



**Worcester Athletic Club**

# NEWSLETTER

Volume: 2014 issue: 1

**Dear Members** Welcome to the first Newsletter of 2014 under my editorship. I first held this committee post during the 90's and it was then produced on a typewriter (later a word-processor) and print items were cut, pasted in (literally), and then printed on Keith Bowley's hand-fed photocopier! For graphic historians amongst you, the title page was hand drawn and featured type by Letraset.

It has been asked why we bother with a club newsletter since social media and digital publishing now allow news to be disseminated quickly and efficiently.

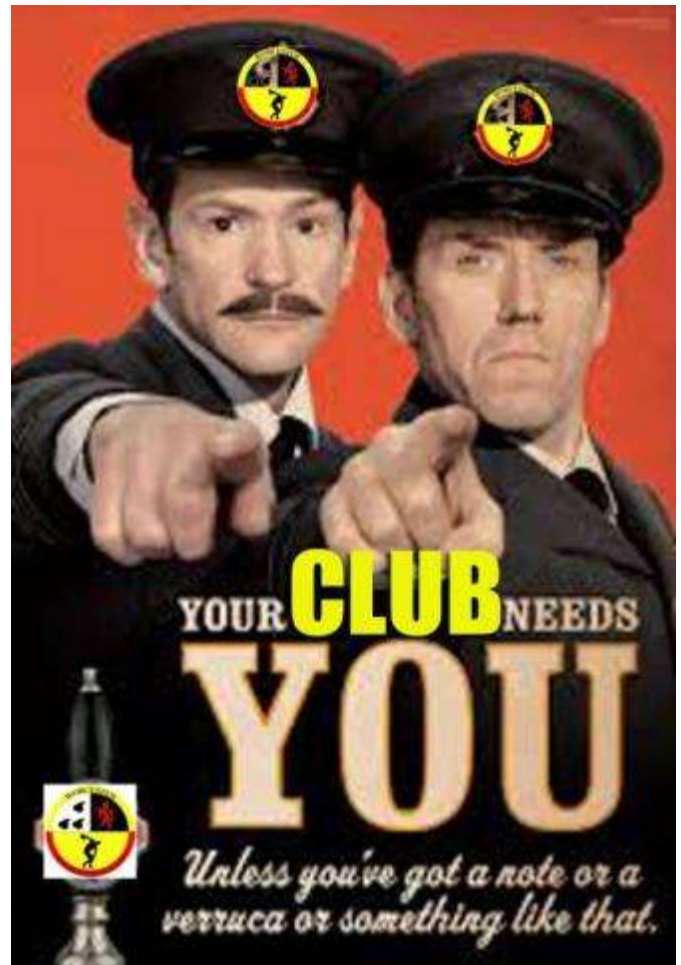
We believe there is still a purpose to be served by producing such a publication which brings all the news, features, results etc. that appear in other places (notably the website) into one document. Not all our membership regularly "surf" the website and some may just prefer catching up with club activities in this type of format. There are still a significant number of members who are not able to access information from the website at all.

It is also quicker and easier for us to produce information in formats suitable for any member with specific disability requirements (large print etc.) from a document that has already been collated and formatted.

So the newsletter will continue to carry news of club events, fixtures, results of note, "pleas for help", committee statements, coaching information and anything else the membership would wish to include (unless of course, you let us know differently!)

As the first one this year there are a number of pleas from event organisers for assistance with our race commitments, and I would urge all members to make the effort to volunteer at our endurance races, the income from which helps to reduce the overall membership fees considerably.

**Chris Crosswell** Newsletter Editor [crosswells2@tiscali.co.uk](mailto:crosswells2@tiscali.co.uk)



*With apologies to "Spitfire" Ales.*

## **A plea from the Track & Field Team Captain**

Our new Men's Team Captain **Jason Manton** is appealing to all track and field athletes to be available for selection this coming season. Holding our own in the higher divisions will be difficult unless the Team Managers have full squads to select from. Please don't assume that you are not good enough or suitable for team competition - you need to make your coach and Team Manager aware that you wish to be considered for selection.

# MEMBERSHIP

We welcome the following new members:

January

**Mia Andrews**  
**Duncan Brakspear**  
**Cameron Richardson**

February

**Jack Barnes**  
**Andrew Bowkett**  
**Matthew Cheese**  
**Nicola Clarke**  
**Peter Clarke**  
**Emma Hoyle**  
**Jack Day**  
**Cameron Edmunds**  
**Amanda Goodwin**  
**Nigel Goodwin**  
**Alexander Hill**  
**Hannah Hodges**  
**Shane Mahon**  
**Esme Sutton**  
**Olivia Taylor-Rodrigues**  
**Olivia Tonkinson**  
**Beau Worboys**

March

**Keziah Ashby**  
**Tirian Ashby**  
**Jonathan Bailey**  
**Charles Bell**  
**Lottie Bentley**  
**Richard Bentley**  
**Connor Dennis**  
**Emily Hodgkins**  
**Jacob Khan**  
**David Morgan**  
**Verity Parker**  
**Harry Taylor**  
**James Taylor**  
**Harry Taylor**

April

**Andrew Bell**  
**Riley Carpenter**  
**William Lee**  
**Steve Mayfield**  
**Darian Moore**  
**Megan Oswell**  
**Tristan Weir**

We have received resignations from:

**Sinead Hutchinson**  
**Harry May.**  
**Roger Blandford**  
**Emily Caldwell**  
**Jane Fairlamb**  
**Declan Farley**

We wish them all well for the future and their athletic endeavours.

