



Worcester Athletic Club Newsletter December 2010



Editorial

What a start to the winter!! We expect a bit of rain and the odd day when it is cold. We don't get the snow, ice and very cold mornings until January, but nobody seemed to tell the weather that this year!! Even the track has been closed because of the conditions. Health and Safety and all that. Oh well, makes for interesting training and racing.

The committee, coaches and other helpers of Worcester Athletic Club would like to wish you all a Happy Christmas and injury free New Year.

A big thank you to all those who turn up to coach and train our members, in all weathers and to those who act as race marshals when the need arises, without your support the club would not be able to host race meetings, attend away fixtures and the like..

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.

David Hibbitt - Editor

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hibbittrunner@hotmail.co.uk

A Special thank you to Ron Smith and his band of merry helpers, who hosted a spectacular bonfire evening in November. Nearly 100 people came, the most that have ever attended these regular firework nights. Thank you all for your support. Also, thanks to the "non paying" guests who arrived during the early part of the evening, Worcester & Hereford Fire Brigade, who gave us a clean bill of health

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.

Sincere apologies to Sandra Lane being the 1st lady in the Bulmers Bash which was held in May this year.

Noah's Ark Trust 10k - 20 September

Dave O'Brien - 2nd overall

Tom Forrester - 4th overall

Although there were no age categories, Mick Monaghan (7th) would have won the men over 60

Beacon Race - 9 OctoberSandra Lane - 1st ladies over 50Ros Townsend Hope - 1st ladies over 55Mike Monaghan - 3rd men over 60Chris Davies (8th), Richard Walsh (12th) and Dave O'Brien (13th) won the team prize**Guy Fawkes 5 - 7 November**Elliot Robinson - 1st overallSandra Lane - 1st ladies over 50Ivan Pawluk - 3rd men over 45Geoff Aston - 3rd men over 60**Croome Capability Canter - 7 November**Dave O'Brien - 4th overall**Hellrunner Up North (The Aftermath) - 7 November**Richard Walsh - 6th overall out of 1,101 that finished**Tipton 5 - 21 November**Geoff Aston - 2nd over 60**Hellrunner Down South - 27 November**Richard Walsh - 17th overall out of 1,913 that finished**Birmingham Cross Country League**After two races, WAC "A" team are 4th overall and the "B" team are 3rd.**WORCESTER ATHLETIC CLUB****2010 ROLL OF HONOUR****Cross Country**

Ford Motorhouse Cup

Men's Club Champion

Sam Mitchell

Yelling Cup

Ladies' Club Champion

Sandra Lane

H. Samuel Shield

Under-17 Men's Club Champion

Lewis Roberts/David Jubb

Charles Wilcox

Best Overall Performance

Alice Wright

Track & Field

Violet Bick Trophy

Men's Club Champion

Ed Elmhirst

Ann Wade Trophy

Ladies' Club Champion

Mel Garland

Worcester AC Shield

Under-17 Men's Club Champion

Lewis Roberts/Joe Kinsey

Frank Edwards Trophy

Under-17 Ladies' Club Champion

Jenny Nesbitt

John Clatworthy Cup

Most Improved Track Athlete

Josh Carr

Worcester AC Cup

Most Improved Male Field Athlete

Tristan Griffiths

Worcester AC Cup

Most Improved Female Field Athlete

Oliver Merry

Ernie Andrews Cup

Best Under-15 Sprint Performance

Zoe Styles

Walking

Vic Wilson Cup

Men's Club Champion

Les Scrivens

Ann Keely Rosebowl

Ladies' Club Champion

Not awarded

Paul Sargent Cup

Men's Long Distance Award

Not awarded

Others

Simon Tansell Award

Best Under-11 Girl

Ellie Carruthers

Simon Tansell Award

Best Under-11 Boy

Oliver Morgan

Councillor Wilkes
Councillor Wilkes
Ann Rich Clock
Alf Poole Cup
Three Counties Cup
Charles Jones Cup

Best Under-13 Girl
Best Under-13 Boy
Best Supporting Lady
Best Vet Performance
Best Road Runner
Season's Best Performance

Helen Jubb
Sam Bradnick
Molly Browne/Kate Martin
Phil Bullock
Mark Hill
Alex Bradnick

