



Worcester Athletic Club

Newsletter

April 2013



Editorial

The start of a new year and new challenges, well it was in January. Some of us made a New Year resolution to improve on last year, I did say SOME of us. In January, I was debating about buying a new pair of running shoes and wonder whether they should be flippers and a snorkel instead. And Spring, that was supposed to give us warmer weather, I'm keeping my tracky bottoms and gloves on!! Hopefully, with the lighter nights coming, we will see an increase in the temperature.

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

01905 757540

hibbittrunner@hotmail.co.uk

Helpers Needed

The club is hosting the following 3 races. If you are able help in with any of these please see contact details below each race. Thank you.

The Bulmers Bash, a 10k off road race at Wichenford, on Sunday 19th May 2013, please contact David Hibbitt, 01905 757540 or e-mail - hibbittrunner@hotmail.co.uk

The Acorns Triple Run at Malvern on Sunday 23rd June 2013, please see the attached form for more information.

Pitchcroft 10k at Worcester race course, on Sunday 14th July, please contact Mark Hill, 07902 815296 or e-mail - hillmr99@gmail.com

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 this year's event. The club is looking for someone to shadow them for this year's events with the idea of taking over in 2014. If anyone is interested please contact Derek Cowdrey, our chairman on 01905 358508.

Advance Notice

This year sees the 60th anniversary of the Beacon Race and the club is holding a celebration dinner and disco on 6th October to commemorate this achievement. Please watch for further information.

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.

5 January Worcester County Cross Country Championships, Malvern
We won three individual (Jake Cavens U13B, Declan McManus U17M and Sandra Lane W50) and two team (U15G & U15B) gold medals, three individual (Nixie Turner U15G, Dan Stock U15B and Tracy Miles W50) and two team (U13B & S/VW) silver medals and five individual (Ollie Morgan U13B, Sophie Tohill U15G, Jenny Klein U17W, Millie Barnes SW and Warren Miles M40) and one team (S/VM) bronze medal.

Full Results can be found on the club's website under results.

3 February Midlands Masters Cross Country Championships, Wolverhampton

Mick Monaghan 2nd male o65
Dirt Run, Top Barn Farm, Holt

David Hibbitt 2nd male o50/1st male o65

10 February Wyre Forest 8, Bewdley

David Hibbitt 1st male o65

Mike Monaghan 2nd male o65

Geoff Jones 3rd male o65

17 February Muddy Woody 6, Mordiford

David Hibbitt 2nd male o65

3 March Droitwich half marathon

Terry Bedington Worcestershire male o60 champion

20 March Police Support UK National Cross Country Championships

David Hibbitt 2nd male o50/1st male o65

7 April Scenic 6, Peopleton

Ben Jones 2nd overall

Terry Bedington 2nd male o60

David Hibbitt 3rd male o60/1st male o65

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

News Items

Lewis Sternkopf and Declan McManus both won their respective age groups in the Worcester Schools Cross Country Championships.

Following his excellent run in the English Schools National Cross Country Championships and selection for the England team, WAC young athlete Declan McManus finished 9th (and 5th England runner) in the SIAB Schools Cross Country International held in Wales on 23rd March. Well done Declan!

Two of Worcester AC's young athletes continued the club's record of doing well in the McCain UK Cross Challenge. Following the final race of the series at Cofton Park on 9th March Declan McManus was 6th overall in the Under-17 Men's category after finishing 25th on the day and Nixie Turner was 7th in the Under-15 Girls (158th on the day). Well done to both of them.

There are more news updates available on the club's website.

Young Athlete of the Month

- December Lewis Sternkopf for his dramatic improvement in cross country running, and specifically his 3rd place in the u15 category at the Gloucester Cross Country league meeting.
- January Abigail Gill for her 10.27s 60m hurdles at the Midlands Open Championships.
- February Matt Hill for his club record, 4th place in the National Championships and Bronze Medal at the Midland Indoor Championships.
- March Declan McManus for his 6th place in the English Schools National Cross Country Championships and his consequent selection for the England team in the Schools International meeting in Wales on 23rd March where he finished 9th and 5th England runner.

Conditioning and Core Strength Training

The Conditioning and Core Strength Training has finished for this year and will start again in October.

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.