# REPORTS

## Worcester AC high jumpers start the 2014 indoor season flying high

This weekend saw the high jump squad from Worcester AC dust off their spikes and start the indoor competition season. 19 year-old **Ella Gibbons**, winner of the 2013 City of Worcester senior sports women of the year award and now a student at Loughborough University, started her season well jumping 1.71m at the Loughborough open competition on Saturday. With several good attempts at a personal best height of 1.76m, she promises to go much higher over the next month as she rounds into peak form for the major competitions.

On Sunday, there was a real sense of excitement at the first Midland Indoor Competition at the High Performance Centre in Birmingham as many of the UK's top high jumpers were competing. In the under 15 age group, 13 year-old **Luca Lemon-Morgan** jumped a personal best of 1.45m and 14 year-old Joel Khan jumped a personal best and club record of 1.75m, putting him at the top of the UK rankings in the age group for present. In the under 17 age group, **Hannah Tapley** jumped an indoor best of 1.60m and both **Luke Southall** and **Cameron Edmunds** jumped personal bests of 1.60m. In the under 20 age group, 17-year old **Hakim Shepherd** jumped an indoor best of 1.95m and had some excellent attempts at the milestone height of 2.00m, while **Edward O'Hara** jumped an indoor best of 1.80m.

Worcester AC's high jump coach **Deirdre Elmhirst**, said "I could hardly have wished for a better start to the season. The athletes have put in the hard work in training over the winter and it is starting to pay dividends. I want to express my thanks to the Royal Grammar School for supporting our efforts in providing an indoor training facility once a week."

The next few months see most of the athletes competing again at the Midland Indoor Championships and then at the National Indoor Championships.

Coach Elmhirst said "**Worcester AC is now considered a centre of excellence for high jump in England and I am very proud of that. These talented young athletes are a great credit to me and the club and some of them have a very promising future in the sport.**"

In addition to the high jumpers, there were a number of other Worcester representatives at the High Performance Centre. The hurdles events proved popular. Amongst the girls **Molly Hanson** and **Abigail Gill** ran in the under 17 and under 15 sprint hurdles races respectively, both of whom were making their debut with new hurdle specifications having moved up an age group since the summer. Abigail was doubly pleased with her time of 10.3 seconds as it bettered the qualifying standard for the England Age Group Championships by 0.2 sec. **Katie Harris** also had a strong performance in the under 13 girls' sprint hurdles race, her time of 10.8 seconds consolidating her excellent performance at Cardiff the week before.

The only male Worcester hurdler was multi-eventer **Ben Clarke** who has clearly transitioned well to the under 17 age group, recording a time 9.41 seconds, over half a second faster than his personal best over the lower under 15 age group hurdles last year. Another multi-eventer taking part in advance of the England Indoor Combined Events Championships in March was **Ellie Calderwood**, who competed in the long jump.

Throws specialist **Candy Lockett** made a big impact in her debut for the club recording club records in the under 17 women's hammer (31.32m) and discus (25.23m). Candy also competed in the shot putt where she placed third to round off a busy day's activity. Also representing Worcester in the field events was **Becky Donnelly**, who vaulted 3m. *Andy Poppleton 22/01/14*

### Cardiff Joy for McManus in the British Cross Challenge

### 17 February 2014

**Declan McManus** enjoyed his highest ever finish at a British Cross Challenge race on Sunday 17<sup>th</sup> February as he crossed the line in third position at the Cardiff leg of the country's premier cross-country series.

Racing in the under 17 men's age group, the Worcester AC athlete improved on October's fourth place finish in Bristol at the end of 2013, a result which moves him up to third overall in the series rankings.

Reflecting on the race he said: "after a sluggish start, the race went very well as I brought it back and it adds to a very good cross country season so far. Hopefully there will be more good performances to follow with my next big race being the English National Championships on the 22nd February in Nottingham".

Whilst Cardiff is often considered to be a fast course, the recent weather made the challenge for the eight-hundred and twenty-five finishers much greater as they battled through boggy, waterlogged sections.

In addition to McManus, also representing Worcester AC were **Nixie Turner**, who placed fourteenth in the under 17 women's race while **Maia Hawkins** came twentieth in the under 15 girl's category.