WORCESTER ATHLETIC CLUB 2010 ROLL OF HONOUR

LADIES

Cross Country

Track & Field

Under-11 Girls

Molly Hanson
Cerys Dolloway

Thalia Letoria
Alice Wright
Daisy Martin

Under-13 Girls

Helen Jubb
Nixie Turner

Georgia Williams
Helen Jubb
Nixie Turner

Under-15 Girls

Alice Wright

Siobhan Glover
Hetty Swan
Paige Salisbury

Under-17 Ladies

Molly Browne

Jenny Nesbitt
Sam Spencer
Molly Browne

Under-20 Ladies

Sam Hodson

Ellie Dewson
Mel Garland
Gill Jubb

W45

Sandra Lane
Debbie Hodson
Julie Swan

W50

Gill Repton

W60

Carol Clarke

MEN

Under-11 Boys

Lewis Sternkopf
Will Goodwin
Alex Hughes

Oliver Morgan
Toby Tideswell
Izack Christchurch

Under-13 Boys

Declan McManus
Austin Hugo
Kieran Henry-Fellows

Luke Southall
Ben Clarke
Richard Johnson

Under-15 Boys

Ollie Roberts
Dan Hartwright

Joseph Terry
Hakim Shepherd
Callum Hill

Under-17 Men

Lewis Roberts & David Jubb
Josh Carr

Lewis Roberts & Joe Kinsey
David Jubb

Under 20 Men

Ryan Upfield
Luke Kinsey

Senior Men

Sam Mitchell
Dave Hall

Edwin Elmhirst
Jason Manton

M35	Adam Wilks Phil Bullock Tom Forrester
M40	Stefan Sternkopf Dave O'Brien Andy Peach
M45	Mark Hill
M50	Martin Cole
M60	Mick Monaghan

Young Athlete of the Month

- September Nixie Turner (u13G) for 6th fastest leg of 84 competitors at Midland YA road relays in a time of 15m44, just 8 seconds outside the club record.
- October Helen Jubb for her club best performance at the National YA road relays (3.86km in 15m15).
- November Jenny Nesbitt for her 2nd place in the Gloucester Cross Country league and her 10th place at the McCain Challenge

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

Forthcoming Coming Races

Cross Country

Birmingham Cross Country League - Division 2

15 January	Wolverhampton
12 February	Bournville

Gloucestershire Cross Country League

5 February	Gloucester (Plock Court) Severn AC.
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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

Other Races

8 January	County Championships	Cofton Park
23 January	Midlands Cross Country Championships	Droitwich
6 February	5 Mile Handicap	Kingshurst, Solihull
	Mayhill Massacre	Gloucester
13 February	Muddy Woody 6	Mordiford
20 February ?	Wyre Forest 8	Bewdley
12 March	BMAF Open Cross Country Championships	Perry Barr
17 April	Midlands Road Relays	Edgbaston Reservoir
21 May	National Road Relay Championships	Sutton Park

Road Races

9 January	Not The Roman IX	Stratford
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100 Club Winners

October	£25	10	Pam Price
	£15	64	Dave Wilde
	£ 5	4	Jean Smith
	£ 5	46	Carole Clark
November	£25	21	Joan Turner
	£15	7	Gary Bailey
	£ 5	57	Maggie Crosswell
	£ 5	15	Dave Wilde
December	£50	45	Ann Perry
	£25	72	Jenny Sliwa
	£15	6	Ian Atkins
	£ 5	39	Roger King
	£ 5	38	John Brook

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

Laura Aldington	Izaak Gilchrist	Callum Hill
Freya Holliday	Oliver Mears	William Parry
Beth Rowberry	Jasper Alford	Oscar Brain
Paul Browne	Kai Gooden-Morris	Hugo Hickson
William Hoaen	Jonathan Holland	Shalayna Hutchinson
Rory Johnson	Karen Matthews	Jenny Poyner
Katherine Rathbone	Megan Ridsdale	Elliot Robinson
Luke Robinson	Matthew Robinson	Finley Stanley
Emily Weaver	Conor Baird	Caitlan Darling
Laurie Hart	Kelly Klein	Paul Maguire
Thomas Bruce		

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

Other Notices

Congratulations to Roger King on being declared a Life member.

