



# Worcester Athletic Club Newsletter April 2011



## Editorial

I've put away my winter woolies and graduated into shorts and T-shirts for running for the next few months, I hope I don't regret it. It is nice to see the lighter nights on club nights allowing a bit more freedom where we run. Safer too.

Again, the club's members both individually and as a team have produced some excellent results over the winter period. Well done to all those who took part. The club still sends out in excess of 80 "hard copies" of the newsletter. If you are one of these 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](mailto:hibbittrunner@hotmail.co.uk)

## A Plea for Help

We are looking for volunteers to help marshal the Acorns Triple Run on Sunday 29<sup>th</sup> May. If you are able to help, please complete the enclosed flyer. Thank you.

## New Development

The club is looking at ways to have its own clubhouse within the confines of the athletic track. At present, WAC are talking to the council planners regarding the type of structure etc. Obviously, this will cost money and one way of raising funds is through the "100 Club". A pound a month puts you into a regular draw as noted below. If you would like a little flutter and put money to this cause please contact Andy Peach, 01905 763054.

## 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.

8 January County Championships

The club had athletes in all the categories on the day and the best results were Nixie Turner, girls under 13, Alice Wright, women under 17, who was the girls under 15 champion for the last two years, and Sam Mitchell, senior men, who defended his title from last year, who all won county titles in their age groups. The boys under 13, boys under 15, men under 17, again last year's champions and women under 17 won the county team prizes with the senior men finishing second.

All the club's competitors achieved commendable performances.  
Full club results are available on the WAC website.

16 January Not The Roman IX (535 finishers)

Geoff Aston - 1<sup>st</sup> over 60 men

Terry Bedington - 3<sup>rd</sup> over 60 men

Geoff Jones 4<sup>th</sup> - over 65 men

23 January Midlands Cross Country Championships

Phil Bullock - 3<sup>rd</sup> over 35 men

Geoff Aston - 3<sup>rd</sup> over 60 men

13 February Muddy Woody 6

Mark Bayliss - 3<sup>rd</sup> over 45 men (his best performance in this race)

David Hibbitt - 2<sup>nd</sup> over 60 men

13 February Wyre Forest 8

Sandra Lane - 4<sup>th</sup> overall lady, 1<sup>st</sup> over 50 lady with a new course record for age group by 1min 30secs)

Terry Bedington - 1<sup>st</sup> over 60 men

Geoff Jones 1<sup>st</sup> over 65 men

27 February Treat Multi Terrain 8

Mark Bayliss - 2<sup>nd</sup> over 45 men

Terry Bedington - 1<sup>st</sup> over 60 men

7 March Droitwich Half Marathon

Terry Bedington - Worcestershire Championship over 60 men Gold medal

Geoff Jones - Worcestershire Championship over 60 men Bronze medal

12 March BMAF Open Cross Country Championships

Geoff Aston - 18<sup>th</sup> over 60 men

Geoff Jones - 15<sup>th</sup> over 65 men

10 April Scenic 6

Sandra Lane - 1<sup>st</sup> lady overall

Terry Bedington - 1<sup>st</sup> over 60 men

Karen Matthews - 1<sup>st</sup> over 35 lady prize

Jonathan Holland - 3<sup>rd</sup> over 45 men

10 April Magnificent Eastnor 7

David Hibbitt - 1<sup>st</sup> over 60 men?

Birmingham Cross Country League Division 2

Worcester "A" team finished 6<sup>th</sup> out of 18 in the division despite being down on numbers.

## **Young Athlete of the Month**

December Zoe Styles for equaling the U17 WAC 60m indoors record.

January Alice Wright for her performances in the County Cross Country Championships, the McCain Cross Challenge and England U20 team in Spain.

February Siobhan Glover for her 1<sup>st</sup> in the u15 60m hurdles at the Midlands Indoor Championships.

March Declan McManus for his 14<sup>th</sup> place in the English Schools Cross Country Championships.

