



Worcester Athletic Club

NEWSLETTER

Volume: 2014 issue: 2

Dear Members

Welcome to the September issue of the club Newsletter. We should of course call it the Old Newsletter, because unless it is a daily or at least weekly publication its content is hardly "news". However as I suggested in the last one, the collation of club news and event round-ups over the season does serve a purpose. And what a season we have had; following on from the men's cross country success in achieving promotion to Division 1 of the prestigious Birmingham Invitation Cross Country League, the track and field teams also turned in promotion winning efforts.

The Men's and Ladies' Track & Field Team were promoted to Div. 2 Midland Track & Field League.

The Young Athletes Heart of England team – Promoted to Div. 1.

And not to be outdone by the youngsters, the Men's Veteran Track & Field Team was Divisional Winners - Midland Vets League (South) and the Ladies' Veteran Track & Field Team was also Divisional Winners - Midland Vets League (South).

But the highlight of the season was the Ladies' Veteran Track & Field Team triumphing as Cup Final Winners and the Veterans Track & Field Teams winning the Combined Gold Cup.

As usual there are 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

WORCESTER ATHLETIC CLUB

2014 Annual General Meeting

Will take place at The Portobello, 139 Bransford Road, St Johns, Worcester, WR2 4EZ at 19:45 on Friday 5 December 2014. Items for the agenda and nominations for any of the Committee posts should be notified to the secretary by Friday 1st November 2014. The A.G.M. will be followed at 8:30 by light refreshments and skittles.

STOP PRESS



Congratulations **Jenny Nesbitt** on winning the female race and claiming the scalp of World marathon record holder Paula Radcliffe!

And to **Declan McManus** as Worcester City Junior Sports Personality of the Year



MEMBERSHIP

We welcome the following new members:

May

Jonathan Hall
Sam Harris
Ellie Harrison
Ellen Johnson
James Layland
Emma Pound
Richard Sennewald
Lizzie Round
James Walker

June

Rachael Baylis
Kieran Bennett
Henry Bullett
Izzie Cale
Anthony Ness
Ann Oldfield
Florence Powell
Calum Pugh
George Powell
Ruby Taylor

July

Tom Bailey
Thomas Baker
Isabella Barkas
Michael Bliss
Madison Mardell
Faith Murray
Kirsten Milne
William Paton
Adam Pollock
Molly Salt
Mia Upton-Hambling
Lydia Wehling

August

Richard Austin
Allaby Carpenter
Andrew Gawne
Chay Hawkins
Carol Levett
Marion Loveridge
Poppy Turnbull

September

Elizabeth Bowers
Lewis Edwards
Kieran Garrattley
Katie Heptinstall
Lucy Marriott
Grace Murray
Darrell Pulver
Matthew Tanser
Abi Timmington
Charlie Yip

We have received resignations from:

Andrew Jew
Todd & Alex Bennett

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

100 CLUB

BE IN IT - TO WIN IT!

MAY	£25	81	Mike Lickman
	£15	65	Andrew Peach
	£5	85	Not taken
		57	Maggie Crosswell
	£5	79	Not taken
	75	Not taken	
	68	John Brooke	
JUNE	£50	64	not taken
		81	Mike Lickman
	£25	15	Dave Wilde
	£15	69	Mel Garland
	£5	27	Mel Clarke
	£5	38	John Brooke
JULY	£25	67	not taken
		78	Mel Clarke
	£15	65	Andrew Peach
	£5	20	Dave Ashman
	£5	90	Warren Miles
AUGUST	£25	5	Anne Marie Glover
	£15	9	Geoff Jones
	£5	88	Gary Bailey
	£5	10	Pam Price
SEPTEMBER	£25	93	Clive Andrews
	£15	78	Mel Clarke
	£5	54	Ann Perry
	£5	36	Dave Hall

REPORTS/NEWS

Worcester AC athletes perform well at BUCS Outdoor Championships in Bedford (3-5 May 2014)

Three of the club's athletes competed at the British Universities and Colleges (BUCS) Championships in Bedford over the Bank Holiday weekend. **Emma Robertson** competed in the 800m race for Sussex University, running a season's best of 2.20.34 min to finish 4th in her heat. **Josh Carr** ran for Cambridge University in the 3000m steeplechase, achieving a personal best of 9.48.35 min in the heats to qualify for the final, where he finished in 13th place. **Ella Gibbons** represented Loughborough University in the high jump, where she qualified easily for the final and won the silver medal with a first time clearance at 1.66m. This was a solid start to her outdoor season and she is looking good to jump higher on 18 May, when she has been selected to represent Loughborough University at the Loughborough International.

