



Worcester Athletic Club

Newsletter

September 2013



Editorial

Well the summer is over, I'm not sure whether I blinked and missed it. The track athletes have had their fun and now it's the turn of the off roaders. Well done to both the ladies and mens vets on winning this year's Midland League Southern Division and also our younger members have excelled over the summer, see below for the news articles.

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.

I am standing down as Newsletter Editor at the next AGM so this is my last missive. If anyone would like to pick up the mantle, please contact Derek Cowdrey.

David Hibbitt - Editor

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Notice for Help Needed

The club is hosting The Beacon Race on Saturday 12th October 2013 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 a drink and a cake.

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

Mechanic Required

Dear Members,

The club owns a small 2-stroke petrol generator that is used to supply auxiliary power at various outdoor events. Unfortunately it is rather unreliable (probably due to bad maintenance), so this is a plea for any club member who is familiar with this type of equipment, to take on the responsibility of storing and maintaining it.

Please contact Chris Crosswell - crosswells2@tiscali.co.uk if you could help with this.

Thanks to

Mark Hill for his years of service organising the Pitchcroft 10k, he will be a hard act to follow.

Advance Notice - 1

This year sees the 60th anniversary of the Beacon Race and the club is holding a celebration dinner and disco on 5th October to commemorate this achievement. Tickets are available from Joan Turner, Ron Smith or Andy Peach.

Advance Notice - 2

The AGM is to be held at The Portobello Inn, Bransford Road, St Johns on Friday 6 December. Further details available later.

Safety First

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) and/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).

WEAR SOMETHING LIGHT AT NIGHT!

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

Terry Bedington 1st male o60 and Worcestershire 10k Road Champion

Herefordshire 5K Series

Phil Bullock Fastest time over the series (1st claim)

Sunday 14 April Eastnor 7

David Hibbitt 2nd male o60

Sunday 12 May Crowle 10k

Mark Hill 1st male o50

Terry Bedington 1st male o60

Ros Townsend-Hope 2nd lady o55

Sunday 19 May Bulmer's Bash

Dave O'Brien 2nd overall

Terry Bedington 2nd male o60

Ros Townsend-Hope 1st lady o55

Sunday 14 July Pitchcroft 10k

Barry Swindells 1st male o70

Debbie Hodson 2nd lady o45

Sunday 1 September MMAC 10k Road Championships

Barry Swindells 1st male o70

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

Young Athlete of the Month

April Hannah Tapley (u15) for performance in HJ at WAC Open meeting.

May Maia Hawkins for her performance at the Gloucestershire County Championships in 3000m and 1500m.

June Ben Clarke for his bronze medal at the Midlands Schools Combined Event Championships.

July Jake Cravens for his willingness to undertake events other than his own for the benefit of the team.

August Will Goodwin for his gold medal at the Midland Counties Championships in the 80mH in 12.35s.

News Items

Please see the news items at the end of this newsletter.

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

Conditioning and Core Strength Training

We are again running a half hour medicine ball session followed by circuit training and conditioning session at Nunnery Wood School Gym every Monday evening from 7th October 2013 to 31 March 2014:

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

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.

100 Club Winners

May	£25	92	Roger Blandford
	£15	17	Dave Ashman
	£ 5	8	Pete Stewart
	£ 5	1	Ben Clarke
June	£50	11	Carole Clarke
	£25	45	Ann Perry
	£15	15	Dave Ashman
	£ 5	65	Andy Poppleton
	£ 5	89	Geoff Aston
July	£25	8	Pete Stewart
	£15	47	Richard White
	£ 5	49	Andy Peach
	£ 5	66	Stefan Sternkopf

August	£25	93	Clive Andrews
	£15	86	Catherine Telling
	£ 5	56	Maggie Johnson
	£ 5	78	Noel Clarke
September	£25	68	John Brook
	£15	31	Julie Styles
	£5	34	Bob Perry
	£5	6	Ian Atkins

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

Eleanor Calderwood	James Dale	James Dipple
James Francis	George Glover	Alison Hughes
Andrew Jew	Emily Kavanagh	Pamela Murray
Cameron Palmer	Chloe Sharman	Morgana Sheath
Lois Allart	Lucy Dawson-Bowman	Megan Judge
Imogen Kimberley	Julia Spence	Jodie Stanley
Jakob Terry	Emily Burton	Hannah Kenwright
Calum Paton	Lorna Phillips	Stewart Walton
Daniel Banks	Mia Bryan	Stephen Buttler
Neill Crump	Jack Hocking	Byron Hodgetts
Iris Holder	Georgi Meacham	Megan Parker
Joshua Smith	Thomas Staite	Amanda Steer
Rio Bryan	Kit Coleman	Peter Little
Madelyn Welsh	George Wing	Nathan Loveridge

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

Mel Garland

What can you say about this lady?