To All Worcester A.C. Members

I would like to remind all members of their responsibility for their own safety and that of other users of the public highway (road and footpath).

Whilst I know that a large number of you already do so, I would ask ALL members to wear light (preferably white or yellow) or high visibility clothing when running on the road.

The club provides HiVis tabards for young athletes, which are available in the tower (see Joan or your coach).

REMEMBER THE PUBLIC SERVICE SLOGAN FROM SEVERAL YEARS AGO

WEAR SOMETHING LIGHT AT NIGHT!

Thanks for your cooperation.

Derek Cowdrey Chairman

Congratulations to Debbie Jones and Phil Bullock on their engagement - we wish them both all the very best; also to Mel and Darren Clarke on the birth of daughter Scarlett on November 18th.

CLUB TRAINING ARRANGEMENTS CHRISTMAS & NEW YEAR 2010/11

Please note the following changes to the club training nights over the upcoming Christmas & New Year period.....

Tuesday 21st December - Normal club night

Thursday 23rd December - Normal club night

Tuesday 28th December - Sports Centre closed - no club night

Thursday 30th December - Sports Centre closed - no club night

Tuesday 4th January - Normal club night

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. **Once again Merry Christmas to you all.**



ANNUAL GENERAL MEETING - 3 December

CHAIRMAN'S REPORT 2010

This was another good season with club members competing in most of the available branches of athletics - Cross Country, Road running, Road relays, indoor track & field, sports hall, race walking and, of course, track & field.

On the competition front we have had a number of notable individual performances and some of our teams have also done well.

During the winter our Men's team were 5th overall to stay in division 2 of the Birmingham Cross Country League, for which we again hosted a meeting at Malvern. The club also had a good season in the Gloucester League with three individual and one team overall firsts plus an individual second and third. We have two County Cross Country individual champions - Alice Wright in the U15 Girls and Sam Mitchell in the Senior Men - and the U17 men are team champions. We also picked up four individual silver, two individual bronze, four team silver and two team bronze medals. The outstanding performance in the Midland championships was Alice's 2nd place in the U15 girls and she went on to finish 5th in the Inter-Counties Championships. She also did well in the school's events where she finished 4th in the national championships and 3rd in the international. Our M60 team won the Midland masters team gold medal.

The M60 team also won their category at the Masters Road relays with the M50 team taking second place in theirs.

In the second season of the County Sportshall League WAC under-13 boys and girls both won their competitions and the under-11s both finished 2nd.

There were many personal bests and excellent performances over the 2 days of the Midland Indoor T&F Championships, perhaps the highlights being Alex Bradnick taking the Gold medals for 60m and 200m (going 1 better than his Silver and Gold from 2009), Molly Browne winning Silver in the Triple Jump and Edward O'Hara and Max Clayton both winning Bronze medals in their respective High Jumps. Four athletes went to the National Indoor Championships where Alex took the bronze medal in the 200m.

During the summer the club the Club hosted the County T&F Championships and meetings in each of the Midland, Heart of England and Vet's T&F Leagues. Unfortunately we finished 6th in Division 5 of the Midland League, which meant that we were relegated, and we finished 4th overall in division 1 of the Heart of England League. The Vet Men were first in the league for the twentieth time in twenty-one years and second in the cup final. The Vet Ladies also had an encouraging season recording their first ever meeting win on the way to third overall.

We also put on our customary three open meetings plus the Young Athletes Open.

We have Midland T&F champions in six events plus three silver and three bronze medallists. We also have a British Masters champion with Phil Bullock winning the 1500m and Jim Cowell took the bronze medal in the Javelin.

I will also mention that five club athletes represented Hereford & Worcester at the English Schools Championships where Alice Wright took third place in the Inter Girls 3000m and Alex Bradnick, having won his heat, finished second in the 200m final. Both went on to represent the West Midlands at the School Games and Alex to represent England in the Schools International in Glasgow.

I'm pleased to tell you that club member Catherine Perry has qualified as an international walking judge and is waiting for her first appointment.

Financially we again produced a surplus but I will leave the treasurer to give you the details. The main source of income other than subscriptions and track fees were the three races that we promote - The Acorns Triple Run, The Pitchcroft 10K and the Beacon Race and you will see how much they produce when Andrew gives his Treasurer's report in a moment.