All three athletes are coached by Worcester AC's **Dave Walker**, whose habit of helping athletes develop into some of the best in the region evidently shows no sign of stopping. The final race of the British Athletics Series will be in Cofton Park, Birmingham on 8 March where a share of a prize fund in excess of £30,000 will be up for grabs.



*Andy Poppleton 30/01/14*

### Midlands Cross Country Championships

### Leamington Spa

On 25<sup>th</sup> January Newbold Comyn in Leamington Spa was overrun with the region's best runners as they competed in the Midlands Cross Country Championships. Worcester AC's thriving junior endurance section, coached by **Dave Walker**, was well represented with a good number finishing towards the front of the field in their respective age groups.

**Nixie Turner** was the club's highest placed finisher, crossing the line 9<sup>th</sup> in the under 17 Women's race. Less than a minute behind was **Jennifer Klein** in 15<sup>th</sup>. With the first three from each club to earn points in the team race it was **Helen Jubb's** 32<sup>nd</sup> place finished that secured a bronze medal for the club. On her shoulder was **Hannah Bilson** who finished 33<sup>rd</sup>. In the under 15 category **Sophie Tohill** finished 12<sup>th</sup> amongst the girls with **Lewis Sternkopf** 13<sup>th</sup> in the boys' race. He was followed by **Oliver Morgan** (29<sup>th</sup>), **Will Parry** (50<sup>th</sup>) and **Jamie Westwood** (83<sup>rd</sup>).

In the senior men's race **Sam Mitchell**, who spent his formative years under the guidance of Coach Walker before moving to Notts AC, claimed a bronze medal.

Also representing the Worcester AC were **Tom Bridges** (under 17 men – 49<sup>th</sup>); **Molly Browne** (senior women - 60<sup>th</sup>); **Josh Bentley** and **Nicholas Power** (under 13 boys – 61<sup>st</sup> and 99<sup>th</sup> respectively); **Ellen Wikeley**, **Charlotte Albutt** and **Elise Blake** (under 13 girls – 44<sup>th</sup>, 106<sup>th</sup> and 131<sup>st</sup> respectively).

*Andy Poppleton*

### Worcester AC Men Secure Promotion

On Saturday 8<sup>th</sup> February Worcester AC's men's cross country team enjoyed great success at the final leg of the Birmingham and District Cross-Country League, held at Coundon Park, Coventry. **A convincing team victory in the final race of the season secured second place in Division 2 and ensured promotion to the top flight for next year.**

The Birmingham and District Cross Country League is widely regarded as one of the strongest leagues in the sport and includes the Midlands' best club teams,

as well as teams from sporting power-houses the University of Birmingham and Loughborough Students Athletics Club.

Worcester's first finisher was **Lewis Roberts**, crossing

the finishing line in third place. Roberts, who has consistently been the club's strongest runner in the league, also secured the Division 2 individual junior championship with this result. Cambridge University student **Josh Carr** made a very welcome return to the team, having missed the first three league races due to his studies. His tenth place finish made him the club's second scorer.

**Tom Stock** matched his highest place league placing, finishing thirteenth with **Rory Johnson** hot on his heels in fifteenth. **Stefan Sternkopf** in twenty-seventh and **Oli Roberts** in twenty-ninth made up the scoring six for the club.

In addition to the fantastic efforts of all those who competed in the league over the course of the season, huge credit should go to team manager **Dave Waldron** whose hard work has no doubt been instrumental in securing Worcester AC's promotion.



### Worcester Athletes Master Welsh

Several of the Worcester Athletic Club's successful "veteran ladies" team travelled down to Cardiff recently to compete in the Welsh Masters (indoor)

Championships. Competitors came from far and wide for this prestigious meeting, which was sub-divided into different age categories.



(L to R) Iris Holder, Anna Little and Mel Garland

*Roger Garland*

**Anna Little** set indoor PB's in the W35-39 age group at 60m (9.20sec) 200m (30.81sec) and 400m (71.50sec) achieving first place at all three distances.

**Pam Murray** also set an indoor life-time best at W45-49 over the 60m (8.96sec) and at 400m (65.66sec) before sadly being DQ'd in the 200m race when she stumbled out of her starting blocks on the steeply banked indoor track.

**Mel Garland** (W50-54) went to the top of the UK "Power of 10" rankings with victories in the Long Jump (4.14m) and also in the Triple Jump (8.79m) with a new lifetime best in this technically demanding event. Mel followed this up with a silver medal in the Shot Putt, plus gold in both the High Jump (1.25m) and 60m (9.5 sec)

**Iris Holder** (W70-74) also came home with a hatful of Welsh gold, winning the 60m (10.73sec) Long Jump (3.23m) and Triple Jump (6.87m) moving to the top of the UK rankings, within her age group, in all three events.

All four athletes have been selected to represent Wales in the GB Inter Area competition at London's Lee Valley Stadium later this month. There is every likelihood that some of these Worcester AC competitors will soon be performing on an even bigger stage, as members of the Great Britain squad at the World Indoor Championships taking place in Budapest in March.

