5k), course at the Edgbaston Reservoir in central Birmingham.

The over 50's finished second, in the age group to Derby AC, in a combined time of 61 minutes 10 seconds (Martyn Cole 19.38; Terry Beddington 21.19; Chris Lee 20.13).

The over 60 team won its age group convincingly in a combined time of 63 minutes 12 seconds (Dave Waldron 20.02; Geoff Jones 22.36; Geoff Aston 20.34).

For next year's competition we will attempt to broaden the club's representation to include at least one women's team.

On 15 May, Sutton Park was the venue for the 23rd National Open Masters Road Relay Championships. The club fielded two men's teams, Over 40 and Over 60.

Both teams performed very creditably in what proved to be high quality races.

The O.40's finished in 18th position, out of 36 competing teams, in a time of 2 hours 19 minutes 36 seconds, (Ivan Pawluk 16.17; Dave O'Brien 16.47; Warren Miles 16.20; Andy Peach 17.00; Martyn Cole 18.48; Laurence Fowkes 18.36; Pete Richardson 18.35; Mark Hill 17.13). Herne Hill Harriers won the race in a time of 2 hours 5 minutes 22 seconds.

The O.60's finished 15th, out of a total of 40 starting teams, in a time of 59 minutes 22 seconds (David Hibbitt 20.50; Dave Waldron 19.09; Geoff Aston 19.23). Barnet and District AC won the title in a time of 53 minutes 19 seconds.

A great deal of interest and enthusiasm in these races has been created across the club membership so, next year, we should be aiming to increase our team representation, (to include our women), and to achieve top ten finishes wherever possible! That means putting out our strongest teams so make an early note that the 2011 championships will again be held at Sutton Park on Saturday, 21 May 2011. Please note your diaries!!!

Congratulations to the following individuals on their success in the regional and national championships this summer:

MMAC Track and Field Champs

Laurence Oldfield (over 65) 200 metres. winner. 27.9 secs. 400 metres. winner. 62.2 secs.

Jim Cowell (over35) Javelin. winner. 48.29 metres. Shot. winner. 10.66 metres.

Ian Bowles (over 65) Javelin. third. 8.42 metres. Hammer. third. 26.84 metres
Shot. second. 9.61 metres. Discus. winner. 32.75 metres.

BMAF Championships

Phil Bullock (over 35) 1500 metres. winner. 4 mins. 50.13 secs.

Jim Cowell (over 35) Javelin. third. 47.13 metres.

The BMAF 10 Mile Road Race Championship is fixed to take place on Sunday, 3 October 2010 at the Olbury Power Station near Bristol; entry forms and race conditions can be accessed on the BMAF website

Please contact Dave Waldron on 01905 831481, mobile 07564 193963 or email davidjwaldron@yahoo.co.uk.

Committed? Ambitious/ Want to progress and improve?

Winter training and conditioning for 2010/11

Sprints - 100m /200m / 400m /800m.

Hurdles - 100m/ 110m / 400m.

Jumps - long / triple.

Join us through the winter to get fit for the next season.

This is for athletes who want to take training more serious, u/15 to senior, younger athletes considered.

For more information, contact Roger Turner (Senior Sprint Coach) at the track or phone 01886 832661 or at the track on Tuesdays and Thursdays pm & Saturday am or ask Joan Turner at the Tower.

Training Times

Tuesday 7:00 - 8:30

Thursday 7:00 - 8:30

Saturday 10:00 - 12:00

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,

Birmingham Cross Country League - Division 2

30 October Leamington (all 3 divisions)

4 December Severn

2011

15 January Wolverhampton

12 February Bournville

Gloucestershire Cross Country League: **closing date 30.9.10** Entry form enclosed

or on line at www.glosaaa.org.uk/PDFS/GlosCCLge20102011_discountedentryform.pdf

9 October Guiting Power Bourton RR

20 November Cheltenham CLC Striders

11 December Gloucester (Blackbridge) Gloucester AC

2011

5 February Gloucester (Plock Court) Severn AC.

These races are for anyone aged 9 to veteran.

Under 11s run about a mile, the distance increases for each age group.

