



# Worcester Athletic Club Newsletter - April 2012



ENGLAND ATHLETICS  
active accessible accredited  
ACCREDITED CLUB

## Editorial

Is this the big year in British athletics with the Olympic Games being held in London? I wonder whether all the hype is going to be worth it? Time will tell. With the Olympic Torch coming to Worcester on 24 & 25 May, hopefully we can see something which we may never experience again.

Back to things a bit nearer home, ie Worcester Athletic club.

A great result for the men's cross country team. By finishing 2nd overall after 4 races, they have been promoted to Division 1 of The Birmingham League. Now they will be competing against the likes of Birchfield Harriers, Coventry Godiva, Loughborough Students and the Universities of Birmingham and Warwick. Tough opposition for next winter.

With the increase in the cost postage and photocopying, it costs about £1 for each 8 page newsletter, so 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. All newsletters are available on the club's website.

David Hibbitt - Editor

01905 757540

[hibbittrunner@hotmail.co.uk](mailto:hibbittrunner@hotmail.co.uk)

## Help Needed

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. Thank you.

## A Message from Ron Smith, Vice Chairman and club member for 25 years

This year is a big year in the history of Worcester Athletic Club, it is 75 years since the formation of Worcester AC, which came about because of the breakup of Worcester Harriers. As we are the premier athletic club in Worcester, I feel strongly that most of the current members know very little about the clubs past, I know this would be something that we would do if we had our own clubhouse (very doubtful) but as we have made Nunnery Wood our home would it not be possible to create a hall of fame of a record of the fine athletes of the past and current. Worcester AC has a lot to be proud of as much now as ever, we have a good committee, some of the best coaches in the Midlands and a strong membership. As I have said this is a special year in our history, let's celebrate and push the name of Worcester Athletic Club to the general public and on the athletics track and field. Best of luck to ALL competing athletes of all ages and levels in this very special year.

## **UK 10K Road Championships - Sunday 27th May 2012**

The Championships will be incorporated with the BUPA London 10,000 metres on Sunday 27<sup>th</sup> May 2012.

Worcester AC have been offered 6 men's and 6 women's complementary places to fully paid up club members. Athletes interested in being considered for a place should contact Geoff Aston on any club night or by telephone 01905 23884 or by email home email to [maureenaston434@btinternet.com](mailto:maureenaston434@btinternet.com), business email [geoff.aston@oak-underwriting.com](mailto:geoff.aston@oak-underwriting.com).

There have had some definite responses male and female competitors need to make a definite commitment to compete and let me know by Friday 27<sup>th</sup> April as the club entry must be made in the first week of May.

### **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.

#### **Gloucester Cross Country League**

Sophie Tothill - 1<sup>st</sup> under 13 girls

Declan McManus - 1<sup>st</sup> under 15 boys

#### **McCain Challenge**

Jenny Nesbitt won the McCain UK Cross Challenge series.

#### **Birmingham Cross Country League - Division 2**

Lewis Roberts was the mens xc league overall U20 champion.

#### **Worcestershire County Cross Country Championship 7 January**

There were 10 separate races ranging from under 13 year olds to senior men and women. Of the 10 races, Worcester won 6 of the individual titles,

Ben Clarke - under 13 boys

Declan McManus - under 15 boys

Jenny Nesbitt - under 17 ladies

Thomas Stock - under 17 men

Lewis Roberts - under 20 men

Sam Mitchell - senior men

Warren Miles - 1<sup>st</sup> Male O40

Sandra Lane - 1<sup>st</sup> female O50

Carole Clarke - 1<sup>st</sup> female O60

Worcester also won team titles in the under 15 girls, under 20 men and senior ladies.

