



Worcester Athletic Club

Newsletter

Christmas 2008



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.

Over the year, the club has achieved some notable results, both on the track and off road, and at all age group levels.

A special mention to the Vets mens team winning their 18th Midlands Trophy in 19 years.

I would, on behalf of all WAC members and parents, like to thank the committee, coaches, officials and other "unseen" helpers for their support throughout 2008 without whom the club would not exist.

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

Achievements of Note

WAC young athletes set club records at Road Relays this year. Sutton Park is a great setting for the 3 x 3.86 km team event, (Full club records going back to 2000 will be on the web site soon).

Midland 21/9/2008

Under 15 boys - David Jubb, Lewis Roberts & Thomas Stock - 41.32m (club record).

WAC team positions: Under 13 Girls - 25th, Under 13 Boys - 11th,

Under 15 Girls - 10th, Under 15 Boys 7th & 22nd

National (more teams) 19/10/2008

Under 13 boys - Samuel Rathbone, Dan Rushton & Daniel Hartwright - 45.29m (club record).

Under 15 girls - Helen Reeves, Alice Wright & Victoria Moritz - 45.46m (club record).

Under 15 girl - Alice Wright - 14.43m (individual leg record).

WAC team positions: Under 13 Girls - 49th, Under 13 Boys - 24th, Under 15 Girls - 23rd, Under 15 Boys 41st & 59th.

Congratulations to all the WAC competitors who took part & for taking on this high level of competition.

Full results can be found on www.race-results.co.uk

Gloucestershire Cross Country League

Under 11 girl, Helen Jubb got WAC off to a good start finishing 3rd in the first league match. She managed to repeat this position in the next match where she was backed up by a team, who finished 5th. Under 13 girls & under 15 boys have both secured team places, of 2nd & 1st respectively, in both matches. Under 15G Imogen Blears won the first race & David Jubb won both with Lewis Roberts coming second in match two. WAC has made a great start & may earn some medals this season. A total of 17 WAC young athletes have competed so far this season but there is no limit to the number who can take part, from under 11 - veteran.

The ladies have also had a team running, well done.

Full results and details of future fixtures can be found on www.glosaaa.org.uk

Sportshall

The H & W counties Sportshall league had a fabulous start this November. On the 21st WAC were 2nd in the under 11 girls & 1st in under 11 boys, under 13 girls & boys. On the 30th we had so many under 11 & under 13 boys wanting to take part we formed 2 teams in each (results to follow shortly).

Those taking part in the under 15s compete on an individual basis. Congratulations to you all. Thank you to everyone who helped.

County Athletic Performance Squad

The County Sports Partnership have started a new training squad. WAC put forward 24 names of talented all round athletes (school year 8) to take part in a selection day, 15 of these took up the opportunity. Congratulations to the 10 athletes who were selected to train in the squad:

Rebekka Hodson, Sophie Repton, Paige Salisbury, Hetty Swan, Martyn Bowles, Thomas Maund, Jonathan Nottingham, Dan Rushton, Jacob Smith & Sam White.

The year 9/10 squad has moved to event specific of their choice.

England Athletics - West Midlands Region

2008 Awards

We placed nominations in many of the categories. All those who were chosen as regional finalists were invited to a grand presentation evening at Aston Villa football stadium. The finalists from WAC were:

Services to officiating	Derek Cowdrey,
Coach of the year	Deirdre Elmhirst,
Under 17 female athlete	Jenny White
Junior volunteer of the year	Joe Sliwa.

In addition, we were finalists as Junior club of the year, nominated by Liam from the County Sports Partnership.

Congratulations to Joe Sliwa - Regional Junior volunteer of the year 2008, his award was presented to him by Ashia Hansen.