BULMERS BASH - Kim sizzles in the sun

Worcester Athletic Club held its annual Bulmer's Bash, a race around Bulmer's orchards at Wichenford. With the apple trees in blossom and conditions being a bit warm for racing, 101 runners set out to complete this hilly and demanding course. Athletes came from as far as Meirionnydd and Southampton to compete as well as local runners from Worcester, Hereford and Malvern. Kim Fawkes-Williams of Centurion Running Club was the overall winner, completing the course in a new course record time of 39 minutes 27 seconds. Second and the first male runner was **Dan Geisler** of Worcester Athletic Club in a time of 40 minutes 10 seconds. All competitors received a commemorative medal and a bottle of cider, courtesy of Bulmer's. The club would like to thank Bulmer's for their continued support of this event. A donation to The Midlands Air Ambulance was made out of the proceeds of the race.



The Ladies' and Men's winners, Kim Fawkes-Williams and **Dan Geisler** with **Ron Smith**, vice chairman of Worcester AC, who presented the awards.



Dan Geisler ponders being beaten by a Lady, but he has his bottle of cider to drown his sorrows (after he got home we hope).

Dave Hibbitt

Results of "Committee Structure" Questionnaire 10th June 2014

The committee would like to thank everyone who completed and returned the questionnaire about the structure of the committee. A total of 71 completed questionnaires were returned, 30 by female members and 41 by male. There were 24 replies from young athletes (U17 and below), 19 from U20s & Seniors and 29 from Vets. All event groups were represented with 43 "endurance" athletes (road and cross-country), 43 track runners (sprint and middle distance), 20 field athletes (jumps and throws), 13 multi-eventers, 4 sports-hallers and one race walker.

From this it can be seen that many respondents participate in more than one discipline. Nine respondents had been members for less than a year, 29 for 1-5 years, 7 for 6-10, 9 for 11-20 and 17 for more than 20 years. Of the 57 replies that included the way they had heard about the club, it is not surprising that the majority (47) had discovered us by word of mouth from family, friends, school, work etc. Nine had found out through media (leaflets, newspapers and the internet).

The main purpose of the questionnaire was to find out what members knew and felt about the make-up of the committee through the responses to five questions. The responses to each of them were as follows: 56 respondents knew some or all of the roles of the various committee members, 61 knew some or all of the people on the committee, 49 felt that their events were represented on the committee and 53 felt that their issues were understood by the committee. To the final question, whether they were happy with the current structure of the committee, 39 said YES, 20 had no opinion and only 9 said NO.

However the bare numbers don't tell the whole story. The last three questions invited comments and analysis of these comments raised some valid points. Of the 16 comments made against the question regarding representation on the committee, 3 felt that Vets weren't represented, 3 felt the same about multi-events and one about jumping. The committee felt that the first of these was not really valid as The Young Athletes Co-ordinator, the Ladies Road and Cross Country Team Manager and the Men's team managers for Track & Field and Road & Cross Country were all

active Vet competitors and if vet members had an issue that needed committee action they could raise it through one of these members. There were 2 comments about the lack of younger members on the committee, which were probably made without knowing that the Ladies' Team Manager, the Ladies' and the Men's captains are all in their twenties. There are almost as many comments as respondents on the other two questions. These included a number saying that the Vets weren't represented and that there needs to be younger members on the committee.

After considering all the answers and comments it was felt that there wasn't a need to change the committee but that there were a number of things that could be done to improve communication between members and the committee. One suggestion that was thought to be useful was to have a list of committee members and their role along with their photograph displayed on the noticeboard. This would be implemented in the next few weeks.

Derek Cowdrey - Chairman.

BRITISH MASTERS ROAD RELAYS

At the British Masters Road Relays held at Sutton Park on 17th May Worcester AC entered two ladies teams. The W35 team finished 17th out of 30 and the W45 team 17th out of 23. The W35 team was **Theresa Cochrane**, who completed the first leg in 21m 53s, **Sandra Lane**, 2nd leg in 20:25, **Anne O'Connell**, 3rd leg in 21:55 and **Karen Matthews**, final leg in 21:08. The W45 team was **Pam Murray**, 1st leg in 21:38, **Gill Jubb**, 2nd Leg in 22:44 and **Maggie Crosswell**, final leg in 26:55.