#### **Midlands Masters Cross Country Championships 22 January**

Team wins for Men O35 and O65

#### **Wyre Forest 8 12 February**

Warren Miles - 3rd male O45

Terry Bedington - 2nd male O60

Anne O'Connell - 1st female O35

Tracy Miles - 2nd female O45

With Karen Matthews won Ladies team prize

#### **Muddy Woody 6 12 February**

David Hibbitt - 2nd O60

#### **Treat Multi Terrain 8 4 March**

Millie Barnes - 2nd female overall, 1st senior female

Jonathan Holland - 2nd male O40

David Hibbitt - 2nd male O60

## Inter Counties Cross Country Championships

10 March

Jenny Nesbitt - 4<sup>th</sup> under 17 ladies

### Scenic 6 1 April

Ros Hope - 1st female O55

Terry Bedington - 1st male O60

David Hibbitt - 2nd male O60

### Forest of Dean Trails Half Marathon 1 April

Dave Waldron - 1st male O60

There are more detailed results on the club's website.

## Young Athlete of the Month

December Georgie Greenwood for her triple jump performances in which she broke the club's record.

January Luca Morgan for his overall performances in the Regional Fun in Athletics Sports Hall meeting.

February Georgia Williams for her high jump club record at the Birmingham Games and her bronze medal at the Midlands Indoor Championships.

March Jenny Nesbitt for outstanding performances during March, including 4<sup>th</sup> place in the Inter Counties Cross Country Championships and 5<sup>th</sup> place in the English Schools Cross Country Championships.

## 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 Mel Garland 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

There is a individual sheet enclosed so that you can keep this separately.

### 100 Club Winners

January	£25	40	Roger Turner
	£15	71	Dave Hope
	£ 5	78	Mel Clarke
	£ 5	31	Julie Styles
February	£25	96	Bob Perry
	£15	16	Andrew Howe
	£ 5	7	Gary Bailey
	£ 5	66	Stefan Sternkopf
March	£25	93	Clive Andrews
	£15	54	Ann Perry
	£ 5	56	Maggie Johnson
	£ 5	16	Geoff Aston

April	£25	99	Andy Poppleton
	£15	30	Mick Monaghan
	£ 5	41	Tracey Miles
	£ 5	61	Ron Hodkinson

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**

Orla Carroll	Adam Damadzic	Harvey Duncan
Sean McKee	Malcolm Taylor	Wai Ming Loh
Mark Palethorpe	Matthew Rea	Alex Byng
McAyla Johnson	Alan Klein	Susan Klein
Zeena Lemon	Dali Lermon-Morgan	Stuart Telling
Lena Coulthurst	Sam Khogali	Edward Whyte

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

### **Sadly**

Johnny Lake and Colin Simpson, previous winners of the Beacon Race, 1957 and 1958, have passed away recently.

### **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 road runners on Tuesday and Thursday evenings at the Sports Centre or can be contacted as above

**English Athletics are looking for nominations for this year's Volunteer Awards.**

**Nominations close on Wednesday 22nd August.**

<http://www.englandathletics.org/news.asp?itemid=9058&itemTitle=Proud+of+the+sport%3F+Who+do+you+want+to+see+honoured%3F&section=42&sectionTitle+England+Athletics+News>

**The Criteria for each award is: -**

#### **Clubs**

##### **1 Development Club of the Year**

**Criteria:** Recognising the achievements, over the past 12 months, of an individual club to tackle the fundamental elements of club development, from induction programmes for new participants through to the development of talented athletes, coaches and volunteer structures to demonstrably increase and retain members and improve standards of performance. This club would improve access to disadvantaged groups and link to wider community partnerships involving schools and colleges, including Athletics Networks and the delivery of initiatives such as Athletics 365. Particular consideration will be given to the development of run leaders and recreational running groups in the community.

##### **2 Athletics Network of the Year**

**Criteria:** An award recognising the strength and productivity of partnerships between clubs, and involving other community partner organisations, to further the sport of athletics in the local community over the past 12 months.

Such a successful partnership must involve more than one club and demonstrate impact locally, particularly in growing and sustaining participation through specific actions. Specific consideration will be given to the development of qualified run leaders and recreational running groups in the community. This Award is open to non-funded networks of clubs and community partners as well as Athletics Networks.

