



# Worcester Athletic Club

## Newsletter

### August 2007

#### Editorial

Having received no adverse comments regarding the layout of the "New Look" newsletter, I will continue in the same format as the March issue.

May I apologise to those who had submitted articles and for one reason or another were not published. I have tried to include them in this issue where appropriate.

You will note the inclusion of the "England Athletics" kitemark, which since its award to the club, we are now allowed to show this on our headed letters etc.

At long last, the club has managed to get an article published the "Worcester News". If you want anything published, please let me have it and I will pass it on to the Sports Editor.

David Hibbitt - Editor/Press Officer    01905 756878    [hibbittrunner@hotmail.co.uk](mailto:hibbittrunner@hotmail.co.uk)

#### Achievements of Note

##### Young Athlete of the Month

April	Imogen Blears	Performance in cross country events
May	Siobhan Glover	Setting new club high jump record
June	Jenny White	Recording fastest time in UK for 300mH
July	Jasper Alford	Attaining 2 <sup>nd</sup> ranking in UK for long jump
August	Jenny White	Selected for English Schools international

#### Congratulations to:-

Heart of England Team has taken on Division 1 and come away smiling. We went along to Rugby on 17<sup>th</sup> June knowing we had a strong team but not knowing how good all the others were. Our confidence grew as the track started with under 13 girls 1500m which Imogen Blears won comfortably in a time of 5:16.7 & Hetty Swan was 3<sup>rd</sup> in the B race, while the field was also off to a flying start with under 13 boys Jack Coulter winning his high jump with 1m 50cm, 10 cm ahead of 2<sup>nd</sup> place. The afternoon continued with numerous successes and every position gaining valuable points for the team.

Even though the 2<sup>nd</sup> match was on 5<sup>th</sup> August WAC still had a good team, the older athletes also performed extremely well and the lower positions are simply because some events were not covered. Out of 8 Division 1 clubs I'm sure you'll agree these positions are impressive. Heart of England League Shields - 2006

If you were in the team last year and would like to take a shield home for a week or two/have your photo taken with it/show it off please ask Gill Repton. You won under 11 boys, under 13 boys, under 15 boys, overall male & the big one - the club shield (which all the WAC girls and boys earned). Shields from previous years will be displayed in the sports centre.

### Heart of England Team Results

Age Group	17 <sup>th</sup> June - Rugby	5 <sup>th</sup> August - Oxford
Under 13 Girls	1st	4th
Under 15 Girls	5th	3rd
Ladies incl Under 17	6th	6th
Female team	2nd	=3rd
Under 13 Boys	=3rd	2nd
Under 15 Boys	2nd	3rd
Under 17 Men	7th	6th
Male team	4th	3rd
Worcester AC	=2nd	3rd
Under 11 Girls	5th	3rd
Under 11 Boys	6th	3rd

Full results can be found on the club website.

The men's vet team winning the Midlands track and field league meeting at Redditch.

Geoff Jones for finishing 2<sup>nd</sup> in the over 60's in the Midlands midweek summer series.

Len Creo travelled to Florida to see his daughter and was entered in the Walt Disney Marathon as a birthday present. Len race walked the marathon winning the 80 - 84 age group beating those that ran.

Senior members of Worcester Athletic Club recently competed in the Midlands Masters Track and Field Championships at Solihull. These championships are specifically for athletes over the age of 40.

In the light of fierce competition from other midlands clubs, such as Birchfield Harriers, they achieved a collection of gold medals.

Ivan Pawluk	Gold medal - men over 40 - 800 metres
Marc Flannery	Gold medal - men over 45 -100 metres hurdles
	Gold medal - men over 45 - pole-vault
Stewart Halion	Gold medal - men over 55 - 800 metres
Laurence Oldfield	Gold medal - men over 60 - 200 metres sprint
Ron Smith	Gold medal - men over 75 - 400 metres
	Gold medal - men over 75 - 800 metres

The British Masters Track and Field Championships at Perry Barr.  
Saturday/Sunday July 28/29 2007

Les Scrivens	2nd - men 60 - 64 - 5000 metres walk
Laurence Oldfield	3rd - men 60 - 64 - 200 metres sprint
Ron Smith	3rd - men 75 - 79 - 400 metres sprint
Ivan Pawluk	6th - men 40 - 44 - 800 metres

### **Best Performances in 2006/7 by WAC members**

Selected from reports in minutes October 2006 - August 2007

Monica McClusky (U15 Girl County champion)

Ellie Myhill (U17 Women County champion)

Mick Monaghan (M60 County Cross Country champion)

Midland Vets Cross Country M60 Team Championships  
(Dave Wilde, Mick Monaghan & Geoff Jones)

Len Creo - winner of M80 class in Walt Disney Marathon in USA

Jenny White - Midland Indoor U17W 60mH champion (9.29s)

Max Clayton - Midland Indoor U17M High Jump champion (1.86m)

Jenny White - Midland U17W 300mH champion (44.8s - UK best at the time)

Max Clayton - Midland U17M High Jump champion (1.85m)

Ella Gibbons - Midland U13G High Jump champion (1.30m)

Jenny White - English Schools Inter Girls 300mH runner-up

Jenny White - Schools International (representing England Schools) Inter Girls 300mH winner  
(43.88s p.b.).

