



# Worcester Athletic Club Newsletter September 2012



## Editorial

With Team GB's most successful Olympic Games for a century of Team GB, we can try and emulate their success in our own performances over the autumn and winter. Four of our younger club members had the honour of carrying the Olympic Torch along its route round the UK. Please see the picture below. The early part of the summer was decidedly unpleasant for the road and track athletes, but for the cross country runners, we don't mind a bit of mud and rain. Our own teams have performed well during the summer, just to mention a few, the men's team retained their veteran's crown, the ladies team won their Midland League division and are promoted for the second year running, the U13 boys team won every meeting in the Heart of England League throughout the season and Jenny Nesbitt won the McCain Challenge in Liverpool.

**There are still tickets available** for the Annual Dinner and Dance on September 29<sup>th</sup> where the annual club awards will be presented followed by a disco. Please contact either Andy Peach on 01905 763054 or John Marshall on 01684 564352.

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

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## Time to move on

It is not with a little sadness I see four of my endurance group leaving Worcester to continue their education and hopefully their athletic development. Having watched them improve over the last five to six years and grow into young men I have to say honestly I will miss their presence and I am sure many in our group will too. The camaraderie alone was worth all the horrible nights [weather] we have in this country. I must add they have been the most pleasant young men I have helped develop and I wish them all success in the future and hope they will continue in sport and maybe I will be able to read about their exploits. Look out universities my boys are coming. Good luck David Jubb, Lewis Roberts, Josh Carr and Will Russell.

Dave Walker

## Two notices for Help Needed

Firstly, the club is hosting The Beacon Race on Saturday 13th October 2012 and will be looking for helpers and marshals. Anyone who can help, please contact Gary Bailey on 07736 447747 or email gasabailey@hotmail.com. All marshals will get drink and cake.

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

Secondly, with the increase in junior events, the club is looking for parents to take their involvement slightly more seriously. We are looking for a few parents to act as officials for these meetings.

If anyone is interested, please contact Derek Cowdrey, club chairman, 01905 358508

## 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.

### Worcestershire Mid-Week Series

Mick Monaghan 2<sup>nd</sup> over 60

David Hibbitt 3<sup>rd</sup> over 60

### Herefordshire 5K Series

Phil Bullock Fastest time over series

#### April 1 Forest of Dean Half Marathon

Dave Waldron 1st O/60

#### April 15 Eastnor 7

David Hibbitt 1st O/60

#### Worcester Half & Full Marathon

Terry Bedington 1st O/60 (half marathon)

Anne O'Connell 3rd O/35 (half marathon)

Marc Scriven 2nd O/50 (full marathon)

#### May 13 Crowle 10k

Josh Carr 2nd overall

Sandra Lane 1st O/50

#### May 20 Bulmer's Bash - Wichenford

Stefan Sternkopf 1st overall

David O'Brien 2nd overall

Sandra Lane 1st O/50

Terry Bedington 1st O/60

#### June 10 MMAC Track & Field Championships

Phil Bullock 1st O/35 (5k)

Mel Garland 1st O/45 (100m & 200m)

#### June 24 Acorns Triple Run - Three Counties Showground, Malvern

Terry Bedington 1st O/60

Karen Matthews 3rd O/35

#### July 8 Evesham 10k

Sandra Lane 1st O/50

Terry Bedington 2nd O/60

#### July 15 Pitchcroft 10k

Sandra Lane 2nd O/45

|                  |                         |
|------------------|-------------------------|
| <b>August 5</b>  | <b>Tenbury 10k</b>      |
| Dave Wilde       | 1st O/60 & 65           |
| Terry Bedington  | 3rd O/60                |
| Geoff Jones      | 3rd O/65                |
| <b>August 11</b> | <b>Warwickshire 20k</b> |
| Dave Waldron     | 1st O/60                |

