



Worcester Athletic Club Newsletter December 2009



Editorial

The festive season is with us once again. It only seems a short while ago that I penned last year's Christmas newsletter. Tempus fugit and all that. With the atrocious weather we have been having, the cross country and off road races have proved "interesting". For those of you who like the more adventurous courses there are plenty to choose from.

May I, on behalf of the committee, coaches and other helpers of Worcester Athletic Club, wish you all a Happy Christmas and injury free New Year.

Also, a big thank you to all those who turn up to coach and train our members, in all weathers and to those who act as race marshals when the need arises.

If any of you still receive a "hard copy" of the newsletter and have access to a computer, please let Andy Peach have your e-mail address so he can add it to the mailing list. This helps keep costs down, reduces the paper pile and does our bit for the environment.

David Hibbitt - Editor

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Achievements of Note

If I have missed any events, it is not that I have ignored you, it is that I didn't know about it. Please let me know results etc. as soon after an event so that I can keep a note ready for the newsletters.

Sincere apologies to those who ran this year's London Marathon.

Chris Wilson, Stefan Sternkopf, Ivan Pawluk and Paul Childs, who all ran under three hours and Bob Pope, Lori McCrae, Beverley Hicks and Sally Dixon

Noah's Ark Trust 10k - 20 September

Mick Monaghan - 1st over 60

Beacon Race - 10 October

A well-felt appreciation by the organisers for the help they received from club members with the teas and marshalling.

Dave O'Brien - 7th overall and winning the Plumber's Plate

Guy Fawkes 5 - 1 November

Chris Wilson - overall winner

Dave Hall - 6th overallIvan Pawluk - 3rd M40Maureen Aston - 1st W65**Hellrunner South - 15 November**Richard Walsh - 58th overall out of 2,431 that finishedDavid Hibbitt - 1st vet over 60**Beastly Feast - 29 November**Dave O'Brien - 2nd overall, by 2 seconds**WORCESTER ATHLETIC CLUB****2009 ROLL OF HONOUR****Cross Country**

Ford Motorhouse Cup

Men's Club Champion

Tom Watts

Yelling Cup

Ladies' Club Champion

not awarded

H. Samuel Shield

Under-17 Men's Club Champion

Joe Sliwa

Charles Wilcox

Best Overall Performance

Alice Wright

Track & Field

Violet Bick Trophy

Men's Club Champion

Roger King

Ann Wade Trophy

Ladies' Club Champion

Mel Garland

Worcester AC Shield

Under-17 Men's Club Champion

Josh Carr

Frank Edwards Trophy

Under-17 Ladies' Club Champion

Helen Reeves

John Clatworthy Cup

Most Improved Track Athlete

Lewis Roberts

Worcester AC Cup

Most Improved Male Field Athlete

Adam Higgins

Worcester AC Cup

Most Improved Female Field Athlete

Ella Gibbons

Ernie Andrews Cup

Best Under-15 Sprint Performance

David Serafini

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

Holly Carson

Simon Tansell Award

Best Under-11 Boy

Alex Hughes

Councillor Wilkes

Best Under-13 Girl

Siobhan Glover

Councillor Wilkes

Best Under-13 Boy

Declan McManus

Ann Rich Clock

Best Supporting Lady

Camilla Barnes & Helen Reeves

Alf Poole Cup

Best Vet Performance

Lawrence Oldfield

Three Counties Cup

Best Road Runner

Richard Walsh

Charles Jones Cup

Season's Best Performance

Alice Wright

WORCESTER ATHLETIC CLUB

2009 ROLL OF HONOUR

LADIES

Cross Country

Track & Field

Under-11 Girls

Helen Jubb
Ellie Brown
Charlotte Lickman

Niamh McManus

Under-13 Girls

Rebekka Hodson
Jenny Klein
Hetty Swan

Siobhan Glover
Georgia Williams
Helen Jubb

Under-15 Girls

Alice Wright

Paige Salisbury
Sophie Repton
Jade Allard

Under-17 Ladies

Molly Browne

Helen Reeves
Ellie Dewson
Sammy Spencer

MEN

Under-11 Boys

Joe Whiteman
Lewis Sternkopf
Matt Sowden

Joe Southam
George Bates
Alex Hughes

Under-13 Boys

Dan Rushton
Daniel Hartwright
Finn Yeo

Matthew Glover
Kieran Henry-Fellows
Josh Brooks

Under-15 Boys

Lewis Roberts
Josh Carr
Jack Lannie

Joe Kinsey
Tom Stock
David Serafini

Under-17 Men

Joe Sliwa

Josh Carr
Alex Bradnick
Luke Kinsey

Senior Men

Tom Watts
Dave O'Brien
Chris Davies

Roger King

Vet Men

Andy Peach

Young Athlete of the Month

September Siobhan Glover for her PB in the long jump and winning 150m event.