Young Athlete of the Month

October	Dan Rushton for road relay performance - 4 th fastest leg of the day
November	Alice Wright for road relay performance
December	Helen Jubb for her performance at the Gloucester Cross country league - 3 rd /51 at U11

2008 ROLL OF HONOUR

Cross Country

Ford Motorhouse Cup	Men's Club Champion	Ed Lumley
Yelling Cup	Ladies' Club Champion	not awarded
H. Samuel Shield	Under-17 Men's Club Champion	Rory Johnson
Charles Wilcox	Best Overall Performance	Mick Monaghan

Track & Field

Violet Bick Trophy	Men's Club Champion	Ed Elmhirst
Ann Wade Trophy	Ladies' Club Champion	not awarded
Worcester AC Shield	Under-17 Men's Club Champion	Joe Sliwa
Frank Edwards Trophy	Under-17 Ladies' Club Champion	Becky Donnelly
John Clatworthy Cup	Most Improved Track Athlete	Phil Bullock
Worcester AC Cup	Most Improved Male Field Athlete	Richard Calado
Worcester AC Cup	Most Improved Female Field Athlete	Becky Donnelly
Ernie Andrews Cup	Best Under-15 Sprint Performance	Alex Bradnick

Walking

Vic Wilson Cup	Men's Club Champion	Les Scrivens
Ann Keely Rosebowl	Ladies' Club Champion	not awarded
Paul Sargent Cup	Men's Long Distance Award	Paul Sargent

Others

Simon Tansell Award	Best Under-11 Girl	Georgia Williams
Simon Tansell Award	Best Under-11 Boy	Will Stallard
Councillor Wilkes	Best Under-13 Girl	Hetty Swan
Councillor Wilkes	Best Under-13 Boy	Thomas Maund
Ann Rich Clock	Best Supporting Lady	Becky Fawkes
Alf Poole Cup	Best Vet Performance	Len Creo
Three Counties Cup	Best Road Runner	Martyn Cole
Charles Jones Cup	Season's Best Performance	Katrina Hart

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.

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

Track Opening times - Christmas & New Year

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

Forthcoming Coming Races

Worcester Christmas Special

Sunday 21 December Top Barn Farm (between Hallow and Holt)

(This is a "social" 5-mile multi terrain run open to all the local clubs members.

There will be no official permit so runners do so at their own risk.

Entry fee will be a wrapped Christmas present to the value of £5 or more.

Each runner receives a prize, first home has the first pick etc.

Birmingham Cross-Country League - Division 2

2009

Saturday 17 January Sphinx

Saturday 14 February Northbrook

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

Gloucestershire Cross-Country League

2009

Saturday 7th February Leamington

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

(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.)

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

Cross Country County Championships Malvern

2009

Saturday 10th January Malvern

We are hosting.

As always to have a successful event we need as many volunteers as possible to help with the marshalling. There are numerous events and if you have little time there are jobs that require less than an hour. If you can help please contact me via the email address or telephone number below.

If you wish to compete then for Senior men, please contact me. Otherwise you can contact Deirdie Elmhirst or Gill Repton.

We are about half way through the cross country season but it is not too late to get involved.

If you fancy this then again please contact one of us.

Regards

Mark Hill

m.r.hill@bham.ac.uk 07817438686

Midland Counties A.A. Cross Country Championships

2009

Saturday 24th January Berry Hill Park, Mansfield.

Most teams: first 4 to score (U17W/U20W 3 to score, Senior./vet. M 6 to score)

Entry Fees: Under 13 - Under 20 inclusive £4, Senior & Vets £5

ENTRIES & FEES TO YOUR TEAM MANAGER BY THURSDAY 18th DECEMBER PLEASE

Acorns Triple Run Day

2009

Sunday 7th June Three Counties Showground, Malvern

We will need all available help in all areas. Thanks.

You can also extract more information from the triple run website.

Indoor Track and Field

(entry forms can be downloaded from the Midland Counties/England Athletics websites or see Deirdre Elmhirst)

2009

Sunday 4th January High Performance Centre, Alexander Stadium

Midland counties 1st Open meeting

Sunday 11th January High Performance Centre, Alexander Stadium

Midland counties 2nd Open meeting

Saturday & Sunday 7th & 8th February National Indoor Arena

Midland Championships (senior, U20, U17, U15)

Saturday & Sunday 14th & 15th February National Indoor Arena

England Athletics (EA) Championships (U20, U17, U15): 14th & 15th February NIA

Saturday 22nd February National Indoor Arena

3rd Open meeting (includes U13 Quadrathlon)

Saturday & Sunday 7th & 8th March EIS, Sheffield

EA combined events championships (incorporating Midland Champs)

Ladies Vet Track and Field Team

Dates for 2009:

Wednesday 13th May Birchfield

Thursday 11th June Redditch

Wednesday 8th July Brierley Hill

Thursday 13th August Worcester

Cup Final

Saturday 5th September Stafford.