### Worcester athletes scale new heights at England Championships

The England Athletics National Indoor Athletics Age Group championships gave Worcester Athletics Club cause for celebration last weekend as two athletes came home with national medals and several others with personal best performances.

The English Institute of Sport in Sheffield, training base of golden girl Jess Ennis, hosted the championships and it was fittingly in one of the Olympic champion's strongest events, the high jump where Worcester AC enjoyed its greatest success.

First up was **Joel Khan** in the Under 15 boy's event, competing in his first national competition against the very best in the UK. Jumping brilliantly, Kahn cleared height of 1.75m, equalling his lifetime best and earning a bronze medal in the process. Describing his first experience of such a high-level event he said "I was really nervous in the days leading up to the competition, but when I got there the positive atmosphere from all the athletes was amazing and I felt ready for the challenge! I'm really pleased with my result...although I want to do even better next time."

15-year-old **Hannah Tapley** was also in sparkling form as she showed her class and superior technique by leaping to victory in the Under-17 women's competition.

Reflecting on her first national title she said "I felt really springy during my warm-up. I cleared 1.64m on my first attempt and tried to stay calm and focused while the remaining four other girls knocked the bar off on each of their three attempts. I couldn't believe it.

I am so thrilled to have won the gold medal and am looking forward to the outdoor season.”



**Hannah Tapley** with coach **Deirdre Elmhirst**

In the under 20 men’s competition **Hakim Shepherd** completed the **Deirdre Elmhirst** coached trio of high jumpers. Holding his nerve, Shepherd leapt to a height of 1.95m, equalling his lifetime best putting him in 6<sup>th</sup> place overall – a result which bodes well for next year when he will still be in the under 20 age group.

Meanwhile, on the track Under-20 athlete **Georgie Greenwood**, in her first season competing in the 400m, produced a personal best of 59.68 seconds. More usually seen on the triple-jump runway this indoor season has revealed another string to the talented youngster’s bow and she will no doubt continue to improve as she gains experience in this new event. Her training partner **Zoe Styles** also ran a personal best in the Under-20 women’s 60m sprint where she reached the semi-final stage, improving her own club record to 7.91 seconds. Styles also reached the semi-finals in the 200m.

Also competing in Sheffield having achieved the tough qualifying standards were **Heather Paton** (Under-20 women’s 60m hurdles), **Abigail Gill** (Under-15 Girl’s 60m hurdles) and **Candy Lockett** (Under-17 women’s shot).

Another Worcester AC athlete enjoying success at a national level, albeit in somewhat less comfortable surroundings, was **Declan McManus**. In sunny but windy conditions the National Cross-Country Championships were hosted by Notts AC in Nottingham’s Wollaton Park. The young distance runner’s excellent winter

continued as he placed fourth out of nearly three-hundred of the country’s best endurance talents in the Under-17 men’s race.



**Joel Khan**

*Andy Poppleton 05/03/14*

### **BRITISH CHAMPION**

Worcester Athletic Club’s Veteran Ladies Team Captain, **Mel Garland**, recently returned home from London as a British Champion. The British Championships for athletes aged 35+ were held at London’s Lee Valley Centre. Mel began her campaign on day one with season’s best (SB) performances in the 60m and High Jump narrowly missing a Bronze medal in the High Jump. The final field event on day one was the Long Jump and Mel’s leap of 4.30m secured first place. Mel was not only awarded the Gold medal but also retained the number one spot for the Long Jump in the UK rankings for her age category, as shown on Power of 10.

Day two saw a further SB in the 200m, followed later in the day with the Triple Jump. Mel had to fight really hard with a fellow competitor with each of them jumping ahead of each other as the rounds progressed. With a final leap of 8.55m Mel made sure of a Silver medal to add to her Gold from day one. Mel only began her athletics career a few years ago, not knowing that it was an option for the older athlete. If there are any ladies out there who are 35+ and fancy giving track and field athletics a go please contact Mel via Worcester Athletic Club.

Mel puts her success down to her commitment and hard work at the track, plus the support and advice of

her Coach **Roger Turner** and her husband **Roger Garland**.



**Mel Garland**

*Roger Garland 20/03/14*

# RACE WALKING

The 2014 Race Walking programme is proposed as follows:

**Midland Men's 10K/Women's 5K (inc. Standard)**

Sunday 9 February – Stourport

**Molly Barnett**

Saturday 1 March – Coventry

**National 10 miles**

Saturday 8 March – Victoria Park, London

**Midland 20K and Young Age Groups**

Sunday 23 March – Abbey Park, Leicester

**National 20K and Young Age Groups**

Saturday 5 April – Forge Valley, Sheffield

**Inter Area Match**

Saturday 17 May – Enfield

**County Track Championships**

24 May – Worcester

**Midland Track Championships**

June – TBA

**EA U15 & U23 Track Championships**

21 and 22 June – Bedford

**Small Nations Cup**

Sunday 22 June – Belgium

**National 10K**

Saturday 19 July – Hillingdon

**EA U15 & U17 Track Championships**

30 and 31 July – Bedford

**Midland 30K (possibly Women's 10K)**

9/10 August – Coventry

**European Vets Championships**

22 to 31 August – Turkey

**English Schools**

20 September – Boston, Lincs.

**National and UKA 50K**

5 October – Hillingdon

**Midland Winter League**

Sunday 12 October

Sunday 2 November

Sunday 23 November

Venues TBC

## CLUB ACQUISITIONS

Where does your membership fee go?