October Tom Stock for his U15 club record in the National Road Relays.

November Helen Jubb - for her convincing victory in the u13G race at the Gloucester Cross Country League meeting.

Conditioning and Core Strength Training

We are again running a half hour medicine ball session followed by circuit training and conditioning session at Nunnery Wood School Gym every Monday evening :

6:30pm	Medicine Ball & Core strength
7:15pm	Circuit training & conditioning

This is an excellent addition to your normal training and is open to club and non-club members (younger members should talk to their coach in the first instance to ensure it is suitable for them).

If you are interested please just come along or, if you would like more information please contact:

Andrew Peach tel.: 01905 763054 or email: apeach@lineone.net

Or

Deirdre Elmhirst tel.: 01905 764316 or email: Deirdre-Elmhirst@msn.com

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

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 on 01905 452640 or roncharlessmith@aol.com.

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

Any other senior ladies who wish to compete, please contact Phil Bullock on 07824 861984

Forthcoming Coming Races

Cross Country

Birmingham League (Details & results - www.birminghamccleague.co.uk)

Division 2

January 16 Sphinx

February 13 Malvern

Gloucester League (Details & results - www.glosaaa.org.uk)

This is a league that WAC support - ages U11 to vets

February 6 Cheltenham

Worcester Christmas Special

December 20 Top Barn Farm (between Hallow and Holt)

In conjunction with Runaround Sports

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

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

Entry fee will be £3/£4 on the day, which will donated to St Richard's Hospice.

There will be a few prizes to make it competitive.

Other Races

January 9	County Championships	Droitwich
January 24	Midlands Masters Championships	Droitwich
January 30	Midlands Championships	Stafford Common
February 6	Gloucester League	Cheltenham
February 7	Mayhill Massacre	Gloucester
February 13	Birmingham League	Malvern
February 14	Muddy Woody 6	Mordiford
February 21	Wyre Forest 8	Bewdley
February 27	National Championships	Leeds
March 20	Midlands 12 Stage Relay	Sutton Park
March 21	Scenic 6	Peopleton
April 17	National 12 Stage Relay	Sutton Park

100 Club Winners

October	£25	21	Joan Turner
	£15	87	Steve Phillips
	£ 5	32	Theresa Pearson
	£ 5	81	John Clatworthy
November	£25	42	Deidre Elmhirst
	£15	87	Steve Phillips
	£ 5	21	Joan Turner
	£ 5	50	Gill Repton

December	£50	81	John Clatworthy
	£25	34	Bob Perry
	£15	55	Clive Spencer
	£5	50	Gill Repton
	£5	14	Wilf Bates

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

Harry Allman	Tom Bennett	Emily Burton
George Francis	Chris Graham (SM)	James Hammond
Emma Hibbitt (SF)	Paul Kelly (VM)	Bethony Moore
Sioned South	Jessica Suthard	Anne Daniel (SF)
William Goodwin	Peter Harley	Samuel Khogali
Hannah Maziak	Oliver Morgan	Ellie Askew
Devan Daniel	Ben Fullager	Mark Hughes
Maggie Johnson-Myer (VF)	Sebastian Johnson-Myer	Harry May
Andrea Salt	Adam Wilks (VM)	

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

Other Notices

To All Worcester A.C. Members

Once again Nunnery Wood Sports Centre management has received a complaint from a member of the public about athletes' lack of awareness on the public roads.

Whilst there is no evidence that the runners involved were Worcester AC members (in fact, we are pretty certain that they weren't), the management have asked me to make our members aware of their responsibility for their own safety and that of other users of the public highway (road and footpath).

My previous appeals have been to make sure that runners are visible. This one asks that members observe the rules of the Highway Code, Rule 1 of which states, among other things "... If you have to step into the road, look both ways first. Always show due care and consideration for others". The following link will take you to the "Rules for Pedestrians" section of the online version of the Highway Code -

www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_070108

Thanks for your cooperation.

Derek Cowdrey Chairman 6th December 2009

CLUB TRAINING ARRANGEMENTS CHRISTMAS & NEW YEAR 2009/10

Please note the following changes to the club training nights over the upcoming Christmas & New Year period.....