#### **Coaches**

##### **1 Services to Coaching**

**Criteria:** An award specifically recognising a contribution to coach development as well as long-term high achievement. A coach who has only worked with children could also be eligible for this award.

##### **2 Development Coach**

**Criteria:** An award for a coach who has shown a significant contribution to supporting athletes below the age of 16 during the past 12 months. Priority will be given to those coaches supporting the development of a multi-discipline approach, and to those who have contributed, through partnership with other coaches, to the transition from junior level to senior success. Specific consideration will also be given to the development of trained run leaders for recreational running groups in the community.

#### **Volunteers**

##### **1 Young Volunteer of the Year**

**Criteria:** A person aged under 25 years of age who has contributed significant time and energy to their club, county or region, or who has come up with a new idea or exciting project to help their club, county or region during the last 12 months or beyond. Specific consideration will be given for young people between the ages of 14-25

##### **2 Services To Volunteering (Aged 25 plus)**

**Criteria:** A person aged 25 years or older who has contributed significant time and energy to their club, county or region, or who has come up with a new idea or exciting project to help their club, county or region during the last 12 months or over a longer period. Specific consideration will be given to those volunteers who have committed time and energy to getting more people participating in the sport through programmes such as Run England.

#### **Officials**

##### **1 Official of the Year**

**Criteria:** An official who has supported other officials in their region, and who may have helped to improve education and training over the past 12 months.

##### **2 Services To Officiating**

**Criteria:** An official who has made a significant, long-term contribution, supporting other officials in their region, and helping to improve education and training.

#### **Disability Athletics**

##### **1 Services to Disability Athletics**

**Criteria:** This award will recognise an individual or organisation that has supported the development of integrated and inclusive athletics opportunities, consistent with the guiding principles of the England Athletics Disability Action Plan, in the last 12 months or beyond.

#### **Community Partner**

##### **Community Partner Of The Year**

**Criteria:** This award recognises the contribution made to athletics development locally by a partner organisation in the last 12 months. This could include a local authority, leisure contractor, school sports partnership, school, college/university or other community/business group that have demonstrated a firm commitment to supporting the growth and/or retention of athletics as a key priority sport in the local community. Specific consideration will be given to projects that have sought to develop facilities, volunteering, clubs, mass participation running groups and coach/leader development.

#### **Services to Athletics**

##### **1 Services to Athletics**

**Criteria:** This award recognises long-time, outstanding service to the sport from an athlete, coach, official, club volunteer or community volunteer over a sustained period of time. Nominations should clearly demonstrate that the nominee has had a significant impact on the shape of the sport in the region or further afield.

## **Forthcoming Races**

### **Worcestershire Mid-Week Series - 7:30 start**

Wednesday 16 May Hagley - 10km all terrain  
Wednesday 13 June Redditch - 12km all terrain  
Wednesday 11 July Droitwich - 10km road race (around the old course)  
Wednesday 8 August Halesowen - 8km all terrain

### **Herefordshire 5K Series - all at Hereford Leisure Centre - 7:15 start**

Wednesday 11 April  
Wednesday 9 May  
Wednesday 13 June  
(The fastest time in any single race will be the club champion road runner for 2012.)

### **Midlands Vets League Meetings**

Wednesday 3 May Stourport  
Wednesday 30 May Birchfield  
Wednesday 27 or 28 June The Dell  
Wednesday 26 July Worcester

### **Midlands Track & Field League Meetings**

Saturday 5 May Worcester  
Sunday 27 May Tipton or Abingdon  
Sunday 1 July Solihull  
Saturday 4 August Leamington

### **Heart of England League Meetings**

Sunday 10 June Bromsgrove & Redditch  
Saturday 21 July Kettering  
Sunday 2 September Worcester