I would like to think that if we plan ahead we could turn out strong teams.

Please note age groups 35, 40, 50 and 60 new age group.

My thanks to each of you that turned out for Worcester this year and especially thanks must go to Dave Hope for running the team this year.

Ron Smith

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 suits are available in all sizes.

No VAT on children's clothing.

Let's be noticed

Best wishes for Christmas and in your events for 2009

Ron Smith

Vice Chairman

Annual General Meeting

The AGM was held at the Portobello Inn on Saturday 6 December, the following were elected to the committee:

Chairman	Derek Cowdrey
Vice Chairman	Ron Smith
Treasurer	Andy Peach
Minutes Secretary	Clive Spencer
Men's Team Captain	Andy Poppleton
Men's Road & X Country Manager	Mark Hill
Young Athletes Coordinator	Gill Repton
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
Newsletter Editor/Press Officer	David Hibbitt
Road Running Representative	Geoff Aston
Road Walking Representative	John Marshall
Coaching Coordinator	Chey West

The position of General Secretary remains vacant

WORCESTER ATHLETIC CLUB - CHAIRMAN'S REPORT 2008

2008 was another successful year for Worcester Athletic Club.

It gets harder and harder to write this report each year without repeating what I said the previous year. The names of individual athletes may change but the high level of performance continues.

As last year, we had good individual and team performances in all branches of athletics - Cross Country, Road running, Road relays, indoor and outdoor track & field, sports hall and race walking - at local, county, regional and international level, gaining medals and honours in many categories.

In Cross Country eight of our athletes were selected to represent the county in the Inter-Counties Championships. We had the M60 Champion in the Midland Vets Championship and 23 members competed in the Midland Championships.

Club members figured prominently in the Herefordshire and Worcestershire teams in the Regional Sports Hall competition and others had produced good results in the indoor season with one gold and a world record for Len Creo in the V85 3k walk, two silvers and two bronzes in the National championships plus a gold, and two silvers in the Midlands.

Club members competed well in the London Marathon and in road races all over the country.

On the Track & field we claimed 51 medals (18 gold, 19 silver and 14 bronze) in the Worcestershire County Championships and, for the second year running, were awarded three of the County's four "Best Athlete" awards.

Five of our members went to the English Schools championships where Jenny white won the Senior Girls 300m hurdles. This performance led to Jenny representing England in the Schools International. Another member selected for international duty was Katrina Hart who competed in the 100m and 200m at the Beijing Paralympics.

We hosted three track & field league matches, a young athletes meeting and three successful open meetings including one which incorporated one leg of the Inaugural Midland Sprint Series, which allowed athletes to obtain electronically measured times.

The club's teams finished second in the new Midland T&F League (gaining promotion to division four), fourth in the Heart of England League and the Vet's team won the Vets league for the 18th time in 19 years and the cup, with Marc Flannery being voted Athlete of the Year.

Four club records were set during the year. The high jump record was broken twice by Richard Calado, the under-15 boys 100m and 200m by Alex Bradnick and under-15 boys 3000m by David Jubb. Off the track we co-hosted the third running of The Malvern Triple run which went off without the disruption of last year's great flood and 540 completed the main event in dry but very windy conditions. Over £40,000 was raised for The Acorns Trust for the third year running.

This year's Pitchcroft 10K race had a record entry and an international flavour with the first two men and the first two women finishers being athletes from Kenya. The winner's time was not quite a record but the first six runners finished in under 35 minutes including the first lady who did break the course record in 34:38.

For the second year running the number of finishers in the Beacon Race was the highest for several years with 310 competitors crossing the finishing line with WAC winning the men's team award. I'd like to thank Chris Crosswell, Mark Hill and Gary Bailey for their hard work on these three events.

Three members have been selected for awards this year. Tiffany Jones and Joan Turner in the Worcester City Sports Awards and Joe Sliwa was selected as the Young Volunteer of the Year in the England Athletics Midland Region Sports Awards.

As always I would like to thank all our Track and Field Officials for their support this year. We could still do with a few more to spread the load a bit more - specifically a couple of timekeepers and several more field officials, so if you fancy a go at these or any of the other disciplines (starter/marksman or track judge) then please let me know.

