



Worcester Athletic Club

Newsletter

April 2008

Editorial

Spring is upon us and time to cast away those thermal vests and jog bottoms, well perhaps next month. We are now approaching the start of the summer and the various league meetings are beginning to happen. For all those interested, please keep an eye on the notice boards in the Sports Centre and the Tower for details. There is a new section included in this newsletter, "Swop Shop" where various items of kit are available for swop or purchase.

I know I wished you all an injury free New Year, shame it didn't apply to me.

David Hibbitt - Editor/Press Officer 01886 888100 hibbittrunner@hotmail.co.uk
(please note new number)

Achievements of Note

Mortimer Forest 10 - 16 December

This is a gruelling 10 mile course over the demanding hills and mud at Mortimer Forest near Ludlow. WAC members achieved some notable results.

Chris Wilson 1st home - 65.48
Dave Wilde 1st over 60's - 84.11 (overall position - 71st)

Worcestershire Country Cross Championships - 8 January - Droitwich

Congratulations to all the WAC members who took part in the County Cross Country Championships
The pick of the results are:-

Mick Monaghan - Over 60's - Silver (the winner was allowed to run after putting a late entry)
Imogen Blears - Under 13 girls - 3rd
Thomas Stock - Under 13 Boys - 3rd
David Jubb - Under 15 Boys - 5th
Craig Johnson - Under 17 Men - 11th

I believe that WAC haven't fielded a Ladies team for some time, so a mention to all of them seems appropriate. Polly Arnold (10th), Rebecca Fawkes (18th), Tracey Miles (23rd), Debbie Hodson (29th), Jane Nichols (35th), Sharon Milne (38th), Melanie Webb (43rd) and Theresa Pearson (46th).

Full results can be found on www.halesowenathleticclub.co.uk

Birmingham Cross Country League - October - February

With the new structure of the league this year, we were in Division 2 along with teams such as Kenilworth, Warwick University and Solihull. Despite injuries and non-availability of some of the more able athletes, WAC finished a very credible 5th out of the 18 teams in the division.

Gloucester Cross Country League - October - February

Congratulations to all the athletes who represented WAC and supported each other so well. Thank you for your commitment, especially Hetty Swan, Rebekka Hodson, Thomas Maund & Charlotte Lickman who completed all 4 runs.

Midland Masters Cross Country Championships - 20 January - Perry Barr

Unfortunately, due to injuries, WAC were unable to field a team to retain their position as Over 60's champions. However, Mick Monaghan restored some pride by becoming the over 60's individual champion and Ivan Pawluk finished 12th overall.

Midland Cross Country Championships - 26 January - Leamington Spa

A summary of the best results

Under 13 Girls - 10th

16th Imogen Blears (128 competitors)

Under 13 Boys - 14th & 16th

63rd Liam Tustin (123 competitors)

Under 15 Girls

21st Monica McCluskey (94 competitors)

Under 15 Boys - 10th

20th David Jubb (115 competitors)

Under 17 Men - 13th

34th Rory Johnson (98 competitors)

Senior men

42nd Ed Lumley (379 competitors)

I know many of the young athletes were impressed/daunted by the number of athletes in each race, but when you think of how many athletes there are in the Midland clubs, that was only a small percentage of possible competitors.

So well done to you all for being in that select group to run the championship!

Full results can be found on www.midlandathletics.org.uk

Wyre Forest 8 - 10 February

At least the snow didn't prevent the race going ahead as scheduled, unlike last year.

Honours to the club were wide spread.

The team of Warren Miles (7th), Mark Bayliss (21st) and Mick Monaghan (27th) took the team prize.