### **Worcester AC Open Meetings**

Thursday 26 April  
Thursday 14 June  
Tuesday 17 July

### **Other Races**

#### **May**

Sunday 13 Crowle 10K  
Sunday 20 Bulmer's Bash - Wichenford  
Tewkesbury Half Marathon  
Hereford 10K

#### **June**

Sunday 3 Crocodile 8  
Wednesday 13 Malvern Joggers 10K  
Sunday 17 Darrens Dash  
Sunday 24 Acorns Triple Run – Three Counties Showground, Malvern  
Danny's Dash (different to above, being held at Stourport)

#### **July**

Sunday 8 Evesham 10k  
Sunday 15 Pitchcroft 10k

### **World Masters Indoors**

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





**PODIUM PLACES:** Worcester Athletic Club members took a clean sweep in the boys' under 13s quadathlon event. Race winner Chris Osborne (centre), silver medallist Joel Khan (left) and Luca Lemon-Morgan (right), who claimed bronze, line up.

# Seventh heaven

WORCESTER Athletic Club had cause for celebration as seven of their athletes left the Midlands Indoor Championships with medals.

Birmingham's National Indoor Arena hosted the event, which saw athletes from the under 13 to senior age groups competing for regional titles.

Triple-jumper Georgie Greenwood lived up to her status as the pre-competition favourite, taking the women's under 17 title in 10.76 metres, bettering her own club record by 21cm.

Her performance moves her up to sixth in the UK age group rankings.

Ella Gibbons enjoyed a closely-fought competition with Bedford's Daniella Hankins in the women's under 20 high jump.

After both cleared 1.60m and matched each other jump-for-jump throughout,

## ATHLETICS

they were both awarded gold. Hakim Shepherd (under 17 men) and Georgia Williams (under 15 girls) continued Worcester's high jump success, winning silver and bronze medals with 1.85m and 1.55m respectively.

Siobhan Glover performed well to qualify for the final of the under 17 women's 60-metre hurdles where she finished seventh in a time of 9.53 seconds.

The championship highlight for Worcester came from the club's youngest representatives.

A troop of five multi-eventers competed in the under 13 boys' quadathlon and justifiably drew plenty of attention.

Over the course of the day the boys competed in the 60-metre sprint, high jump, long jump and shot put.

All performed magnificently with the commentator observing that the medals ceremony looked like a Worcester club championships with Chris Osborne, Joel Khan and Luca Lemon-Morgan taking gold, silver and bronze respectively.

Ollie Morgan claimed fourth place in the multi-event competition, setting a club record for under 13 boys in the 60m in the process with a time of 8.9 seconds. Izaak Gilchrist was eighth overall.

The majority of the Worcester athletes, all of whom are coached at the Nunnery Wood-based club, will be returning to the NIA for the England Indoor Championships in a fortnight.

## Worcester Athletic Club has another British Champion!



Our very own Melanie Garland, manager of the Worcester Veteran Ladies athletics team, has had a busy winter. Having received coaching from Roger Turner, Mel then competed at indoor meetings throughout the country.

Within her age category (V45) Mel has won the Midland Open Championship at long jump and discus, the Birmingham Games long jump, she is also the Northern Masters Indoor Champion at 60mt, 200mt and long jump, finished second in Cardiff in the Welsh Masters Open Championship at 60mt, won the high jump and won the long jump.

Competing at national level in the British Masters Indoor Championships at Lee Valley, Mel obtained a Bronze medal in the high jump before scooping Gold in the long jump and with it, the title of **British Indoor Champion** within her age category. Her winning leap of 4.39mt was a full 12cm ahead of her previous (outdoor) lifetime best.

Melanie is now training for the summer season and planning the Worcester AC Ladies "track and field" assault on the Midland Veterans League in which there are age categories for people aged from 35 up to 60 and beyond. Having finished second last year the Worcester team are aiming to go one better this season, but we do need a few more people. If you would like to assist, either behind the scenes or better still, competing, please contact Melanie on 01905 458533 for a chat about what's involved.