Tuesday 22nd December - Normal club night

Thursday 24th December - Sports Centre closed - no club night

Tuesday 29th December - Club night cancelled

Thursday 31st December - Sports Centre closed - no club night

Tuesday 5th January - Normal club night

And finally

Do not forget, this is your newsletter.

If you want anything publishing, I need to know.

David Hibbitt

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

Extracts from the Committee Minutes

Gloucester League Cross Country meeting held on 21st November in the Forest of Dean at Gloucester. WAC young athletes participating numbered 14. WAC u15 girls were 2nd team while u17 boys won. There were outstanding individual performances by Helen Jubb (1st u13G) Alice Wright (1st u15G) Thomas Stock (2nd u15B) David Jubb (2nd u17B) Lewis Roberts (3rd u17B) and Camilla Barnes (5th u17W).

The Sports Hall League held in Worcester on 29 November, with the following WAC team results: u13G and u13B were both 1st, u11G and u11B were both 2nd, and a second u11B team were 3rd.

Andy reported on three events which had taken place in the past month. The club had finished 7th out of 18 in the first Birmingham Cross Country League Division 2 meeting at Sennely's Park and 5th at the second meeting at Gloucester putting them 4th overall. Our team had finished 72nd in the National 6-stage Road Relays at Sutton Park..

The final Heart of England League meeting. WAC had finished 2nd overall at this meeting, and third equal over the whole season, meaning they would stay in division 1 of the league for 2010. The u17 men had won their age group.

The Midland Road Relay. Alice Wright ran the fastest u15 leg of the day in 14 minutes, and the u17 men achieved a club record.

ANNUAL GENERAL MEETING - 5 December

CHAIRMAN'S REPORT 2009

Before writing this report I looked back through my previous five reports and realised that they are all virtually the same except that the names change. I spent some time pondering how I could do something different this year ... but I'm afraid I failed, so I apologise for the fact that this report is very similar to last year's.

Starting with Sports Hall, thanks to the efforts of Gill Repton, The Hereford & Worcester Sports Hall League had a very successful inaugural season. It was also a successful start for WAC becoming the overall winners in all age groups except the under-11 girls, where we were second. Several young club members went on to represent the city and then the county.

In cross country we had one gold, one silver and two bronze individual medals plus one gold and one silver team medal in the Gloucester League. For the seniors Chris Wilson had one win and one second place in the Birmingham League where the team finished 5th overall out of 18 teams. We had a very successful county championship, which we hosted at Malvern Common, with four gold, one silver and one bronze individual medals and four gold, one silver and one bronze team medals. Eight members competed in the Midland championships with a haul of one individual silver and a team bronze for their efforts. Finally there were nine members competing in the National competition. We had several representatives in the English Schools Nationals where Alice Wright was 3rd. She was then selected for the National team in the Home International where she finished 3rd again - a great performance.

Seventeen club members competed in the Midland Indoor T&F championships winning two gold, one silver and one bronze medal. Max Clayton went on to compete in the National championships.

Our road runners competed in too many races to itemize, but Chris Wilson's 2h 27m in the London Marathon was one of the most notable.

As usual, we had a very busy track & field season in which we hosted three league meetings (Midland, Heart of England and Vets) and four Open meetings (including one for Young Athletes). In the Heart of England League the club were equal 3rd overall with the under-17 men winning their age group. The Vet men won their division again with the women finishing 4th. Unfortunately we will be relegated from division 4 of the Midland League. We had 54 competitors in the County Championships with a haul of 22 gold, 9 silver and 15 bronze medals. In the Midland Championships we collected one gold, three silver and one bronze medals. We also had four Midland Masters Champions, two British Masters silver medallists and but for illness we would probably have had a World Masters Champion. We also had a Scottish Champion with Ella Gibbons taking the Under-15 Girls long jump

In addition to the track & field meetings we also hosted our usual three races - The Acorns Triple Run, The Pitchcroft 10k and Fun Run and the Beacon Race. The Acorns Half Marathon had a record entry and a record 640 finishers. There was a good entry for The Pitchcroft races and they again received a number of complimentary comments. There were 257 finishers in the Beacon Race which

was the first not to be sponsored by our President John Brook and I would like to take this opportunity to thank John for his support for this event for many years. I make the point each year that these three events make up the bulk of the clubs income other than the subscriptions and track fees, and our thanks should go to the three main organisers of these races Mark Hill, Gary Bailey and Chris Crosswell who put a great deal of time and effort into making them the great events that they are.

Away from the athletic competition 5 club members won awards at the City Sports Awards with John Marshall receiving the "Services to Athletics" award for his many years as a competitor, coach and committee member.