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

## Young Athlete of the Month

|        |   |
|--------|---|
| April  | Hakim Shepherd for PB in the high jump at the Birchfield Games putting him 13 <sup>th</sup> in the UK rankings. |
| May    | Harry May for his height achievement in the pole vault.   |
| June   | Paige Salisbury for her performance in the long jump at the Mason Trophy meeting.                               |
| July   | Katie Harris for her several PBs throughout July.   |
| August | Zoe Styles for consistent high standard performances in 100 and 200m in various Open meets across the country.  |

## Forthcoming Coming Races

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

## 100 Club Winners

|        |     |     |                  |
|--------|-----|-----|------------------|
| May    | £25 | 11  | Carole Clark     |
|        | £15 | 50  | Gill Repton      |
|        | £ 5 | 31  | Julie Styles     |
|        | £ 5 | 30  | Mick Monaghan    |
| June   | £50 | 99  | Andy Poppleton   |
|        | £25 | 66  | Stefan Sternkopf |
|        | £15 | 42  | Deirdre Elmhirst |
|        | £ 5 | 28  | Dave Waldron     |
|        | £ 5 | 30  | Mick Monaghan    |
| July   | £25 | 31  | Julie Styles     |
|        | £15 | 100 | Mel Garland      |
|        | £ 5 | 7   | Gary Bailey      |
|        | £ 5 | 14  | Wilf Bates       |
| August | £25 | 33  | Ron Smith        |
|        | £15 | 57  | Maggie Crosswell |
|        | £ 5 | 32  | Roger Garland    |
|        | £ 5 | 61  | Ron Hodgkins     |

|           |     |    |                   |
|-----------|-----|----|-------------------|
| September | £25 | 88 | Catherine Telling |
|           | £15 | 92 | Roger Blandford   |
|           | £ 5 | 65 | Andy Peach        |
|           | £ 5 | 55 | Clive Spencer     |

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**

|                     |                      |                      |
|---------------------|----------------------|----------------------|
| Hannah Bilston      | Madeline Bue         | Oliver Buncombe      |
| Lucy Davies         | Thomas Dold          | Oliver Geach         |
| Amie Griffiths      | Kate Griffiths       | Thomas Hall          |
| Marcus Manton       |                      | Harry Beevis         |
| Owen Coulhurst      | Rebecca Freeman      | Ben Growcott         |
| William Jenkins     | Freddie Twinberry    | Gemma Williams       |
| Luke Barnett        | Bethany Bladen       | Tomas Bladen         |
| Jack Cale           | Daniel Childs        | Lee Elliot           |
| Phoebe Ellis-Tait   | Jacey Emms           | Aaron Evans-Harriott |
| Archie Gibbs        | Nicholas Goodrich    | Lily Green           |
| Joshua Noon         | Cara Nyamekye        | Kofi Nyamekye        |
| Ethan O'Neill       | Hugo Simmonds        | Annabella Stanbury   |
| Cian Tyler          | Jake Wilkinson       | Bradley Allen        |
| Robert Bray         | Matthew Broad        | Joshua Bullock       |
| Aston Campbell-Kerr | Oliver Campbell-Kerr | Olivia Dean          |
| Ruby Dean           | James Gash           | William Hughes       |
| Tommy Hunt          | Hayley James         | Ben Jones            |
| Tom Kenwright       | Joshua Kinchin       | Benjamin Leah        |
| Emily Noon          | Ceri Park            | Tommy Ross           |
| Elizabeth Ruck      |                      | Sam Small            |
| George Snelling     | Nathan Tomlinson     | Oliver Wright        |
| Samantha Bowkett    | Jamie Havercroft     | Ellen Hemsworth      |
| Raza Hussain        | Abigail Jones        | Charlotte Loveridge  |
| Alex Lowe           | Sam Lowe             | Matthew Makrancy     |
| Emma Robertson      | Louis Simmons        | Rachel Ward          |
| Noah Hart           |                      |                      |

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

## **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 and cross country, then contact Tracy Miles

This applies to the ladies who have turned out in the past and any new ladies.

