



Worcester Athletic Club Newsletter - April 2009

Editorial

Now that British Summer Time is here we can look forward to training nights in the natural light rather than by artificial light. Must be a plus.

For those who helped to contribute to the "liquid" funds of the Sports Centre, we sadly announce the closure of that popular "watering hole".

We still send out in excess of 120 newsletters by post and I'm sure that some of those could be sent by via computer link. Please contact Andy Peach by e-mail to apeach@lineone.net or contact him direct on 01905 763054 to get "on line".

David Hibbitt - Editor/Press Officer 01886 888100 hibbittrunner@hotmail.co.uk

Achievements of Note

Sunday 14 December Mortimer Forest 10 - near Ludlow

Over 300 hardy souls braved the cold and the mud to compete in this year's race.

Dave O'Brien	2 nd overall	76:47	
Stefan Sternkopf	1 st vet over 40	78:12	5/304
Mike Monaghan	1 st vet over 60	91:11	62/304

**Saturday 10 January Worcestershire Cross-Country Championships - Malvern
Senior Men**

A very successful afternoon for Worcester Athletic Club over this demanding course.

Chris Wilson Men's champion

Mike Monaghan 1st vet over 60

WAC regained the team championship "crown", Chris Wilson (1), Ed Lumley (5), Sam Mitchell (6), Dave O'Brien (11), Stefan Sternkopf (13) and Warren Miles (18)

WAC had 10 finishers in the first 25, shows our strength in this type of event.

Senior Ladies

Victoria Briggs U20 ladies champion Overall winner

Jodie Ledger Senior Ladies champion 2nd place overall

Team champions finishing just ahead of Amazing Feet Athletic Club.

Juniors

David Jubb U15's champion

Alice Wright U15's champion

Monica McCluskey 2nd U17's ladies

Team champions in both U15 boys and U17 ladies.

Sunday 11 January Midlands Masters Cross-Country Championships - Birmingham

Due to injuries and prior engagements, WAC didn't send many to this event; however some credible performances were recorded.

Phil Bullock 3rd vet over 35

Mike Monaghan 3rd vet over 60

Sunday 15 February Wyre Forest 8 - Bewdley

Mike Monaghan 1st vet over 60

Sunday 15 February Muddy Woody 6 - Haugh Woods, Mordiford

This hugely popular race was the muddiest and wettest for many years.

David Hibbitt 2nd vet over 60

Sunday 22 March Multi Terrain 8 - Stourport

Team prize Dave O'Brien (4), Warren Miles (5), Mark Bayliss (10) and Terry Bedington (29)

Saturday 4 April Midlands 12 man relay - Sutton Park

WAC men's team finished 16th out of 47 finishing teams at the Midlands event. This qualifies them to compete in the National Championships later on this year.

The ladies finished 27th out of 34 teams.

Well done to all those members who competed.

Sunday 5 April Scenic 6 - Peopleton

On a bright and sunny day, for a change, WAC members performed well at this annual event.

Tom Watts - 1st Junior man

Mick Monaghan - 1st man over 60

Ron Smith - 1st man over 75

Men's team prize - Chris Davies (2), Tom Watts (3), Dave O'Brien (4), Mark Bayliss (16)

Maggie Crosswell - 1st lady over 60

Young Athletes Round Up

Results in more detail are put on the notice board as they happen & are also sent to the club web site www.worcesterathleticclub.org.uk

7th March: Nine athletes who ran the Worcestershire Cross Country championships at Malvern were selected to run the Inter-County at Nottingham where Alice Wright finished 16th.

24th January: Ten members went to the Midland Counties in the Cross Country Championships at Mansfield, Alice Wright was silver medalist and the U15 boys' team were the 3rd (David Jubb, Lewis Roberts, Thomas Stock & Josh Carr).

25th January: Twelve U11's represented Hereford and Worcester in the Sportshall Fun in Athletics Festival at Coventry. The girls team were 4th & boys 3rd.

1st February: Twenty two were in the U13 & U15 Sportshall teams for Hereford and Worcester;

U13G 4th, U13B 3rd, U15G 4th & U15B 4th.

Medals winners: U13 Girls; Zoe Styles gold - vertical jump & bronze - 4 lap, Hetty Swan bronze in speed bounce & in 6 lap, Siobhan Glover silver - high jump, U13 Boys; Jake Molineaux gold - standing long jump, Thomas Maund bronze - standing triple jump.

Indoor track & field, January & February: 26 athletes took part in various competitions in Cardiff & Birmingham including the Midland Championships where Sean Linnie (U20) won a gold medal in long jump (6m 46), Alex Bradnick (U17) won silver in 60m & gold in 200m (7.12 & 22.56) & Max Clayton (U20) won bronze in high jump (1m 92).

15th March: Our Club Cross Country Championship - only 27 athletes across 8 age groups! Thank you to all those who did support this event (athletes, parents & officials) and congratulations to the runners, especially those running their first club cross country.

Gloucestershire Cross Country League - 22 WAC participants across 4 fixtures. End of season awards: Individual medals - Gold (David Jubb U15), Silver (Lewis Roberts U15), Bronze (Helen Jubb U11 & Camilla Barnes U15). Teams - Gold (U15 B), Silver (U13G).

Hereford and Worcester County Sportshall League (1st season, 4 fixtures): A total of 48 U11s & U13s represented the club, WAC were overall winners in all age groups except U11G (2nd).

Our nine U15's competed as individuals, hoping for the season's best performance.