## **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](mailto: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**

**Hereford 5k road race series** has been reinstated this year.

Dates are all on Thursdays, 14<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June. Race start time will be 7.15pm. Entry fee for affiliated club members is £8 for the series or £3 per race. Entry forms are trackside in the tower. Further detail can be

obtained on [www.herefordcouriers.wordpress.com](http://www.herefordcouriers.wordpress.com) (Just a reminder to competitors that the fastest time in any single race will be the club champion road runner for 2011.)

## **Worcestershire Mid Week Series**

18 May at Hagley, 8 June at Redditch, 20 July at Droitwich and 17 August at Halesowen, all dates are Wednesdays and all start at 7:30pm.

## **Other Races**

8 May Crowle 10k  
29 May Acorns Triple Run  
Crowdile 8  
15 June Castlemorton 10k  
17 June Blakedown Bolt  
18 June Timberhonger 10k  
10 July Evesham 10k  
17 July Pitchcroft 10k & Fun Run

## **100 Club Winners**

|         |     |    |                 |
|---------|-----|----|-----------------|
| January | £25 | 19 | Dave Walker     |
|         | £15 | 14 | Wilf Bates      |
|         | £ 5 | 24 | David Hibbitt   |
|         | £ 5 | 25 | Roger Blandford |

|          |     |    |                 |
|----------|-----|----|-----------------|
| February | £25 | 23 | Derek Cowdrey   |
|          | £15 | 72 | Jenny Sliwa     |
|          | £ 5 | 87 | Steve Phillips  |
|          | £ 5 | 73 | Doreen Monaghan |
| March    | £25 | 71 | Dave Hope       |
|          | £15 | 54 | Ann Perry       |
|          | £ 5 | 34 | Bob Perry       |
|          | £ 5 | 88 | Gary Bailey     |
| April    | £25 | 61 | Ron Hodgkins    |
|          | £15 | 25 | Roger Blandford |
|          | £ 5 | 40 | Roger Turner    |
|          | £ 5 | 30 | Mike Monaghan   |

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**

|                               |                |                    |
|-------------------------------|----------------|--------------------|
| Rebecca Eadie                 | Roger Garland  | Abigail Jones      |
| Mara Madden                   | Adam Biddle    | Oliver Biddle      |
| Hamish Hackett                | Joseph Hardman | Zack Hunt          |
| Megan Kewn                    | Paul Madden    | Miya Simmons       |
| Joseph York                   | Dionne Ballard | Cariss Davies      |
| Olivia Deehan                 | Ruth Goode     | Emily Pinches      |
| William Heptinstall-Blakemore | Aimee Rice     | William Wright     |
| Thomas Deehan                 | Esma Gibson    | Shona Hetherington |
| Samantha Kloos                | Andrew O'Hara  | Max Robinson       |

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

## **To All Worcester A.C. Members**

Although the lighter nights are here, please remember that if you are out running on the roads in the evenings, make sure you are visible. 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).

**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.

## Team selection for Worcester AC league matches

To help with organising and picking teams for the various leagues the club will be competing in, it would be very helpful to have email addresses or mobile numbers for any athletes who would like to be considered for selection. This will allow the team managers to use e-mail or text messages to check availability for each match rather than having to track people down by telephone. Preferably for the younger athletes this will be a parent's email/mobile no.

I would be grateful if you could let us know if you would like to be considered for the various teams, together with email / mobile details, using the details below.

[mikebennett78@googlemail.com](mailto:mikebennett78@googlemail.com) or 07912 785601 for U15 and U17 males and females for UKYAL and Heart of England. U17 and over females for Midland League

[gillrepton@yahoo.co.uk](mailto:gillrepton@yahoo.co.uk) or 07587 696575 for U11, U13 boys and girls for Heart of England and U13 boys and girls for UKYAL

[whirc3@aol.com](mailto:whirc3@aol.com) or 01684567989 for U17 and over males who would like to compete in Midland League.

Details of the leagues, dates, venues and age groups can be found below.