Well done Ladies! **Geoff Aston**

RACE REPORT Worcester Pitchcroft 10K

& Fun Run Sunday 20 July 2014 - 11.00am

Despite concerns from some competitors (whose knowledge of Worcester only extends to "flood headlines") who guessed the event would be cancelled due to the torrential downpours the previous day, the 19th Worcester Pitchcroft 10 kilometre Race and Fun

Run was held in very clement weather (although too hot for the runners). The event organised by Worcester Athletic Club started with the 2.75 kilometre Fun Run and saw 22 competitors aged 5 to 80 complete a single lap of the racecourse perimeter and finish opposite the Grandstand. The Fun Run was won by **Jamie Westwood** of Worcester AC in a time of 10:23, and the first girl home was **Elise Blake** also of Worcester AC in 12:03 and 5th overall. Competitors received a certificate stating their finishing time and all proceeds of £100 are being donated to Acorns Children's Hospice.

The 10K race which this year incorporated the Worcestershire County 10K Championships started at 11am when over 220 competitors set off to complete three laps of the racecourse perimeter on a certified accurate 10 kilometre route. Both Club athletes and novice runners were thankful that the previous day's thunderstorms were replaced with dry conditions, but the heat certainly affected the pace of the runners and they were grateful that the majority of this popular course is shaded by trees. At the end of the first lap a group of five runners had broken away from the field, including James Richards of Wye Valley Runners, **Ben Jones** of Worcester AC and Richard White of Halesowen. On the second lap, the eventual winner Stuart Hawkes of Amazing Feet Running Club from Kidderminster and Mark Hadley of Halesowen Cycling and Athletic Club broke clear of the leading group, and proceeded to stretch their lead as they made their way past lapped runners. Shortly after the start of the third lap Stuart made a decisive surge and broke clear to lead the field home in a time of 34 minutes and 5 seconds. Mark Hadley (a veteran over 40) was second in 34:38 and James Richards of Wye Valley Runners (also veteran over 40) held his place to finish third.

In the Ladies race Sian Khan of Birchfield Harriers led the field from gun to tape and finished 22nd overall and 1st Female in a time of 39 minute and 3 seconds. Second lady home was Fee Maycock (a veteran over 45 and 31st overall) from Belgrave Harriers in a time of 40 minutes and 19 seconds. Third lady was Marie Ann Voice of Kenilworth Runners in a time of 40 minutes and 34 seconds (33rd overall). The event was well supported by both club and unattached runners and in particular by a large group from Kenilworth Runners who had made the trip from Warwickshire.

See below for a complete list of prize winners:

PRIZE WINNERS LIST

- 1st Male Stuart Hawkes Amazing Feet RC 34:05
- 2nd Male Mark Hadley (M40) Halesowen C & AC 34:38
- 3rd Male James Richards (M40) Wye Valley Runners 34:55
- 1st MVO40 Darren Hale Bromsgrove & Redditch AC 36:55
- 2nd MVO40 Simon Corker Royal Sutton Coldfield AC 37.20
- 1st MVO50 Kevin Monk Halesowen C & AC 38:47
- 1st MVO60 John Morris Wolves & Bilston AC 40:27
- 1st Junior (U17) **Luc Allberry** Worcester AC 42:48
- 1st Female Sian Khan Birchfield Harriers 39.03
- 2nd Female Fee Maycock (F45) Belgrave Harriers 40:19
- 3rd Female Marie Ann Voice Kenilworth Runners 40:34
- 1st FVO35 Linda Howell Bournville Harriers 42:16
- 2nd FVO35 Louise Andrews Kenilworth Runners 42:35
- 1st FVO45 **Sandra Lane** Worcester AC 42:55
- 1st FVO55 Joan Clarke Stourbridge RC 45:39
- 1st Team Halesowen C & AC Mark Hadley 2nd, Richard White 6th, Kevin Monk 20th.



Very many thanks to the members of Worcester AC who helped marshal, steward car parking, time keep, record, take entries, set up and lay course, provide competitor care and medal and water distribution and manage Race HQ, and also to the non-member who rode lead cycle!



The Race Organisers - **Geoff Aston & Chris Crosswell**

Worcester AC high jumpers reach great heights at English Schools

In what is turning out to be an amazing year for her, **Hannah Tapley** won the silver medal in the inter-girls (U17) high jump competition at the English Schools Athletic Association (ESAA) Championships on 12 July in Birmingham with a jump of 1.74m equalling her PB and only missing out on the gold medal on count back. Hannah was then selected to jump for England at the SIAB Schools International in Cardiff on 19 July, where she again won the silver medal with a jump of 1.71m. She has also been selected to jump for the England Midlands team at the Sainsbury's School Games at Manchester in September.

