



Worcester Athletic Club Newsletter September 2011



Editorial

What a summer we have had this year. I don't think I have used my wet weather clothing at all. The ground has been so hard that it has been safer running on the "smooth" roads rather than the rutted fields. Hopefully we will get some rain to soften the off road running for those of us who like cross country. September brings on the darker nights so please be aware. See the note about hi-vis etc at the end of this letter.

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 our costs down and reduces the paper pile, the club doing its bit for the environment.

David Hibbitt - Editor

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A Plea for Help

Worcester Athletic Club is hosting the annual Worcestershire Beacon Race in Malvern on Saturday 8 October and is looking for marshals. Anyone who can help on the day, please contact Gary Bailey on 07736 447747 or email gasabailey@hotmail.com

Can marshals please meet at the St. Johns HQ at 1:00 pm to marshal race that starts at 3:00 pm

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.

Please note that there are a large variety of results & reports posted on notice board & club's web site www.worcester-ac.co.uk

May 29

Acorns Half Marathon

Dave Hall

1st overall

May 29 Crocodile 8
 Mark Baylis - 3rd M45
 Terry Beddington - 1st M60
 15 June Castlemorton 10K
 Adam Wilkes - 2nd SM, 4th overall
 Dave O'Brien - 3rd M40
 Terry Beddington - 2nd M60
 18 June Timberhonger 10K
 Terry Beddington - 2nd M60
 8 July Gunpowder Crowle 10K
 David Jubb - 3rd overall
 Michael Stock - 3rd M40
 Geoff Aston - 1st M60
 Sandra Lane - 1st F50
 10 July Evesham 10K
 Sandra Lane - 2nd F45
 Terry Beddington - 1st M60
 Geoff Aston - 2nd M60
 17 July Pitchcroft 10K
 Terry Beddington - 1st M60
 Geoff Aston - 2nd M60
 Anne Daniels - 3rd SF
 Declan McManus - 1st 2.5k fun run, setting record time
 7 August Tenbury 10K
 Josh Carr - 1st overall
 David Jubb - 2nd JM
 Terry Beddington - 1st M60
 Tracey Miles - 1st F45
 Warren Miles - 3rd M45
 Hereford 5K Road Series
 Dave Hall - Fastest time of the series in 16:14
 Warren Miles - 1st SM
 Andy Peach - 1st MV40
 Geoff Aston - 1st MV60
 Tracey Miles - 1st FV35
 Worcestershire Mid Week 10K Series
 David Hibbitt - 1st O60
 Geoff Jones - 2nd O60

The large number of athletes we had selected for the English Schools Championships and Alex Bradnick, Jenny Nesbitt and Alice Wright all winning medals.

Joe Kinsey and Jenny Nesbitt competed at UK School Games in Sheffield

Alice being selected for European Youth Olympics

WAC have been promoted in Midland League

In the Veterans League the men won the southern division and the ladies came 2nd. In the Midlands cup final WAC came 3rd.

Young Athlete of the Month

April	Ben Clarke who won all 6 events entered at Open meetings at Stourport and Worcester.
May	Jenny Nesbitt for a new 1500m club record and qualification for the English Schools Championships at Manchester.
June	Heather Paton for her 80m performances in qualifying for the English Schools Championships and her PB at the Mason Trophy meeting.
July	Alice Wright for her GB vest in the European Youth Olympics and her 2 nd place in the 3000m at the English Schools Championships.
August	Jenny Nesbitt for her performances in the 1500m at the Midland Championships and the English Schools Championships, where she was 4 th .

National Junior League – Midland Premier

This season, 5 Worcester AC athletes competed in the National Junior League as 2nd claim athletes for Cannock and Stafford. This was in the Premier League for the top national level competition in the UK. Athletes compete in a single age group with ages ranging from 14 to 19 years of age.

Alex Bradnick was the A runner for 100m and 200m, as well as a permanent fixtures on 3rd leg for the 4 x 100m relay (which broke a 20 year old record for the U20M relay for C&S). Alex also gained valuable points as a part time discus thrower.

Olivia Merry Long Jumped in 3 of the 4 matches, and also ran the B race for 100m as well as the 4x100m relay at short notice in Match 2.

Ella Gibbons and Georgina Greenwood filled the 2 High Jump slots, with Georgina competing at Triple Jump in 3 of the 4 matches, and Ella Long Jumping in 3. Both Ella and Georgina competed in 4x100m relay on at least one occasion.

After starting the first match as B runner for 100 and 200m, Zoe Styles was promoted to the A race for the next 3 matches, as well as anchoring the relay team to a win and 3 second places in the 4 matches. Zoe also High Jumped in one match.

The athletes helped Cannock and Stafford to achieve 6th place out of 8 teams. This was a very encouraging result in a league featuring teams such as Birchfield, Cardiff, and a combined West Wales squad. They were a credit to the club, and were made very welcome by the management and the team from Cannock and Stafford who appreciated their efforts. Just as importantly, they all gained hugely from the experience of competing at such a high level and plan to continue competing in the league in the 2012 season.