100 Club Winners

| | | | |
|----------|-----|----|------------------|
| January | £25 | 66 | Stefan Sternkopf |
| | £15 | 76 | Terry Bedington |
| | £5 | 72 | Jenny Sliwa |
| | £5 | 31 | Julie Styles |
| February | £25 | 34 | Bob Perry |
| | £15 | 7 | Gary Bailey |
| | £ 5 | 9 | Geoff Jones |
| | £ 5 | 26 | Corinne Paton |
| March | £25 | 41 | Tracy Miles |
| | £15 | 74 | Derek Cowdrey |
| | £ 5 | 7 | Gary Bailey |
| | £ 5 | 40 | Roger Turner |
| April | £25 | 99 | Andy Poppleton |
| | £15 | 13 | Siobhan Glover |
| | £5 | 34 | Bob Perry |
| | £5 | 83 | Anna Szczepanska |

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

| | | |
|------------------|-----------------------|------------------|
| Niamh Allen | Katie Baston | Mark Game |
| Owen Hall | Holly Whitcomb | Alice Wilson |
| Georgia Allies | Poppy Allies | George Beardmore |
| Joanne Bentley | Luke Bowerman | Connor Carrier |
| Zoe Coulthurst | Jack Evans | Sophie Gilbert |
| Sharon Price | Peter Robinson | John Steel |
| Hannah Tapley | Jamie Westwood | Kevin Westwood |
| Reece Westwood | Megan Bridger-Freeman | Sophie Field |
| Nick Hitchings | Barry Swindells | Charlotte Albutt |
| Charlie Allies | Declan Farley | Toby Haycock |
| William Hodgetts | Jon Imondi | Mike Jeavons |
| Andrew Jeavons | John Owens | Darren Salisbury |
| Anna Stephens | Jennifer White | Chaney Williams |

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

Congratulations to John Bennett, a former Club President, who was recently awarded the MBE.

Club Clothing

There is a range of club clothing, running vests, T-shirts, tracking suits etc.

Be proud of your club and wear club colours at all events in which you compete.

Good Luck in this year's London Marathon

Good luck to club members **Maggie Johnson, Chris Lee** and **Bev Hicks** who were awarded the club entries for this year's Virgin London Marathon.

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.

Forthcoming Races

Worcestershire Mid-Week Series - 7:30 start

Wednesday 15 May Hagley - 10km all terrain
Wednesday 12 June Redditch - 12km all terrain
Wednesday 10 July Droitwich - 10km road race
Wednesday 7 Clent (new venue)

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

Wednesdays 10 April, 8 May and 12 June

(The fastest time in any single race will be the club champion road runner for 2013.)

Kidderminster & Stourport – Fast & Furious 5k Series - 7:30 start

Wednesdays 22 May, 26 June and 24 July

Severn AC - 5k race series – all at The Whitehorse, Sandhurst Lane, Gloucester - 7.45pm start

Tuesdays 21 May, 18 June, 16 July and 20 August

Midlands Vets League Meetings

Thursday 2 May Stourport
Wednesday 29 May Birchfield
Wednesday 26 June The Dell
Thursday 1 August Worcester

Midlands Track & Field League Meetings

Saturday 18 May Tipton, hosted by Halesowen Athletic Club
Sunday 9 June Kettering
Sunday 7 July Telford
Saturday 10 August Tipton

Heart of England League Meetings

Sunday 12 May Stourport
Saturday 16 June Coventry
Saturday 31 August Worcester

Worcester AC Open Meetings

Thursday 25 April
Tuesday 4 June
Thursday 18 July

WAC Club Championships

Sunday 8 September

Other Races

May

Wednesday 1 Dudley 10k
Sunday 12 Crowle 10K
Bromsgrove 5k & 10k
Sunday 19 Bulmer's Bash - Wichenford
Sunday 26 Crocodile 8

June

Wednesday 12 (prov) Malvern Joggers 10K
Sunday 16 Darren's Dash
Sunday 23 Acorns Triple Run – Three Counties Showground, Malvern
Saturday 29 Timberhonger 10k

July

Sunday 7 Evesham 10k
Sunday 14 Pitchcroft 10k
Sunday 21 Danny's Dash, Stourport

August

Saturday 10 Stourbridge Stumble

September

Sunday 22 Kidderminster Shuttle 10k – Stourport
Waseley Wobbler, Bromsgrove

See website for further details

Welsh Masters Championships

More success for Worcester AC

Three of Worcester AC's "veteran ladies" team travelled to Cardiff for the 2013 Welsh Indoor Masters Championships and came away with a hatful of medals.

Cat Goulder-Davies at the W35 category, Mel Garland at W50 and Rebecca Hambrook W60 entered seven events between them and won all seven!



Cat set a new PB in winning the W35 60mt (8.83sec) whilst Mel set a "W50 PB" at 60mt with a time of 9.38sec.