I would also like to thank all those who help to make the club as successful as it is - the athletes, the coaches and their helpers, the team managers, the event organisers and the parents and others who help out at meetings. Lastly my thanks go to the committee - there are a couple of vacancies on the committee so, if you think you could make things even better please put yourself forward for election.

Finally, as usual, I want to wish everyone a Merry Christmas and a prosperous and athletically successful 2009.

2008 ACCOUNTS

Attached to this newsletter is a copy of the 2008 club accounts which were presented at the AGM on 6th December. This year's results show a net income of £821. Again the club benefits greatly from the income generated from the three hosted road/off-road races: The Beacon race, Pitchcroft 10k & fun run and the Acorns Half Marathon. Big thanks go to the organisers of these races. One slight area of concern was the small fall in club night track fees collected compared to 2007. This was despite increasing the fees last year. I am sure that most members always pay their fee when using the track but I would urge that all ensure they pay Joan Turner at the tower before commencing their training session. The track cost us nearly £9,000 to hire in 2007/08 and therefore it is vital that all fees are collected. Despite this fall training fees have been left at 2008 levels for the forthcoming year, namely:

Seniors	£1.90
Juniors/Students	£1.20

The membership fees for 2009 have also been retained at 2008 levels and you will find the renewal form attached to this newsletter. Subscriptions are due on 1 January 2009 and the rates are set out

below. Please note that the bracketed figure is the amount payable if payment is made before 31 January 2009.

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 2009)		
Distant member	£21.00 (£19.00) (for those living away from the Worcester area)		

Best wishes to you all for 2009.

Andrew Peach
Treasurer
104 Grasshopper Avenue, St Peters, Worcester, WR5 3TB

100 Club Winners

October	£25	50	Gill Repton
	£15	88	Gary Bailey
	£ 5	92	Roger Blandford
	£ 5	35	Geoff Aston
November	£25	19	Dave Walker
	£15	38	John Brook
	£ 5	46	Carole Clark
	£ 5	71	Dave Hope
December	£50	64	Dave Wilde
	£25	72	Jenny Sliwa
	£15	10	Pam Price
	£5	51	Mark Hill
	£5	61	Ron Hodgkins

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.

Congratulations

To Penny Kirkham, Max Clayton & Jenny White for achieving their level 1 & Katie Martin her level 2, coaching qualification. Claire White & Sal White are also taking their level 2.

Thank You

The young athletes coaches are always grateful for the help they receive at training sessions, from parents, students and those doing their Duke of Edinburgh service, thank you all very much.

Welcome to the following new members

Milly Aps	Grant Attwood	Joseph Grange
Ben Hayward	Sandra Lane (F Vet)	James Lugsdin

Niamh McManus
Jake Watson
Thomas Forester (SM)
Isaac Chidlow
Grace Forrester
Jemma Morris
Felix Alexander
Ellie Brown
Isaac George
Alexander Hughes
Johannis Otun
Todd Smallwood

Bethany Mountjoy
Joseph Whiteman
Les Bailey (MVet)
Harry Davies
Molly Francis
Hannah Snape
Leo Atkinson
Joshua Brown
Georgie Greenwood
Megan Humphreys
Remi Otun
Lucy Smith

Joseph Terry
Jack Woodgate
Nick Bignall
Candice Finck
Molly Hanson
Amy Wilkinson
George Bishop
Chris Davies
Lucy Hickman
Azad Khan
Ewan Roberts-Ellis
Nixie Turner

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

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.



The Bright Times, September Issue- Veterans set the pace at Worcester Athletic Club

After an awe inspiring display in the final meeting of the season at their home track at Nunnery Wood Sports Centre, Worcester Athletic Club's Men's Veterans track and field athletic team retained the Midlands South League title for the 18th time in 19 years.

In the 18 events contested, Worcester's men provided 10 individual winner and 6 runners-up to run out convincing team champions. They saw off local rivals Birchfield Harriers, Sparkhill Harriers, Dudley and Stourbridge, Bromsgrove and Redditch and Halesowen.

The club's star performer was Marc Flannery, who easily took 1st in the pole vault and finished in 2nd place in both the shot and long jump events.