Emma Davies, Scott Reeves & Adam Higgins finished with 2 medals each.

Young Athlete of the Month

January	Josh Carr for his commitment to training and improved performance
February	Alice Wright for her performances in the County and Midlands Cross Country championships
March	Zoe Styles for her performance in the West Midlands Sports Hall finals. 1 st in vertical jump.
April	Sophie Potter for her all round Sports hall performances and new club records.

Medicine Ball and Circuit Training Sessions

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

6:30pm	Core stability
7:15pm	Circuit training & conditioning

For more, details contact:	Andrew Peach:	01905 763054
	Deirdre Elmhirst:	01905 764316

Those athletes who want to have an advantage over their competitors are taking part in the Monday evening training sessions. These focus on improving your core strength and general fitness, which in turn will improve your performance and prevent injuries. The sessions recommence after the Christmas break on 12 January and continue until the end of March. It is not too late to join in. You can do either or both the medicine ball and circuit training sessions, which are tailored to your needs by the coaches Deirdre Elmhirst and Dave Walker.

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

Committed? Ambitious/ Want to progress and improve?

Join our group for sprints, 100m, 400m, 800m and both long and triple jumps.

Training Times

Tuesday	7:00 - 8:30
Thursday	7:00 - 8:30
Saturday	10:00 - 12:00

Other times to be arranged.

For more information, contact Roger Turner at the track or phone 01886 832661

Mike Bennett currently takes a sprint group at the track on Saturdays. The track is funded through "Sport Unlimited" (which is enabling more young people access more sporting opportunities). This is managed by Liam Hughes, Worcester's new Sports Development Officer.

Forthcoming Coming Races

The dates of the 2009 Summer Mid Week Races are

20 May 10km terrain race at Hagley - flyers available
10 June 12km terrain race at Redditch
15 July 10km road race at Droitwich
12 August 8-10km terrain race at Halesowen
All start at 7:30

Acorns Triple Run Day

2009

Sunday 7th June Three Counties Showground, Malvern

We will need all available help in all areas. Thanks. See enclosed flyer.

Club Kit

Worcester AC has a very distinctive club vest, but not much more. That is about to change. We can now order polo shirts and track suits, which can be seen track side (see Joan Turner). Let's be proud of being a member of the club and show other clubs that Worcester AC has good athletes that compete well, feel good and look good. Shirts and track suites are available in all sizes. No VAT on children's clothing.

100 Club Winners

January	£25	54	Ann Perry
	£15	34	Bob Perry
	£ 5	11	Carole Clarke
	£ 5	60	Andrew Howe
February	£25	2	Andy Poppleton
	£15	12	Clare White
	£ 5	38	John Brook
	£ 5	71	Dave Hope
March	£25	68	John Brook
	£15	61	Ron Hodgkins
	£5	82	Maggie Crosswell
	£5	38	John Brook
April	£25	7	Gary Bailey
	£15	68	John Brook
	£ 5	78	Mel Clark
	£ 5	81	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.

Welcome to the following new members

Charlie Allman	Camilla Barnes	Josh Ford
Kieran Henry-Fellowes	Clare Jones	Edward Lumley (SM)
Max Robinson	Christopher Wilson (SM)	Charles Brooks
Ruth Brown	Edward Gerrand (SM)	Nick Pullan (SM)
Zoe Styles	Daniel Thorp (SM)	Cameron Hall
Catherine Roper-Roberts	Olivia Sheldon	Jordan Slade
James Stevens	Jack Stokes	Holly Carson
Lois Cerri	Oliver Greenfield	Jake Molineaux
Adam Norton	Ben Spares	Finn Yeo

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

Congratulations

At this year's City Sports Awards, WAC members won the following categories:

Deirdre Elmhirst	Coach of the year for "raising the bar" in high jump.
Katrina Hart	Disabled sports personality of the year. Beijing Olympian.
Jenny White	Junior female sports personality of the year. English schools 300m hurdles winner.
Alex Bradnick	Runner up in Junior male sports personality of the year. 5 th in English schools 200m.
John Mashall	Outstanding contribution award. John has been active within the club from it's infancy to the present time.

To All Worcester A.C. Members

I would like to remind all members of their responsibility for their own safety and that of other users of the public highway (road and footpath). Whilst I know that a large number of you already do so, I would ask ALL members to wear light (preferably white or yellow) or high visibility clothing when running on the road.

The club provides HiVis tabards for young athletes, which are available in the tower (see Joan or your coach).

REMEMBER THE PUBLIC SERVICE SLOGAN FROM SEVERAL YEARS AGO

WEAR SOMETHING LIGHT AT NIGHT!

And finally

Do not forget, this is your newsletter.

If you want anything publishing, I need to know.

I am usually with the road runners on Tuesday and Thursday evenings at the Sports Centre or can be contacted as above.

International Success for County Cross-Country Champion

Worcestershire Cross-Country champion (Junior Girls) Alice Wright, has gone on to stunning success in the English Schools Championship and helped the England team to an overall victory in the Home International at Bangor on 28th March.

Alice, 14, who is a pupil at The Kings School Worcester and coached by Dave Walker at Worcester Athletic Club represented Hereford & Worcester at the English Schools on 21st March. A third place out of 335 starters gave Alice the chance to run in the England Cross-Country team a week later in the Home International held at Bangor (North Wales).

At the International match Alice again gained a third place, with Jessica Judd from Essex coming in first for England and helping England to a well deserved overall victory in the whole event.



David Moorcroft presents the medal at ESAA



A bronze for England at the Home International