



# NEWSLETTER

Volume 2015 issue: 3

## Dear Members

Welcome to the January issue of the Club Newsletter. Following on from the successes of the summer season our fortunes have taken a slight dip; with the imminent prospect of a return to Division 2 of the Birmingham Cross Country League. Although we have had some fine individual performances our team has lacked the biting edge provided by the young bucks, who have now joined their University cohorts!

Greater cross country success was enjoyed at the Worcestershire County Champs held at Cofton Park in tandem with Warwickshire; our athletes returning home with 20 medals of varying hue.

Our youngsters competed ably in the excellent Sportshall Athletics prior to Christmas, and all thanks should go to **Gill Repton** who not only manages the team but also organises the whole series.

Worcester AC has also been represented at the early indoor meets and we look forward to reports from the various Championships.

On the following pages you will find the coming seasons' diary - please make a note of all the track and field meets and endurance events, but take special note of those that are scheduled at Nunnery Wood, and the races we host; these always require a great deal of help from the membership. We can accept help from all age groups but you do have to be 18 or over to marshal on a road.

We should justly take pride in the number of events that Worcester AC promote and organise. We are a club that is fully committed to playing a full and active role in the wider athletic community in the Midlands – This 2015 season will see us host and organise 8 Track and Field meetings and 4 Road/Multi-terrain endurance races.

Congratulations to: **Carole Clark, Tom Forrester** and **Dave O'Brien** who have been offered the Club Entries for the 2015 London Marathon. We wish them well - happy training!

## **And finally this year we can celebrate no less than four anniversaries!**

1. **20** years ago, we had already been training on the New Nunnery Wood track through the winter months, and were eagerly awaiting our first full competitive season on an all-weather surface here in Worcester.  
The official opening was scheduled for April 30<sup>th</sup> 1995, on the day we hosted our first meeting – a Young Athletes League meet.
2. The **Acorns Triple Run** on Sunday 21 June 2015 will be the **10<sup>th</sup>** running of the event – raising over £380,000 for the Children's Hospice.
3. Sunday 19<sup>th</sup> July 2015 will see the **20<sup>th</sup>** running of the **Worcester Pitchcroft 10K** (formerly the Pitchcroft Plod 10K, a race associated with the now extinct Worcester Carnival).
4. On Saturday 10<sup>th</sup> October 2015 the **60<sup>th</sup>** running of the **Worcestershire Beacon Race** will confirm Worcester AC as guardians of the oldest existing race in Worcestershire.

*Chris Crosswell*

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

# MEMBERSHIP

We welcome the following new members:

September

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

October

**Amy Vickery**  
**Harry Warnock**  
**Calum Bennett**  
**Olivia Davies**  
**Alec Francis**  
**Ben Gaubert**  
**James Francis**  
**Rebecca Francis**  
**Oliver Gould**  
**Robert Jones**  
**David Price**  
**Alfie Robbins**

November

**Spike Burnage**  
**Haydon Dib**  
**Holly Love**  
**Samantha Morris**  
**Zoe Robinson**  
**Amy Tansell**

December

**Steve Beechey**  
**Niamh Chenery**  
**Emma Collings**  
**Bethany Harris**  
**Leah Mole**  
**Oliver Pritchett**  
**Emily Shaw**  
**Adam Shorter**  
**Sebastian Thompson**  
**Peter Watling**  
**Megan Wright**

January

**Rachel Alexander**  
**Louise Church**  
**Brooke Clarke**  
**Cara Clarke**  
**Amy Dale**  
**Diana Fox**  
**Sarah Heatley**  
**Catherine Hutchinson**  
**Lauren Matthews**  
**Daniel Skilbeck**

We have received resignations from:

**Alexandra Crake**  
**Elaine, James and Harry Taylor**  
**Stuart Walton**

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

## 100 CLUB BE IN IT - TO WIN IT!

SEPTEMBER	£25	93	Clive Andrews
	£15	78	Mel Clarke
	£5	54	Ann Perry
	67	not taken	
	£5	36	Dave Hall
OCTOBER	£25	12	Claire White
	£15	97	Ellis Stewart
	£5	47	Richard White
	£5	14	Wilf Bates
NOVEMBER	£25		AnnMarie Glover
	£15	60	Andrew Howe
		59	not taken
	£5	49	Andrew Peach
		25/43	not taken
	£5	13	Siobhan Glover
DECEMBER	55	Clive Spencer	£50.00
	53	not taken	
	1	Ben Clarke	£25.00
	43 and 29	not taken	
	3	Alan Clark	£15.0
	68	John Brook	£5.00
	65	Andy Peach	£5.00
JANUARY	26, 22 and 44	not taken	
	£25	55	Clive Spencer
	£15	19	Dave Walker
	94 and 80	not taken	
	£5	90	Warren Miles
	£5	69	Mel Garland

# REPORTS/NEWS

## CLUB AGM Friday 6<sup>th</sup> December 2014

Present: there were a total of 18 members present.  
Apologies: received from a total of 10 members.