Mick Monaghan - 1st over 60's

Ron Smith - 1st over 75's

Indoor Track & Field Competition Results

Indoor open meeting - 5 January

| | | | |
|------------|----------------|-----------|--------------|
| U20 men | Sean Linnie | Long jump | 6.43m |
| U17 men | Richard Calado | High jump | 1.80m (PB) |
| U17 ladies | Jenny White | 60mH | 9.2 sec (PB) |

Birmingham Games - 2/3 February

| | | | |
|------------|----------------|-----------|---------------------------------------|
| Senior men | Andy Poppleton | 400m | 55.31 sec |
| U17 men | Richard Calado | High jump | 1.90m (PB) |
| U17 ladies | Jenny White | 300m | 41.75 sec (ran from wrong start line) |
| U15 girls | Louise Morgan | Long jump | 4.34m |

Midland Indoor Championships - 20 January and 9/10 February

| | | | | |
|------------|----------------|-------------|------------------------------|---------------|
| Senior men | Andy Poppleton | 400m | 54.24 sec | |
| U20 men | Sean Linnie | Triple jump | 12.99m | Bronze |
| | | Long jump | 6.29m (4 th) | |
| | | 60m | 7.49 sec | |
| | | 200m | 24.25 sec | |
| U17 men | Richard Calado | High jump | 1.92m (PB & new club record) | Gold |
| U17 ladies | Jenny White | 300m | 40.77 sec (PB) | Silver |
| | | 400m (U20) | 59.00 sec | Silver |
| U15 girls | Louise Morgan | 60m | 8.57 sec | |

Indoor open meeting - 17 February

| | | | |
|-----------|---------------|-----------|------------|
| U15 girls | Ella Gibbons | High jump | 1.45m (PB) |
| U15 girls | Louise Morgan | 60m | 8.60 sec |
| U20 men | Sean Linnie | Long jump | 6.52m |

England Athletics U20/U17/U15 Indoor Championships - 23/24 February

| | | | | |
|-----------|----------------|-----------|---|---------------|
| U17 women | Jenny White | 300m | 39.79 sec (PB & 8 th fastest all time) | Silver |
| U15 men | Richard Calado | High jump | 1.92m (=PB) | Bronze |

Two of Worcester AC's best young athletes won medals at the Under 17 National Indoor Championships at the NIA, Birmingham on 23-24 February. Competing against the top runners in the country, Jenny White, ran a personal best of 39.79 sec - the 8th fastest of all time - to finish second in the final of the 300m. To beat Jenny, the hugely talented multievent athlete Katarina Thompson had to run the second fastest time on record. Also on top form was 16-year-old Richard Calado who, fresh from winning the Midland title a few weeks ago, won the bronze medal in the high jump with a massive jump of 1.92m, equalling the personal best he set at the Midland Championships. Both athletes are to be commended for their efforts and success; simply qualifying for the national championships is a huge achievement, never mind winning a medal.



Picture of Richard and Jenny with their medals.

BMAF Indoor Track & Field Championships - February 10 - Lea Valley Indoor Stadium, London

Worcester Athletic Club's Len Creo set a new world record at the British Masters Championships. In his first race in the 85 to 89 age group, Len tackled the 3,000 metre course and won his age group. But he also beat the 75 year group and split the 70s group with a time of 21 minutes 16 seconds to set his third world record in more than 20 years.

Len is comfortable with 3,000m as he was better known for his 100 mile race walks which he stopped doing at the age of 80.

British Masters Indoor Pentathlon Championships - 10 February

Marc Flannery won a Silver medal in the M45 Indoor Pentathlon, was winning until the final event when the current European Champion easily beat me in the 1k race. 60H - 10secs, Long Jump 5.51, Shot 10.13, HJ 1.57m, 1k 3.29.9.

Worcester Athletic Club - Young Athlete Cross Country Championships - 1 March

Under 11 Girls - Siobhan Glover

Under 11 Boys - James Cooke

Under 13 Girls - Hetty Swan

Under 13 Boys - Thomas Stock

Under 15 Girls - Helen Reeves

Under 15 Boys - David Jubb

Under 17 Men - Rory Johnson

Sutton Park - April 5

Worcester Athletic Club fielded two teams to this year's event and despite the day being showery, both teams performed well.