Well, the majority goes towards paying for the huge rental for the Nunnery Wood Track, affiliation and entry fees to the various track & field, road running and cross country leagues and competitions and also additional equipment and services to enable our members to operate effectively. In the last 6 months the club has purchased:

Vaulting poles and pole transport bag.

Track Starters PA system.

Website software upgrade

Event/meeting tent (club customised)



Team Manager **Geoff Aston** and some of the female road runners “pose” outside the new tent at the Midland Road Relays in Sutton Park.

## MEMBERS’ TRAINING & DEVELOPMENT

Fifteen club officials and coaches recently attended a training programme on Safeguarding and Child Protection.

Trained and licensed officials and coaching staff are vital for the work the club does with young athletes. Any interested parent or senior athlete who wants to become involved in these areas should contact Derek Cowdrey in the first instance. There are

always coaching and officials courses available and the club will normally reimburse course fees.

## YOUNG ATHLETE OF THE MONTH 2014

January	<b>Joel Khan</b>
February	<b>Declan McManus</b> For his 4 <sup>th</sup> place in the National Cross Country Championships.
March	<b>Hannah Tapley</b> For her 1st place and gold medal in the U17W High Jump (1.64m) at the National Indoor Championships.

## RULES!

### LANE 1

The committee regularly receive complaints from members who are dismayed at the flagrant disregard for lane discipline displayed by others, including WAC members, at the Nunnery Wood Track.

It is a rule (common with most other facilities) that Lane 1 is used only for competition. This is a stadium rule fully endorsed by Worcester AC. This simple rule is there to preserve the life of the track, which if we ignore, will result in a sub-standard surface on which to compete. In today’s economic climate it will be increasingly difficult for the track owning consortium (it’s not ours!) to find the will and resources to make good un-necessary wear.

Use of lanes is clearly displayed on the track tower. Check your spike length as well!

## RESULTS



## Worcestershire County Cross Country Championships

### 4th January 2014 at Halesowen

Well done to all WAC Members who competed.

We won twenty medals –

Six individual golds

**Ellen Wikeley** U13G, **Jake Cavens** U13B,  
**Declan McManus** U17M, **Millie Barnes** U20W,  
**Lewis Roberts** U20M **Ros Townsend-Hope** W60

Four team golds U15B, U17W, U17M and U20M

Three individual silvers

**Sophie Tohill** U15G, **Lewis Sternkopf** U15B  
**Nixie Turner** U17W

One team silver

SM/VM

Four individual bronzes

**Dan Stock** U17M, **Tom Stock** U20M,  
**Maggie Crosswell** W60 **Stefan Sternkopf** M40

Two team bronzes (U13G and SW/VW)

### Under 13 Girls (3Km) – 22 competitors Under 13 Boys

(3Km) – 15 competitors

1st **Ellen Wikeley** 14:16 13th **Rosie Webb** 16:07

15th **Charlotte Albutt** 16:24 17th **Isabel Jeavons** 17:05

### Under 13 Boys (3Km) – 15 competitors

1st **Jake Cavens** 12:30 8th **Josh Bentley** 14:38

3rd team

### Under 15 Girls (3.6Km) – 12 competitors

2nd **Sophie Tohill** 18:48

### Under 15 Boys (4.8Km) – 19 competitors

2nd **Lewis Sternkopf** 16:36 4th **Ollie Morgan** 17:04

8th **Will Parry** 18:11 12th **Owen Coulthurst** 19:29

19th **Jamie Westwood** 21:48

1st team

### Under 17 Women (4.8K) – 11 competitors

2nd **Nixie Turner** 22:23 5th **Jenny Klein** 24:26

7th **Hannah Bilson** 25:02 9th **Helen Jubb** 25:51

### Under 17 Men (6K) – 17 competitors

1st **Declan McManus** 22:00 3rd **Dan Stock** 24:40

7th **Tom Bridges** 25:48 9<sup>th</sup> **Matthew Calderwood** 29:04

1st team 1st team

### Under 20 Women (4.8K) – 1 competitor

1st **Millie Barnes** 21:18

### Under 20 Men (6K) – 7 competitors

1st **Lewis Roberts** 21:51 3rd **Tom Stock** 24:40

6th **Ollie Roberts** 25:25

1st team

**Senior/Vet Women** (6K) – 50 competitors 3rd team

4th **Molly Browne** 28:59 (4th SW)