Most of these performances and competitions would not be possible without the efforts of a host of hardworking volunteers. As a club we are very lucky to have a band of good technical officials, coaches and helpers for which we should be very grateful. I'm afraid I have to repeat my appeal from last year for more volunteers to come forward to become technical officials. Currently we rely on a small group and with more qualified people the burden could be spread a little more fairly.

Finally I would like to give my thanks to all those who help in the running of the club - the coaches and their helpers, the technical officials, the team managers, the event organisers, the parents and others who help in many ways and, of course, the athletes. I would also like to thank my fellow committee members without whom the club could not function as well as it does.

I'll finish, as usual, by wishing everyone a Merry Christmas and a prosperous and athletically successful 2010.

Elected Committee

Chairman	Derek Cowdrey
Vice Chair/Coaching Coordinator	Ron Smith
Treasurer	Andy Peach
Secretary	Ian Atkins
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
Road Running Representative	Geoff Aston
Road Walking Representative	John Marshall
Newsletter Editor/Press Officer	David Hibbitt

2009 ACCOUNTS

Attached to this newsletter is a copy of the 2009 club accounts which were presented at the AGM on 5th December. This year's results show a net income of £1,182. The club continues to benefit 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. Again a big thank you goes to the organisers of these races. It is also good to see that track /sportshall training income rose from £6,146 in 2008 to £7,286 last year. Thanks go to Joan Turner for all her work in collecting these fees on club nights. This said, the decision was taken at the AGM to set the 2010 membership fees at rates to include the track fees. This means that members will pay a one-off membership fee and will not be required to pay further track fees when using the track on a club night. The only exception to this is the option for seniors to pay a reduced rate (see below) which excludes the use of the track. In this case you will be asked to pay the members rate track fee of £2 each time you use the track. Guests/non-members will be asked to pay a track fee of £3 when using the track on one of our club nights.

You will find the renewal form attached to this newsletter. Subscriptions are due on 1 January 2010 and I would be grateful if payment could be made by 31 January. Please note that if your subscription is not received by this date you will be asked to pay a non-members track fee if using the track on a club night.

Seniors	£50.00	Family	£80.00
Seniors (excluding track fees)	£35.00	Family (excluding track fees)	£45.00*
Senior Citizens	£30.00	Non-competing	£16.00
Students/U16	£40.00		
Under 11	£30.00 (under 11 on 31 August 2010)		
Distant member	£30.00 (for those living away from the Worcester area)		

* This option is available for two adult family members only.

I do hope that all members will see the benefit of the above system, not least that you will no longer have to remember to take those £1.20/£1.90s to the track each time you train!

Best wishes to you all for 2010.

Andrew Peach
Treasurer

Worcester Sports Awards 2010

Worcester City's Sports Awards, which are presented by Worcester City Council in conjunction with Sport Worcester, will be hosting their annual Sports Award Ceremony on Thursday February 11th from 6:30 at Worcestershire County Cricket Ground.

The awards are to recognise and celebrate individuals', teams', coaches', clubs' and volunteers' outstanding contribution to sport in Worcester over the last 12 months. There will be 16 categories, with the winner of each progressing to the Herefordshire and Worcestershire County Sports Partnership awards evening on 18th March.

Categories include:

Senior Male Sports Personality of the Year
Senior Female Sports Personality of the Year
Junior Male Sports Personality of the Year (under 18 yrs)
Junior Female Sports Personality of the Year (under 18 yrs)
Coach of the Year
Young Volunteer of the Year (under 18 years)
Junior Club Team of the Year (under 18 years)
Club of the Year
Disability Sports Personality of the Year
Volunteer of the Year
The Howard Peters Outstanding Contribution Award
Community Sports Award
School Sports Partnership Awards for Best Sporting Achievement
School Sports Partnership Award for Most Improved School
Contribution to Physical Activity Award
Higher Education and Further Education Sport Award

Anyone is open to be nominated for an award so if you feel someone should be nominated, please fill in a nomination form, get it seconded and send it to:

- Email: andrew.cooper@worcester.gov.uk
- Or send by post to Andy Cooper, Sports Development Assistant, 1st Floor, Orchard House, Sports Development, Worcester City Council, Farrier Street, WR1 3BB.

More details of the categories and a nomination form are available at <http://www.worcester.gov.uk/index.php?id=2057>

The deadline for nominations is 6th January 2010 (not 23rd January as stated on the nomination form) so please fill out and return your forms ASAP!