



# Worcester Athletic Club Newsletter Christmas 2007



## Editorial

May I start by wishing you all, on behalf of the committee of Worcester Athletic Club, a Happy Christmas and injury free New Year.

This is the third such newsletter and I am pleased to see that many of you are using your computers to receive these. Please note that our new website has a section for the newsletter so you can also access on-line. We are getting into the 21<sup>st</sup> century.

I would, on behalf of all WAC members, like to thank the committee, coaches, officials and other "unseen" helpers for their support throughout 2007 without whom the club would not exist.

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(please note new number)

## Achievements of Note

**September** - Under 20/17/15 Inter-Counties Match, Abingdon

### Under 15 Boys

Edward Neale	High jump	1.60	1 <sup>st</sup> A string
	400m	59.48	3 <sup>rd</sup> A string
Elliot Werner	High jump	1.50	1 <sup>st</sup> B string
Lewis Roberts	800m	2.31.85	2 <sup>nd</sup> A string

### Under 17 Men

Dougie Howie	800m	2.18.08	2 <sup>nd</sup> A string
Rory Johnson	1500m	4.53.94	1 <sup>st</sup> B string
Max Clayton	High jump	1.80	1 <sup>st</sup> A string
Sean Linnie	Long jump	6.83 [PB]	1 <sup>st</sup> A string

### Under 20 Men

Mike Simmonds	400m	51.24	1 <sup>st</sup> A string
Edwin Elmhirst	High jump	1.75	1 <sup>st</sup> A string

### Under 15 Girls

Jessica Sykes	100m	14.5	3 <sup>rd</sup> A string
	relay	55.51	3 <sup>rd</sup>

### Under 17 Women

Becky Donnelly	100m	13.29	3 <sup>rd</sup> A string
	Long jump	4.33	1 <sup>st</sup> B string
Jenny White	300m	41.96	1 <sup>st</sup> A string
Tiffany Jones	1500m	5.18.8	1 <sup>st</sup> A string
Becky & Jenny	relay	53.38	2 <sup>nd</sup>

Worcestershire men's team - 2<sup>nd</sup>  
Worcestershire women's team - 2<sup>nd</sup>  
Overall Worcestershire team - 2<sup>nd</sup>

**September** - Mick Monaghan who won the over 50's medal in the Worcestershire Championships held at Stourport and run within the Mercer Shuttle 10k. Mick actually competes in a category above this age group, so this is particularly well done.

**September** - Master's Track and Field Athletics

Worcester Athletic Club Men's Team rounded off their season with a comprehensive victory in the prestigious Midland Vets Track & Field Cup Final staged at Pingles Sports Centre Nuneaton on Saturday, 1 September.

All of the Midlands Premier Clubs competed for this annual trophy and after twenty nine hard fought events covering age groups over 35, 40, 50, and 60 Worcester ran out convincing winners by a considerable margin of 37 points. This is the third victory in Worcester's history with previous wins in 2002 and 2005 plus runner's up on numerous occasions.

Worcester provided six individual victories and nine runner's up places in regaining the trophy from holders Rugby & Northampton Athletic Club who were narrowly piped by City of Stoke Athletic Club.

Worcester scored 189 points followed by City of Stoke 162, Rugby & Northampton 160, Birchfield Harriers 94, Charnwood 80, & Royal Sutton Coldfield on 46 points.

Worcester's decathlon star Marc Flannery accumulated 34 points on his own with victories in the pole vault and long jump, second in high jump, third in discus and fourth in 100m.

Laurence Oldfield the reigning British record holder over 400 metres took pride of place on the track securing victories at 200 & 400 metres, and third places in 100 & 800 metres in the over 60 age group plus a leg of 4 x 100 metres relay where the team finished fourth.

Other individual victories went to Richard White over 35 800 metres and Malcolm Taylor over 60 shot. Richard was also second in 400 & third in 200 metres respectively. Malcolm also finished second in hammer and over 60 shot respectively.