**Derek Cowdrey** outlined the results of the consultation held concerning the composition of the club committee. Members had been surveyed to canvass opinion. A total of 71 responses had been received. Of these, 9 expressed dissatisfaction with the composition, 20 expressed no opinion, and 39 said they were happy with the present set up. After considerable discussion within the committee, it was decided that no change was necessary. However, it was accepted that improvements could be made in communication between the committee and members. The whole report appears on the club website.

### Chairman's Report

2014 has been a really good year for Worcester AC, with some great team and many individual performances in all athletics disciplines – cross country, sports hall, indoor and outdoor track & field road and road relays.

In the County Sportshall League we won the four U11 and U13 Girls and Boys sections for the third year running, and provided many members of the County team in the regional competition.

Many club members competed in the County Cross Country Championships and we provided six individual and four team champions. We also received three individual and one team silver and four individual and two team bronze medals.

Eighteen club members represented Worcestershire in the Inter-Counties Championships where **Declan McManus** produced the highest finishing position with a sixth place in the U17M's race. He was also second in the British Cross Challenge (formerly the McCain Challenge). He went on to finish fourth in the National Championships.

WAC also provided 16 members of the Hereford & Worcestershire team for the English Schools Championships where Declan was again the highest finisher in seventh place in the senior boys' race.

In the Midland Cross Country championships our U17W's team won a bronze medal.

The men's team, managed for the first time by **Dave Waldron**, finished second in the Birmingham League and were thus promoted to the first division, with **Lewis Roberts** winning the U20 championship and finishing second overall.

We continued our successes in the Gloucester Cross Country League with three individual and one team

Age group winner plus three individual and one team place.

From the indoor T&F season we produced gold, silver and bronze medals at the Midland (including a clean sweep in the U20M's high jump), National, Scottish, and Welsh Championships and the British and World Masters Championships.

During the outdoor track & field season we hosted the County Championships at Nunnery Wood and came out of them with 40 County Champions plus 26 silver and 12 bronze medals. Club members went on to win two gold, three silver and one bronze medals in the Midland Championships.

We also hosted matches in the Midland, Heart of England, UKYDL (LAG) and Vets Leagues and put on three Open Meetings.

The Men's and Women's Vets Teams repeated last year's feat by each winning the Midland Vet's League South Division, but the ladies went one better by winning their Vet's 'A' Cup Final. The Men were just narrowly beaten into second place in their final to give the club their first Central Television Trophy for the winners of the combined event.

The senior athletes had another fine season in the Midland T&F League and repeated last season's second place, this time in Division 3, and gaining promotion for the fourth consecutive year.

In the second season of the UK Youth Development League we finished third in the lower age group. Finally we finished in 2nd overall position in the Heart of England League. Over the season we won all four of the U11 boy's medals having won all three meetings. The best performance in the other age-groups was produced by the U17M's team who finished first over the season. I apologise if I have missed any other notable performances.

Away from the track we promoted our usual road races – the Acorns Triple Run, the Pitchcroft 10K and Fun Run and the Beacon Race and we need to thank **Chris Crosswell, Geoff Aston** and **Dave Waldron** for the work they put into organising these races, along with their many helpers.

Early in the year, following a resolution at last year's AGM, a questionnaire was carried out to find out what members felt about the make-up of the committee. There is a full report on the club website, but the main result was that only just over 13% of respondents were unhappy with the current make-up. After considering all the answers and comments the committee felt that there wasn't a need to change the committee structure but that there were things that could be done to improve communication between members and the committee.

This has been a very busy and mainly successful year for the club, and as I do every year, I would like to thank all those who contributed - the athletes, the coaches and their helpers, the event organisers,

the officials and all those other members who helped out by marshalling and helping in many other ways. I would also like to take this opportunity to thank the members of the committee for their time and effort over the past year.

Finally I want to wish everyone a Merry Christmas and a great 2015

*Derek Cowdrey*

### Treasurer's Report

The treasurer presented the accounts for the year ending 31 October 2014.