(Also pictured on the podium is Welsh athlete and fellow gold medal winner Kate Lerwill)

Rebecca, seen here with Mel after collecting their medals, won the W60 200mt (42.95sec) and 800mt (3.34.09).

As well as the sprint, Mel secured the W50 high jump (1.30mt) the long jump (4.33mt) and the triple jump (8.65mt)



Not only can the club boast seven Welsh Indoor Championship wins, but six of the seven performances propelled our athletes to the top of their respective UK rankings for their age categories on Power of 10.

Check out the results of 12th January 1963. Anyone you know???

BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE.

3rd. Race, First Division, at Sheldon, 12th. Jan. 1963.

OUTERS.

| Rank | Name | Club | Time | Rank | Name | Club | Time |
|------|----------------|---------------|-------|------|----------------|---------------|-------|
| 1 | R. Taylor | Godiva H. | 20.41 | 33 | P. Hills | Godiva H. | 23.12 |
| 2 | A. Davies | Tipton H. | 43 | 34 | G. Lock | Wolverhampton | 14 |
| 3 | T. O'Keilly | Small Hth. | 44 | 35 | D. Howlands | " | 15 |
| 4 | M. Richards | Tipton H. | 59 | 36 | J. Hamth | Sparkhill | 17 |
| 5 | M. Gregson | Worcester | 21.01 | 37 | A. Proor | Birchfield | 18 |
| 6 | P. Stewart | Birchfield | 13 | 38 | F. Gerard | Sparkhill | 22 |
| 7 | D. Keitley | Worcester | 18 | 39 | K. Sweeney | Wolverhampton | 30 |
| 8 | S. Hyde | Birchfield | 35 | 40 | G. Camm | N. Staffs | 30 |
| 9 | A. Jenkins | Worcester | 38 | 41 | J. Kesselburgh | Godiva | 33 |
| 10 | D. Jones | Tipton H. | 43 | 42 | K. Masters | Tipton H. | 35 |
| 11 | F. Wood | Worcester H. | 50 | 43 | J. Langton | Godiva | 43 |
| 12 | R. Bartlett | Birchfield | 52 | 44 | A. Williams | Tipton H. | 44 |
| 13 | K. Statham | Godiva H. | 56 | 45 | P. Hows | Godiva | 46 |
| 14 | R. Bonfield | Godiva H. | 58 | 46 | A. Little | Birchfield | 48 |
| 15 | K. Hawes | Sparkhill | 22.00 | 47 | D. Trigg | Godiva | 51 |
| 16 | M. Ashfield | Wolverhampton | 06 | 48 | H. Yovell | Sparkhill | 52 |
| 17 | R. Eaton | Small Heath | 09 | 49 | S. Johnson | Small Hth | 21.01 |
| 18 | H. Aute | Sparkhill | 11 | 50 | D. Howley | Small Hth | 12 |
| 19 | J. Bailey | Worcester | 13 | 51 | K. Gunis | Godiva | 16 |
| 20 | D. Walker | Worcester | 14 | 52 | R. Clarke | Sparkhill | 19 |
| 21 | K. Bowers | N. Staffs. | 15 | 53 | M. Feraday | Tipton | 19 |
| 22 | M. Fox | Wolverhampton | 15 | 54 | M. O'Sullivan | Sparkhill | 26 |
| 23 | A. Herrity | Small Hth | 18 | 55 | D. Skelcher | Birchfield | 28 |
| 24 | G. Parry | N. Staffs | 20 | 56 | M. Richards | Godiva | 32 |
| 25 | F. Morris | N. Staffs | 22.30 | 57 | G. Eastone | Wolverhampton | 35 |
| 26 | F. Shipman | Birchfield | 39 | 58 | S. Allians | Sparkhill | 36 |
| 27 | J. B. Williams | " | 39 | 59 | A. Manning | Godiva | 40 |
| 28 | P. Hanneman | Wolverhampton | 46 | 60 | L. Hancock | Birchfield | 53 |
| 29 | D. Gadsby | Godiva H. | 49 | 61 | L. Parks | Birchfield | 25.00 |
| 30 | J. Melvin | Small Hth. | 51 | 62 | - Bedford | Godiva | 02 |
| 31 | J. Crowe | Godiva H. | 52 | 63 | R. Parkinson | Godiva | 02 |
| 32 | L. Green | Sparkhill | 23.06 | 64 | T. Corvell | Godiva | 09 |

YOUTHS LEAGUE TABLE.