Valuable points were also provided by Roger King in over 60 high jump, javelin, triple jump, and discus, Stewart Halion runner up in both 400 & 1500 metres over 50, Ivan Pawluk, Pete Richardson and Mick Monaghan in 3000 metres over 35, 50 and 60 respectively, Les Scrivens and Ron Smith in 2000 metres walk, Andy Peach 1500 metres, and Dave Hope triple jump. The 4 x 100 metres relay team of Laurence Oldfield, Stewart Halion, Richard Perkins and Ivan Pawluk secured a well-earned fourth place in the last event of the meeting.

Ros Townsend-Hope was Worcester's only competitor in the Ladies event and ran out a convincing winner of over 50 800 metres leading from gun to tape.

At the conclusion of the meeting Worcester's Team Manager Dave Hope received the Cup Final Trophy together with the shield for the league title which was won earlier in the season.

**September** - Midland Counties Young Athletes Road Relays - Sutton Park

Under 13 Girls - 9<sup>th</sup>/25 complete teams

Under 13 Boys - 10<sup>th</sup>/16

Under 15 Boys - 16<sup>th</sup>/23

Under 17 Ladies - 7<sup>th</sup>/17

Some further incomplete teams also ran. WAC had many excellent performances by new and experienced athletes alike.

Most outstanding WAC runs of the day:-

Under 13 boy, Thomas Stock: 14.27, = 4<sup>th</sup> out of all 57 legs.

Under 15 boy, Lewis Roberts: most improved, 2006 - 17.16 to 2007 - 14.34.

Under 17 lady, Ros Harvey: 14.47, 6<sup>th</sup> out of all 56 legs.

**October** - This year's gruelling 7 mile Beacon Race saw a Worcester AC club member win for the 1<sup>st</sup> time since the 1990's when Chris Wilson won in a new course record for the Beacon Race in 43.04. Along with Richard Walsh and Dave O'Brien, Worcester AC won the team prize. Also amongst the honours was who Dave Wilde won the over 60's prize.

**October** - The 1st race of the Birmingham Cross-Country league held at Sennellys Park resulted in Worcester AC "A" team coming second in Division 2, despite the team being hit by injuries and non-availability. The "B" team were placed 7<sup>th</sup>, bearing in mind that last season, we didn't have a "B" team for any of the four races.

**October** - ERRA Young Athletes Road Relays - Sutton Park

Under 13 Girls - 46<sup>th</sup>/53 complete teams

Under 13 Boys - 41<sup>st</sup>/41

Under 15 Boys - 39<sup>th</sup> & 50<sup>th</sup>/50

Under 17 Ladies - 17<sup>th</sup>/33

It was great to have all teams complete, Adam Paintin stepped into the u 13 B at short notice & both Helen Reeves & Siobhan Glover stepped up an age group & handled the competition easily.

Fastest WAC leg of the day was David Jubb 14.06 (49s faster than his Midland time)

**October** - Gloucestershire Cross Country League 1<sup>st</sup> Race, Blackbridge

Age	Name	Approx. Distance	Time	Position	Out off
U11G	Charlotte Lickman	1.4 miles	10:35	23 <sup>rd</sup>	32
U13G	Hetty Swan	2	14:04	14 <sup>th</sup>	26
U13G	Rebekka Hodson	2	14:08	15 <sup>th</sup>	26
U13B	Thomas Stock	2	11:29	4 <sup>th</sup>	44
U13B	Ben Gallant	2	12:26	20 <sup>th</sup>	44
U13B	Thomas Maund	2	16:55	44 <sup>th</sup>	44
U15B	Josh Carr	3.6	23:09	22 <sup>nd</sup>	32
U15B	William Russell	3.6	23:19	23 <sup>rd</sup>	32

Under 13 boys team - = 5<sup>th</sup>

Well done to all of you. This is the fewest competitors from WAC for several years (usually about 20 take part) hopefully a few more will have a go next time and there will be some more WAC teams (3 competitors per age).

