



Worcester Athletic Club Newsletter September 2008



Editorial

In the last newsletter I suggested that we cast away those thermal vests and jog bottoms. What wishful thinking!! The summer, dare I call it that, has not been the best. It's back on with that warm kit. With the autumn approaching the club now looks towards its winter fixtures and those "lovely" off road races.

May I draw your attention to the club's website. There are a number of articles regarding the performances of our athletes. Hopefully, there will be a new section of this website for, dare I say, joggers and roadrunners. Not all of us want to or are unable to compete but still enjoy the benefits and camaraderie of running with others

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 and reduces the paper pile.

A big thank you to all those who helped marshal the Acorns Triple Run at Malvern.

The Bright Times, a free newspaper based in Worcestershire, sent a reporter and photographer to one of our Tuesday training sessions and published a number of pictures and articles about the club. A good bit of free publicity.

David Hibbitt - Editor

01886 888100

hibbittrunner@hotmail.co.uk

Worcester Athletic Club is hosting the annual Worcestershire Beacon Race in Malvern on Saturday 11 October and is looking for marshals. Anyone who can help on the day, please contact Gary Bailey 01386 831525 (home) mobile 07866 738543 or gasabailey@hotmail.com

Achievements of Note

Magnificent Eastnor Seven - 18 May

128 competitors finished the Magnificent Seven at Eastnor, a demanding, hilly and undulating 7-mile course around the deer park and obelisk of Eastnor Castle Estate, Ledbury. The weather was perfect for racing, in contrast to the torrential rain of the previous year.

First home was Dave O'Brien of Worcester Athletic club in a time of 45 minutes 37 seconds, 6 seconds ahead of the second placed runner, his Worcester team mate Stefan Sternkopf.

Worcester AC also took the men's team prize with Richard Walsh, 5th and Mark Bayliss 7th, making up the four scoring runners.

Warndon 10k - 1 June

Worcester club members competed in the annual three distances race at Warndon. Craig Johnson finished 6th overall in the 5k but the 1st Junior Man, Pete Richardson also 6th overall in the 10k and the 1st over 50's men's and Dave O'Brien and Terry Conway finished 2nd and 3rd respectively the longer 15k race.

The Midland Masters Athletic Club Track and Field Championships, Solihull - 8 June

Several members of the Worcester Athletic Club competed and between them won a total of 14 medals, 8 gold, 4 silver and 2 bronze. The most successful was Marc Flannery, over 45's, who won 3 gold in the high jump, long jump and pole vault along with silver in the discus and shot and a bronze in the 110m hurdles. Other notable successes were in the over 65's, Lawrence Oldfield gold in the 200m and silver in the 400m, over 55's Stuart Halion gold in the 400m and bronze in the 800m, over 45's Ivan Pawluk gold in the 800m and silver in the 1500m. Two other members achieved gold in the 5000m walking events, over 60's, Les Scrivens won gold as did Len Creo in the over 85's.

Stourbridge Stumble - 14 June

Mick Monaghan finished in a time of 44:50 placing him 45 overall but won the men's over 60's prize.

Blakedown Bolt - 20 June

The 2nd running of this Friday night race saw 254 complete the multi terrain course, with Mick Monaghan winning the men's over 60's prize. All competitors receive not a medal but a bolt on a ribbon.

Darren Dash - 21 June

Dave O'Brien competed the this short but very hilly race finishing in a time of 35 minutes 48 seconds, being the 1st senior man home and second overall.

Acorns Triple Run - 22 June

Despite supplying marshals for the races, some WAC members recorded impressive times for the $\frac{1}{2}$ marathon. Pete Richardson finished 8th and was the 1st men's vet over 50, Richard Walsh finished 15th and Marc Scriven 20th.

Tenbury 10k - 3 August

Worcester AC collected a number of prizes for this relatively flat course except for the long very steep hill half way round. Richard Walsh finished 12th overall but was 3rd senior man, Terry Bedington finished 40 and was 2nd men's vet over 55, Geoff Jones 80th and 3rd men's vet over 60 and Helen Cameron finished 113 but was the 1st female vet over 40.