# **ACORNS TRIPLE RUN**

**SUNDAY 24<sup>th</sup> June**  
**2012**



**VOLUNTEERS**  
**WANTED**



Worcester Athletic Club is assisting **Acorns** in the organisation and running of the ACORNS TRIPLE RUN at the Three Counties Showground on Sunday 24<sup>th</sup> June 2012. As previous years, there will be three races 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 24<sup>th</sup> June 2012**  
or Saturday 23<sup>rd</sup> June (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 07902815296 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.

**Your Details:**

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_  
Contact No.: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Gender:  Male  Female  
Full Clean Driving Licence:  Y  N

**Next of Kin/Emergency Contact Details:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Contact No.: \_\_\_\_\_ Mobile: \_\_\_\_\_

**When can you volunteer? (Please tick)**

Saturday 23rd June 2012:  
Event Set up 10.00am – 3.00pm

Sunday 24<sup>th</sup> June 2012:  
Event Set up 8.00am – 9.00am   
1Km Fun Run 9.00am – 3.00pm   
5Km Fun Run 9.00am – 3.00pm   
Half Marathon 9.00am – 3.00pm

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

# acorns TRIPLE RUN

1km - 5km - half marathon  
Choose your distance

Dear Members

Many of you will now be aware of the new route that we have designed for the Malvern Half Marathon (part of the Acorns Triple Run). I have attached a copy of the new course map and please feel free to pass this on to anyone who may be considering running this event.

The change of route has been forced on us by a clash of dates with the Upton Jazz Festival (the old route went through Upton). Unfortunately the splendid venue of the Three Counties Showground is only offered to Acorns on dates we have no control over, hence the clash.

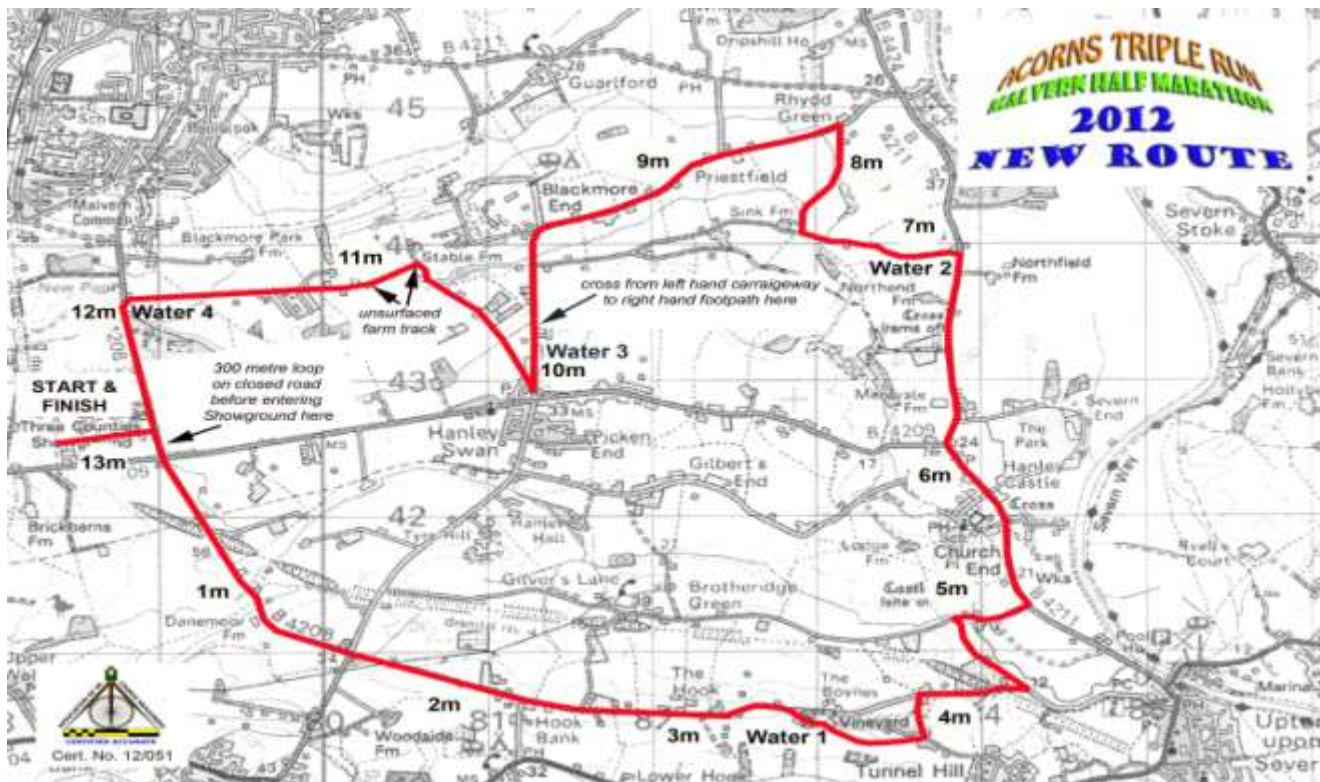
The necessity to change the course has been a happy one however, as we had been looking to alter it due to a number of negative comments on runner forums about the "Guarford straight"!

