



Worcester Athletic Club Newsletter December 2011



Editorial

What a difference to last year. Whereas last year we had the ice, snow and cold, this year sees us, well some of us anyway, still in T-shirts for the evening training sessions. If you listen to the weather forecasts, they say it's going to rain tomorrow on the lunchtime news and change it to sunny by the evening. Basically, anyone's guess!!!!!!

The committee, coaches and all other helpers would like to take this opportunity to wish you all a very Merry Christmas and a Happy New Year.

The club would like to say a big **thank you** for 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, and parents who act as "unofficial" taxi services, 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 keeps our costs down and reduces the paper pile, the club doing its bit for the environment.

David Hibbitt - Editor

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A Special thank you to Ron Smith and his band of merry helpers, who hosted a spectacular "Halloween" bonfire evening in October. Thank you all for your support.

Advance Warning

The club is hosting The Bulmers Bash, a 10k off road race at Wichenford, on Sunday 20th May 2012 and will be looking for helpers and marshals. Anyone who can help, please contact David Hibbitt, details as above.



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 October Worcester Beacon Race

Duncan Jubb won The Plumbers Plate for the 1st WAC athlete home.

Ros Hope 1st lady O55

Mick Monaghan 3rd mens O60

29 October Junior Great South Run (2.5k RB race)

Declan McManus 2nd overall in the U15 boys

26 November McCain UK Cross Challenge

In the 2nd leg of the McCain UK Cross Challenge (incorporating the European Trials) held at Sefton Park in Liverpool Jenny Nesbitt finished 5th in the U17 women's race and Declan McManus was 11th in the U15 boys' race.

27 November Croome Capability Canter (6½ miles)

Paul Scriven 1st overall

Ivan Pawluk 2nd mens O40/4th overall

Terry Bedington 1st mens O60

David Hibbitt 2nd mens O60

Mick Monaghan 1st mens O65

Geoff Jones 2nd mens O65

Birmingham Cross Country League

After two races, WAC "A" team are 4th overall and the "B" team are 3rd



Young Athlete of the Month

September Declan McManus for setting a new U15 3,000m club record of 9m 54.3 s at the Telford Games and his 3rd fastest overall U15 leg in the Midlands Road Relays

October Sophie Tothill for her good performance in the junior road relays at Sutton Park and in the Gloucester Cross Country league.

November Robbie Goodwin for his outstanding performance in the Sports Hall league including a new club record in the speed bounce event.

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

Circuit Training

Circuit training sessions will take place at Nunnery Wood School Gym every Monday evening:

6:30pm	Core stability
7:15pm	Circuit training

For more details contact: Andrew Peach: 01905 763054
Deirdre Elmhirst: 01905 764316

This is an excellent addition to your normal athletics training and is open to all club members. Younger members should speak to their coaches in the first instance to ensure it would be suitable for them.

Family and friends just looking to keep fit are more than welcome to come along and give it a try!

If you are a lady over 35 and would like to compete for the club

in the veterans track and field events and enjoy yourself and feel you would like to have a go please contact Kirsty White or for road running and cross country, then contact Tracy Miles
This applies to the ladies who have turned out in the past and any new ladies.

Forthcoming Coming Races

Birmingham League

14 January	Sphinx
11 February	Wolverhampton & Bilston

Gloucester League

4 February	Tewkesbury
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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

7 January	Worcester County Cross Country Championships
22 January	Midlands Masters Cross Country Championships
12 February	Wyre Forest 8
	Muddy Woody 6

Road Races

15 January	Not the Roman IX
4 March	Droitwich half marathon

World Masters Indoors

April 3 - 8	Jyvaskya, Finland
August 16 - 25	European Veterans Track & Field Championships Zittu (Germany), Hradek (Czech Republic) & Bogatynia (Poland)



100 Club Winners

October	£25	89	Geoff Aston
	£15	86	Catherine Telling
	£ 5	30	Mick Monaghan
	£ 5	5	Anne-Marie Glover
November	£25	11	Carole Clark
	£15	17	Dave Ashman
	£ 5	13	Siobhan Glover
	£ 5	14	Wilf Bates
December	£50	71	Dave Hope
	£25	32	Roger Garland
	£15	16	Geoff Aston
	£ 5	52	Mike Sliwa
	£ 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

Abigail Cunningham
Kiera Ballard
Daniel Gill
Catherine Jackson
Anne O'Connell
Nicholas Power
Imogen Still
Lauren Arnold
Daniel Geisler
Matt Price
Kirsty White

Charlie Francis
Alex Brighton
Chloe Glover
Ian Lakin
Ben Oliver
Matthew Richardson
Mia Upton-Hambling
Joshua Bentley
Theo Groves
Susanne Price

Bradley Dowding
Patrick Edwards
Cat Goulder-Davies
Matt Modley
Matt Oliver
Ryan Smith
Joshua Williams
Jennifer Cahill
Edward Price
Thomas Taylor

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

Annual General Meeting

The meeting was held on Friday 2 December and was well attended.

The Chairman's report is available to view via the club's website and anyone wishing to see a set of accounts then please contact Andy Peach direct.

It was agreed that the annual subscriptions would not change but the make-up of it has, please see your renewal form for the explanation.

There was a presentation of awards as listed below.