In the women's competition the team finished in 4th place, establishing themselves in overall 4th position in the league.

The victorious men's team, having won all four of this season's meetings are brimming with confidence as they head for the Midlands Cup Final at Birchfield's Alexander Stadium.

Worcester Athletic Club was established in 1937 as a running club and was known as Worcester harriers. In 1966/67 the club became Worcester Athletic Club and now covers all types of athletics from road running, track, cross country, race walking, held events and disabled athletics.

Worcester Athletic club have members with a wide range of ability, age and commitment, whatever their ability new members are always welcome. If you are thinking about joining the club, the best thing to do is to go along and see if it's for you. They meet on Tuesday and Thursday evenings at 7pm at Nunnery Woods Sports Centre. A mixture of ability groups train, so everyone's needs are catered for.

The Athletic Club also has a thriving youth section, young athletes of all abilities are welcomed from the age of 9 and upwards. Qualified coaches lead training sessions which provide gradual progression in the development of a wide range of skills including, running, jumping and throwing,

Club members benefit from discounts on running shoes and clothes at Runaround Sports in Worcester. Access to club coaches for training advice, access to club competition, access to county, regional and national championships, reduced track fees, use of sport centre facilities on training nights, regular newsletters and club social events.

We talked to David Hibbitt, Press Officer for Worcester Athletic Club.

How many members do you currently have?

Approximately 400, split 2/3 junior and 1/3 adult.

Is it fair to say that many people leave sports such as athletics after their school days, what can be done to encourage people to continue to enjoy sports?

Worcester Athletic Club advertises to attract new members. We provide a training structure and competitive opportunities which people often lose when they leave school.

Do the club enjoy much competitive success?

Combined men's and ladies team have been promoted to Division 4 of the Midlands Track and Field league. Juniors are now in League I of the Heart of England League. The Vets team, those over 35 for ladies and 40 for men have won the Midlands League 18 out of the last 19 years.

Is there a social aspect to the club?

As there is no official clubhouse, social activities are restricted. However there are plans to have access to a clubhouse which should improve this situation.

Does the club welcome beginners or is it necessary to have experience of athletics?

We welcome people of all ages and abilities.

Athletics covers a variety of events, can most people find an event to participate in depending on their individual strengths?

At Worcester Athletic Club we cover the full range of athletic disciplines plus cross country and 'social' road running.

With obesity levels being at an all time high and today's, sedentary lifestyle adding to the problem, how can we encourage more active generally?

We do what we can by advertising locally to encourage people to come and have a go. All the members support and encourage each other to do their best whatever their individual capabilities.

What are the club's hopes and plans for the future?

We would like more coaches especially in the technical events such as throwing and we would also like the use of a clubhouse.



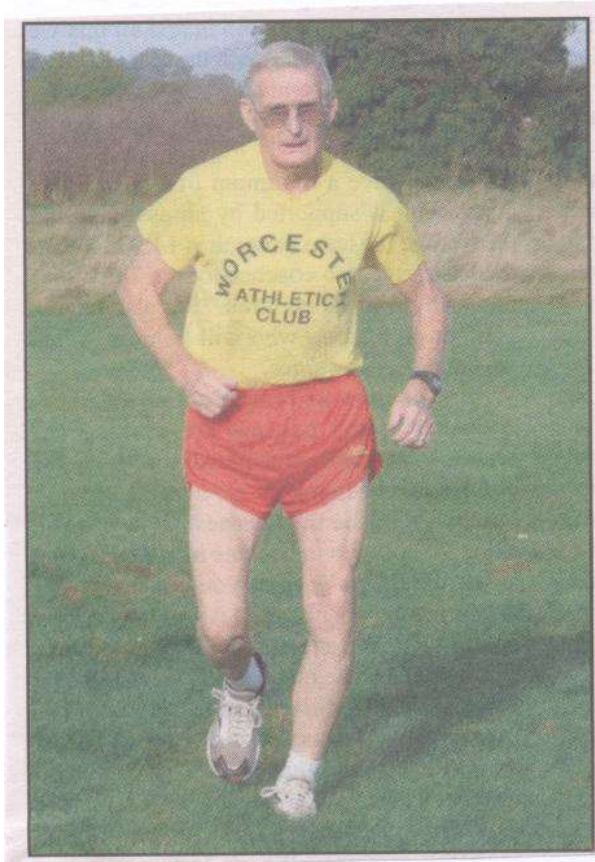
Worcester Athletic Club's Vetran road runners train three times a week and have enjoyed great competitive success



Long distance runners from Worcester Athletic Club Sandra Lane, Tom Forester, vetran Mick Monaghan & Terry Beddington in training. Being a motivated and physically active person throughout our lives has many benefits.