16th **Karen Matthews** 32:19 (10th SW)

22nd **Anne O'Connell** 34:33 (12th SW)

27th **Gill Jubb** (35:58) (11th W40)

28th **Ros Townsend-Hope** 36:48 (1st W60)

43rd **Debbie Hodson** 40:07 (6th W50)

47th **Maggie Crosswell** 46:13 (3rd W60)

**Senior/Vet Men** (9.6K) – 96 competitors

2nd team

6th **Dan Geisler** 42:23 (6th SM)

11th **Ben Jones** 42:48 (8th SM)

13th **Stefan Sternkopf** 42:57 (3rd M40)

21st **Mike Stock** 45:48 (6th M40)

22nd **Andrew Peach** 45:46 (7th M40)

24th **James Luff** 46:25 (16th SM)

39th **Matt Fairlamb** (49:18) (23rd SM)

51st **Jason Taylor** 51:35 (17th M40)

78th **Mick Monaghan** 60:36 (5th M60)

80th **Dave Hibbitt** 60:59 (6th M60)

83rd **Geoff Jones** 62:02 (7th M60)

89th **Terry Beddington** 63:32 (9th M60)

93rd **Chris Crosswell** 66:20 (12th M60)

## Midland Relays Results – Sutton Park 16th March 2014

### Ladies' 6-stage

'A' Team

1 **Molly Browne** 16:51

2 **Jenny Nesbitt** 15:11

3 **Pam Murray** 19:40

4 **Sandra Lane** 19:22

5 **Anne O'Connell** 19:30

6 **Karen Matthews** 19:16

Team was 12th out of 40

'B' Team

1 **Tracy Miles** 19:38

2 **Debbie Hodson** 22:54

3 **Helen Elliott** 21:08

4 **Gill Jubb** 20:24

5 **Maggie Crosswell** 24:56

### Men's 12-stage

1 **Tom Stock** 28:13

2 **Mike Stock** 15:34

3 **Warren Miles** 29:37

4 **Nick Hitchings** 16:30

5 Rory Johnson	29:03
6 Andrew Peach	15:51
7 Stefan Sternkopf	30:55
8 Dave O'Brien	16:04
9 Matt Fairlamb	16:05
10 James Luff	16:13
11 Laurie Hart	17:46
12 Phil Bullock	16:56

Team was 23rd out of 42

6 Esmee Sutton	8' 48
7 Ruby Dean	8' 50
8 Olivia Tompkinson	8' 52
9 Jessie Johnson	9' 10
10 Madison Mardell	9' 24
11 Emma Pound	9' 44
12 Maddie Oswell	9' 57
13 Nina Reed	10' 07
14 Abigail Phillimore	10' 30
15 Annie Patrick	10' 47
16 Izzie Cayle	10' 47
17 Jodie Williams	11' 19
18 Sarah Foster	11' 20
19 Ella Campbell	11' 31
20 Samantha Bowkett	11' 32

### County Sportshall League Points Table Autumn 2013

St Johns Sports Centre, Worcester.

#### UNDER-13 GIRLS

1 Charlotte Albutt	15' 35
2 Megan Oswell	16' 00
3 Elise Blake	16' 26
4 Olivia Dean	17' 18
5 Issie Jeavons	18' 04
6 Layla Eminoglu	23' 21
7 Jody Stanley	23' 34

### WORCESTER AC YOUNG ATHLETES CROSS COUNTRY CHAMPIONSHIPS 2014

Position	U 11 Boys	Total Points
1st	Worcester A	15
2nd	Hereford	11
3rd	Worcester B	10
4th	B & R	4
5th	Droitwich	2

U 11 Girls	Total Points
Worcester	12
B & R	8
Hereford	5
Droitwich	5

U 13 Boys	Total Points
Worcester	12
Hereford	9
B & R	4

U 13 Girls	Total Points
Worcester	11
B & R	9.5
Hereford	6.5

#### UNDER-11 GIRLS

1 Chloe Cavens	8' 02
2 Julia Spense	8' 26
3 Amy Tyers	8' 26
4 Jemima Hobby	8' 29
5 Ruby Taylor	8' 35

#### UNDER-15 GIRLS

1 Deanna Radley-Moore	25' 31
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#### UNDER-11 BOYS

1 Sam Morgan	6' 28
2 James Vaughan	6' 48
3 James Taylor	6' 51
4 Alex Perrin	6' 53
5 Ben Harle	6' 57
6 Riley Carpenter	7' 03
7 Josh Noon	7' 20
8 Darien Moore	7' 27
9 Sam Davey	7' 29
10 Andrew Jeavons	7' 43
11 Jacob Khan	7' 57
12 Cameron Richardson	8' 04
13 Michael Dyson	8' 10
14	8' 38
15 Cameron Smith	8' 44
16 Shane Mahon	8' 57
17 Andrew Bell	9' 01
18 Jack Barnes	9' 04
19 Harry Taylor	9' 40
20 Andrew Bowkett	9' 56