## **Conditioning and Core Strength Training**

We are again running a half hour medicine ball session followed by circuit training and conditioning sessions at Nunnery Wood School Gym every Monday evening from 1st October 2012:

|        |                                 |
|--------|---------------------------------|
| 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: <a href="mailto:apeach@lineone.net">apeach@lineone.net</a>             |
| or Deirdre Elmhirst | tel.: 01905 764316 or email: <a href="mailto:Deirdre-Elmhirst@msn.com">Deirdre-Elmhirst@msn.com</a> |

|                  |    |
|------------------|----|
| Seniors:         | £2 |
| Juniors/students | £1 |

## **Sadly**

Brian Marks passed away after a long struggle with cancer, a colourful character who will be missed.

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

As the nights are starting to draw in, I would like to remind all members of their responsibility for their own safety and that of other road users both on the roads and footpaths.

Please wear light, preferably high visibility clothing when running away from the track.

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 or you want anything changed please let me know.

It's your newsletter.

David Hibbitt

I am usually with the road runners on Tuesday and Thursday evenings at the Sports Centre or can be contacted as above.

## Forthcoming Races

### Birmingham Cross Country League - Division 1

|                  |   |
|------------------|---|
| 10 November 2012 | Newbold Comyn, Leamington Spa               |
| 1 December 2012  | Cofton Park, Longbridge, Birmingham         |
| 12 January 2013  | Sandwell Valley Country Park, West Bromwich |
| 9 February 2013  | Perry Park, Birmingham                      |

### Midlands Women's Cross Country League

|                  |                                |
|------------------|--------------------------------|
| 10 November 2012 | Newbold Comyn, Leamington Spa  |
| 1 December 2012  | Burbage Common, Hinckley       |
| 12 January 2013  | Sandwell Valley, West Bromwich |
| 9 February 2013  | Pitville Park, Cheltenham      |

### Gloucester Cross Country League

|                 |                    |
|-----------------|--------------------|
| 6 October 2012  | Cotswold Farm Park |
| 3 November 2012 | Pitville Park      |
| 8 December 2012 | Tewkesbury School  |
| 2 February 2013 | Plock Court        |

### Gloucestershire Cross Country League: closing date 30.9.11

Entry forms on line at [http://www.glosaaa.org.uk/PDFS/2011\\_2012\\_GAAACCLGE\\_discounted%20EF.pdf](http://www.glosaaa.org.uk/PDFS/2011_2012_GAAACCLGE_discounted%20EF.pdf)

These races are for anyone aged 9 to veteran.

Under 11's run about a mile, the distance increases for each age group.

More information & race details can be found on [www.glosaaa.org.uk](http://www.glosaaa.org.uk)

### Other Races

|                       |  |
|-----------------------|--|
| 22/23 September       | Road Relays, Sutton Coldfield  |
| 30 September          | Waseley Wobbler, incorporating county MT championships, Rubery               |
| 7 October             | Kidderminster Shuttle 10k, incorporating county 10k championships, Stourport |
| 13 October            | Beacon Race, Malvern   |
| 4 November??          | Guy Fawkes 5, Tewkesbury   |
| 18 November           | Croome Capability Canter, Croome   |
| 25 November           | Cotswold 10k   |
| 10 December??<br>2013 | Mortimer Forest 10, Ludlow   |
| 5 January             | County Cross Country Championships, T B A                                    |
| 11 February??         | Wyre Forest 8, Bewdley<br>Muddy woody 6, Mordiford                           |

# I'll be scaling the heights to light a beacon for jubilee

Cancer survivor Beverley is joining charity team on Scafell Pike

BY JAMES CONNELL  
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A WORCESTER cancer survivor will light a beacon at the summit of England's tallest mountain to mark the Queen's Diamond Jubilee.

Beverley Hicks, aged 54, of Barbourne, Worcester, will join a group of cancer survivors, scientists and supporters scaling Scafell Pike in the Lake District on Monday to light the charity's Beacon of Hope as part of the Queen's Diamond Jubilee Beacons.