### Midland Track and Field League

Eligible Athletes U17 and above

Team Managers – Men Richard White, Ladies Mike Bennett

Match 1 7<sup>th</sup> May Hereford

Match 2 4<sup>th</sup> June Abingdon

Match 3 3<sup>rd</sup> July Worcester

Match 4 14<sup>th</sup> August Stourport

### Heart of England League

Eligible Athletes U11 to U17

Team Managers – U11/U13 Gill Repton, U15/U17 Mike Bennett

Match 1 26<sup>th</sup> June Worcester

Match 2 23<sup>rd</sup> July Derby

Match 3 3<sup>rd</sup> September Banbury

### UK Young Athletes League (combined team with Hereford)

Eligible Athletes U13, U15, U17

Team Manager – Mike Bennett

Match 1 8<sup>th</sup> May Hereford

Match 2 22<sup>nd</sup> May Stourport

Match 3 5<sup>th</sup> June Leamington

Match 4 19<sup>th</sup> June Tamworth

# ACORNS TRIPLE RUN

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**SUNDAY 29<sup>th</sup> MAY 2011**

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**VOLUNTEERS**

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**WANTED**

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Worcester Athletic Club is assisting **Acorns** in the organisation and running of the ACORNS TRIPLE RUN at the Three Counties Showground on Sunday 29<sup>th</sup> May 2011

As previous years, there will be three races plus other events and displays etc.

including a Half Marathon which WAC is promoting.

We need to supply stewards and marshals, in addition to technical officials.

**We are calling on all members to help staff this prestigious event**

Please make yourselves available on **Sunday 29<sup>th</sup> May 2011**

or Saturday 28<sup>th</sup> May (to assist laying courses, building finish-start areas etc.)

Members under the age of 18 may also help on the day, but only on the showground site and adjacent fun run course.

Further information may be obtained from

Mark Hill 01905 358562 or Chris Crosswell 01905 28395

**Please make a commitment.**

The attached form is required to be filled in by every volunteer and can be returned to Triple Run Committee members Mark or Chris.

Further information available please call: 0844 984 0405 or

email: [triplerun@acorns.org.uk](mailto:triplerun@acorns.org.uk) or visit: [www.acorns.org.uk/triplerun](http://www.acorns.org.uk/triplerun)

**Your Details:**

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Contact No.: \_\_\_\_\_ Mobile: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  FemaleFull Clean Driving Licence:  Y  N**Next of Kin/Emergency Contact Details:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Contact No.: \_\_\_\_\_ Mobile: \_\_\_\_\_

**When can you volunteer? (Please tick)**Saturday 28<sup>th</sup> May 2011:  
Event Set up 10.00am – 3.00pm Sunday 29<sup>th</sup> May 2011:  
Event Set up 8.00am – 9.00am   
Chicken Run 9.00am – 3.00pm   
Spring Run 9.00am – 3.00pm   
Half Marathon 9.00am – 3.00pm   
Event close 3.00pm – 5.00pm Have you volunteered at this event before?  Y  N

Do you have any health or medical issues we should be aware of?

How did you hear about becoming an Acorns volunteer?

**Declaration:**

I declare that all information stated on this form given by me is true and that I am physically fit and able to participate in voluntary activity. I accept that Acorns Children's Hospice will not be held responsible for any personal accident or injury.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

*give with confidence*

Acorns Children's Hospice. A company limited by guarantee. Registered Charity Number 700859.

Registered in England 2036103. Registered office: Drakes Court, Alcester Road Wythall B47 6JR





The winning line-up at the annual Worcester Sports Awards at Worcestershire County Cricket Club's Graeme Hick Pavilion.

# Athletic club in awards hat-trick

HERE was a triple celebration for Worcester Athletic Club at the annual Sport Worcester awards at Worcestershire County Cricket Club's Graeme Hick Pavilion.

They won both the male and female junior sports personality of the year prizes through Alex Bradnick and Alice Wright, while veteran club member Dave Walker took the coach of the year award.

Worcester Canoe Club, Worcester Blind Football

Club and the city's Old Elizabethans Cricket Club were double trophy winners.

Mayor of Worcester, Coun Mike Layland, and England and Great Britain football international Will Norman presented the prizes.