We are grateful to Malvern Joggers who made some suggestions regarding new routes and the link through to Blackmore Park Road from Hanley Swan, that allowed the move from the Rhydd-Guarford-Poolbrook road.

Designing courses with a specific distance requires a number of hours with maps, pieces of string and thankfully these days, Google Earth (surprisingly accurate) before even thinking of getting on the bike to survey it. Running courses on public roads is no routine matter and we had to go through the whole procedure again with the local authority and the police; rewriting risk assessments, applying for new road closures and finding a course measurer prepared to come out in winter! We are grateful to Colin Tether who made several trips to the area (amongst some weather aborted ones) to measure the new route and give us the important certificate of accuracy.

We believe we now have a more runner friendly course, utilising some quieter lanes that will be faster and less arduous in adverse weather conditions.

The Acorns Triple Run is absolutely unique, where three different length races start at the same time, follow different routes and then finish under the same arch. Please sign up on the form provided and commit to helping the club support this prestigious local event that supports the work of the Acorns Children's Hospice.





# Worcester Athletic Club

75<sup>th</sup> ANNIVERSARY DINNER & DANCE

Celebrating  
CROSS COUNTRY, RACEWALKING, & TRACK & FIELD

Saturday 29<sup>th</sup> September 2012

WORCESTERSHIRE COUNTY CRICKET GROUND  
in

THE GRAEME HICK PAVILION

7:00 PM FOR 7:30  
TILL MIDNIGHT

Notes: Admission by ticket only  
no ticket without payment

Closing date: 3rd  
Sept  
2012

Please book early to avoid disappointment

CREAM OF VEGETABLE

MENU: STARTERS: CHEFS SOUP <sup>2</sup> HONEYDEW MELON

PLEASE STATE

MAIN COURSE: <sup>3</sup> ROAST CHICKEN <sup>4</sup> POACHED FILLET OF SALMON

WHEN

DESSERTS: <sup>5</sup> CHOCOLATE PROFITEROLES <sup>6</sup> LEMON MERINGUE PIE

BOOKING

VEGETARIAN: LEEK & GRUYERE CROWN, GLUTTEN FREE MEALS

BAR EXTENSION, LAST ORDERS 11:45 CASH ONLY

## Tickets & Information Contact:

MR JOHN MARSHALL 34 CHURCH MEADOW COURT, GRAHAM RD MAIVERN WR14 2JT

TEL 01684 564352 AFTER 6:00 PM

ALSO: JOAN TURNER & ANDREW PEACH

ATHLETIC STADIUM NUNNERY WOOD

Tickets £25 adults £15 junior