Baden $\frac{1}{2}$ marathon - 21 September

Race report

Following on from the surprise success from the Lichfield 10k the victorious team around Andy Peach, Dave O'Brien Phil Bullock and Stepan Sternkopf decided to take on the elite of Europe and Africa at the Baden $\frac{1}{2}$ marathon in the south of Germany.

After a motivational team talk by manager, Dave Waldron, the team were optimistic to feature in the team prizes and secure a place on the podium.

Unfortunately? the team encountered a slight snag!! Unknown to the team manager knowledge, copious amounts of liquor laden local black forest gateau were consumed prior to the race start. The effects

of this was that the team performed **slightly** below the manager's expectation. The reverberations were felt through the European athletics world. Speaking from his hot and humid luxurious holiday retreat in southern Italy, the beleaguered team manager, Dave Waldron, issued the following statement;

"I am reasonably pleased with the boys' performance considering the circumstances"

| | |
|------------------|---------|
| Andy Peach | 1:20:41 |
| Dave O'Brien | 1:21:12 |
| Stepan Sternkopf | 1:23:46 |
| Phil Bullock | 1:28:58 |

There were over 7,000 competitors taking part in this event and the team finished fourth in team prize

Future trips are currently being considered, subject to an improvement in the team's dietary discipline!!!!

Young Athlete of the Month

| | |
|--------|---|
| April | Alex Bradnick for 2 club records at Worcester Open meeting |
| May | Helen Reeves for 3 PBs in County and Midland Championships |
| June | Sam White for a javelin PB of 27m+ |
| July | Georgina Williams for progress to a PB at long jump |
| August | Ross Anthony for his performance in the Under 15 pentathlon at English Athletics Combined Championships |

Conditioning and Core Strength Training

Conditioning and core strength training sessions will take place at Nunnery Wood School Gym every Monday evening from 6th October:

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

| | | |
|----------------------------|-------------------|--------------|
| 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!

| | |
|------------------|----|
| 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 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 01905 767062

Forthcoming Coming Races

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

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

11th October Bourton (new course)
15th November Gloucester (Black Bridge)
13th December Gloucester (Severn AC Plock Court)

2009

7th February 2009 Leamington

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

25 October Senneleys Park
6 December Leamington

2009

17 January Sphinx
14 February Northbrook

Beacon Race

11 October Malvern

Worcester Christmas Special

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 picks first etc.

100 Club Winners

| | | | |
|-----|-----|----|------------------|
| May | £25 | 27 | Melaine Clarke |
| | £15 | 42 | Deirdre Elmhirst |
| | £5 | 85 | Jim Cowell |
| | £5 | 44 | Jim Cowell |

| | | | |
|------|-----|----|-----------------|
| June | £50 | 25 | Roger Blandford |
| | £25 | 32 | Teresa Pearson |
| | £15 | 30 | Mick Monaghan |
| | £ 5 | 27 | Melanie Clarke |
| | £ 5 | 4 | Jean Smith |

| | | | |
|------|-----|----|-----------------|
| July | £25 | 25 | Roger Blandford |
| | £15 | 14 | Wilf Bates |
| | £ 5 | 55 | Clive Spencer |
| | £ 5 | 35 | Geoff Aston |

| | | | |
|-----------|-----|----|------------------------|
| August | £25 | 30 | Mick Monaghan |
| | £15 | 74 | Derek Cowdrey |
| | £5 | 23 | Dave Ashman |
| | £5 | 88 | Gary Bailey |
| September | £25 | 78 | Mel Clarke |
| | £15 | 24 | David Hibbitt (hooray) |
| | £5 | 64 | Dave Wilde |
| | £5 | 72 | Jenny Sliwa |