Mrs Hicks, who launched Race for Life in Worcester in 2009, was invited by Cancer Research UK to join other climbers, including model and TV personality Nell McAndrew and Radio 2 DJ Bob Harris.

The charity is one of four that have been invited by Bruno Peek, the pageant-master for the Queen's Diamond Jubilee Beacons, to light a beacon at the top of the UK's four highest peaks.

Mrs Hicks and the group will join Dr Harpal Kumar, chief executive of Cancer Research UK, as he lights the beacon at 10.29pm, one minute before the Queen lights the national beacon in central London.

Mrs Hicks, an ophthalmic nurse at Worcestershire Royal Hospital in Worcester, was diagnosed with ovarian cancer in 2001 and had surgery, followed by a chemotherapy drug called carboplatin, developed by Cancer Research UK scientists.



MOMENT TO SHINE: Beverley Hicks, aged 54, of Worcester.



HEAD FOR HEIGHTS: Beverley Hicks with Nell McAndrew.

She is now well and has completed seven London Marathons to raise money for the charity.

She said: "Being told I had cancer was so scary and I would urge people to go and get things checked out if they have any concerns as early diagnosis can make such a difference.

"The charity's work is vital for the cancer drugs of tomorrow. It takes scientists years of hard work to get each drug ready for use, so people like me can be given a

second chance in life." Ahead of the climb, Mrs Hicks will be part of a small ceremony of hope, which will give an opportunity for the climbers to commemorate Cancer Research UK's vital work and memorable moments of the Queen's 60-year reign.

On Monday, more than 4,000 beacons will be lit throughout the UK, Channel Islands, Isle of Man, the Commonwealth, UK overseas territories and other countries around the world.



**OLYMPIC SPIRIT:** Worcester Athletic Club members Josh Carr, Alice Wright, McAyla Johnson and Sam Spencer with their torches.

## City club's quartet carry torch

FOR many athletes the pinnacle of their careers is competing in the Olympic Games, especially one held in their home country, and four young athletes from Worcester Athletic Club may aspire to compete at the 2016 Games in Rio de Janeiro.

However, the next best

thing is carrying the Olympic Torch on its tour around the UK. Sam Spencer carried the torch in Fernhill Heath, McAyla Johnson at Powick Bridge, Alice Wright at Malvern Wells and Josh Carr at Newbold-on-Stour.

They had been nominated for the honour because of

various acts of charity and McAyla through a Pride of Britain Award.

Worcester Athletic Club, which has more than 400 members with ages from nine to 90 and all ranges of abilities, also has cause to celebrate this year as it reaches its 75th anniversary.





**ON THE CHARGE:** Richard Perkins goes in the M60 200 metres at the Midland Veterans Track and Field League contest at Nunnery Wood. Pictures: PAUL JACKSON. 30097401



**KEY'S THE LIMIT:** Pete Stewart attempts the M40 pole vault. 30097408



**GOING FOR GLORY:** Ros Hope runs in the W50 200m. 30097403



**LEAP OF FAITH:** Mel Garland competes in the W35 long jump. 30097409

# Reigning supreme

Worcester retain veterans' crown

HOSTS Worcester men secured their 23rd Veterans' South Midlands Track And Field League title in 24 years.

The women won the final meeting of the season 125-112 on points at Nunnery Wood, while Dave Hope, men's manager in their highly successful period, saw his team triumph 119-101.

They boasted five individual winners and four runners-up to retain their league crown.

Decathlon star Marc Flannery won the long jump and javelin, as well as putting in a storming leg of the 4x100 metres.

Dave Waldron was a convincing winner of the M60 800m and stepped down an age group for third in the 3,000m.

Pete Stewart gained maximum points in winning the pole vault and was runner-up in the shot put.

Richard Perkins bagged the M60 200m and competed in the long jump plus a leg of the 4x100m.

Dave Hall was narrowly outspurred in the M35 800m and ran a good 200m plus the anchor leg of the 4x100m. Ian Bowles finished a close second in the M60 hammer throw.

