



Worcester Athletic Club

Newsletter

December 2012



Editorial

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.

So ends the Olympic year, leaving a lasting legacy for the country, we hope. I bet that when the Sportsview Personality of the Year was being decided, there were a great many who in other years would have won. (Bearing in mind that I penned this before any results were known). We all had our favourites, mine being Mo Farah. Unfortunately I can't quite keep up with him. Perhaps I should get a bike and then I would stand a chance. I think I'd better put a pair of flippers on my Christmas list. What 'orrible weather !!!

The club would like to say a big **thank you** 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 also help out at events and 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 keep our costs down and reduces the paper pile, the club doing its bit for the environment.

David Hibbitt - Editor

01905 757540

hibbittrunner@hotmail.co.uk

A Couple of Thank You's

Ron Smith and his band of merry helpers hosted a bonfire evening in October. Thank you all for your support. Unfortunately, Ron has decided that this was his last year of putting on this event and we send a big thank you for all the years that he has organized this social event.

And thank you to John Marshall and his team who organized the club's 75th Anniversary Dinner and Dance at the cricket club in September.

Advance Warning - Helpers Needed

The club is hosting the 2013 Worcestershire County Cross Country Championships on Saturday 5th January 2013 in Malvern. This is a prestigious event for us to put on and we will need marshals on the day. The races run from 1200 until about 1600 so you will need to be there from about 1100 until about 1630. If you can help, even if not for the whole afternoon, please contact Mark Hill (M.R.HILL@bham.ac.uk) or myself (info@worcester-ac.co.uk) as soon as possible.

WAC is again providing the marshals for the Acorns Triple Run at Malvern on Sunday 23rd June 2013, and a form will be sent out with the April newsletter with more information.

The club is hosting The Bulmers Bash, a 10k off road race at Wichenford, on Sunday 19th May 2013 and will be looking for helpers and marshals. Anyone who can help, please contact David Hibbitt, details as above.

Pitchcroft 10k and the Beacon Race

Mark Hill, Pitchcroft 10k and Gary Bailey, the Beacon Race, who act as Race Directors will be standing down after organising next year's event. The club is looking for someone to shadow them next year with the idea of taking over in 2014. If anyone is interested please contact Derek Cowdrey, our chairman on 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.

7 October Kidderminster Shuttle 10k (incorporating county 10k championships)

Dave Wilde 1st mens O60

David Hibbitt 3rd mens O60

Dirt Run, Top Barn Farm

Daniel Stock 2nd overall

Terry Bedington 1st mens O60

14 October Worcester Beacon Race

Alan Klein won The Plumbers Plate for the 1st WAC athlete home.

Ros Hope 1st lady O55

21 October Birmingham Half Marathon

Terry Bedington 2nd mens O60

4 November Guy Fawkes 5, Tewkesbury

Dave Wilde 3rd mens O60

Ros Hope 2nd lady O55

18 November Croome Capability Canter (6½ miles)

Sandra Lane 1st lady O50

Dave Wilde 1st mens O60

Terry Bedington 2nd mens O60

David Hibbitt 3rd mens O60

Ron Smith 1st mens O80



Young Athlete of the Month

September McAyla Johnston for her performances at the National Disability Athletics event.

October Nixie Turner for her 8th place in the UK McCain Cross Country Challenge at Bristol.

November Isaac Gilchrist for outstanding efforts with both participation and organisation in the Sports Hall league.

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: apeach@lineone.net
or Deirdre Elmhirst tel.: 01905 764316 or email: Deirdre-Elmhirst@msn.com

Seniors: £2 Juniors/students £1

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

Birmingham League

12 January Sandwell Valley Country Park, West Bromwich
9 February Perry Park, Birmingham

Midlands Women's Cross Country League

12 January Sandwell Valley, West Bromwich
9 February Pitville Park, Cheltenham

Gloucester League

2 February Plock Park

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

5 January Worcester County Cross Country Championships, Malvern
20 January Midlands Masters Cross Country Championships, Wolverhampton
3 February Dirt Run, Top Barn Farm
10 February Wyre Forest 8, Bewdley
17 February Muddy Woody 6, Mordiford
14 April Eastnor 7

Road Races

20 January Not the Roman IX
3 March Droitwich half marathon



100 Club Winners

October	£25	36	Dave Hall
	£15	91	Mark Hill
	£ 5	21	Lyn Higgins
	£ 5	17	Dave Ashman
November	£25	3	Alan Clark
	£15	74	Derek Cowdrey
	£ 5	98	Maggie Crosswell
	£ 5	51	Mark Hill
December	£50	25	Roger Blandford
	£25	90	Warren Miles
	£15	57	Maggie Crosswell
	£ 5	26	Corrine Paton
	£ 5	61	Ron Hodgkins



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

Tom Bentley	Emily Caldwell	Chloe Cavens
Isaac Chidlow	Samuel Davey	Georgina Douglas
Jonty Doyle	Eve Dutton	Rebecca Hambrook
Immy Harrison	Alex Hewitt	Ben Hughes
Heini Hughes	Zachary Humphrys	Daniel Kilgallon
Cameron Laing	Anna Little	Joshua Martin
Joseph Mills	Genevieve Phillips	Hayden Phillips
Elizabeth Shaw	David Shephard	Megan Shephard
Domonic Shepherd	Daniel Soley	Ellie Warren
Selby Warren	Rosie Webb	Mitch Wells
Verity Wild	Lauren Adams	Olivia Bell
Andrew Brooks	Luke Bryan-Brown	Sophie Cameron
Rebekah Cohen	Eleanor Duncan	Nick Elliot
Jan Fairlamb	Matt Fairlamb	Edward Furze
Ellen Hodgetts	Catherine Holdsworth	Wesley Hudson
Isabel Jeavons	Cameron Lagan	Andrew Lyall
Helena Madan	Oliver Madzarevic	Daniel Merrett
Nadia Moore	Emily Morris	Nilesh Patel
Alex Perrin	James Preston	Alexander Schreiber
Ella Shaw	Megan Smith	Andrew Strong
Sian Thompson	Michael Weaver	Ruby Baylis
Jamie Bell	Oliver Biddle	Sue Biddle
Lewis Coleman	Timothy Coleman	Amara Desilva-Morgan
Lauren Hart	Natasha Hewitt	Andrew Jay
Adam Lawrence	Helena Leach	Lucy Linnane