#### AWARD WINNERS

**Young Volunteer of the Year:** Tim Dudding. **Volunteer of the Year:** Richard Bentley. **Special Contribution to Physical Activity:** Lynne Thompson. **Worcester News Best Sporting Achievement:** Jonathan Tye (Worcester Canoe Club). **Best School Sports Achievement:** Handball Club Chris-

topher Whitehead Language School. **Higher Education and Further Education Sport Award:** Jessica Stone. **Community Sport Award:** Tina Muller. **Club of the Year:** Worcester Blind Football Club. **Junior Club Team of the Year:** Old Elizabethans Cricket Club U13s. **Disability Sports Personality of the Year:** Lewis Skyers (Worcester Blind Football Club). **Junior Female Sports Personality of the Year:** Alice Wright (Worcester Athletic Club). **Junior Male Sports Personality of the Year:** Alex Bradnick (Worcester Athletic Club). **Senior Female Sports Personality of the Year:** Jayne Moran. **Senior Male Sports Personality of the Year:** Stuart West (Worcester Canoe Club). **Coach of the Year:** Dave Walker (Worcester Athletic Club). **Howard Peters Award for Outstanding Contribution:** David Payne (Old Elizabethans CC).





ON THE RUN: Action from the under 17s race, including girls' winner Jenny Nesbitt (vest number 157). 12237802



DETERMINED: Under 11s boys winner Oliver Morgan. Pictures by PAUL JACKSON. 12237804

City has future talent

# Juniors take on courses

WORCESTER'S running potential was highlighted by youngsters at the city athletic club's junior cross country championships at Nunnery Wood Sports Complex.

Oliver Morgan and Esme Gibson won the boys' and girls' categories respectively in the well-contested under 11s section over one lap.

Daniel Stock and Helen Jubb claimed the under 13s honours over two laps with the longer courses set for the older teenagers up to under 17s among the 36 finishers.

A lot of young runners were able to gain valuable competitive experience on an over-

## ATHLETICS

cast day with slightly soft ground conditions.

**Results, under 11s boys:** 1 Morgan, 2 Izaak Gilchrist, 3 Adam Biddle, 4 William Wright, 5 Matthew Robinson, 6 Robbie Goodwin, 7 Jake May, 8 Sean Mahon, 9 Luke Robinson, 10 Harry Simmonds; **girls:** 1 Gibson, 2 Samantha Kloos, 3 Abigail Gill, 4 Hannah Stock, 5 Thalia Letori, 6 Emma Mahon, 7 Shona Hetherington, 8 Harriet Rimel, 9 Grace Harrington.

**Under 13s boys:** 1 Daniel Stock, 2 Ben Clarke, 3 Will Goodwin, 4 Billy Heptinstall-Blakemore, 5 Harry May; **girls:** 1 Jubb, 2 Sophie Tothill, 3 Aimee Rice, 4 Molly Hanson, 5 Robyn Andrews, 6 Carliss Davies.

**Under 15s boys:** 1 Declan McManus; **girls:** 1 Jenny Klein.

**Under 17s boys:** 1 Lewis Roberts, 2 Thomas Stock, 3 Josh Carr; **girls:** 1 Jenny Nesbitt.

## Extract from an article on England Athletics website



Worcester AC's Alice Wright will lead the West Midlands challenge at this year's London Mini Marathon on Sunday 17 April after convincingly winning the West Midlands Trial race at Stourport Cycle Track in a time of 17 minutes 38 seconds by a minute from her club mate Jenny Nesbitt.

The 16-year old who has been coached by the former England Junior Cross Country international Dave Walker for four years has developed into one of this country's promising young endurance runners in the last couple of years.

In the third week of January, the 16-year-old endurance runner made a winning international debut for England on the continent in front of more than 5,000 people at the International Juan Muguerza Under 20 Women's race in the town of Elgoibar in the Basque region of Spain. The pace for the first three kilometres in near freezing conditions was controlled by the pre race favourite Zenobia Vangansebe from Belgium who five weeks earlier has accomplished a Top Six finish in the European Junior Championships in Portugal. Despite being the youngest and the most diminutive competitor in the event, the King's School Worcester pupil overtook her Belgian rival to win the race over a 4.5 kilometres course by a margin of five seconds in a time of 15 minutes 55 seconds