Unfortunately we had one piece of sad news with the death of Simon Tansell just after last year's AGM. Several club members attended his funeral.

This has been another busy year for the club, and as I do every year, I would like to thank all those who helped - the athletes, the coaches and helpers, the event organisers and the officials.

I would also like to take this opportunity to thank the members of the committee for their time and effort over the past year.

Finally I want to wish everyone a Merry Christmas and a prosperous and athletically successful 2011.

Elected Committee

President	John Brook
Chairman	Derek Cowdrey
Vice Chair/Coaching Coordinator	Ron Smith
Treasurer	Andy Peach
Secretary	Ian Atkins
Minutes Secretary	Clive Spencer
Men's Team Captain	Andy Poppleton
Men's Road & X Country Manager	Mark Hill
Young Athletes Coordinator	Gill Repton
Member without Portfolio	Dave Ashman
Member without Portfolio	Chris Crosswell
Men's T+F Team Manager	Richard White
Ladies Team Captain	Molly Brown
Ladies T+F Team Manager	Mike Bennett
Ladies X Country Team Manager	Phillip Bullock
Road Running Representative	Geoff Aston
Road Walking Representative	John Marshall
Newsletter Editor/Press Officer	David Hibbitt

2010 ACCOUNTS

This year's results show a net income of £214.

The club continues to benefit greatly from the income generated from the three hosted road/off-road races: The Beacon race, Pitchcroft 10k & fun run and the Acorns Half Marathon. Together these bring a net income to the club in excess of £4,600. Again a very big thank you goes to the organisers of these races.

The change last year to include track fees within the annual subscription has meant that total subscription income has risen to £10,411 as compared to £6,648 in 2009. The flip side is that track fees (collected from non-members) have fallen from £7,287 to £2,753. Overall the combined fees have fallen by approximately £770 which has occurred due to a slight fall in the membership in 2010. We very much hope that this can be rectified this year and therefore it was agreed at the AGM not propose to increase the subscription rates for 2011. Members will continue to pay a one-off membership fee and will not be required to pay further track fees when using the track on a club night. The only exception to this is the option for seniors or senior citizens to pay a reduced rate (see below) which excludes the use of the track. In this case you will be asked to pay the members rate track fee of £2 each time you use the track. Guests/non-members will be asked to pay a track fee of £3 when using the track on one of our club nights

You will find the membership renewal form attached to this newsletter. Subscriptions are due on 1 January 2011 and I would be grateful if payment could be made by 31 January. Please note that if your subscription is not received by this date you will be asked to pay a non-members track fee if using the track on a club night.

Seniors	£50.00	Family	£80.00
Seniors (excluding track fees)	£35.00	Family (excluding track fees)	£45.00*
Senior Citizens	£30.00	Non-competing	£14.00
Senior Citizens (excl. track fees)	£20.00		
Students/U16	£40.00		
Under 11	£30.00 (under 11 on 31 August 2010)		
Distant member	£30.00 (if living away from the Worcester area)		

* This option is available for two adult family members only.

Best wishes to you all for 2011.

Andrew Peach
Treasurer

Premier display by runner Alice



REAT START: For young Worcester athlete Alice Wright.

WORCESTER'S Alice Wright enjoyed the race of her life in Liverpool's Sefton Park to win the first race of the UK's premier cross-country series.

The 16-year-old King's School Worcester student claimed the under 17s category in the 2010/2011 McCain Cross Challenge Series by the narrowest of margins from Chelmsford's Jessica Judd.

Both finished in 15 minutes 16 seconds as Wright paced her race to perfection, sitting off the leading pack in the early stages before finishing strongly.

The Worcester Athletic Club member edged out the two-time English schools champion to bag the win.

Wright admitted to being surprised and slightly nervous to be so near the front of such a high-calibre field.

However, her performance came as no shock to those

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who followed her early-season form.

As well as wins in the first two rounds of the Gloucester League against senior women, she ran the fastest leg as Worcester took a silver medal at the Midland counties road relays.

City team-mate Jennifer Nesbitt also raced in Liverpool, finishing 10th.

Worcester were the only club to have two athletes inside the top 10 in the under 17s race, demonstrating the strength in depth developing in coach Dave Walker's squad.