UK Young Athletes League

Worcester athletes in the U13, U15 and U17 age groups competed in the UK Young Athletes League this season. This was for a combined team with Hereford and County AC in Midland South East Division 1.

Worcester contributed well to both the overall results, and the excellent team spirit between the 2 clubs. The athletes gained valuable experience of competing against athletes from other clubs, and seemed to thoroughly enjoy themselves. There were many personal bests set throughout the matches, and some of the athletes had an opportunity to try different events, such as hammer, 300/400m hurdles, and triple jump, which aren't available in other leagues we compete in.

Heart of England League

Even though we had about 50 talented young athletes involved in the league we still didn't cover all the events. After coming 8th, 7th & 6th in the 3 matches we could not avoid relegation for next season. However, the under 11 boys won all three matches & seasons medals were won by Chris Osborne: silver in 75m & gold in long jump & Luca Lemon-Morgan: silver in long jump.

Conditioning and Core Strength Training

We are again running a half hour medicine ball session followed by circuit training and conditioning session at Nunnery Wood School Gym every Monday evening from 3rd October 2011:

6:30pm	Medicine Ball & Core strength
7:15pm	Circuit training & conditioning

This is an excellent addition to your normal training and is open to club and non-club members (younger members should talk to their coach in the first instance to ensure it is suitable for them).

If you are interested please just come along or, if you would like more information please contact:

Andrew Peach	tel.: 01905 763054 or email: apeach@lineone.net
Deirdre Elmhirst	tel.: 01905 764316 or email: Deirdre-Elmhirst@msn.com
Seniors:	£2
Juniors/students	£1

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 Mel Garland on 01905 458533 or e-mail mel@minimarcos.plus.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

Birmingham League

November 12 - Leamington (all divisions)

December 3 - Rugby & Nothampton

2012

January 14 - Sphinx

February - Wolverhampton & Bilston

Gloucester League

October 8 - Cotswold Farm Park, Guiting Power

November 5 - Blackbridge, Gloucester

December 10 - Cheltenham

2012

February 4 - Tewkesbury

Gloucestershire Cross Country League: closing date 30.9.11 for advanced entries, otherwise you can enter on the day. Entry form enclosed or on line at

http://www.glosaaa.org.uk/PDFS/2011_2012_GAAACCLGE_discounted%20EF.pdf

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 October Worcester Beacon Race

27 November Croome Capability Canter (6½ miles)

Road Races

6 November Guy Fawkes 5

World Masters Indoors

April 3 - 8 Jyvaskyka, Finland

100 Club Winners

May	£25	65	Andy Peach
	£15	88	Gary Bailey
	£ 5	42	Deirdre Elmhirst
	£ 5	85	Jim Cowell
June	£50	6	Ian Atkins
	£25	49	Andy Peach
	£15	32	Roger Garland
	£ 5	40	Roger Turner
	£ 5	25	Roger Blandford
July	£25	98	Maggie Crosswell
	£15	2	Andy Poppleton
	£ 5	66	Stefan Sternkopf
	£ 5	34	Bob Perry
August	£25	99	Andy Poppleton
	£15	98	Maggie Crosswell
	£ 5	89	Geoff Aston
	£ 5	49	Andy Peach
September	£25	45	Ann Perry
	£15	22	Lyn Higgins
	£ 5	65	Andy Peach
	£ 5	58	Siam Roberts

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

Luke Adams	Emelie Almond	Adam Bethell
Ruth Bird	Emily Burton	William Chambers
Grace Harrington	Edward Leah	Monica Martin
Kieran Shipley	Ellis Stewart	Oliver Wootton
Jamie Taylor	William Tideswell	Caroline Williams
Oliver Williams	William Bourne	Jake Cavens
Marshall Humphrys	Joel Khan	Joseph Lampitt
Emma Lickman	Luca Morgan	Joel Power
Jan Timberlake	Charlotte Arnold	Keziah Ashby
Bradley Bird	Phoebe Bromley	Dean Cattermole
Robin Clarke	Katie Corbett	Ellie Deehan
Joseph Dyson	Katie Hackett	Katie Harris
Matthew Hill	Samuel Hunt	Aesclin Jones
Seth Lewis	Jemima Maybank	Craig Morgan
Kirit Morgan	Charlotte Ottway	Oscar Pickering
Daniel Pycock	Luke Pycock	Benjamin Rean
Freddie Silva	Harry Simmonds	Sam Sowden
Anna Szczepanska	Lauren Wainwright	Leo Carroll
Lewis Edwards	James Girling	Penny Green
Sophie Green	Hannah Nolan	

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

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!

Sadly, we announced the deaths of:-

Paul Sargent, a race walker for many years, who has a cup presented annually by the club, died at the age of 85.

Kevin Bond, former 10,000m runner with Worcester AC and still club record holder at that distance, has sadly died, aged mid 60's.

And tragically, Roger Lamb who died recently while on holiday.

The club offers its condolences to their families.

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.)

Katrina's World Cup medal joy

WORCESTERSHIRE sprinter Katrina Hart admits her BT Paralympic World Cup was bittersweet after claiming gold and silver – but she believes London 2012 will be all sugar and spice.