Another member of Deirdre Elmhirst's high jump squad who represented the Hereford and Worcester team at the ESAA was **Joel Khan**. He competed in the junior-boys (U15) high jump and performed brilliantly in a very high quality competition with a jump of 1.78m to finish in 6th place, only being beaten by the 5 boys ranked above him in the UK rankings. Joel said he loved every minute of his first experience of competing at English Schools. A great attitude to have and he will undoubtedly have many more exciting experiences in the future.

Dierdre Elmhirst

Midland success for Worcester's young athletes

Twelve young athletes from Worcester Athletic Club participated in the recent Midland Track and Field Championships at Saffron Lane in Leicester. Despite the blustery conditions, the high jumpers performed extremely well and all came home with a medal.

Hannah Tapley confirmed her place as one of the top under 17 women high jumpers in the country by becoming Midland Champion with a leap of 1.67m. Similarly, **Joel Khan** topped the podium for under 15 boys with a jump of 1.75m, while fellow Worcester AC athlete, **Luca Lemon-Morgan**, had first time clearances all the way to a personal best height of 1.55m to win the bronze medal. Both Tapley and Khan are competing this weekend in the National Championships at Bedford. In the under 17 age-group, **Matt Hill** and **Molly Hanson** battled the wind in the long sprints, finishing fifth and second in the 400m and 300m hurdles, respectively. The silver medal was a well-deserved reward for Hanson who has enjoyed considerable progress over the past year. In the field events, **Rachael Bayliss** threw a personal best of 9m29cm in the shot and 21m7cm in the javelin. Under 15 sprinter, **Dan Banks**, secured the silver medal in both the 100m and 200m by running times of 11.4 sec and 23.05 sec, respectively, in a very competitive field of fast of young men. Also, **Sam Lowe** qualified for the final of the 300m, where he finished in 5th place with a time of 40.53 sec. Worcester was well represented in the quadrathlon, a multi-event competition for under 13 athletes. **Ellie Duncan**, **Ellie Harrison** and **Katie Harris** all recorded personal best times in the 100m sprint, while **Lizzie Round** achieved personal best performances in the long jump, high jump and shot. Harrison was the highest placing of the four Worcester AC athletes, finishing 7th out of 23 competitors.

DOUBLE SUCCESS FOR WORCESTER ATHLETES

On a glorious sunny evening at Nunnery Wood Sports Centre, Worcester Men's & Women's Veteran track & field athletic teams were both crowned League Champions in the Midlands League Southern Division for a second successive year. This is only the second ever double success in the Club's long history. It has been an epic battle with local rivals Bromsgrove & Redditch Athletic Club throughout the season.

On the night the ladies team were convincing winners with 132 to Bromsgrove & Redditch's 118 points. With three outright wins from the four league meetings and a tie for first place in the other match, Worcester Ladies comfortably retained their title with Bromsgrove & Redditch runners-up. Over the last few seasons the ladies team has grown in both strength and depth and can now compete with the best Veteran Ladies teams within the UK.

The men's team with already two league meeting wins and a second place were again beaten into second place by local rivals Bromsgrove & Redditch with the narrowest of margins, 125 to 124 points. League victory was assured by virtue of the total number of points accumulated over the four meetings. Although the team was not at full strength they still managed to retain their title, winning for an impressive twenty-fourth occasion in the last twenty-five years. The eight team line up contesting the league with Worcester includes Bromsgrove & Redditch, Stratford-on-Avon, Halesowen, Dudley & Stourbridge, Sparkhill Harriers, Midland Masters, plus a team comprised of Droitwich, Rowheath, Kidderminster & Stourport clubs.