| Rank | Club | First Three | Tot. | Prev. | TOTAL |
|------|------------------|---------------|------|-------|-------|
| 1. | Worcester H. | 5. 7. 9. = | 21 | + 43 | = 64 |
| 2. | Birchfield H. | 6. 8. 12. = | 26 | + 45 | = 71 |
| 3. | Tipton H. | 2. 4. 10. = | 16 | + 57 | = 73 |
| 4. | Coventry Godiva. | 1. 13. 14. = | 48 | + 45 | = 73 |
| 5. | Wolverhampton H. | 16. 22. 28. = | 66 | + 90 | = 156 |
| 6. | Small Heath. | 3. 17. 23. = | 43 | + 172 | = 215 |
| 7. | Sparkhill. | 15. 18. 32. = | 65 | + 154 | = 219 |
| 8. | N. Staffs & St. | 21. 24. 40. = | 70 | + 169 | = 239 |

BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE.

3rd. Race, First Division at Sheldon. 14th. Jan. 1963.

SENIORS.

| <u>Posn.</u> | <u>Name.</u> | <u>Club.</u> | <u>Time.</u> | <u>Posn.</u> | <u>Name.</u> | <u>Club.</u> | <u>Time.</u> |
|--------------|----------------|---------------|--------------|--------------|------------------|---------------|--------------|
| 1. | B. Heatley. | Coventry God. | 43.30 | 46 | A. Grant | Godiva | 47.51 |
| 2. | R. Carey. | " | 30 | 47 | H. Lloyd | Godiva | 54 |
| 3. | C.M. Gray. | Small Hth. | 44.17 | 48 | K. Smith | Wolverhampton | 48.25 |
| 4. | F. McDermott. | Coventry God. | 26 | 49 | F. Holland | Small Heath | 27 |
| 5. | D. Prince | W'hampton. | 35 | 50 | A. Morris | Birchfield | 40 |
| 6. | A.R. Walker. | N.Staffs. | 46 | 51 | P. Bull | Small Hth. | 45 |
| 7. | J. Cliff. | Small Hth. | 52 | 52 | T. Meek | Worcester | 50 |
| 8. | D. Pownes. | Tipton. | 54 | 53 | G. Horne | Godiva | 59 |
| 9. | J. Taylor. | Godiva H. | 59 | 54 | P. Silve-man | Sparkhill | 49.03 |
| 10. | A. Hittle. | Tipton. | 45.06 | 55 | P. Cragge | Wolverhampton | 05 |
| 11 | R. Mack | Birchfield | 09 | 56 | J. Orton | Birchfield | 25 |
| 12 | D. H. Davis | " | 26 | 57 | G. A. Dean. | N. Staffs | 20 |
| 13 | J. J. Feast | " | 33 | 58 | T. Cox | Godiva | 21 |
| 14 | A. Dowall | Godiva | 40 | 59 | R. Taylor | " | 33 |
| 15 | A. Willis | W'hampton. | 43 | 60 | H. Davies | Wolverhampton | 37 |
| 16 | J. Hammond | Godiva | 51 | 61 | C. Harrison | Godiva | 50.07 |
| 17 | C. Kenhall | W'hampton | 57 | 62 | E. Norrish | N. Staffs. | 12 |
| 18 | A. Burkitt | Tipton | 58 | 63 | P. Burns | Godiva | 28 |
| 19 | D. Browning | Birchfield | 46.00 | 64 | K. Bull | " | 31 |
| 20 | L. Orton | " | 03 | 65 | W. Seymour-Smith | Spkhill | 47 |
| 21 | W. Adcock | Godiva. | 08 | 66 | E. Burrows | N. Staffs. | 47 |
| 22 | R. Billington. | Birchfield | 09 | 67 | M. Perkins | Worcester | 51.00 |
| 23 | V. Carr. | Tipton. | 11 | 68 | D. Glover | Sparkhill | 05 |
| 24 | R. K. Boydon. | N. Staffs. | 22 | 69 | H. Fletcher | Godiva | 45 |
| 25 | J. Walker. | Small Heath | 23 | 70 | K. Burkitt | Tipton | 44 |
| 26 | C. J. Simpson. | " | 25 | 71 | J. Crompton | " | 52.18 |
| 27 | E. Austin. | Worcester. | 27 | 72 | L. Clarke | Small Hth. | 31 |
| 28 | A. Batstone | " | 30 | 73 | B. Robinson | Sparkhill | 34 |
| 29 | J. Wright | Tipton | 39 | 74 | G. Lovell | Small Hth. | 53 |
| 30 | A. Ray | Small Hth. | 42 | 75 | W. Murray | Birchfield | 51 |
| 31 | M. Cotterill | Sparkhill | 46 | 76 | M. Stevens | Sparkhill | 53.13 |
| 32 | G. Wood | Tipton | 49 | 77 | J. Howe | Small Hth | 54.07 |
| 33 | K. Dobb | Birchfield | 51 | 78 | B. Hughes | Sparkhill | 01 |
| 34 | H. Harens | " | 51 | 79 | B. Hall | W'hampton | 21 |
| 35 | D. Roberts | " | 47.02 | 80 | C. Brooks | Worcester | 54 |
| 36 | J. Lees. | Wolverhampton | 08 | 81 | T. Smith | N. Staffs | 55.04 |
| 37 | K. Crossfield | Godiva | 17 | 82 | P. Smith | Worcester | 21 |
| 38 | M. Cooper | Birchfield | 19 | 83 | K. Brinsford | " | 56.11 |
| 39 | A. Phillips | Tipton | 24 | 84 | R. Kuchell | Godiva | 44 |
| 40 | A. Gibbs | Birchfield | 27 | 85 | H. P. A. Harvey | N. Staffs. | 54 |
| 41 | B. Goldthorpe | Wolverhampton | 30 | 86 | K. Arcourt | Godiva | 57.01 |
| 42 | J. Peet | Sparkhill | 38 | 87 | J. McNulty | Small Hth. | 04 |
| 43 | J. Spooner | Wolverhampton | 41 | 88 | D. Hove | N. Staffs | 54 |
| 44 | P. Crowe | Worcester | 43 | 89 | G. Healey | Sparkhill | 59.44 |
| 45 | P. Monahan | Godiva | 49 | 90 | P. Chase | Small Hth. | 62.44 |