The 21-year-old romped to 100-metre gold in Manchester in 14.43 seconds but then lost out to arch rival Elena Ivanova over 200m, clocking 30.20 to finish just 0.05 seconds behind the Russian.

There's no doubting that Hart's strengths lie in the 100m and she claimed gold in the shorter event at January's IPC World



Championships in New Zealand before settling for bronze over 200m. But the Stock Green athlete refused to be too downhearted after Manchester, especially

given the small margin of defeat. "Definitely I'm a bit disappointed with my 200m but on reflection I don't think it was a bad run, I just think I left it a

little bit too late to stride for the line," said Hart. "I would have liked two golds and I've got one but not the other. But I feel it's a good performance."



400m Hurdles

M35 1. Joe Lloyd MMAC 55.89; 2. Richard Holt OPEN 59.07; 3. John Bell MMAC 60.00;
M40 1. Peter Downhill EVAC 62.73; 2. Les Grant NVAC 66.51; **M45**
1. Neil Tunstall SWVAC 60.46; 2. Alan Easey VAC 69.97; **M50**
1. Richard White MMAC 60.13; 2. John Mayor EVAC 64.30; 3. Paul Edwards MMAC 64.61; 4. Ray Daniel VAC 64.63; 5. Simon Pugh NVAC 83.51; **M55** 1. Ian Broadhurst WMAA 64.72; 2. Ian Willoughby MMAC 69.83; 3. Patrick Moran IRL (G) 84.33; **W35** 1. Caroline Heaney SCVAC 68.02; 2. Katrina Wastenev EVAC 76.49; **W40**
1. Tamzin Gribble SWVAC 72.35; 2. Cera Nolan IRL (G) 75.78; **W45**
1. Virginia Mitchell SCVAC 67.69; 2. Julie Rogers MMAC 68.81;
3. Oriana Johnson EVAC 79.36;

The run put Richard 3rd in the world in his age group

SCOTSTOUN Stadium in Glasgow has been the setting for some of Worcester athletes' greatest successes on the track in recent years.

Heather Paton, 15, continued the tradition as she claimed a bronze medal in the under 16s girls' sprint hurdles at the Scottish National Championships.

Paton qualifies for Scotland as her father, former [Worcester Warriors](#) coach and Great Britain rugby league international Billy McGinty, is a Glasgow native.

Even an impromptu shopping trip to replace the running spikes lost with her luggage at Birmingham Airport was not enough to distract the young hurdler's focus.

After warming up with a comfortable win in the second of three heats, she progressed to the final and claimed third spot behind Lasswade's Katie Purves and City of Lisburn's Jane Anderson. Paton's medal was even more impressive given she had been nursing a hamstring injury since late May that severely hampered her preparation. Her hurdles coach at Worcester Athletic Club, Andy Poppleton, said: "She ran the race having only really had one hurdles session in nearly two months.

"She's done little more than strides and gym work in training, managing the injury so that she's been able to turn out for the races that really matter to her.

"Mike Bennett (her sprints coach) and I have both been incredibly impressed with the dedication and maturity she's shown and her first national medal is a just reward."



On-song Jenny wins 1,500m gold

Nesbitt stars for city club at Midlands

TEENAGERS from Worcester Athletic Club enjoyed success at the Midlands Under 15s and 17s Championships.

Eleven to 16-year-olds travelled from as far as Bath and Stoke to Birmingham's Alexander Stadium for the competition which included the under 13s quadrathlon.

Worcester's Jenny Nesbitt, a Royal Grammar School pupil, has had a stellar season to date under coach Dave Walker's watchful eye and is sixth in the UK under 17s rankings for the 1,500 metres.

She proved too strong for Cannock and Stafford's junior international Becky Straw, running clear to claim gold in the under 17s girls' 1,500m in four minutes 37.22 seconds to finish four seconds clear of the field.

Zoe Styles, 15, bagged a brace of bronze medals in the under 17s 100m and 200m, overcoming headwinds to record times of 12.95 seconds and 26.65 respectively.



GOLD MEDAL: Jenny Nesbitt.

ATHLETICS

With another year to come in the age group, Styles and her coach Mike Bennett will be confident of even greater things to come in 2012.

One of the youngest Worcester athletes competing in Birmingham was Ben Clarke

in the under 13s boys' quadrathlon.

Personal bests in the long jump and high jump secured Clarke the overall silver medal position.

Perhaps better known for his middle-distance displays, the Worcestershire under 13s 800m champion's all-round athleticism shone through and he marked himself out as a bright prospect for the future.

Finishing just outside of the medals, several Worcester athletes still caught the eye.

Georgina Greenwood was fourth in the triple jump and high jump with efforts of 9.86m and 1.50m respectively.

Hakim Shepherd did likewise in the triple jump with a leap of 12.20m and Tom Stock clocked 4.24.58 in the 1,500m.

Other notable performances were Heather Paton's fifth place in the under 17s girls' 80m hurdles and Harry May's long jump and 100m personal bests in the under 13s boys' quadrathlon.