Anna Simmonds - Midland Senior Women 800m champion (2m09.61s)

Mike Simmonds - Midland U20M 400m runner-up (49.8s)

Josh Herbert - Midland Schools Combined Events Junior Boys Pentathlon Champion (80mH - 13.0s,  
Shot - 11.27m, Long Jump - 5.23m, High Jump - 1.63m and 800m - 2m15.1s)

Ron Smith - Midland Masters M75 400m champion (1m27s)

Ron Smith - Midland Masters M75 800m champion (3m25.3s)

Marc Flannery - Midland Masters M45 100mH champion (19.8s)

Marc Flannery - Midland Masters M45 Pole Vault champion (2.45m)

Lawrence Oldfield - Midland Masters M60 200m champion (27.3s)

Stuart Halion - Midland Masters M55 800m champion (2m19.4s)



August	£25	83	John Clatworthy
	£15	50	Gill Repton
	£ 5	21	Joan Turner
	£ 5	6	Ian Atkins

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.

## Thank you

To all those who acted as marshals for Acorns Malvern Triple Run.

## Welcome to the following new members

Tom Bennett	Charlotte Birch	David Creber
Matthew Glover	Alison Guest	David Hall
Jacob Herbert	Freya Hodgetts	Anna Hudson
David Jubb	Sam Moyse	Jonathan Nottingham
Adam Paintin	Laura Perri	Ryan Styles-Gulliford
Debbie Alban	Maddison Brindley	Luke Cooke
Adam Higgins	Tess Oseman	Rafe Turner
Richard White	Joshua Brooks	Dwight Clement
Emma Cooper	M Cossali-Francis	Rupert Proctor
William Sowden	Jessica Sykes	Amy Allen
Megan Baylis	Sam Bray	Amy Cooke
James Cooke	Casey-Mario Cornes	Patrick Daniels
Lori Griffiths	Tristan Griffiths	Jacob Ham
Bethany Holliday	Christopher Jeffrey	Alastair Johnson
Matthew Jones	Helen Jubb	Lucy Kelley
Nicola Lam	Danielle Lea	Charlotte Lickman
Elliott Matthews	Louise Ormsby	Suzanna Sabin
Marc Scriven	Paige Sherwood-Rice	Christopher Simmonds
Alan Simmonds	Will Stallard	Harry Sykes
Henry Webb	Elloitt Werner-de-Sond	Tim White
Sal White	Thomas Wong	Leah Carey
Emily Dinsdale	Rebecca Fawkes	Megan Kewn
Klarke Keyte	Sean Linnie	Tabitha Monkhouse
Hannah Othen	Georgia Williams	Hannah Whittal-Whitehouse

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

## And finally .....

Congratulations to Geoff Aston and Maureen (Mo) Burrows in "tying the knot" on Saturday 12 August. We wish them both all the best.

**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 below.

**2007 CLUB**  
**CHAMPIONSHIPS**

**SUNDAY 9th September**

**Competition 13:00 - 17:00**

**Entry Fee: under-17 £1.50; others £2.50**

**Please Note: There will be medals presented at ALL veteran age groups**

Each competitor is required to compete in one track event of up to 400m (800m for senior men), one track event of 800m (1500m for senior men) or over, one jump and one throw.

**Barbecue 17:00 - 18:00**

**Presentation of Awards 18:00**

**WORCESTER ATHLETIC CLUB  
70<sup>th</sup> ANNIVERSARY  
DINNER and DANCE**

on

**SATURDAY 22<sup>nd</sup> SEPTEMBER 2007**

at

**WORCESTERSHIRE COUNTY CRICKET GROUND  
NEW ROAD, WORCESTER**

**7.00 pm for 7.30pm 'till MIDNIGHT**

**Tickets      £22.00 PER PERSON**

**Guest of Honour - Christina Boxer**

Please be prompt - dinner starts at 7.30pm

Car parking at Cricket Ground

Vegetarian, vegan and gluten free options available

**Please state when booking**

Admission by ticket only

No ticket without payment

Please book early to avoid disappointment

**Closing date: 17<sup>th</sup> September 2007**

Tickets and information      John Marshall  
34 Church Meadow Court  
Graham Road  
Malvern, WR14 2JT  
01684 564352 (after 6.00pm)

**Cheques made payable to "Worcester Athletic Club"**