**November** - Gloucestershire Cross Country League 2<sup>nd</sup> Race, Leamington Spa.

It was good to see a few more WAC athletes getting involved.

Under 11 boys: Tom Forbes 4<sup>th</sup> & Matthew Glover 18<sup>th</sup> out of 30.

Under 11 girls: Siobhan Glover 12<sup>th</sup> & Charlotte Lickman 17<sup>th</sup> out of 26.

Under 13 boys: 2<sup>nd</sup> team - Thomas Stock 4<sup>th</sup>, Ben Gallant 15<sup>th</sup>, Adam Higgins 26<sup>th</sup> & Thomas Maund 33<sup>rd</sup> out of 33.

Under 13 girls: 4<sup>th</sup> team - Imogen Blears 4<sup>th</sup>, Hetty Swan 17<sup>th</sup> & Rebekka Hodson 18<sup>th</sup>.

Under 15 boys: 3<sup>rd</sup> team - Lewis Roberts 13<sup>th</sup>, William Russell 16<sup>th</sup> & Josh Carr 17<sup>th</sup> out of 25.

There is no limit to the amount of WAC competitors (9 years - veteran), the next race is 15/12 at Cheltenham, would you like to run?

More details [www.glosaaa.org.uk](http://www.glosaaa.org.uk) or see Club notice boards.

## Midland award for Worcester Athletic Club coach

Gill Repton, coach and Young Athlete Coordinator for Worcester Athletic Club, was justly rewarded for all the hard work she does for the club by winning the award for 'Services to Club Development' at the England Athletics West Midlands Region annual award ceremony. She was presented with an engraved cup by Tom Parsons, a member of the GB athletics team, who competed in the final of the high jump at the recent World Athletic Championships in Japan.

Gill devotes a huge amount of her time to the club and the work she does is all done on a voluntary basis. She organises the young athlete section of the club which, under her leadership, has grown to a very healthy size, currently consisting of well over 200 youngsters' aged 9 to 17 years-old. This is no mean feat, given the wide range of activities the young athletes can participate in, including all track and field events, indoor sports hall athletics, cross country and road relays. Gill strives to ensure that each athlete receives the appropriate level of coaching for their age, makes sure the youngsters not only learn but also have fun during their training sessions, all in a safe environment. Gill's passion and



enthusiasm for athletics has undoubtedly assisted the club in attracting new members, but also contributes to the high standards and success that the club enjoys.

Gill also works for Worcester City Council in helping to coordinate and coach the Star Track programme held during school holidays, which aims to attract new participants to athletics. Gill also attends primary schools, including the Special Educational Needs Schools, on behalf of Worcester City School Sports Partnership, giving structured athletics sessions to those who otherwise may not be able to access the sport. These activities have provided a perfect opportunity to develop school-club contacts, so that many children can further their interest in athletics by joining Worcester Athletic Club.

Any youngsters or their parents interested in learning more about Worcester Athletic Club should contact Gill Repton on 01905 350707 (Wednesday evenings only) or look at our website on [www.worcester-ac.co.uk](http://www.worcester-ac.co.uk)

## Congratulations to:-

Henri and Nick Southam on the birth of their little lady Maya Willow.

(Sorry Nick, can't find any running shoes size 000. You'll have to carry her around)

## Young Athlete of the Month

September	Jenny White for Schools Games performance at Coventry
October	Sean Linnie for u17 long jump pb of 6m 83 at Inter Counties match
November	David Jobb for his performance in National Road Relays