The treasurer explained that there was a small loss of approximately £655.00, and in the light of this he proposed that subscription rates for 2015 should remain the same as those for 2014. These are:

Adult (including track fees)	£45.00 plus £12.00 UKA fee
Adult (without track fees)	£30.00 plus £12.00 UKA fee
Students and under 16s	£35.00 plus £12.00 UKA fee
Under 11s	£30.00
Senior concession (with track fees)	£25.00 plus £12.00 UKA fee
Senior concession (without track)	£15.00 plus £12.00 UKA fee
Family (including track) for each person	£60.00 plus £12.00 UKA fee
Family (without track) for each person	£35.00 plus £12.00 UKA fee
Non competing	£14.00
Distance member	£25.00 plus £12.00 UKA fee

### Election of Officers

The two year tenure as club President was due for renewal and **John Brook** was duly re-elected in that position.

The following member was proposed as a member of the committee to fill the vacancy of:

Member without portfolio **Mel Garland**

The following sought re-election unopposed to the following positions:

Chair	<b>Derek Cowdrey</b>
Vice Chair	<b>Ron Smith</b>
Treasurer	<b>Andy Peach</b>
Secretary	<b>Ian Atkins</b>
Minutes Secretary	<b>Clive Spencer</b>
Men's Road & X Country Manager	<b>Dave Waldron</b>
Young Athletes Coordinator	<b>Gill Repton</b>
Men's T+F Team Manager	<b>Richard White</b>
Road Running Representative	<b>Geoff Aston</b>
Race Walking Representative	<b>John Marshall</b>
Ladies T+F Team Manager	<b>Kirsty White</b>
Ladies Road & X Country Manager	<b>Geoff Aston</b>
Ladies Team Captain	<b>Becky Donnelly</b>
Club Captain	<b>Marcus Manton</b>
Newsletter Editor	<b>Chris Crosswell</b>

The positions of Press Officer and a member without portfolio remain vacant.

### Proposed amendment to the club's constitution

There was a proposal to make a change to the constitution affecting item 5. This included the addition of some paragraphs to emphasize the fair and equal treatment offered to all members of the club.

### Date of Next Meeting

**4 December 2015**

### We have a Northern Area Champion

Worcester AC's **Jack Hocking** became the Northern Area Under-17 400m champion in Sheffield. In his first ever indoor race Jack won his semi-final in 51.92s and was the second fastest qualifier. In the final he was 5th at the 200m mark but ran a strong second lap to win his first regional title in 51.43s and move to 4th place in the UK rankings.

### Worcester AC Athletes do well in 1st Midland Open

Worcester AC was very well represented at The NIA with 23 athletes competing. There were plenty of excellent performances including 18 personal bests by 16 athletes. There were also 2 new club records from U13 **Sebastian Thompson**, making his first appearance as a Worcester AC athlete - he ran 8.62s in the 60m sprint (an improvement on the existing record of 0.19s) and 10.03 in the 60m hurdles.

### Congratulations to Jenny Nesbitt

Following her successful run for the England team in Spain (see item below), and being selected as a reserve for the GB U20 team for European Championships in Bulgaria, **Jenny Nesbitt** was been selected for the England Junior Women's team for the Lotto Cross Cup races in Brussels on Sunday 21st December. Jenny is coached by **Dave Walker**.



**Jenny Nesbitt (2nd from right) represents England and finishes 3rd in the Cross de Atapuerca, held in Burgos, Northern Spain on 16th November 2014**

## Congratulations to Alice Wright

Following success in the NCAA event in USA recently, **Alice Wright** was selected for the GB U23 Team for the European Cross Country Championships in Bulgaria. She was the second GB runner home in 9th place, helping the GB team to win a silver medal. Alice is currently studying in the US and is coached by **Dave Walker**.

## Worcestershire County Cross Country Championships

**3rd January 2015 at Cofton Park**

Well done to all WAC Members who competed. Our athletes won twenty medals – Four individual golds - **Ollie Morgan** U15B, **Jenny Klein** U20W, **Declan McManus** U20M and **Millie Barnes** SenW - two team golds (U15B, U17W), and six individual silvers **Sam Morgan** U13B, **Nixie Turner** U17W, **Hannah Bilson** U20W, **Gill Jubb** W50, **Geoff Aston** M60 and **Geoff Jones** M70, two team silvers (U13G and SW), four individual bronzes **Helen Jubb** U17W, **Lewis Sternkopf** U17M, **Ben Jones** SM and **Dave Hibbitt** M60) and two team bronze (U13B and SM).