Senior Men's 12 Stage Relay

Congratulations to all who ran on Saturday. According to the record books, as far back as 1995, I am told that was the club's quickest overall time. 4.25.02.

The team were 20th out of 43 teams fielding the full 12 runners, including B teams and so have qualified for the nationals which are being held on April 26th at Sutton Park.

Senior Ladies 6 Stage Relay

The team were 27th out of 38 teams fielding the full 6 runners

The team was Jodie Ledger, 19.31, Rebecca Fawkes 22.27, Sam Hodson 23.14, Tracey Miles 21.48, Helen Cameron 22.42, Debbie Hodson 23.26 and Sam Ashfield 23.26

(Note from the Team Captain - "The day was really good for the club with the team really trying their best. I would like to say a big thank you to all who took part and wish every one the best in the coming races. It was a showery day which made running quite hard, but spirits remained high from start to finish")

London Marathon - April 13

Despite the changes in weather conditions, eight WAC members completed the London Marathon.

Stefan Sternkopf (M40) - 2:56:31, Paul Childs (M25) 3:18:00, Terry Bedington (M55) 3:27:46,

Andrew Howe (M45) 4:08:02, Sally Dixon (W40) 4:30:55, Melanie Webb (W30) 4:42:11,

Andrew Myhill (M45) 4:41:57, Alyson Anstey (W45) 5:00:55 and Nick Pond (M45) 5:14:03

Sports:hall Round Up

Club

Sports:hall is track & field athletics adapted for indoors. As last years activity was not publicised I will also mention highlights from then too.

Both years about 100 young athletes participated in enough events during training and competition to gain their "Shine Award" certificate. This scheme has 7 levels and rewards every athlete for their achievements over a range of events in running, jumping, throwing & agility. Medals were given to the highest scoring athletes:-

| | 2006 - 2007 season | 2007 - 2008 season |
|--------------------|---------------------------------|--------------------|
| School year 5 girl | Siobhan Glover | Nicola Lam |
| School year 5 boy | Ben Stephens & Scott White | Jacob Ham |
| School year 6 girl | Georgina Greenwood & Hetty Swan | Megan Kewan |
| School year 6 boy | Sam White | Matthew Glover |
| School year 7 girl | Ella Gibbons | Hetty Swan |
| School year 7 boy | David Serafini | Thomas Maund |

This season, in November, we had a "Friday Friendly" with Tuesday v Thursday, Tuesday group won.

County

The county (H & W) teams were selected from athletes who went along to a selection day in November at Perdisswell sports centre. This year it was particularly well supported with over 200 athletes and 120 of those were under 11! WAC were very well represented in all age groups. It is a great achievement & honour to represent the county well done to you all.

| | 2006 - 2007 season | 2007 - 2008 season |
|----------------|---|---|
| Under 11 girls | Team position 5 th (6 teams) | Team position 2 nd (6 teams) |
| Under 11 boys | Team position 4 th (6 teams) | Team position 4 th (6 teams) |
| Under 13 girls | Team position 4 th (5 teams) | Team position 4 th (5 teams) |
| Under 13 boys | Team position 4 th (5 teams) | Team position 5 th (5 teams) |
| Under 15 girls | Team position 4 th (5 teams) | Team position 4 th (5 teams) |
| Under 15 boys | Team position 5 th (5 teams) | Team position 5 th (5 teams) |

As you would imagine, the competition at this level is very high, so when an athlete wins an event against the whole region they deserve an individual mention

Under 11 "Fun in Athletics Festival" 13 January - Coventry

Lulu Smith 26 points in target throw.

Under 11 "Fun in Athletics Festival" - 14 January - Cannock

Martyn Bowles 47cm in vertical jump, Harry Lannie 21m in javelin, Sarah Harrison & Sam White 60 seconds (maximum) in balance test.

Under 13 "Team Challenge" 9 February - Worcester

Ella Gibbons 1.45m in high jump.