She has done more for veteran's ladies athletics in Worcester Athletic Club than any other person in my 25 years of being in the club.

Mel took over from me as manager of the team and since then she has built up the size of the team so that they can cover all events. How has she done this? I can tell you, it is her infectious, enthusiastic personality; she has a way of getting the best out of her athletes each time they compete.

This year she has led the team to the title of Midland Southern Division Champions, the 1st time ever, and on Sunday 1st September at the Nuneaton track, in the Midlands "A" Cup Final, Mel's team just missed out by 2.5 points to finish second, it was that close. The best the club has ever done.

Many congratulations Mel, I know Roger, Mel's husband, has been a great help.

Ron Smith, Vice chairman

My best wishes to you in the future.
Signing off for the last time.

David Hibbitt

Forthcoming Races

Birmingham Cross Country League – Division 2

9 November 2013 Newbold Comyn, Leamington Spa
7 December 2013 Burbage Common, Hinckley
11 January 2014 Wyken Croft Park, Coventry
8 February 2014 Coundon Hall Park, Norhbrook

Midlands Women's Cross Country League

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

Gloucester Cross Country League

5 October 2013 Cotswold Farm Park
2 November 2013 Pittville Park, Cheltenham
14 December 2013 Malvern
1 February 2014 Plock Court

Entry forms on line at

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

Other Races

12 October Beacon Race, Malvern

3 November Guy Fawkes 5, Tewkesbury

2 November National Cross Country Relays, Mansfield

17 November?? Croome Capability Canter, Croome Court

23 November BMAF Cross Country Relay Championships, Derby

8 December?? Mortimer Forest 10, Ludlow
MMAC 10mile Road Championships, TBA

2014

4 January Worcestershire County Cross Country Championships, Halesowen
19 January MMAC Cross Country Championships, Wolverhampton
22 February National Cross Country Championships, Nottingham

See website for further details



Worcester enjoy first double win

City club's women secure their inaugural title

WORCESTER'S men and women's veteran track and field athletic teams have both been crowned champions of the Midlands League Southern Division.

This is the first ever double success in the club's long history and came following an epic battle with local rivals Bromsgrove and Redditch AC and Birchfield Harriers throughout the season in the eight-team competition.

The ladies won all four league meetings to capture the title from Bromsgrove and Redditch for the first time with a 128 to 118 winning points margin.

Over the last four seasons their team has grown in both strength and depth and can now compete with the best of the Midlands clubs.

The men's team, already

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with three league meeting wins, were denied a clean sweep victory at Nunnery Wood Sports Centre by Bromsgrove and Redditch by the narrowest of margins, 119 points to 115.

Although the team was not at full strength, they still retained their title for an impressive 23rd occasion in 24 years.

In the ladies 200 metres, Rebecca Hambrook (W60), Mel Garland (W50), Pam Murray (W40) and Cat Goulder-Davies (W35) all posted excellent times and set the tone for the evening with 25 points.

Hambrook and Murray were in action again in the 800m along with Alison

Hughes (W35). All three returned top two finishes in their categories, as did 3,000m runner Ros Townsend-Hope (W50), Becky Freeman (W35) and, making her club debut, Amanda Steer (W40).

The 2km race walkers Debbie Moran and Gill Repton delivered valuable points for the team with solid performances.

In the field events, Garland secured second place in both the shot (W35) and long jump (W35), while Repton did well in the discus (W50) and javelin (W35). Rounding off the field events, Pam Price set two new club records in the W70 age category in the shot put and long jump.

The final event was the ladies 4x100m relay and, in a storming last leg, Goulder-Davies overhauled the Birch-

field Harriers athlete to ensure victory in a club record time of 57.4 seconds.

In the 20 events contested, Worcester men scored consistently with two individual winners and eight runners-up to retain their league title from Bromsgrove and Redditch.

Pete Stewart won the M40 pole vault and was runner-up in both the long jump and shot.

Team manager Dave Hope secured victory in M60 pole vault, while Richard Perkins took second in M60 200m and third in the long jump. Ian Bowles finished a close second in the M60 hammer.