More information & race details can be found on www.glosaaa.org.uk

9 October Worcester Beacon Race

7 November Croome Capability Canter (6½ miles)

12 December Mortimer Forest 10

Road Races
7 November

Guy Fawkes 5

100 Club Winners

May	£25	14	Wilf Bates
	£15	16	Geoff Aston
	£ 5	51	Mark Hill
	£ 5	68	John Brook
June	£50	25	Roger Blandford
	£25	45	Ann Perry
	£15	14	Wilf Bates
	£ 5	35	Geoff Aston
	£ 5	47	Richard White
July	£25	64	Dave Wilde
	£15	20	Dave Ashman
	£5	25	Roger Blandford
	£5	40	Roger Turner
August	£25	20	Dave Ashman
	£15	65	Andy Peach
	£5	4	Jean Smith
	£5	33	Ron Smith
September	£25	71	Dave Hope
	£15	42	Deidre Elmhirst
	£5	9	Geoff Jones
	£5	19	Dave Walker

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

Bethany Bilson	Nicholas Daniel	Lauren Hawker-Jones
Julia James	Richard Johnson	Jade Taylor
Amy Jones	Alex Bennett	Todd Bennett
Wendy Bennett	Katie Johnson	Samuel Lowe
Alex Tan	Katie Taylor	Ella Andrews
Oliver Cox	Eli Gibney	Christopher Harrison
Maia Hawkins	James Howell	Jessica Irish
Emily Kingswell	Emma Mahon	Niamh Mahon
Sean Mahon	Daisy Martin	Jake May
Harry Perry	James Perry	Hayley Pullin
Joe Rattue	Amber Scott	Hakim Shepherd

Abigail Smith
Charlie Webb
Ben Clarke
Robert Goodwin
Lucy Harris
Bruce King
Haariet Rimell
Georgina Simpson
Andrew Kinney

Peter Stewart
Carys Bobrowska
Charlotte Crump
Alexi Gregory
Charlotte Honeyborne
Thalia Letori
Hector Silva
Luke Southall
Alice Wilson

Sophie Tothill
Chitty Calum
Abigail Gill
Jacob Harding
Kathryn Husband
Natasha Meusz
Rebecca Silvester
Rhys Williams

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

Lost Property

We have a huge amount of forgotten items of clothing. This will be upstairs in the tower for the next few weeks, please have a look through it. Anything remaining at the end of October will be taken to a charity shop.

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

To all coaches and helpers my personal thanks for all your time that you have given to the club and its members in the last 12 months. Through your efforts the club has enjoyed a fair amount of success with all the groups that you take.

All my best wishes for the future and once again many thanks.

From Ron Smith

Vice Chairman and Coaching Coordinator.

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.

Other Notices

Five athletes from Worcester Athletic Club represented Hereford and Worcester Schools at the English Schools Track and Field Championships, held at The Alexander Stadium, Birmingham, on July 10th and 11th.

The Championships are the high point of the year for athletes up to 19 years of age in England, and it is a fine achievement to be selected. County Champions Joseph Kinsey (Nunnery Wood High School - Intermediate Boys 400m), Olivia Merry (Tudor Grange Academy - Intermediate Girls Long Jump and Relay), Holly Wootten (Royal Grammar School - Intermediate Girls Javelin), Alice Wright (Kings School - Intermediate Girls 3000m) and Alex Bradnick (Pershore High School - Intermediate Boys 200m and Relay) were members of a 25 strong team taking part.

Joe Kinsey was unlucky to draw an inside lane for his heat. In his first year of competing at 400m, and in an age group where he is a year younger than his rivals, the Midland Counties Silver medallist gave a good account of himself running 51.96 seconds, just outside his personal best (and the club record which he already holds)

Holly Wootten, the Bronze Medallist from the Midland Counties Championships, was just outside the qualifiers for the final 3 throws of the javelin competition, with a best distance of 32.79m. The windy conditions were difficult for throwing, and as soon as the event finished Holly had to rush off to go on a netball tour with her school. Clearly a multi-talented girl as she's also a very good 800m runner.

Olivia Merry jumped 5.18m to come 11th in the Long Jump final in her first Championships at this level, and later that day ran the 3rd leg for the 4x100m relay team. This was the first time any of the County management team could remember having a girl's relay team, and the girls ran well, despite having another team blocking their lane on the 2nd to 3rd leg change over! Having only taken up athletics 2 years ago, Olivia shows what can be done if you are dedicated and know what you want to achieve.