Full Results can be found at [www.worcaaa.org.uk/results/xc/2015-2](http://www.worcaaa.org.uk/results/xc/2015-2).

**Under 13 Girls** (3Km) – 22 competitors - 2nd Team

7th **Samantha Morris**  
9th **Ruby Taylor**  
14th **Jemima Hobby**  
15th **Elise Blake**  
16th **Molly Salt**

**Under 13 Boys** (3Km) – 17 competitors - 3rd Team

2nd **Sam Morgan**  
10th **Josh Noon**  
13th **Josh Williams**

**Under 15 Girls** (4Km) – 11 competitors

8th **Ellen Johnson**

**Under 15 Boys** (4Km) – 16 competitors - 1st Team

1st **Ollie Morgan**  
6th **Jake Cavens**  
9th **George Beardmore**

**Under 17 Women** (5K) – 9 competitors - 1st Team

2nd **Nixie Turner**  
3rd **Helen Jubb**  
7th **Sophie Tohill**

**Under 17 Men** (6K) – 10 competitors

3rd **Lewis Sternkopf**  
8th **Tom Bentley**

**Under 20 Women** (5K) – 3 competitors

1st **Jenny Klein**  
2nd **Hannah Bilson**

**Under 20 Men** (6K) – 4 competitors

1st **Declan McManus**

**Senior/Vet Women** (6K) – 38 competitors - 2nd Team

1st **Millie Barnes** (1st of 20 SW)  
4th **Molly Browne** (4th SW)  
21st **Karen Matthews** (6th of 15 W40)  
25th **Gill Jubb** (2nd of 3 W50)

**Senior/Vet Men** (10K) – 96 competitors - 3rd Team

4th **Ben Jones** (3rd of 38 SM)  
19th **David Price** (12th SM)  
26th **Warren Miles** (9th of 32 M40)  
30th **Andrew Peach** (10th M40)  
46th **Adam Pollock** (24th SM)  
49th **Rob Jones** (26th SM)  
77th **Geoff Aston** (2nd of 6 M60)  
80th **Dave Hibbitt** (3rd M60)  
92nd **Geoff Jones** (2nd of 3 M70)  
96th **Chris Crosswell** (6th M60)

## Midland XC Championships Nottingham 24th January 2015

Well done to the following Worcester AC athletes!

U13G **Elise Blake** 99th/118  
**Molly Salt** 113th  
U15G **Ellen Johnson** 50th/104  
U17W **Nixie Turner** 13th/60  
**Helen Jubb** 37th  
U17M **Lewis Sternkopf** 14th/72  
U20W **Jenny Nesbitt** 2nd/24  
U20M **Declan McManus** 3rd/40  
SenW **Molly Browne** 35th/266



Club treasurer **Andrew Peach** accepts the new Clubmark certificate from England Athletics representative **Nick Robinson** at Stourport on 20th November 2014

# 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 6<sup>th</sup> 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

October                **Cameron Richardson**  
for his club record long jump of 4.36m at the Club Championships.

November                **Dan Stock**  
for his club record 12.33 in the National Road Relays.

December                **Lewis Edwards (U13)**  
for his all-round performances in the Sports Hall League, including 7.75m SP and 2.10m SLJ.

January 2015                **Andrew Jeavons**  
for his improvement within the Gloucester Cross Country League meetings.

## 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 League	07 February	Pittville Park, Cheltenham
4th Gloucester XC	14 Feb 15	Tewkesbury
Mini Marathon Trials	27 Feb 15	Stourport
WAC Young Athletes Cross Country	31 Mar 15	Worcester
Bulmers Bash	17 May	Wichenford
Acorns Triple Run	21 June	Malvern
Worcester Pitchcroft 10K	19 July	Worcester