In the ladies 200m sprints **Ros Townsend-Hope** (W60) **Mel Garland** (W50) **Pam Murray** (W40) and **Cat Goulder-Davies** (W35) all delivered excellent times and set the tone for the evening with 29 points. In the 800m Ros and Pam were running again, plus (at W35) **Alison Buttle**. They each returned top three finishes, whilst the 3000m runners Ros (W50), **Becky Freeman** (W35) and **Anne O'Connell** (W40) went even better, as they all finished in the top two in their age categories. The 2K race walkers **Rebecca Hambrook** (W60) and **Alison Buttle** (W35) delivered valuable points for the team with solid performances. Meanwhile, in the field events, **Mel Garland** achieved first place and maximum points in both the Long Jump (W35) and Triple Jump (W40) before securing third place in the (W40) Javelin. **Nicky Lockett** (W35) Shot and (W50) Discus plus **Pam Price** at (W60) Shot brought in more valuable points, followed by a first place from **Iris Holder** in the (W60) Long Jump. The final event, in the final league match of the season, was the ladies 4 X 100m relay. Anna Little joined Pam, Mel and Cat knowing that a win would secure a match victory. Mel got the quartet off to a flying start before handing the baton to Pam. Anna was next and she passed both the baton and a healthy lead to Cat. Cheered on by the home supporters, the relay

squad ensured Worcester Veteran Ladies won the match – and with it the league title, in a time of 58.6 sec.

In the twenty events contested Worcester Men's team scored consistently throughout the evening with two individual winners, seven runners-up and seven third places to retain their league title just ahead of local rivals Bromsgrove and Redditch.

Multi-event star **Pete Stewart** gained maximum points in winning the M40 Pole Vault & runner-up spots in both long jump & shot putt. Team Manager **Dave Hope** secured victory in M60 Pole Vault. Worcester's track star **Darren Salisbury** had a busy night but was narrowly out-sprinted in M35 800m then produced a solid run in 3000m for third place followed up with a leg of the relay. **Ian Bowles** finished a close second in M60 Hammer. The 4 x 100m relay team of **Laurence Oldfield, Steve Mayfield, Darren Salisbury** and **Nick Hitchings** combined well to take third place. Other notable performances were produced by **Dave Waldron** and **Les Scrivens** 2K Walk, **Laurence Oldfield** 200m and relay, **Steve Mayfield** 200m and relay, **Nick Hitchings** 200m, 800m and relay, **Stefan Sternkopf** and **Martyn Cole** 3000m, **Richard Perkins** 200m, **Roger King** long jump & javelin all securing valuable team points. As always, both the men's and the ladies team were supported by a number of "non-scoring" athletes, a genuine indication of the level of interest and the strength within the club.

The season concludes with the Regional Cup Final on Sunday 31st August at Stoke with both teams taking on the Midlands best.

Dave Hope & Roger Garland

Midland Vets Cup Final - Stoke

What started as a dark cloudy morning at Northwood Athletic Stadium, Stoke-on-Trent ended in glorious sunshine with crowning glory to Worcester Men's and Women's Veteran track & field athletic teams. With all 20 of the top Midland athletics clubs being represented in the Veteran's Cup Finals, they were graded from 'A' to 'C' dependant on league performance over the season. The eight team line up contesting the 'A' Final with Worcester were Rugby & Northampton Lions,

Stratford-upon-Avon AC, Bromsgrove & Redditch AC, Cannock & Staffs AC, Telford AC, Leamington AC & Birchfield Harriers.

Worcester ladies following on from their recent league title success and runners up in last years final produced a truly awesome performance to outclass the opposition, winning by a comfortable margin of 17 points (191 to 174) from reigning champions Rugby & Northampton Lions. Worcester's men with three previous cup final victories under their belt could not quite match their female counterparts and were beaten into second place by reigning champions Rugby & Northampton Lions by a mere 5 points 214 to 219.

The battle for the Central Television Trophy for the combined male and female team scores was a resounding success for Worcester's athletes wresting the trophy from Rugby & Northampton Lions who have been champions for the three previous years. This is the first ever combined victory in the Worcester Athletics Club's long history. Worcester Men's team scored consistently with four individual winners and a relay plus thirteen runners up, in the eighteen track & sixteen field events contested throughout the day. Former British Vet's 400 metre champion Laurence Oldfield was the pick of the Men's team with terrific wins in both M60 100m and 200m despite giving away ten years seniority and setting two new club records in the process. Ever consistent performer **Richard White** outclassed the opposition to win M50 400m, took third place in 100m and also produced the fastest split time in the 4 x 400m winning relay team. Recent recruit to Vets athletics **Anthony Ness** had a busy day in the sprints. Despite storming runs in both M40 400m and 200m he was just edged out and piped on the line into second places. Anthony earned third spot in 100m and ran formidable legs of both 4 x 100m and 4 x 400m relay teams that finished third and first respectively. **Steve Buttler** returning to athletics after a twenty-two year layoff and in only his second Vets competition for the club ran a sparkling M35 200m for second place and ran excellent lead off legs of both 4 x 100m and 4 x 400m relay teams that finished third and first respectively. **Darren Salisbury** who has run consistently well all season secured a well-earned third place in M40 3000m, fourth in M35 800m and a fantastic leg of 4 x 400m relay team helping to secure a convincing victory. Former age group champion **Barry Swindells** ran a solid race in M60 800m for third