Alice Wright made up for the disappointment of missing out on a medal by less than a second in the Junior Girls 1500m in 2009 by running an excellent race, in a personal best time, to come 3rd in the Intermediate Girls 3000m. It was Alice's first time under 10 minutes for the distance, and adds to her collection of medals at national level for Cross Country. The performance is even more remarkable when taking into account that Alice is a first year in this age group, competing against girls a year older. Alice now goes on to represent West Midlands in the UK Schools Games in September.

Alex Bradnick won his heat of the 200m and was drawn one lane inside the favourite from London. 22.19 seconds after the gun, he had finished in second place, to add to his National Indoor 200m Bronze medal from February. The performance has earned him a place in the West Midlands team for the UK Schools Games in September, and also the Schools International on July 17th in Glasgow - representing England. In the relay Alex ran 3rd leg, with the team repeating their 5th place in the final from 2009, but in a time of 42.99 seconds - 0.62 seconds faster than last year, and a County record.

The achievements of these five athletes are due in part to the expertise and dedication of their coaches who also deserve mention. They are (in alphabetical order): Mike Bennett (coach to Olivia Merry and Alex Bradnick), Carolyn Franks (of Cheltenham Harriers and javelin coach to Holly Wootten), Roger Turner (coach to Joe Kinsey) and Dave Walker (coach to Alice Wright).

Pitchcroft Fun Run 18.7.10

Several young (& not so young) athletes took part in the 2.5km run, which precedes the 10km, recording great times. Under 15 boy Declan McManus stormed round, setting a new course record.

Young Athletes Medal Open 25.7.10

This year we had record number of entries, with visiting athletes coming from far & wide. The atmosphere was uplifting, the medal ceremony at the end saw a good share of medals going to WAC athletes.

Tom takes on a triple challenge for charity

A WORCESTER businessman has raised £500 for charity in memory of his grandmother.

Tom Forrester, aged 38, of Amery Close, Battenhall, took part in the triple challenge to raise money for the Alzheimer's Society, after losing his grandmother to the disease several years ago.

Mr Forrester, a keen cyclist, has completed the London Marathon, the Fred Witton Challenge and the Ironman triathlon in the last three months. He ran the 26.2 mile marathon in April, completing it in 3 hours 17minutes.

He then completed the Fred Witton Challenge in May, a 112-mile bike ride over the Lake District, before heading to Germany to complete triathlon, a 2.4 mile swim, 112-mile bike ride and 26.2-mile run, in Frankfurt on July 4. Mr Forrester became a keen cyclist in 2005 during his training for a previous Ironman triathlon.

He said: "I wasn't really into it before I started training, and that got me into the sport. Now I just do it to keep fit and to fight the ageing process."



News 24/7
WORCESTERNEWS.CO.UK



CHALLENGE: Tom Forrester raises £500 in memory of his grandmother. Picture by Nick Toogood. **BUY THIS PHOTO:** worcesternews.co.uk/pictures/sales. 31055301

To all club members, club clothing kit as listed below

If you wish to purchase any of the items listed below please see Joan Turner at the tower. I would ask all members to support the club, to give us an identity when we are competing away from home. The hoodies that are available have the club name and badge on the front, you can have design you want on the back. Please help the club to standardise our kit, by only purchasing official club kit. After 70 years of existence we still look like a bit of a "mish mash".
Best wishes to all members in their chosen events.

From Ron Smith.
Vice Chairman and Coaching Coordinator

WORCESTER ATHLETIC CLUB - CLOTHING PRICE LIST

The following club clothing is available from Joan Turner
(Tues & Thurs at the track)

Club Vests Male & Female	
Sizes 32" and smaller	£14.00 (small)
Sizes 34" and larger	£15.00 (med & large)
Shortsleeve t-shirt in club colours	£15.00
Club Shorts	£9.50
Club Ties	£7.50
Club Scarves	£5.50
Adult Sweatshirts (red or black s,m,l)	£13.00
Child Sweatshirts (red or black)	£10.00
Longsleeve t-shirts (xl only)	£8.50
Shortsleeve t-shirts (s,m,l)	£6.50
Polo shirts (s,m,l)	£11.00
Fleece lined jackets (s,m,l)	£18.00
Childs tracksuit	£29.00
Adult tracksuit	£33.00