The Bright Times, October Issue - An interview of Ron Smith, our Vice Chairman

At the age of 76, Mr. Ron Smith is a veteran at Worcester Athletic Club, having been a member of the club 20 years. He says "Never be afraid to go out of your house and put one foot in front of the other."



We talked to him about athletics and his life.

Have you been involved with other clubs as well as Worcester Athletic Club and how did you become involved with them?

No. When I 56 I as a chronic asthmatic, I wasn't over weight and never have been but was advised by the doctor that I had to do something. He suggested that I take up cycling, swimming or jogging. I had cycled in the past and didn't want to go back to it and have never been a strong swimmer so I decided to try jogging. That August I applied for the London Marathon in the coming April but was turned. Come October I noticed an advert for Worcester Athletic Club and contacted the then secretary and explained my situation. I was invited to come to a club meeting and it all started from there. The athletic club as allocated three places in the London marathon and names were drawn out of a hat, mine came out and so that April, 8 months after my first jog I ran my first marathon,

Have you been and are you still involved in competitive athletics

I still compete and actually took part in a marathon this weekend.

Do you enjoy the social aspect that being a member of the athletic club offers?

Most definitely, every Tuesday and Thursday after the club run although I am tee total, we return to the bar for a social and few drinks/ nibbles. Birthdays are celebrated; we enjoy club dinners and the road runners section of the club has its own Christmas

celebration. It's plenty for someone of my age!

What continues to motivate you to train as a veteran athlete, especially on a wet and cold evening?

Being competitive for one thing, also the camaraderie, you meet people through competition and see them at various at different races and shake hands.

Do you feel there are many physical and psychological benefits to continued physical activity in later life?

Most definitely. To sum it up I am 76 years old and I think 30! This is because of the people I associate with through my activities and the Athletic Club.

In modern life many people spend several hours sitting in offices or cars leading a very sedentary lifestyle. Do you feel people should make more effort to include some physical activity into their daily schedules?

Yes. In modern life, anyone who is employed is under more stress than any workforce has ever been before and it definitely a stress buster.

Would you encourage people to take athletics up later in life even if they have had no previous experience?

Yes

The most advice I can give is to join a recognised club and make use of the advice and experience of other members.

I take the ladies group out and many of the new members who contact us say things like "I have never run for more than 15 minutes." I always invite them along to one of our club runs where we take it steady and no one is left behind. Often they find they have been running for an hour without even noticing. Running with company is far better and easier than running alone. Often if you go out on your own you start to quickly and often find yourself out of breath after only a short time, run with experienced runners who are able to pace themselves properly.

In some school sports there seems to be a reluctance to encourage competitiveness for fear of allowing youngsters to feel they have failed, what are your thoughts on this?

Life is competitive, we compete for jobs, partners, too buy houses, virtually every thing in life is a competition. Not to encourage a competitive attitude in young people is wrong. Being competitive builds character.

WORCESTER HARRIERS CROSS COUNTRY TEAM OF 1937



Flashback to Worcester Harriers cross country team of 1937. Front row, second from the right, Charlie Wilcox and fifth from the right, Alf Poole. In 1966/67 the club became Worcester Athletic Club. This photograph was sent in by P Wood of Worcester who would like to know if anyone else has any old photos of Worcester Harriers. Mr Wood can be contacted on 01905 423610.

WORCESTER HARRIERS ON THE WAY



Flashback to the 1960s when members of the Worcester Harriers team were travelling to the Bristol to Weston and back road relay. Pictured, left to right: Arthur Austin, manager, Dick Hinds, Eric Austin, Dick Cooper, Mike Gregson, Kevin Bond, Dave Walker, Pete Crowe and Dave Hope. This photograph was sent in by P R Wood of Worcester.