There were many other high positions and great performances across the age groups.

The enthusiasm of the under 11s at these events is fantastic, the extra non-scoring track events track events are quickly filled. We see many future stars in the little brothers and sisters races too!

Future Sports:hall

Next year we are going to start a league within the county, so to finish this season we had an inter-club friendly to get an idea of which clubs were interested in taking part. It gained good support and will take off next season, I'm sure.

The winners of each age group were - Under 11 girls - Dudley and Stourbridge Harriers, Under 11 boys - Bromsgrove & Redditch, Under 13 girls mixed team B & R with Hereford AC & Under 13 boys mixed team Worcester AC with Droitwich AC.

Gill Repton. All you ever wanted to know about sports:hall www.sportshall.org

Rewards for city sporting stars

The 2008 Worcester sports awards proved sporting prowess, courage and dedication can all be found in abundance in the Faithful City. The event, hosted by Worcester-shire CCC, was presented by Sport Worcester in partnership with Worcester City Council. Deputy Mayor of Worcester, Councillor Lucy Hodgson, paid tribute to the great work undertaken by the sports unit at the city council which delivers more than 3,500 coaching hours to more than 8,000 Worcester children. Chris Horsman, the Worcester Warriors prop and Welsh international, then gave an inspiring speech about his own rise to sporting glory in which he has struggled against personal trials, including overcoming testicular cancer. Moving on to the award winners, Les Bishop, the Sport Worcester treasurer, said: "The nominations for awards were of a high calibre to which the adjudicating body of Sport Worcester found it very difficult to pick category winners." However, the evening, which is designed to celebrate sporting achievements, also acknowledged all category nominations and the supporting people that assist local athletes to continue in their chosen sports." Howard Peters Outstanding Contribution Award was presented to our own Joan Turner and the Young Volunteer of the Year to Tiffany Jones.



Celebrate good times: All the happy winners at the 2008 Worcester sports awards. 07307702

Young Athlete of the Month

| | |
|----------|---|
| November | Thomas Stock for 4 th place in Gloucester Cross Country race at Leamington Spa |
| December | Siobhan Glover for 4 th place in Gloucester Cross Country race at Gloucester |
| January | Megan Kewn for 2 nd & 3 rd places in the Indoor Championships |
| February | Richard Calado for performances in Midland & National high jump competitions |
| March | Lewis Roberts for consistently good results over the cross country season |

IF YOU ARE A FEMALE AND OVER 35 & WOULD LIKE TO COMPETE in the veterans track and field league in low key events and enjoy yourself and feel you would like to have a go please contact Ron Smith 01905 452640 or roncharlessmith@aol.com.

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

Please please give it a try your CLUB needs you.

Dates of meets:

| | |
|---------------------------------|--------------|
| May 14 (Wednesday) | Birchfield |
| June 12 (Thursday) | Redditch |
| July 9 (Wednesday) | Brieley Hill |
| August 14 (Thursday) | Worcester |
| Cup final September 14 (Sunday) | Birchfield |

All meets start 7.15 prompt.

Any other senior ladies who wish to compete, please contact Phil Bullock 01905 767062

Open meetings

The timetable for this years open meetings is included in this newsletter. You will see that the June meeting includes a stage of the inaugural 'Midland Sprint Series'. This is a series of 6 Grand Prix style meetings linked with various summer open meetings in the Midlands region. This culminates in a final at the Birmingham games on 20th July. The event is open to all U20 and older sprinters and covers the 100m, 200m and 400m.

The qualifying meetings are at:

| | |
|-----------------------|---------|
| Birmingham University | 5 May |
| Coventry | 28 May |
| Corby | 4 June |
| Loughborough | 18 June |
| Worcester | 19 June |
| Derby | 25 June |

Full details of this series can be found on the England athletics website: www.englandathletics.org

We should very much welcome the opportunity of hosting one of these meetings which should help to raise the profile of our open. It is hoped that electronic timing will be used for the meeting which will be available for all races whether part of the Sprint series or not. So take the opportunity to get your time to the nearest one hundredth of a second!