Other valuable team points were secured by Les Scrivens and Mark Palethorpe (2km walk), Laurence Oldfield (200m), Tom Forrester (800m), Phil Bullock and Warren Miles

Stourbridge and the Midland Masters competed at the event.

Olympic torchbearer and marathon runner Monica Martin got Worcester off to a flying start with third in the W60 200m.

Ros Hope (W50) and Mel Garland (W40) brought home 11 points for the team before Goulder-Davies scorched to a season's best 29.1 seconds while winning the W35 200m.

The 800m saw Becky Freeman (W35) and Maggie Crosswell (W60) secure 11 valuable points and Tracy Miles returned from injury for a W40 success.

Miles followed with another victory in the 3,000m, while Freeman and Ros Hope were brought in six more points for Worcester in their age groups.

Deb Moran stepped down two age categories for third in the W35 2,000m race while Gill Repton went one better with second in the W50.

Worcester also outscored the opposition in the field events as Ruth Bird (W35) won the shot with a massive lifetime best of 9.51 backed up by Pam Price (W60) who came third.

Price was second in the W60 long jump with a huge improvement on her league best.

Garland dropped down an age group but 4.24m won the W35 long jump. Repton



**OUT IN FRONT:** Worcester's Tom Kenwright (number 27) wins his heat in the 100 metres at Nunnery Wood.



**LEAP OF FAITH:** Ten-year-old Nick Power competes in the long jump.

# Going for gold

## Athletes shine at Nunnery Wood event

TALENTED children were given their chance to impress at Worcester Athletic Club's young athletes track and field open meeting. Around 150 boys and girls aged 10 to 15 took part in the event at Nunnery Wood Sports Complex in Spetchley Road. As well as the host club, competitors travelled from Tamworth, Halesowen, Cheltenham, Cardiff and Bridgworth to test their abilities. Races were held over 75 metres,

100m, 200m, 600m and 800m, as well as the 4x100m relay, while field disciplines featured long jump, high jump and the ball throw. Among the Worcester winners was Tom Kenwright, who won gold in the first boys' under 15 100m race in a time of 12 seconds. There were also gold medals for both the boys' 4x100m relay teams in the under 13s and under 15s categories. In the under 13s boys' long jump,

Chris Osborne took gold with leap of 4.12m, while Luca Lem Morgan won the under 13 boys' high jump with 1.32m and Oli Morgan the under 13 boys' ball throw with a distance of 41.08m. Organiser Derek Cowdrey said: "We had people from Cardiff so it was gratifying to know that a club we are attracting people from that sort of distance. "It was a good event and it was done to give the youngsters an opportunity."





**HIGH FLYER:** Worcester's Luka Morgan, aged 11, competes in the Under 13 high jump.

## Fine display at last meeting

WORCESTER athletes produced a fine display to win the third and final meeting of the season in Division Two of the Heart of England Under 17s League.

Held at Nunnery Wood Sports Complex, the host club triumphed in both the male and female categories to claim overall victory ahead of seven other clubs.

Around 150 competitors took part but Worcester excelled to ensure they keep

their place in the division for another season. Among the home winners were Joel Khan and Chris Osborne in the under 13s boys long jump, leaping 4.58 metres and 4.11m in the 'A' and 'B' events respectively.

Thalia Letori won the u13s girls' 800m 'B' race in a time of three minutes 4.2 seconds, while Esme Gibson threw 9.86m to win the under 13s girls' 'B' javelin.

Ben Clarke and Joe

Southam won the u15s boys' 80m hurdles 'A' and 'B' finals in times of 14.2 secs and 16.3 secs.

Matt Hill won the u15s boys 400m 'B' final and Tom Kenwright the u15s boys 200m 'A' final, before both joined Clarke and Matt Rea to win the 4x100m relay.

Rea won the u15s boys' 'A' high jump with 1.55m, while Joseph Hardman threw 20.5m to win the u15s boys' javelin 'B'.