**WORCESTER ATHLETIC CLUB
INCOME AND EXPENDITURE ACCOUNT
YEAR ENDED 31 OCTOBER 2008**

	£	£	2007 £
<u>General Income</u>			
Subscriptions		6,236.00	5,367
Training fees	Track/sportshall	6,146.50	6,225
	Gym	231.00	306
Club clothing		925.50	880
Travel		224.00	312
Grants and donations		44.00	1,586
100 club income		637.00	773
Young athletes awards sponsorship		200.00	-
Interest received		470.33	364
		15,114.33	15,813
<u>Direct costs</u>			
Track hire		8,912.92	8,668
Gym hire		504.05	826
Young athletes sportshall		572.80	576
Club clothing		1,188.06	881
Members affiliation fees		1,700.00	1,552
Travel		622.00	925
Young athletes awards		200.00	-
100 club prizes		700.00	700
		14,399.83	14,128
		714.50	1,685
<u>Event promotions</u>			
	<u>income</u>	<u>expenses</u>	<u>profit</u>
Beacon race	3,052.30	918.00	2,134.30
Pitchcroft 10k and fun run	2,002.50	641.77	1,360.73
Acorns half marathon	1,224.00	220.00	1,004.00
County cross country	20.00	46.00	- 26.00
League cross country	-	-	-
Club cross country	43.50	-	43.50
Track & field league matches	566.19	1,203.22	- 637.03
Track & field open meetings	696.00	503.04	192.96
Young athletes match	-	163.75	- 163.75
Track & field club championships	127.00	301.42	- 174.42
Road relays	-	323.00	- 323.00
	7,731.49	4,320.20	3,411.29
			2,659
<u>Social events</u>			
70th anniversary dinner	-	-	-
Bonfire evening	245.00	356.93	- 111.93
	245.00	356.93	- 111.93
			4,013.86
			3,924
<u>General expenses</u>			
Newsletter		442.77	625
Affiliations to athletic organisations		600.00	510
Trophies and engraving		179.04	456
Ernie Andrews trophy		-	184
Meeting room hire		136.00	120
Insurance		128.48	131
Courses and coaching		404.00	220
Website fees		57.58	115
Sundry expenses		462.10	507
Equipment depreciation		782.25	930
		3,192.22	3,798
Net income for the year		821.64	126

**WORCESTER ATHLETIC CLUB
BALANCE SHEET
AS AT 31 OCTOBER 2008**

	£	£	£	2007 £
<u>Fixed assets</u>				
Equipment			954.70	1,473
<u>Current assets</u>				
Stock of clothing		1,125.70		835
Debtors		156.19		40
Cash at bank and in hand				
Current account	3,876.86			1,682
Deposit account	12,917.63			12,357
Race walking deposit account	1,115.83			1,092
100 club equipment fund account	2,993.73			3,176
100 club cash balance	141.00			204
Clubhouse fund account	2,125.32			2,057
Petty cash	4.67			10
		23,175.04		20,578
		24,456.93		
<u>Current liabilities</u>				
Creditors		3,668.59		2,005
			20,788.34	
<u>Net Assets</u>			21,743.04	20,921
<u>Funds</u>				
General funds			15,044.51	14,076
100 Club equipment fund			3,134.73	3,380
Race walking fund			1,115.83	1,092
Clubhouse fund			2,125.32	2,057
Ernie Andrews Trophy fund			322.65	316
			21,743.04	20,921

Notes

1) **Fixed assets**
Fixed assets comprise equipment which is depreciated over a period of 4 years.

	£
Net book value brought forward	1,472.57
Additions	264.38
	1,736.95
Depreciation	782.25
Net book value carried forward	954.70

2) **Movement in funds**

	<u>General funds</u>	<u>100 club fund</u>	<u>Race walking</u>	<u>Clubhouse fund</u>	<u>E Andrews Trophy</u>	<u>Total</u>
Funds brought forward	14,076.49	3,379.91	1,092.47	2,056.52	316.01	20,921.40
Income	22,272.82	719.20	23.36	68.80	6.64	23,090.82
Expenditure	- 21,569.18	- 700.00	-	-	-	- 22,269.18
Transfer	264.38	- 264.38	-	-	-	-
Funds carried forward	15,044.51	3,134.73	1,115.83	2,125.32	322.65	21,743.04