The 4x100m relay team took third place.

The season concludes with the regional cup final at Nuneaton next month.

Ella set to battle golden girl Ennis

BY STEVE CARLEY
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TEENAGE high jumper Ella Gibbons could find herself up against Olympic gold medalist Jessica Ennis-Hill this weekend as she bids for the chance to represent Great Britain.

The 18-year-old Worcester Athletic Club member has been invited to the British trials at Birmingham's Alexander Stadium after winning gold at the English Schools Athletics Association National Championships at the same venue last weekend.

Gibbons cleared a personal best height of 1.75 metres in the senior girls' category and will now rub shoulders with the elite of British athletics aiming to earn a place in the GB team for next month's world championships in Moscow.

Being shown live on the BBC, the Pershore High School sixth form star is part of an 11-strong field, which could yet include Ennis-Hill, who has been invited to compete at the London 2012 heptathlon gold medalist steps up her comeback from injury.

"I am absolutely over the moon," Gibbons said, who is coached by Worcester AC's Deirdre Elmhirst and has also been Worcestershire and Midland champion, as well as



JUMP TO IT: Worcester AC's Ella Gibbons won the English Schools Athletics Association high jump competition and will now compete at the British trials this weekend for a place at the World Championships. Picture: WILLIAM HOLLINGSHEAD

finishing fourth in the England Athletics under 20 Championships.

"I was going there to win a medal but to come away with a gold topped off my day. I was quite shocked.

"I have got the British senior championships this weekend so I will be competing against the senior athletes in the country and I have never done that before.

"I know I can jump so much higher and this has given me so much confidence.

"High jump is an area they

need an athlete to come through in so hopefully over the next few years I can be that person. That's my dream."

At the schools championships, Gibbons also combined with triple-jumper Georgina Greenwood and 100m hurdles finalist Heather Paton, both from Pershore High, as well as Evesham High School's 200m runner Zoe Styles to claim bronze in the senior girls' 4x100m relay.

Coached by Mike Bennett,

the quartet recorded the second fastest time of the day of 48.12 seconds to reach the final, where they ran a new county record of 47.99 for bronze.

Paton also excelled in the senior girls' 100m hurdles, finishing sixth in the final with a time of 14.83secs.

Other achievements saw Holly Wootten, from Royal Grammar School, Worcester, throw 35.99m for seventh in the senior javelin, while Emma Crooke (Hereford Sixth Form) and Elise Bue

(King's, Worcester) were sixth and eighth in the senior discus respectively.

The 4x100m boys' junior relay team of Matt Catterall (Hereford), Jack Hocking (Blessed Edward Oldcorns Catholic College, Worcester), Daniel Banks (Tudor Grange Worcester) and Josh Smith (Evesham High) qualified for the final in a time of 45.71. However, they did not finish in the eight-team final.

Hereford's Tom Fellowes took seventh in the senior hammer with 55.42m.

Emma leads Worcester to hat-trick of promotions



WORCESTER Athletic Club's Midlands League team travelled to Tipton Sports Academy where they secured promotion from Division Four, their third climb in successive years.

Following strong performances in the first three meetings of the season, a third place finish on the day was enough for Worcester to end the campaign second in the league overall, guaranteeing Division Three competition for next year.

One of the stand-out performers was middle-distance runner Emma Robertson who ran a personal best in the 800 metres to finish off an unbeaten league season in the event.

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metres relay and sixth in the triple jump.

There were further victories for Sean McKee (200 metres and 400 metres hurdles), Mike Simmonds (800 metres 'A' race), Thomas Dold (800 metres 'B' race), Nixie Turner (1,000 metres), Andy Popleton (110 metres hurdles), Becky Donnelly (pole vault 'A' string), Ruth Bird (pole vault 'B' string), Holly Wootten (javelin 'A' string) and Sophie Field (javelin 'B' string).

As well as the impressive performances from Worcester's athletes during the 2013 league season, the promotion is in no small part down



MEDAL WINNERS: Worcester Athletic Club's Zoe Styles (left), Josh Smith and Heather Paton with their awards from the Loughborough Stars of the Future meeting.

Medal bonanza for city's young stars of the future

WORCESTER Athletic Club's Josh Smith, Zoe Styles (both Evesham), Daniel Banks (Worcester), Georgina Greenwood (Naunton Busuichamp) and Heather Paton (Bishampton) came back from Loughborough's Stars of the Future meeting with a haul of eight medals.