position despite giving away 15 years of seniority. **Geoff Aston**, returning to form, performed well to secure a well-judged runner-up spot in M60 1500m to set a new club record. **Terry Bedington** ran strongly to set a new club record in M50 3000m. **Darrell Pulver** in his first ever track competition exceeded expectations with a respectable fourth place in M40 2Km Race Walk. **Nick Hitchings** M35 1500m and **Steve Mayfield** M40 Javelin produced creditable performances to gain valuable points to finish in fifth positions from the eight teams competing. Steve also ran a leg of the 4x100m Relay that secured third place. Multi-event star **Marc Flannery** performed to his normally high standard in tackling six field events, secured victory in M50 High Jump, three runners up in Shot, Discus and Triple Jump plus third in Long Jump and Hammer despite a niggling Achilles injury. **Pete Stewart** had a busy day in the field and performed consistently well in five events gaining second places in M40 Pole Vault, Triple Jump, Shot, Discus and third place in High Jump. **Ian Bowles** in possibly his last appearance in a Worcester vest, as he is moving home to South Wales, took a well-earned second place in M60 Hammer. **Roger King** competing against athletes up to 15 years his junior still managed two creditable performances in both M60 Long Jump & M60 Javelin for fourth place finishes. The Men's Team Manager **Dave Hope** gained valuable points in both M60 Pole Vault and 2Km Race Walk finishing fourth and third respectively.

Worcester Ladies team achieved a top three finish in 22 of the 29 events contested in the ladies competition! The day started with **Anne O'Connell** setting a Seasons Best (SB) in the W40 800m which she later followed up with a SB of 12.24.0 in the 3000m. In the W50 800m Ros **Townsend-Hope** came third in 3.02.1. Ros followed this with a SB and new club record in the W60 100m, first place in the W60 400m with another club record and fourth in the W50 1500m. Still not finished, Ros ran the first leg of the 4x400m relay and also competed in the Triple Jump, where she set a personal best of 4.94m in covering for the injured (W70) UK ranked N° 1 at this event, Iris Holder. Ros secured a hatful of points as she helped in both the W50 and W60 age categories. **Pam Murray** scored well at the W40 100m before dropping down an age group to win the W35 400m in 66.7sec. Pam was also in the winning 4x100m relay team that matched the club record as well recording the fastest split time in the 4x400m relay team. **Mel Garland**, the Ladies Team

Captain, started her busy schedule with a scorching 14.6sec in the W50 100m for second place, a position she matched in the W50 200m. Mel also ran in the successful 4x100m relay squad. Making her team debut, **Liz Bowers** had a fine victory in the W60 3000m setting a club record in the process. Later in the day, with race walker **Rebecca Hambrook** being unwell, Liz stepped in and walked her way to a W60 2Km club record in 14.07. In the W40 race walk our specialist walker, **Wendy Bennett**, obtained maximum points in a SB of 11.29.8. **Cat Goulder-Davies** set a new club record and personal best of 28.5sec in winning the W35 200m, before joining **Anna Little** (plus Ros and Pam) in an excellent time of 4.51.2 in the 4x400m relay. Anna also joined Cat to complete the winning quartet in the 4x100m relay squad, where the team stopped the clock at an impressive 56.8 to equal their own club record. **Becky Freeman** scored well at the W35 1500m with a season's best time of 5.33.1 then set a lifetime best in the High Jump, which she had not attempted in the previous 20 years!

In the other field events **Marion "Maz" Loveridge**, another athlete making her debut for the Worcester team, shattered the previous club record with a magnificent throw of 36.66m in the Hammer. Marion also helped out in the W40 shot with a distance of 6.99m. **Gill Repton** performed well in the W50 Discus, with a SB of 15.54m. **Pam Price** despite dropping down in the W60 age category came second in the Hammer with a SB of 15.68m before helping out in the Long Jump (or the Short Jump as Pam calls it) scoring well with 1.93m and a W70 PB. **Mel Garland** then took centre stage, starting with a new club record in the Javelin, followed by first place in the High Jump, first place in the Triple Jump and first place in the Long Jump with a W50 League Record leap of 4.44m. Strangely, Mel only came third in the W50 Shot!