Mara Madden
Gabi Moore
George Randall
James Thomas
Bethan Williams

Myren Madden
Luke Mushing
Harriet Sargeant
Ellie Vick
William Woof

Paul Madden
Jimmie Poole
Eliza Tainton
George Watkins
Poppy Graham-Kevan

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

2012 ROLL OF HONOUR

The awards listed below were presented at the 75th Anniversary Dinner.

Cross Country

Ford Motorhouse Cup
Yellin Cup
H. Samuel Shield
Charles Wilcox

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

Lewis Roberts
Millie Barnes
Ollie Roberts
Jenny Nesbitt

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

Andy Poppleton
Kirsty White
Hakim Shepherd
Siobhan Glover
Declan McManus
Hakim Shepherd
Elise Bue
Tom Kenwright

Walking

Vic Wilson Cup
Ann Keely Rosebowl
Paul Sargent Cup

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

Les Scrivens
not awarded
not awarded

Others

Simon Tansell Award
Simon Tansell Award
Councillor Wilkes
Councillor Wilkes
Ann Rich Clock
Ivan Pawluk Cup

Best Under-11 Girl
Best Under-11 Boy
Best Under-13 Girl
Best Under-13 Boy
Best Supporting Female
Best Supporting Male

Emma Lickman
Josh Williams
Abigail Gill
Ted Leah
Ruth Bird
Andy Kinney

(sp. mention Edwin Elmhirst)

Alf Poole Cup
Three Counties Cup
Mazak Vase
Charles Jones Cup

Best Vet Performance
Best Male Road Runner
Best Female Road Runner
Season's Best Performance

Mel Garland
Phil Bullock
Sandra Lane
Jenny Nesbitt

LADIES

Under-11 Girls

Cross Country
Lauren Arnold

Track & Field
Katie Harris
Lee Elliott
Lena Coulthurst
Daisy Martin
Ellie Warren
Katie Corbett

Under-13 Girls

Sophie Tohill
Katie Corbett

Under-15 Girls	Helen Jubb } Nixie Turner } joint winners	Genevieve Phillips
Under-17 Ladies	Siobhan Glover	
Under-20 Ladies	Millie Barnes	Sam Spencer
Senior Ladies	Kelly Klein	Kirsty White Shalayna Hutchinson
W45	Tracy Miles Gill Jubb	Ruth Bird
MEN	Cross Country	Track & Field
Under-11 Boys	Joshua Bentley Josh Williams Kai Gooden-Morris	Nicholas Power Sam Morgan Noah Hart
Under-13 Boys	Ben Clarke Lewis Sternkopf Ollie Morgan	Ben Hughes Luca Lemon-Morgan Ollie Morgan
Under-15 Boys	Declan McManus Edward Whyte Tom Bentley	Ben Clarke Matt Richardson
Under-17 Men	Ollie Roberts	Hakim Shepherd
Under-20 Men	Lewis Roberts Josh Carr	
Senior Men		Andy Poppleton
M35	Adam Wilks	
M40	Dave O'Brien	Craig Morgan
M45	Warren Miles Ivan Pawluk Andrew Peach	

Annual General Meeting

The meeting was held on Friday 7 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.

The treasurer explained that there was some uncertainty about the amount of the England Athletics levy and it was impossible to set the exact membership fees for 2013. However, the club element of the fee would be as follows:

Adult (including track fees)	£45.00
Adult (without track fees)	£35.00
Students	£35.00
under 11s	£30.00
Senior concession (with track fees)	£25.00
Senior concession (without track)	£15.00
Family (including track)	£60.00
Family (without track)	£35.00
Non competing	£15.00
Distance member	£25.00

There would be no change to track fees for 2013.

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

President	John Brook
Chairman	Derek Cowdrey
Vice Chair/Coaching Coordinator	Ron Smith
Treasurer	Andy Peach
Secretary	Ian Atkins
Minutes Secretary	Clive Spencer
Men's Road & X Country Manager	Mark Hill
Young Athletes Coordinator	Gill Repton
Member without Portfolio	Dave Ashman
Member without Portfolio	Chris Crosswell
Men's T+F Team Manager	Richard White
Men's Road & X Country Manager	Dave Waldron
Road Running Representative	Geoff Aston
Race Walking Representative	John Marshall
Newsletter Editor	David Hibbitt
Press Officer	Andy Poppleton
Ladies Team Captain	Molly Brown
Ladies T+F Team Manager	Kirsty White
Ladies Road & X Country Manager	Tracy Miles



The position of Men's Team Captain remains vacant.

To All Worcester A.C. Members

May I remind all those that use the track for training sessions to observe the lane discipline ie lane 1 for walkers, lane 2 - sprinters, lanes 3 & 4 - middle distance
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!

Sadly

Dick Tyler, who passed away this year, was a timekeeper for the cross country and a member of the race walking section of the club.

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.



John Marshall at the 75th Anniversary Dinner And Disco