## **2007 Roll of Honour**

### **Cross Country**

Ford Motorhouse Cup

Men's Club Champion

Chris Wilson

Yelling Cup

Ladies' Club Champion

Jodie Ledger

Charles Wilcox

Best Overall Performance

Jodie Ledger

### **Track & Field**

Violet Bick Trophy

Men's Club Champion

Jim Cowell

Ann Wade Trophy

Ladies' Club Champion

Sally White

Worcester AC Shield

Under-17 Men's Club Champion

Dan Scully

Frank Edwards Trophy

Under-17 Ladies' Club Champion

Becky Donnelly

John Clatworthy Cup

Most Improved Track Athlete

Mike Simmonds

Worcester AC Cup

Most Improved Male Field Athlete

Josh Herbert

Worcester AC Cup

Most Improved Female Field Athlete

Tabitha Griffiths

Ernie Andrews Cup

Best Under-15 Sprint Performance

Alex Bradnick

### **Walking**

Paul Sargent Cup

Men's Long Distance Award

Paul Sargent

### **Others**

Simon Tansell Award

Best Under-11 Girl

Siobhan Glover

Simon Tansell Award

Best Under-11 Boy

Scott White

Councillor Wilkes

Best Under-13 Girl

Hetty Swan

Councillor Wilkes

Best Under-13 Boy

Thomas Stock

Ann Rich Clock

Best Supporting Lady

Becky Donnelly

Alf Poole Cup

Best Vet Performance

Ron Smith

Three Counties Cup

Best Road Runner

David Hibbitt

Charles Jones Cup

Season's Best Performance

Jenny White

I should also point out that there have been many other personal bests and achievements by club members during the year. Well done to you all.

## **Circuit Training**

Circuit training sessions will take place at Nunnery Wood School Gym every Monday evening:

6:30pm

Core stability

7:15pm

Circuit training

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!

## Track Opening times - Christmas & New Year

Please note that the track will not be hired by the club on Tuesday 25<sup>th</sup> December, Thursday 27<sup>th</sup> December and Tuesday 1<sup>st</sup> January. Please speak to your coach for any alternative training arrangements.

## Forthcoming Coming Races

### Birmingham Cross-Country League - Division 2

2008

Saturday 19 January Sphinx AC

Saturday 9 February Gloucester

Anyone interested in competing for the club, please contact Mark Hill, 01905 358562

### Gloucestershire Cross-Country League

Saturday 15 December Cheltenham

2008

Saturday 2 February Severn AC

### Cross-Country Championships - all age groups (except under 11)

2008

Worcestershire Saturday 5 January Droitwich

Midlands Saturday 26 January Leamington

Nationals Saturday 23 February Alton Towers

(The closing date for the above 3 races is usually before Christmas, you need to tell your coach/team Manager if you wish to be entered, you will have an entry fee to pay for each.)

Inter Counties Saturday 15 March Nottingham

(the 1st 8 in the county championships, in each age group, will be asked to represent their county)

### Veterans/Masters Championships

3<sup>rd</sup> World Masters 17/22 March Clermont, France

16<sup>th</sup> European Veterans 23 July/3 August Ljubljana, Slovenia

### A note for your 2008 diaries

June 22 is the annual Acorns Triple Race at Malvern.

### Flora London Marathon 2008

Worcester Athletic Club has 3 guaranteed entries for the 2008 event.

If you have not been successful in the ballot and wish to apply for a club entry, please contact Chris Crosswell 01905 28395 or e-mail [crosswells2@tiscali.co.uk](mailto:crosswells2@tiscali.co.uk) or any committee member a.s.a.p.

As customary, the committee award one of these places in their discretion and if there are more applicants than 2, a draw will be made. In the first instance, these places are always awarded to club members who are unsuccessful in the national ballot and who assist in club activities (marshalling etc.)

## Thank you

To all those who acted as marshals for the Pitchcroft 10k in July and the Beacon Race in October. Without these volunteers, the club would not be able to hold such events.

A Special Thank You to Ron Smith for putting on the annual bonfire and firework event.