Fresh from gaining a silver medal in the 100 metres at the Midlands Championships the previous day, 14-year-old Smith finished second in a new personal best time of 11.65 seconds in the under 15 boys 100m final.

Having only been a member of Worcester Athletic Club since July, the Evesham High School athlete has a lot of experience.

and in 23.89 seconds. The 13-year-old Tudor Grange Academy pupil is rapidly becoming a force to be reckoned with at the distance.

Greenwood picked up silver medals in both the triple jump and the 400m. The Pershore High sixth form student said: "The 400m is a hard race to compete in and I know what I need to do now to improve next year."

The 100m for under 20 women saw sprinter Styles (12.93) and hurdler Paton (12.46) take the first two places. Styles then went on to record a time of 25.15 to win the 200m emphatically. Not to be outdone, Paton recorded a personal best of 14.45 to win the 100m hurdles.

Paton leads the way with Scottish bronze medal Worcester quartet in Glasgow delight

FOUR Worcester Athletic Club teenagers showed off their potential at the Scottish Senior Championships in Glasgow.

In blustery conditions, the girls more than held their own against experienced opposition.

Bishampton's Heather Paton, 17, enjoyed the best result with a bronze medal in the 100-metre hurdles, stepping up two age groups to take on Scotland's best.

Her club-mates, Evesham's Zoe Styles, 17, Pershore's Ella Gibbons, 18, and 17-year-old Georgina Greenwood from Naunton Beauchamp, also competed.

Celtic Games Scotland winner Paton clocked 14.17 seconds for a surprise podium place with her medal presented by Sir Menzies Campbell.

Although wind-assisted, the time was almost half-a-second quicker than her previous best.

Paton said: "I felt really young on the start line but told myself I was good enough to be there and just went for it."

English Schools and Midland Under 20s champion Gibbons was fifth in a wind-affected high jump, having finished fourth at the British Championships.

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She said: "I was pleased with the way I was jumping. The last couple of competitions have felt a little flat as it's been a long season but this one felt good."

In the 100m, the in-form Styles ran a personal best of 12.45 for third in her heat to make the final. The England under 20s international then ran 12.43 although the wind speed was above the legal limit.

She said: "I think I can go faster over the next couple of weeks as I let my technique go a little when one of the girls was ahead of me but this was a great learning experience."

Paton clocked 12.71, narrowly failing to qualify as a fastest loser from her heat.

Greenwood contested two events in less than half-an-hour, running only her fifth 400m race and then finishing sixth in the triple jump in which she is Worcestershire champion.

She was less than 50cm off the bronze medal but admitted: "I'm not sure where I found the energy to jump."



HEATHER PATON: Wearing her 100 metres bronze medal.

Paton is Flower of Scotland with gold

Hurdler Heather enjoys success on her international debut

HEATHER Paton made a winning debut for Scotland under 18s at the Celtic Games in Colwyn Bay.

The 17-year-old Worcester club ace triumphed in the 100-metre hurdles with a time of 14.60 seconds despite running into a headwind.

Pershore High School pupil Paton was competing against the best age group hurdlers from Wales and Ireland.

On a sunny but blustery day, she got out of the blocks well, quickly establishing a good rhythm to take a commanding lead and record a comfortable win.

Hurdling with precision

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and power, it was the teenager's best run to date.

Paton said: "I was naturally quite nervous on such a big occasion and was aware the Irish athlete in particular had shown some good form this season."

"Once I got to the third hurdle, I knew I had a lead and concentrated on maintaining my rhythm."

"The wind was tricky but it was the same for all of us and just something you have to handle."

"I've run a lot of competitions into strong winds this

year, which ruins your times, but, on days like this, you're glad that you're used to it."

She went on to compete in the 4x100m relay and took the baton in third place to run a fine third leg around the top bend before handing over in second.

Paton's colleague maintained their position to the line which gave them enough points to collect the under 18s girls' team trophy as Scotland won the event overall.

She added: "I was so proud to represent my country, especially with my dad, who represented Scotland at rugby league, watching."

"Standing under the flag while Flower of Scotland played was one of the most memorable moments of my life and to win on my debut was a brilliant feeling."

"Experiences like this are what I train for. It sometimes seems difficult in the winter but memories from that day will help me on those cold November mornings when competing seems too far away."

Her next competition is the Scottish Senior Championships in Glasgow this weekend followed by the Inter Counties at Bedford where she represents Worcestershire.



HEATHER PATON: Won gold.