# TRACK & FIELD

<b>INDOOR SEASON</b>		
Birmingham Games	7/8 Feb 15	NIA Birmingham
Midland Championships & Under 13 Quadrathlon	14/15 Feb 15	NIA Birmingham
2nd Midland Indoor Open meeting	21/22 Feb 15	NIA Birmingham
3rd Midland Indoor Open meeting (throws outdoors)	28/29 Mar 15	HPC, Alexander Stadium
<b>OUTDOOR SEASON</b>		
WAC Open Warm-up meeting	14 Apr 15	Worcester
1st Midland T&F League meeting	25 Apr 15	Yate (hosts Bristol AC)
1st Midland Vets League meeting	30 Apr 15	Stourport
1st UKYD League (Lower Age Group) meeting	2 May 15	Solihull (hosts B&R)
1st Heart of England League meeting	10 May 15	Worcester
County T&F Championships	23 May 15	Worcester
2nd Midland Vets League meeting	27 May 15	The Dell, Brierley Hill
2nd UKYD League (Lower Age Group) meeting	30 May 15	Worcester
2nd Midland T&F League meeting	6 Jun 15	Gloucester
2nd Heart of England League meeting	7 Jun 15	Coventry
3rd Midland Vets League meeting	17 Jun 15	Leamington (hosts Stratford)
3rd UKYD League (Lower Age Group) meeting	21 Jun 15	Stourport
1st WAC Open meeting	25 Jun 15	Worcester
3rd Midland T&F League meeting	4 Jul 15	Yate
3rd Heart of England League meeting	5 Jul 15	Rugby
4th UKYD League (Lower Age Group) meeting	18 Jul 15	Gloucester
2nd WAC Open meeting	23 Jul 15	Worcester
4th Midland Vets League meeting	29 Jul 15	Redditch
4th Midland T&F League meeting	9 Aug 15	Worcester
Midland Vets League Cup Final	30 Aug 15	Worcester

## WORCESTER ATHLETIC CLUB CLOTHING

The following club clothing is available from **Joan Turner**  
(Tues & Thurs at the track)

### Club Vests Male & Female

Sizes 32" and smaller	£15.00 (small)
Sizes 34" and larger	£15.00 (med & large)
<b>Shortsleeve T-shirt</b> in club colours	£15.00
<b>Club Shorts</b>	£9.50
<b>Club Ties</b>	£7.50
<b>Club Scarves</b>	£5.50
<b>Ski Hats</b>	£4.50
<b>Hoodies</b>	£22.00
<b>Child Hoodie</b>	£17.00
<b>Adult Sweatshirts</b> (red or black s, m, l,)	£15.00
<b>Child Sweatshirts</b> (red or black)	£10.00
<b>Longsleeve T-shirts</b> (xl only)	£8.50
<b>Shortsleeve T-shirts</b> (s, m, l,)	£6.50
<b>Polo shirts</b> (s, m, l,)	£12.00
<b>Fleece lined Jackets</b> (s, m, l,)	£38.00
<b>Reversible Jacket</b> (s, m, l,)	£18.00
<b>Childs shower-proof tracksuit</b>	£36.00
<b>Adult shower-proof tracksuit</b>	£44.0



(with kind permission of H P Bulmer & Co.)

Bulmers®

11:00am **Sunday 17<sup>th</sup> MAY 2015**

Promoted by Worcester Athletic Club

UKA Licence 2015-13557



An undulating 6.5 mile (approximate.) off-road course through the Bulmer's orchards at Wichenford, Worcestershire.

Course records: **Men - 39:33 Ladies - 39:27 (Really!!)**

Venue: Bulmer's Orchard, Hockhams Lane, Wichenford (nearest post code WR6 6QR)

Restricted parking (car sharing is advisable) with limited toilet facilities and no changing. Race limit - 150

Medal and a bottle of Bulmers Cider for all finishers.

Prizes: 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> male & female, plus category prizes 1<sup>st</sup> M40, M50, M60 and F35, F45, F55

Entry Fee: £9.00 Affiliated club members / £11.00 Unattached (+ £1 extra on the day)

Complete and return to:

Race Organiser - David Hibbitt, The Hedgerow, Chestnut Close, Fernhill Heath, Worcester, WR3 7SZ.

Tel: 01905 757540

e-mail: [hibbitt.runner@hotmail.co.uk](mailto:hibbitt.runner@hotmail.co.uk)

Cheques payable to: "Worcester Athletic Club"

On line at : [www.runbritain.com/races](http://www.runbritain.com/races)

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Tel: \_\_\_\_\_ E-Mail: \_\_\_\_\_

UKA Affiliated Club: \_\_\_\_\_ Male/Female: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

UKA competition no: \_\_\_\_\_

I agree to abide by the current laws and rules of competition of UK Athletics.

Minimum age on race day - 16

I declare that I am medically fit to run, and understand that I enter entirely at my own risk and the organisers will not be responsible for any loss or injury that may occur.

Signed: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Fee enclosed: £ \_\_\_\_\_

Confirmation of your entry will be posted on the WAC website, [www.worcester-ac.co.uk](http://www.worcester-ac.co.uk)  
Please check carefully.

On the day, registration and pre-entry race number collection is from 9:30am.