SENIOR LEAGUE TABLE.

| <u>Posn.</u> | <u>Club.</u> | <u>First Six.</u> | <u>Tot.</u> | <u>Prev.</u> | <u>TOTAL.</u> |
|--------------|--------------------|-------------------------|-------------|--------------|---------------|
| 1. | Coventry Godiva H. | 1. 2. 4. 9. 14. 16 | - 46 | + 219 | = 265 |
| 2. | Birchfield H. | 11. 12. 13. 19. 20. 22. | - 97 | + 231 | = 328 |
| 3. | Tipton Harriers | 6. 10. 18. 23. 29. 32. | - 120 | + 236 | = 356 |
| 4. | Wolverhampton H. | 5. 15. 17. 36. 41. 43. | - 157 | + 309 | = 466 |
| 5. | N. Staffs & Stone. | 6. 24. 57. 62. 66. 81. | - 296 | + 279 | = 575 |
| 6. | Small Heath. | 3. 7. 25. 26. 30. 49. | - 140 | + 495 | = 635 |
| 7. | Worcester H. | 27. 28. 44. 52. 67. 80. | - 298 | + 432 | = 730 |
| 8. | Sparkhill H. | 31. 42. 54. 65. 68. 73. | - 333 | + 628 | = 961 |

INDIVIDUAL C REPIORNER.

| | <u>1st.</u> | <u>2nd.</u> | <u>3rd.</u> | <u>Total.</u> |
|--------------|-------------|-------------|-------------|---------------|
| A.R. Walker, | 2. | 3. | 6. | 11. |
| B. Heatley, | 11. | 2. | 1. | 14. |
| D. Pownes, | 8. | 9. | 8. | 25. |

ACORNS TRIPLE RUN

SUNDAY 23rd June
2013



VOLUNTEERS
WANTED



Worcester Athletic Club is assisting **Acorns** in the organisation and running of the 8th ACORNS TRIPLE RUN at the Three Counties Showground on Sunday 23rd June 2013. As previous years, there will be three races including a Half Marathon which we promote.

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 23rd June**
or Saturday 22nd 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
and support this fundraising event for the Children's Hospice and WAC

The form below is required to be filled in by every volunteer and can be returned to Triple Run Committee members Mark or Chris or direct to Acorns Head Office.

Further information available please call: 0844 984 0405 or
email: triplerun@acorns.org.uk or visit: www.acorns.org.uk/triplerun

WAC Volunteer

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 22 nd June 2013: | | | |
| Event Set up | 10.00am – 3.00pm | <input type="checkbox"/> | |
| Sunday 23 rd June 2013: | | | |
| Event Set up | 8.00am – 9.00am | <input type="checkbox"/> | |
| 1K Run | 9.00am – 3.00pm | <input type="checkbox"/> | |
| 5K Woodland Trail Run | 9.00am – 3.00pm | <input type="checkbox"/> | |
| Half Marathon | 9.00am – 3.00pm | <input type="checkbox"/> | |
| Event close | 3.00pm – 5.00pm | <input type="checkbox"/> | |

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