The additional number of entrants expected for the June meeting will mean that any help we can get on the day will be greatly appreciated. Previous experience not required. If you can assist please let either myself or Derek Cowdrey know.

I look forward to seeing as many of you as possible at all of our open meetings.

Andrew Peach - 01905 763054

WORCESTER ATHLETIC CLUB - OPEN MEETINGS 2008

Nunnery Wood Sports complex, Worcester

Track

Field

Tuesday 22nd April

| | | | | |
|---------|-------|-------------------|-------------------|--------------------------------|
| 7.00 pm | 100m | U15 | 7.00 pm High Jump | All ages (0.9m opening height) |
| 7.10 pm | 100m | U13 | 7.00 pm Long Jump | U17/U20/Senior (4 trials) |
| 7.20 pm | 100m | U11 | | |
| 7.30 pm | 300m | U15, U17, senior | | |
| 7.45 pm | 100m | All other ages | 7.45 pm Long Jump | U15 (4 trials) |
| 8.05 pm | 3000m | U15, U17, senior* | 7.45 pm High Jump | All ages (1.4m opening height) |
| 8.20 pm | 600m | All ages* | 8.00 pm Shot Putt | All ages (4 trials) |
| 8.30 pm | 200m | All ages | | |

Thursday 19th June (incorporating the Midland Sprint Challenge)

| | | | | |
|---------|-------|------------------------------------|-------------------|--------------------------------|
| 7.00 pm | 100m | Sprint challenge U20/senior | | |
| 7.10 pm | 100m | U13 | 7.00 pm Long Jump | U17/U20/Senior (4 trials) |
| 7.20 pm | 100m | U11 | 7.00 pm High Jump | All ages (0.9m opening height) |
| 7.30 pm | 100m | All other ages | 7.15 pm Javelin | All ages except U11 (4 trials) |
| 7.40 pm | 400m | Sprint challenge U20/senior | | |
| 7.50 pm | 400m | U15/U17 | 7.45 pm Long Jump | U13 (3 trials) |
| 8.00 pm | 1500m | All ages | 7.45 pm High Jump | All ages (1.4m opening height) |
| 8.15 pm | 200m | Sprint challenge U20/senior | | |
| 8.25 pm | 200m | All other ages | 8.00 pm Discus | All ages (4 trials) |

Tuesday 22nd July

| | | | | |
|---------|--------|-------------------|-----------------------|----------------------------------|
| 7.00 pm | 75m | U11 | 7.00 pm Discus | All permitted ages (4 trials) |
| 7.15 pm | 400m | U15, U17, senior | 7.30 pm Turbo Javelin | U11 (3 trials) |
| 7.40 pm | 1 mile | U15, U17, senior* | 7.45 pm Shot Putt | All ages except U11 (4 trials) |
| 8.05 pm | 200m | All ages | 8.00 pm Javelin | All ages except U11 (4 trials)** |
| 8.30 pm | 800m | All ages* | | |

* Under 15 may only compete in one of these events.

** Javelin will commence on completion of the Turbo Javelin competition, therefore the start may be delayed.

All entries taken on the day.

Entry fees: Senior/Junior £2.50 U11/U13/U15/U17 £1.50 (up to 3 events)

The above timetable shows the earliest start times. These may vary depending on the number of entrants.

Events held under UKA rules.