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

| | | |
|----------------------|-------------------|-------------------|
| Elena Dewson | Dominic Harrison | Jennifer Klein |
| Liam Sinclair-Preece | Tom Turner | Bradley Allen |
| Michael Allen | Sam Bradnick | Luci Brazier |
| Alexander Calado | Jack Dutton | Sean Gleeson |
| James Glennie | Laurence Greenway | Matthew Heywood |
| Beverley Hicks (SF) | Sebastian Jamous | Gaynor Lawrence |
| Zachary Marsh | Joe Mogg | Toby Mullett |
| Rebecca Probert | Sam Rathbone | Daniel Scotson |
| Ben Smith | Max Smith | Dan Soley |
| Fran Wootten (SF) | Jade Allard | Charlotte Birch |
| George Caldicott | James Graham | Daniel Hartwright |
| Erin Hendra | Gaby Humphries | James Knight |
| Ryan Lee | Tim Lewis | Katie Martin (SF) |
| Joshua Plumley | Jae Robinson | Daniel Thompson |
| Madeline Vaughan | Alice Wright | Lauren Berry |
| Callum McLeod | Olivia Merry | Debbie Moran (SF) |
| Matthew Passey | Gregory Powell | Lex Twaits |
| Rosie Walker | May Whittall | Max Wilson |
| Victoria Briggs (SF) | Hannah Fox | Lewis Jones |
| Karen Lithgo | Jason Manton (SM) | Sophie Potter |
| Paige Salisbury | Jacob Smith | Millie Want |
| Joe White | | |

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

Congratulations

Maggie Crosswell for achieving Level 1 coaching status.

Other Notices

YOUR CLUB NEEDS YOU!

When you or your children take part in a track & field meeting you have probably noticed that there are a large number of technical officials around. There are Timekeepers, Track Judges, Field Judges, a Starter and Marksman. These officials are volunteers and most are members of a club. As with most sports the competitions could not go ahead without officials.

At Worcester AC we have been lucky for many years to have had a small band of enthusiastic members who have qualified as officials to support the athletes in the various competitions in which the club competes. In all these competitions we are required to provide officials who gain extra points for the team if they are qualified.

Qualifying is a very simple process - you have to attend one training course for an afternoon and then provide proof of practical experience at a few meetings. There is a small charge, which the club will pay.

The club currently needs a few more people to add to this pool to reduce the load on the existing officials. Ideally we could do with a couple of timekeepers, a starter, a marksman, a track judge and three or four field judges, but any number of new recruits will be most welcome.

If you are interested or would like more information please give me a call on 01905 358508

Derek Cowdrey (Chairman)

Worcester Athletic Club want to try and improve the image of the club. The first thing that will happen is all coaches and officials will have white polo shirts. The club will then introduce Black or Yellow polo shirts with club badge & Worcester Athletic Club on, you can see shirts on track side or in the Tower, please see Joan Turner. If you are interested please sign request form with your name, size & colour of shirt you prefer, cost is about £12.00. The committee would like to know if you want tracksuits, baseball caps or woollen hats all with club badge on.

IT'S YOUR CLUB. BE PROUD OF IT AND LET OTHER CLUBS KNOW WE EXIST

Ron Smith (Vice Chairman)

Rules for Young Athletes

As a junior member of Worcester Athletic Club, you are expected to abide by the following rules: Arrive for training and competitions in good time or inform your coach or team manager if you are going to be late.

Rules for Young Athletes

As a junior member of Worcester Athletic Club, you are expected to abide by the following rules:

- Arrive for training and competitions in good time or inform your coach or team manager if you are going to be late.
- Wear suitable kit (including footwear) for training and competitions.
- Pay any fees for training or events on time.
- Learn and participate by the rules of athletics.
- Respect other people - treat them as you would wish to be treated.
- Co-operate with coaches, officials, fellow athletes and opponents.
- Recognise and applaud good performances.
- Be a good sport - win with modesty, lose with dignity.
- Inform your coach of any injury as soon as possible.
- Inform your coach if you need to leave training sessions early.
- Do not smoke or consume alcohol or drugs of any kind on the club premises or whilst representing the Club.

Code of Conduct for Parents or Carers

As a responsible parent or carer of a young athlete member of Worcester Athletic Club, the Club requests that you:

- Encourage your child to learn the rules of athletics and participate within them.
- Discourage unfair play and arguing with officials.
- Support your child's involvement and help them enjoy their athletics.
- Support the Club's efforts to develop an open, caring and safe environment in which all children can enjoy athletics.
- Keep your child's coach informed of any illness, injury or specific needs.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport
- Set a good example by recognising fair play and applauding the good performance of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgments.
- Use correct and proper language at all times.
- Never make assumptions about your child's safety.
- The Club requests that all spectators at junior coaching sessions or competitions should abide by the above Code of Conduct.