This was a fantastic day of athletics for the Worcester Ladies Team; with athletes setting eleven club records as well a multitude of SB's and PB's plus an all-time Midlands Vet's League record. The meeting concluded with the presentation of the League Regional Trophies, Cup Final Awards and finally the Central Television Trophy (a Gold Cup!) was presented to **Mel Garland** and **Dave Hope**, the Team Managers of the winning Worcester Teams.

Iris Holder (W70) was also awarded the "Female Athlete of the Year" award in recognition of having competed in all four vet's league matches and being undefeated at 100m, 200m or Long Jump, whilst competing against much younger athletes and setting three new Midlands league records in the process.



Pictured is the 4x400 team of (L to R) Pam, Anna, and Cat & Ros



The Victorious Veterans' Teams

Roger Garland

WAC High Jumper selected for England Schools team

Having gained the silver medal in the English Schools Inter-girls (U17) High Jump with a leap of 1.74m, Hannah Tapley went on to represent England in the SIAB Schools International at Cardiff last weekend where she also won a silver medal. She has also been selected to represent the Midlands at the Sainsbury's School Games in Manchester in September.

Fast & Furious Race 2 (15/7/2014)

Well done Sophie Tohill and Sandra Lane who finished 2nd and 3rd lady in the 2nd Fast & Furious 5K race at Stourport on 26th June.

Long-standing club record is equalled at County Schools Championships

A 31-year-old club record was equalled by Zoe Styles at the County Schools Championships at Nunnery Wood on Saturday 14th June. The under-20 Women's 100m record of 12.3s was set by Kim Price in 1983. Well Done Zoe!

Another Long-standing Club Record Equalled

The second long-standing club record to be equalled within a month was produced by the Men's 4x100m relay team at the 3rd Midland T&F League meeting at Solihull on 6th July. The time of 44.5s, which was originally set 36 years ago, was posted by Ollie Biddle, Tom Kenwright, Jack Hocking and men's team Captain Marcus Manton. Well done chaps!

Heather Paton stars on national stage

Worcester AC's Heather Paton was in the national athletics spotlight recently when she competed at the Sainsbury's British Senior Athletics Championships at the Alexander Stadium in Birmingham.

Club gains Clubmark accreditation for another three years

The committee are pleased to be able to announce that the club has attained Clubmark accreditation for another three years.

Ben Clarke wins Midland Schools Combined Event Championship

Congratulations to Ben Clarke on becoming the ESAA Midlands Combined Events Intermediate Boys' Champion. He recorded personal best performances in the javelin, shot and 400 meters, backed up with solid performances across the other five octathlon events resulting in an overall gold medal-winning score of 4304. It was a closely fought contest down to the last event, with Oxfordshire's Timothy Stevens in second place only six points behind.

Congratulations also to Rachael Bayliss and Candy Lockett who was selected to represent the County in the Intermediate Girls' competition, helping the team to a fourth place finish.

RACE WALKING

2014 Race Walking programme

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?

In the last 9 months the club has purchased:

Vaulting poles and pole transport bag.

Track Starters PA system.

Website software upgrade

Event/meeting tent (club customised)

MEMBERS' TRAINING & DEVELOPMENT

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

Conditioning and Core Strength Training

Conditioning and core strength training sessions will take place at Nunnery Wood School Gym every Monday evening from 6th October:

6:30pm Core stability

7:15pm Circuit training & conditioning

For more details contact:

Andrew Peach 01905 763054

Deirdre Elmhirst 01905 764316

This is an excellent addition to your normal athletics training and is open to all club members. Younger members should speak to their coaches in the first instance to ensure it would be suitable for them. Family and friends just looking to keep fit are more than welcome to come along and give it a try!

Seniors £2

Juniors/Students £1

YOUNG ATHLETE

OF THE MONTH 2014

April **Candy Lockett**

May **Dan Banks**

June **Tom Kenwright**

July **Ollie Morgan**

August **Ben Clarke**
(for his performance in the National Combined Events Championships where he finished in 6th place, despite only being in the first year as an under-17)

RULES!

LANE 1

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.

On club nights we are reinforcing lane discipline by placing warning boards in the lanes. Athletes and coaches must adhere to lane discipline for the benefit of all.