#### UNDER-13 BOYS

1 Jake Cavens	12' 15
2 George Beardmore	13' 15
3 Joshua Bentley	13' 31
4 Kit Coleman	14' 02
5 David Shepherd	14' 23
6 Joshua Williams	14' 26

7	<b>Tom Taylor</b>	15' 05
8	<b>James Dale</b>	15' 26
9	<b>Sam Williams</b>	15' 37
10	<b>William Wright</b>	16' 20
11		16' 25
12	<b>William Jenkins</b>	18' 54

#### UNDER-15 BOYS

1	<b>Ollie Morgan</b>	18' 08
2	<b>Luc Alberry</b>	18' 50
3	<b>Will Parry</b>	19' 23
4	<b>Justin Weir</b>	20' 35
5	<b>William Lee</b>	23' 35
6	<b>Jamie Lee</b>	25' 28
	<b>Daniel Kilgallon</b>	DNF

### 2014 COMMITTEE

<b>Derek Cowdrey</b>	Chairman
<b>Ron Smith</b>	Vice Chairman
<b>Ian Atkins</b>	Secretary
<b>Andrew Peach</b>	Treasurer
<b>Clive Spencer</b>	Minutes Secretary
<b>Geoff Aston</b>	Ladies' Road & X Country Manager
<b>Dave Waldron</b>	Men's Road & X Country Manager
<b>Kirsty White</b>	Ladies' T&F Team Manager
<b>Richard White</b>	Men's T&F Team Manager
<b>Becky Donnelly</b>	Ladies' Team Captain
<b>Marcus Manton</b>	Men's Team Captain
<b>Gill Repton</b>	Young Athletes Coordinator
<b>Ann Marie Glover</b>	Coaching Coordinator
<b>John Marshall</b>	Race Walking Representative
<b>Geoff Aston</b>	Road Running Representative
<b>Chris Crosswell</b>	Newsletter Editor
<b>Andy Poppleton</b>	Press Officer (resigned April - due to work commitments)
<b>Dave Ashman</b>	Member without Portfolio

### CLUB COACHES

# FIXTURES & DIARY DATES

		<u>Discipline (s)</u> <u>see website for other interests</u>
<b>Roger</b>	<b>Turner</b>	Sprints
<b>Dave</b>	<b>Walker</b>	Middle Distance
<b>Roger</b>	<b>King</b>	Sprints
<b>Catharine</b>	<b>Telling</b>	Race Walking
<b>Deirdre</b>	<b>Elmhirst</b>	High Jump
<b>Mike</b>	<b>Bennett</b>	Sprints 60m - 400m inc Relay
<b>Ian</b>	<b>Bowles</b>	Throws
<b>Andy</b>	<b>Poppleton</b>	Hurdles
<b>Gill</b>	<b>Repton</b>	Throws. General Athletics (for Young Athletes)
<b>Katie</b>	<b>Martin</b>	Jumps
<b>Pete</b>	<b>Stewart</b>	Pole Vault
<b>Paul</b>	<b>Ferns</b>	Young Athletes Development
<b>Clare</b>	<b>White</b>	Endurance
<b>Kirsty</b>	<b>White</b>	General Athletics (for Young Athletes)
<b>Richard</b>	<b>White</b>	Middle Distance
<b>Phil</b>	<b>Bullock</b>	Middle Distance
<b>Becky</b>	<b>Fawkes</b>	Middle Distance
<b>Edwin</b>	<b>Elmhirst</b>	Jumps
<b>Ollie</b>	<b>Buncombe</b>	Throws
<b>Quentin</b>	<b>Elmhirst</b>	Throws
<b>Rob</b>	<b>Treu</b>	
<b>Stefan</b>	<b>Sternkopf</b>	Middle Distance
<b>Olivia</b>	<b>Merry</b>	Coaching Assistant - Sprints & Horizontal Jumps
<b>Sharon</b>	<b>Gibbons</b>	Coaching Assistant - High Jump/ Youth Development
<b>Siobhan</b>	<b>Glover</b>	Young Athletes Development- Hurdles
<b>Adam</b>	<b>Higgins</b>	Young Athletes Development
<b>Ed</b>	<b>O'Hara</b>	Young Athletes Development