Enquiries to: Andrew Peach 01905 763054

Web site: www.worcester-ac.co.uk

100 Club Winners

| | | | |
|----------|-----|----|-----------------|
| January | £25 | 38 | John Brook |
| | £15 | 46 | Carole Clark |
| | £5 | 65 | Andy Peach |
| | £5 | 89 | Geoff Ashton |
| February | £25 | 34 | Bob Perry |
| | £15 | 83 | John Clatworthy |
| | £ 5 | 81 | John Clatworthy |
| | £ 5 | 32 | Teresa Pearson |
| March | £25 | 24 | David Hibbitt |
| | £15 | 71 | Dave Hope |
| | £ 5 | 35 | Geoff Ashton |
| | £ 5 | 18 | Dave Ashman |
| April | £25 | 38 | Andy Peach |
| | £15 | 46 | Gill Repton |
| | £5 | 65 | Dave Hope |
| | £5 | 89 | John Clatworthy |

If you want to be "in the club" then contact Andy Peach on 01905 763054
You've got to be in it to win it. All proceeds help the club funds.

Swop Shop **NEW SECTION**

Children grow rather rapidly and as you know running shoes are not cheap . Would other parents be willing to swap or donate any unwanted shoes? If so, please let me know and I will include it in this section.

| Item | Contact |
|------------------------|-------------------------------|
| Adidas Spikes size 3.5 | Richard Boughton 01386 561357 |

Welcome to the following new members

| | | |
|----------------------|------------------|------------------|
| Annie Baumber (SF) | Ian Bowles | Terry Conway |
| Harry Farnhill | Nathan Gilchrist | Catherine Gillen |
| Chris Lee | Alice Ridge | James Ridge |
| Morgan Roberts-Ellis | Mark Smout | Jessica Titshall |
| Melaine Webb (SF) | Brindley Jones | Duncan Webb |
| Gillian Jubb (SF) | Lewis Sternkopf | Alice Bright |
| Molly Brown | Holly Kempster | Dan Rushton |
| Harry Loader | James Marsh | Victoria Moritz |
| Sam Orgee | Joe Southam | Tom Southam |

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

Best wishes to Mel Clarke on the birth of her baby, Ella, born in January.

Other Notices

YOUR CLUB NEEDS YOU!

When you or your children take part in a track & field meeting you have probably noticed that there are a large number of technical officials around. There are Timekeepers, Track Judges, Field Judges, a Starter and Marksman. These officials are volunteers and most are members of a club. As with most sports the competitions could not go ahead without officials.

At Worcester AC we have been lucky for many years to have had a small band of enthusiastic members who have qualified as officials to support the athletes in the various competitions in which the club competes. In all these competitions we are required to provide officials who gain extra points for the team if they are qualified.

Qualifying is a very simple process - you have to attend one training course for an afternoon and then provide proof of practical experience at a few meetings. There is a small charge, which the club will pay.

The club currently needs a few more people to add to this pool to reduce the load on the existing officials. Ideally we could do with a couple of timekeepers, a starter, a marksman, a track judge and three or four field judges, but any number of new recruits will be most welcome.

If you are interested or would like more information please give me a call on 01905 358508

Derek Cowdrey (Chairman)

Worcester Athletic Club want to try and improve the image of the club. The first thing that will happen is all coaches and officials will have white polo shirts. The club will then introduce Black or Yellow polo shirts with club badge & Worcester Athletic Club on, you can see shirts on track side or in the Tower, please see Joan Turner. If you are interested please sign request form with your name, size & colour of shirt you prefer, cost is about £12.00. The committee would like to know if you want tracksuits, baseball caps or woollen hats all with club badge on.

IT'S YOUR CLUB. BE PROUD OF IT AND LET OTHER CLUBS KNOW WE EXIST

Ron Smith (Vice Chairman)

ALL members should wear light (preferably white or yellow) or high visibility clothing when running on the road in poor lighting conditions. Reflective bibs are available from the Tower.

Be seen Be safe

And finally

Do not forget, this is your newsletter.

If you want anything publishing, I need to know.



A photo of the young athletes, including Elizabeth Sliwa, Emma Davies, Helen Reeves, Josh Carr, Greg Everest and Alex Bradnick from WAC, that attended the High Performance Centre in January at Birmingham where they met Dame Kelly Holmes. If you look carefully, you can see Dave walker and Roger Turner.