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

FIXTURES & DIARY DATES

ENDURANCE EVENTS

Birmingham & District Invitation

Cross Country League

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

WAC Beacon Race	11 Oct	Malvern
1st Gloucester XC	11 Oct	Cotswold Farm Park
2nd Gloucester XC	1 Nov 14	Malvern Common
3rd Gloucester XC	13 Dec 14	Pittville Park, Cheltenham
County XC Championships	3 Jan 15	Cofton Park
4th Gloucester XC	14 Feb 15	Tewkesbury
Mini Marathon Trials	27 Feb 15	Stourport

SPORTSHALL

1st Hereford & Worcester Sports Hall League	
9 Nov	St John's Sports Centre, Worcester
2nd Hereford & Worcester Sports Hall League	
30 Nov	St John's Sports Centre, Worcester
3rd Hereford & Worcester Sports Hall League	
14 Dec	St John's Sports Centre, Worcester

CLUB AWARDS & Presentation Evening

The Annual Club Awards and Presentation Evening was this year held at the King's School, Worcester Dining Hall on Saturday 13 September. Superbly organised by **Anne Marie Glover**, her family, and friends over 130 members sat down for the presentations; followed by an excellent hot meal and then a lively disco when many young members, and some not so young danced into the night!

The proceedings were led by Chairman **Derek Cowdrey**, and assisted as required by **Ann Marie Glover**, **Gill Repton** and **Mike Bennett**.

Dave Walker paid a special tribute to the courage and fortitude of his athlete Jenny Nesbitt.

The committee awards were presented by **Ron Smith** (Vice Chairman) and Life Member **Ron Hodgkins**. **Ron Hodgkins** summarised his long association with the club and surprised us all by handing out copies to some lucky parents, of his recently published children's book! He closed the proceedings with reminding us that we belonged to the Best Athletic Club in the World! See below for the list of awards:

English Schools Athletic Association U13/U15 GRADE 1 Presentations

Lewis Edwards U13

100m	Cheltenham	25 Aug	12.9s
200m	Worcester	24 Jul	26.1s

Joel Khan U15

High Jump	1.80m	Worcester	24 May
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Daniel Banks U15

100m	11.0s	Worcester	14 Jun
200m	22.80s	Worcester	14 Jun

Oliver Morgan U15

800m	2:05.7s	Swindon	17 Jul
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U17 GRADE 1 Presentations

Candy Lockett U17

3kg Shot	10.50m	Sutton-in-Ashfield	28 Jun
3kg Hammer	45.98m	Worcester	24 May

Hannah Tapley U17

High Jump	1.74m	Worcester	4 May
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Tom Kenwright U17

100m 11.1s Worcester 14 Jun
200m 22.33s Birmingham 14 Jun

Jack Hocking U17
400m 50.69s Birmingham 11 Jul

U20 GRADE 1 Presentations

Declan McManus U20
2000m SC 6:09.7m Birmingham 12 Jul

Jennifer Nesbitt U20
3000m 9:38.57s Stretford 12 Aug

Sam Khogali U20
Long Jump 6.97m Cheltenham 23 Jul

2013 – 2014 CLUB AWARDS

Charles Wilcox Trophy
Cross Country - Best Overall Performance
Declan McManus

John Clatworthy Cup
Most Improved Track Athlete
Ollie Morgan

Worcester AC Cup
Most Improved Male Field Athlete
Sam Khogali

Worcester AC Cup
Most Improved Female Field Athlete
Hannah Tapley

Ernie Andrews Cup
Best U15 Sprint Performance
Dan Banks

Simon Tansell Award
Best U11 Girl
Jemima Hobby

Simon Tansell Award
Best U11 Boy
Andrew Jeavons

Councillor Wilkes Trophy
Best U13 Girl
Elise Blake

Councillor Wilkes Trophy
Best U13 Boy
Joshua Noon

Ann Rich Clock

Best Supporting Female
Ceri Park

Ivan Pawluk Cup
Best Supporting Male
Peter Stewart

Alf Poole Cup
Best Veteran Performance
Iris Holder

Three Counties Cup
Best Male Road Runner
Tom Stock

Mazak Vase
Best Female Road Runner
Jenny Nesbitt

Charles Jones Cup
Performance of the Year
Hannah Tapley

**FINALLY AN APPEAL FOR MARSHALS
AND HELPERS AT THIS YEARS**

BEACON RACE

New organiser DAVE WALDRON is looking for assistance with this event.

If you are not running, is there any reason you can't help on the course or at Race HQ?

If you can't do either please send Dave a cake - for the post-race refreshments at St. John's! This event is one of the few where members aged 16-18 can help, as it is off-road.

Contact **Dave Waldron 01905 831481**
davidjwaldron@yahoo.co.uk