Joan Turner has agreed to become the club's Children's Welfare Officer.

With the nights starting to draw in those who use the roads for training please make yourselves visible. ALL members should wear light (preferably white or yellow) or high visibility clothing when running on the road in poor lighting conditions.

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.

David Hibbitt

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

Athletes reach targets to be among West Midlands' best

SIX athletes from Worcester Athletic Club achieved West Midlands top 10 targets for the 2007 track and field season.

The competitors recorded times and distances that were good enough to put them among the elite in their respective age groups in the region.

Under 15 star Josh Herbert gained success in four individual events (80-metre hurdles, high jump, shot and javelin) and also in the pentathlon in which he was ranked first in the region with 2,624 points.

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Under 17 athlete Jenny White also scooped four awards (300m, 80m hurdles, 300m hurdles and 400m hurdles). White's 300m hurdle time also put her first in the UK.

Under 17 jumpers Max Clayton and Sean Linnie were both second in the West Midlands with their high jump and long jump respectively.

Linnie's leap of 6.83m took him above the UK target.

On the track, Under 20 competitors Sam Mitchell and

Mike Simmonds made their mark.

Mitchell finished fourth in West Midlands with his 5,000m time of 16 minutes 3.8 seconds, while Simmonds was third for both the 400m and 800m hurdles.

All athletes have been awarded with certificates to recognise their achievements and several are already on target in their age groups for the current season.

For more details about the club, visit www.worcesterathleticclub.org.uk



Worcester athletes Richard Colado, Jenny White, Alex Bradnick, Sean Linnie and Max Clayton. 21403302

O'Brien is triumphant at the Magnificent Seven

WORCESTER Athletic Club's Dave O'Brien enjoyed success in the Magnificent Seven at Eastnor.

O'Brien clocked a time of 45

minutes, 37 seconds and six seconds ahead of the second-placed runner, Worcester team-mate Stefan Sternkopf.

The demanding, hilly, undu-

ATHLETICS

lating seven-mile course around the deer park and obelisk of Eastnor Castle attracted 128

competitors. The weather was perfect for racing in contrast to the torrential rain of 2007.

Worcester AC also took the men's team prize with Richard

Walsh, who was fifth, and seventh-placed Mark Bayliss making up the four scoring runners. The race was hosted by Ledbury and District Harriers.



Success: Jenny White, Richard Colado and Alex Bradnick with their trophies. 21403301

Club scoop awards with sprint displays

ATHLETICS

WORCESTER Athletic Club members picked up awards at the County Track and Field Championships.

For the second year running, three out of the four prestigious gongs for the best performances went to the city club.

Both the track cups were won by sprinters, under 15 boy Alex Bradnick for the 100 metres (11.6 seconds) and 200m (24.3) and under 17 Jenny White for the 300m hurdles (44.1) and 200m (25.7).

The best male field performance went to under 17

Richard Colado for his high jump of one metre 90cms.

Worcester AC athletes claimed a total of 31 medals at the championships - 18 gold, 19 silver and 14 bronze.

Other club members crowned county champions: Helen Reeves (U15 200m and long jump); Jodie Ledger (SW 1 5000m); Sean Linnie (U20 long jump); Max Clayton (U20 high jump); Jack Gosler (U15 high jump); Ben Gallant (U15 triple jump); Jack Linnie (U15 80m hurdles); Elizabeth Siva (U15 discus); Ella Gibbons (U15 high jump); Martyn Bowles (U13 long jump); Sam White (U13 high jump); Siobhan Glover (U13 high jump).

BIRMINGHAM BMAF CHAMPIONSHIPS



*Well it's a Euro Record anyway Len Creo
Picture Lesley Richardson*

ATHLETICS

Scrivens showing age is no issue

WORCESTER Athletic Club's Les Scrivens has impressed in two open races in his 64th year.

Rather than settling for the veteran events, Scrivens pitted his wits against runners in their 20s.