## TRACK & FIELD

Meeting	Date	Venue
1st Midlands Open meeting	11/12 Jan 14	HiPAC, Alexander Stadium, Birmingham
Midland Championships (inc. U13 Quadrathlon)	8/9 Feb 14	NIA, Birmingham
Birmingham Games	16 Feb 14	NIA, Birmingham
EA National Age Group Championships	1/2 Mar 14	Sheffield
EA National U15/U17 Combined Events	8/9 Mar 14	Sheffield
3rd Midlands Open meeting	22/23 Mar 14	HiPAC, Alexander Stadium, Birmingham
K&SAC Open Warm-up meeting	6 Apr 14	Stourport
Triple Throws Charity Open Meeting	6 Apr 14	Hereford
WAC Open Warm-up meeting	15 Apr 14	Nunnery Wood
1st Midland Vets League meeting	1 May 14	Stourport
1st UKYDL(LAG) League meeting	3 May 14	Solihull (hosted by B&R)
1st Midland T&F League meeting	4 May 14	Worcester
1st Heart of England League meeting	11 May 14	Corby
County T&F Championships	24 May 14	Worcester
2nd Midland Vets League meeting	28 May 14	The Dell
2nd UKYDL(LAG) League meeting	31 May 14	Worcester
2nd Midland T&F League meeting	7 Jun 14	Telford
2nd Heart of England League meeting	8 Jun 14	Worcester
County Schools T&F Championships	14 Jun 14	Worcester
WAC Open Warm-up meeting	17 Jun 14	Nunnery Wood
3rd UKYDL(LAG) League meeting	22 Jun 14	Gloucester
3rd Midland Vets League meeting	25 Jun 14	Leamington (hosted by Stratford AC)
3rd Heart of England League meeting	5 Jul 14	Stourport
3rd Midland T&F League meeting	6 Jul 14	Leamington (hosted by B&R)
4th UKYDL(LAG) League meeting	19 Jul 14	Swindon
WAC Open Warm-up meeting	24 Jul 14	Nunnery Wood
4th Midland Vets League meeting	30 Jul 14	Worcester
4th Midland T&F League meeting	2 Aug 14	Kettering
Midland Vets Cup Final	31 Aug 14	Stoke-on-Trent
WAC Club Championships (WAC Members only)	7 Sep 14	Nunnery Wood

## ENDURANCE EVENTS

Meeting	Date	Venue
WAC Young Athletes' Cross Country Championships (club members only)	1 Apr	Nunnery Wood
1st Hereford 5k series	9 Apr	Leisure Centre, Hereford
2nd Hereford 5k series	7 May	Leisure Centre, Hereford
WAAA Mid-week Series - Race 1	14 May	Hagley
<b>Bulmers Bash</b>	18 May	Bulmer's Orchard, Wichenford
1st Severn AC White Horse 5k series	20 May	Gloucester
WAAA Mid-week Series - Race 2	11 Jun	Redditch
3rd Hereford 5k series	11 Jun	Leisure Centre, Hereford
2nd Severn AC White Horse 5k series	17 Jun	Gloucester
<b>Acorns Triple Run</b>	22 Jun	3 Counties Show Ground, Malvern
WAAA Mid-week Series - Race 3	9 Jul	Droitwich (Golf Club)
3rd Severn AC White Horse 5k series	15 Jul	Gloucester
<b>Worcester Pitchcroft 10k and Fun Run</b> incorporating Worcestershire County 10K Championship.	20 Jul	Pitchcroft Racecourse, Worcester
WAAA Mid-week Series - Race 4	13 Aug	Clent
4th Severn AC White Horse 5k series	19 Aug	Gloucester
<b>Worcestershire Beacon Race</b>	11 October	

### Birmingham & District Invitation

#### Cross Country League

Hi All,

I recently attended the League AGM so I am now in possession of the dates/fixtures for the forthcoming season. The club has the potential to field very healthy numbers of runners in Division 1 next year. Initially, I thought that our objective should be to survive a season in the top league, avoid relegation and pat ourselves on the back. Now, when I look at our pool of runners I am of the view that we should be looking to ensure that we finish in front of the likes of Bourneville Harriers, Halesowen AC, Royal Sutton Coldfield AC,

Staffordshire Moorlands and Telford AC. To do that we need to get runners out in numbers to make ourselves competitive in terms of our scoring 6, a "B" team and doing damage to the opposition!

The key dates are:

08 November	Newbold Comyn, Leamington Spa
06 December	Princethorpe, Near Coventry
10 January	Coundon Park, Coventry
07 February	Pittville Park, Cheltenham

**Dave Waldron**

And last but by no means least - **HELP!**

**BULMERS BASH** Sunday 18 May

Marshals and help required for this off-road event. Contact **David Hibbitt** 01905 757540 to offer your services.

# ACORNS TRIPLE RUN

## SUNDAY 22 June 2014



**VOLUNTEERS**  
**WANTED**



Worcester Athletic Club is assisting **Acorns** in the organisation and running of the 9<sup>th</sup> ACORNS TRIPLE RUN at the Three Counties Showground on Sunday 22 June 2014. 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 22 June** or Saturday 21 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:

Carole Clark 01905 21174 Chris Crosswell 01905 28395 Gary Bailey 07736447747

**Please make a commitment**  
**and support this fundraising event for the Children's Hospice and WAC**

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

**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 21 June 2014:		
Event Set up	10.00am – 3.00pm	<input type="checkbox"/>
Sunday 22 June 2014:		
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*