2011 ROLL OF HONOUR

Cross Country

Ford Motorhouse Cup
Yelling Cup
H. Samuel Shield
Charles Wilcox

Men's Club Champion
Ladies' Club Champion
Under-17 Men's Club Champion
Best Overall Performance

Ivan Pawluk
Sandra Lane
Lewis Roberts
Alice Wright

Track & Field

Violet Bick Trophy
Ann Wade Trophy
Worcester AC Shield
Frank Edwards Trophy
John Clatworthy Cup
Worcester AC Cup
Worcester AC Cup
Ernie Andrews Cup

Men's Club Champion
Ladies' Club Champion
Under-17 Men's Club Champion
Under-17 Ladies' Club Champion
Most Improved Track Athlete
Most Improved Male Field Athlete
Most Improved Female Field Athlete
Best Under-15 Sprint Performance

Ed Elmhirst
Clare Jones
Joe Terry
Paige Salisbury
Jenny Nesbitt
Tom Southam
Georgia Williams
Freddie Silva

Walking

Vic Wilson Cup
Ann Keely Rosebowl
Paul Sargent Cup

Men's Club Champion
Ladies' Club Champion
Men's Long Distance Award

Les Scrivens
Debbie Moran
not awarded

Others

Simon Tansell Award
Simon Tansell Award
Councillor Wilkes
Councillor Wilkes
Ann Rich Clock
Ivan Pawluk Cup
Alf Poole Cup
Three Counties Cup
Charles Jones Cup

Best Under-11 Girl
Best Under-11 Boy
Best Under-13 Girl
Best Under-13 Boy
Best Supporting Female
Best Supporting Male
Best Vet Performance
Best Road Runner
Season's Best Performance

Thalia Letori
Jake May
Molly Hanson
Ben Clarke
Millie Barnes
Andy Kinney
Richard White
Dave Hall
Richard White

LADIES

Under-11 Girls

Under-13 Girls

Cross Country

Esme Gibson
Samantha Kloos
Abigail Gill
Helen Jubb
Sophie Tohill
Aimee Rice

Track & Field

Esme Gibson
Thalia Letori
Ellie Deehan
Molly Hanson
Hannah Nolan
Robyn Andrews

Under-15 Girls	Jenny Klein	Siobhan Glover Nixie Turner
Under-17 Ladies	Jenny Nesbitt	Paige Salisbury Olivia Deehan Nixie Turner
Under-20 Ladies	Molly Browne	Molly Browne Sam Spencer Clare Jones
Senior Ladies W45	Sandra Lane Jill Jubb	Mel Garland Ruth Bird
W50		Gill Repton Debbie Moran
MEN	Cross Country	Track & Field
Under-11 Boys	Oliver Morgan Izaak Gilchrist Adam Biddle	Jake Cavens Robbie Goodwin Ted Leah
Under-13 Boys	Daniel Stock Ben Clarke Will Goodwin	Ben Clarke Harry May Will Goodwin
Under-15 Boys	Declan McManus	Freddie Silva Thomas Deehan Declan McManus
Under-17 Men	Lewis Roberts Thomas Stock Josh Carr	Joe Terry Adam Higgins
Under-20 Men	Tom Watts	Josh Carr Luke Kinsey Ryan Upfield
Senior Men	Chris Davies Dave Hall	Edwin Elmhirst Andrew Kinney
M35	Adam Wilks Phil Bullock	Phil Bullock
M40	Dave O'Brien	Craig Morgan
M45	Ivan Pawluk Mark Hill Andy Peach	

The following Officers had been proposed as members of the committee to fill vacancies:

Ladies T+F Team Manager	Kirsty White
Ladies Road & X Country Manager	Tracy Miles

and the following sought re-election unopposed to the following positions:

Chairman	Derek Cowdrey
Vice Chair/Coaching Coordinator	Ron Smith
Treasurer	Andy Peach

Secretary
Minutes Secretary
Men's Road & X Country Manager
Young Athletes Coordinator
Member without Portfolio
Member without Portfolio
Men's T+F Team Manager
Road Running Representative
Race Walking Representative
Newsletter Editor/Press Officer
Ladies Team Captain

Ian Atkins
Clive Spencer
Mark Hill
Gill Repton
Dave Ashman
Chris Crosswell
Richard White
Geoff Aston
John Marshall
David Hibbitt
Molly Brown



The position of Men's Team Captain remains vacant

To All Worcester A.C. Members

A 9mm spike was found on the track recently, which, as Worcester AC members should be aware, is not only contrary to the Sports Centre's regulations but could be very harmful to the track surface.

I would hope that it has not come from a club member's spike shoe but that it has come from someone else using the track.

However it is probably a good time to remind you all that the maximum spike length that should be used on the track is 6mm (and this probably applies to every all-weather track in the country) so please ensure that you use the correct spikes.

Thanks Derek Cowdrey Chairman, Worcester AC.

ALSO

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!

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 Manager's Report: Senior Ladies Road & Cross Country

Well here goes with my very first update for the Newsletter! The eagle-eyed amongst you will have already noticed that full reports (and even photos) of our recent exploits have started to appear on the Club website and will of course continue, but as a whirlwind summary we've made solid Team and Championship appearances since the last newsletter at the following events:

- Midland and National 4 Stage Road Relays at Sutton Park,
- County 10km Road Championships at Stourport,
- First two rounds of the Gloucestershire Cross Country League at Cotswold Farm Park and Blackbridge and
- Midland Cross Country Association 5 Mile Championships at Wolverhampton.

Phew! No wonder my legs are feeling a bit creaky of late! For all those statisticians amongst you; all the times and placings are of course up on the website within the full reports.

Lots more road and dirt opportunities still to come over the next few months so if you haven't managed to make it along to anything yet then it's not too late to jump right in and fly the club colours. Frequent planet saving e-mails detailing what's coming up, what we've done and other sundry stuff have been coming at you relevant ladies for a couple of months now so if your inbox hasn't noticed me before then please let Andy Peach have up to date contact details for your membership record so that you don't miss out on anything :-)

Tracy Miles
Ladies Team Road/Cross Country Manager