## Annual General Meeting

The AGM was held at the Portabello Inn on Saturday 2 December, the following were elected to the committee:

Chairman	Derek Cowdrey
Vice Chairman	Ron Smith
General Secretary	Ian Atkins
Treasurer	Andy Peach
Minutes Secretary	Clive Spencer
Men's Team Captain	Andy Poppleton (subject to his agreement)
Men's Road & X Country Manager	Mark Hill
Men's Walk Manager	John Marshall
Ladies Walk Manager	Mandy Clarke
Young Athletes Coordinator	Gill Repton
Newsletter Editor:	David Hibbitt
Member without Portfolio	Dave Ashman
Member without Portfolio	Chris Crosswell
Men's T+F Team Manager	Richard White
Ladies T+F Team Manager	Clare White
Ladies X Country Team Manager	Phillip Bullock

**The following committee positions remain vacant:**

Coaching Coordinator, Press Officer and Ladies Team captain.

## 2007 Accounts

This year's results show a net income of £126 however in 2008 we face a further increase in track charges and therefore it was agreed that training fees on Tuesday and Thursday evenings will be increased to the following (from 1 January 2008):

<b>Seniors</b>	<b>£1.90</b>
<b>Juniors/Students</b>	<b>£1.20</b>

The membership fees for 2008 have been increased slightly to accommodate the increase in the levy we have to pay to England Athletics for each competing member. The new rates are as set out below:

Seniors	£30.00 (£28.00)	Family	£42.00	(£39.00)
Senior Citizens	£21.00 (£19.00)	Non-competing	£15.00	(£13.00)
Students/U19	£21.00 (£19.00)	Under 16	£16.00	(£14.00)
Under 11	£12.00 (£10.00)	(under 11 on 31 August 2008)		
Distant member	£21.00 (£19.00)	(for those living away from the Worcester area)		

Subscriptions are due on 1 January 2008 and the bracketed figures are the discounted rates if paid before 31 January. Reminders will be sent out in late December/early January but anyone wishing to pay now (and therefore save the club some admin/postage) can send their cheque (payable to: Worcester AC) to me at the following address (or hand them to me or Joan Turner at the track on training nights):

Andrew Peach

104 Grasshopper Avenue, St Peters, Worcester, WR5 3TB

## 100 Club Winners

September	£25	54	Ann Perry
	£15	86	Catherine Telling
	£5	74	Derek Cowdrey
	£5	88	Gary Bailey
October	£25	77	Ron Smith
	£15	7	Gill Repton
	£ 5	61	Mandy C
	£ 5	73	Wilf Bates
November	£25	68	Andrew Howe
	£15	54	Dave Hope
	£ 5	18	Carole Clark
	£ 5	92	John brook
December	£50.00	98	Maggie Crosswell
	£25.00	6	Ian Atkins
	£15.00	27	Melanie Clarke
	£5.00	46	Carole Clark
	£5.00	50	Gill Repton

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

Jason Draper	Georgina Martin	Edward Neale
Dan Scully	Jai Smallwood	Malcolm Taylor
Richard Walsh	Alexandre Westcott	Ross Anthony
Katie Boyle	Tanya Christodoulides	Sally Dixon
Lucy Foley	Hugh Francis	Ben Gallant
Sarah-May Holmes	Jennifer Love	Douglas Winstanley
Alyson Anstey	Jessica Aps	Richard Calado
Kyonn Evans	George Grisdale	Martin Evans
Joe Lovell	Jack McBride	Lydia Padbury
Liam Tustin	Mason Baigent	Jack Elston
Zoe Evans	Joshua Hodkin	Ben Llyall
Adam Stock	Daniel Tipper	Katie Todd
Callum Witt		

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

**Best wishes** to Mel Clarke on the birth of her baby in January.



## On a more sombre note

In November, a local man was killed whilst out jogging during the early evening.

Reports are not conclusive as to the cause of the accident.

May I re-iterate the chairman's remarks last year.

**ALL members should wear light (preferably white or yellow) or high visibility clothing when running on the road. 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.

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