Wright said: "I love training with the group as they really help me and the banter is hilarious. And, of course, Dave is the best coach ever!"

The next race in the series is in Cardiff on January 16.



Worcester Athletic Club's Phil Bullock (number 11) finishes second in the over 35s 200 metres race.

Pictures: NICK TOOGOOD, 31058303

Twentieth win for Worcester



Warren Miles wins the over 40s 800 metres for Worcester. 31058301

WORCESTER'S men's veterans track and field athletic team retained the Midlands South League title for the twentieth time in the last 21 years.

Competing on their home track at Nunnery Wood Sports Centre in the fourth and final meeting of the season, Worcester ran out convincing winners finishing 30 points ahead of Birchfield Harriers with Bromsgrove and Redditch AC in third place.

The Worcester men's team, although weakened by injuries, found great strength in depth from their squad to continue to produce the winning formula.

A good all-round team performance helped retain the league title for another season with individual victories for Warren Miles (800 metres), Laurence Oldfield (200m), Phil Goddard (javelin), Jim Cowell (long jump) and Dave Hope (pole vault).

Runners-up places went to Worcester's Richard Perkins and Phil Bullock (200m), Ian Bowles (hammer and 4x100 mrelay).

ATHLETICS

Other good performances were produced by both Andy Peach and Mick Monaghan (800m), Warren Miles and Martyn Cole (3,000m), Les Scrivens, (2km walk), Ian Bowles (shot) and Phil Goddard (long jump).

In the women's competition, Worcester finished fourth and a creditable third place overall behind Bromsgrove & Redditch and Birchfield Harriers, beating Sparkhill Harriers, Halesowen AC and Dudley & Stourbridge.

Sandra Lane was the pick of the Worcester team, winning the 3,000m and finishing third in the 200 metres.

Pam Price won the long jump; Ros Townsend-Hope finished second in the 800 metres and third in both 200 and 3,000m.

Notable performances were produced by Mel Garland (200m and long jump), Maggie Johnson (javelin and discus) and Debbie Hodgson (3,000m).

Dave Hope, team manager for all this halcyon period, said that the club's success was due to a great nucleus of athletes.



Melanie Garland takes part in the long jump for Worcester. 31058302

WORCESTER ATHLETIC CLUB

Treasurer & Membership Secretary

Andrew Peach
104 Grasshopper Avenue
St Peters
Worcester
WR5 3TB
Tel 01905 763054

December 2010

Dear Member

2011 Subscriptions

I set out below the 2011 membership subscription rates which were agreed at the annual general meeting of 3 December 2010.

The subscription rates again include track usage on club nights for fully paid up members. The only exception to this is the option for seniors and senior citizens to pay a reduced rate which excludes the use of the track. In this case you will be asked to pay the members rate track fee each time you use the track. The rates again include the affiliation fee of £5.00 per member levied by England Athletics. Second claim members may deduct this fee from the amounts listed below.

Seniors	£50.00	Family	£80.00
Seniors (excluding track fees)	£35.00	Family (excluding track fees)	£45.00*
Senior Citizens	£30.00	Non-competing	£14.00
Senior Citizens (excl. track fees)	£20.00		
Students/U16	£40.00		
Under 11	£30.00 (under 11 on 31 August 2011)		
Distant member	£30.00 (for those living away from the Worcester area)		

* This option is available for two adult family members only.

All subscriptions are due on 1 January 2011 and I would be grateful if these could be forwarded to me using the slip below. Please note that if membership fees are not paid by 31 January 2011 then you will be asked to pay the non-members track fee when using the track until your membership fee is paid in full. If you do not wish to renew your membership I would be grateful if this could be shown on the slip and returned to me (or email me at: apeach@lineone.net) in order that our records can be kept up-to-date.

Yours sincerely

Andrew Peach
Treasurer & Membership Secretary

WORCESTER ATHLETIC CLUB

Subscription Renewal 2011

Dear Andrew,

Names(s).....
.....
.....
.....
.....

(please include the names of all family members)

I/We* enclose a cheque/PO* and club card* to the value of £..... made payable to 'Worcester Athletic Club'.

I/We* wish to resign from Worcester Athletic Club.*

*Delete as necessary.

Signed.....

Date.....