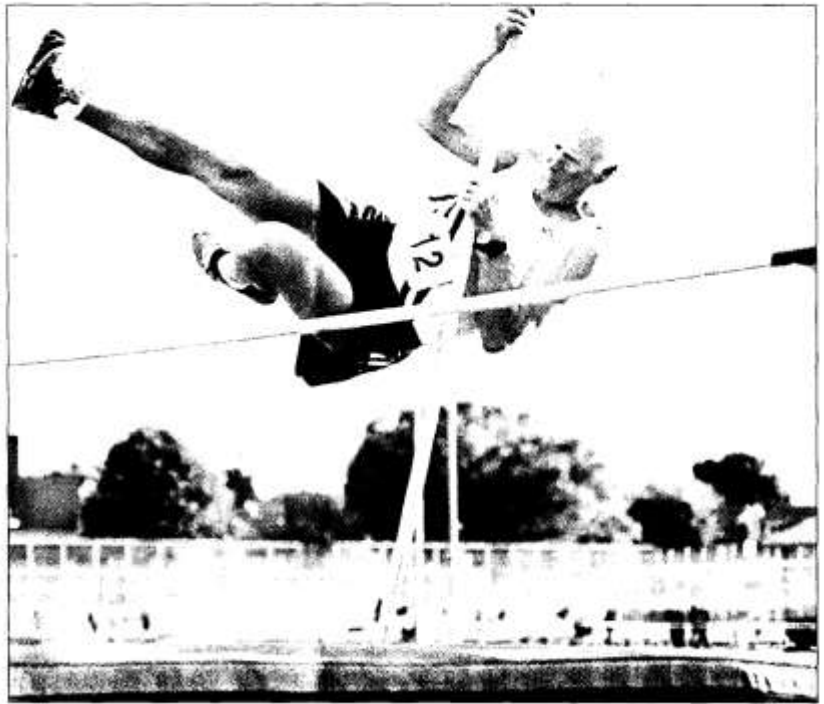
The first race was the Pednor Open five miles in Chessam, Buckinghamshire, which featured 30 starters.

In warm conditions on a hilly course, Scrivens came home eighth in 52 minutes seven seconds, which was faster than his time in 2007.

Scrivens' second race was in East Anglia, an open five miles near Newmarket.

Conditions were again hot over a tough course with 60 starters. But the Worcester runner got off to a flier and ended in the top half of the field in 29th place.

Scrivens' time of 50.48 was again faster than last year to prove he is not slowing up with age. The winner, Mick Silvester, of Aldershot, clocked 39.16.



Prolific men's team retain Midlands title

WORCESTER Athletic Club's men's veterans track and field team retained the Midlands South League title for the 18th time in 19 years.

They produced an overwhelming display in the fourth and final meeting of the season on their home track at Nunnery Wood Sports Centre.

In the 18 events contested, Worcester's men provided 10 individual winners and six 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.

Worcester's star performer was decathlete Marc Flannery who easily won the pole vault, clearing 3.05 metres and narrowly failing at 3.15m.

He also finished second in both long jump and shot and received a nomination for divisional athlete of the season.

A good all-round performance saw individual victories from Mike Bennett, Stuart Fountain and Laurence Oldfield over 200m.

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Other winners were Mick Monaghan in the 800m, Les Scrivens in the 2km walk, Pete Richardson in the 3,000m, Roger King in the long jump, Phil Goddard in the javelin and Flannery in the pole vault and the 4x100m relay team.

Runner-up spots were achieved by both Richard White and Warren Miles over 800m, Ivan Pawluk in the 3,000m, Flannery in the long jump and shot and Dave Hope in the pole vault.

In the women's competition, Worcester finished fourth behind Bromsgrove and Redditch, Bichfield and Sparkhill to establish overall fourth place in the league.

Ros Townsend-Hope was the pick of the team, winning the 200m and finishing second in both the 800m and 3,000m.

The ever-green Pam Price produced notable performances to be runners-up in both javelin and discus.

The victorious men's team, having won all four of this season's meetings, are full of

confidence heading into the Midlands Cup final at Birchfield's Alexander Stadium on Sunday, September 14.

Worcester are the current cup holders and will be seeking to retain the trophy they first won in 2005.

But they can expect strong challenges from previous champions Rugby and Northampton and Charnwood.

Market Harborough, Sparkhill, Cannock and Stafford, Stoke, Royal Sutton Coldfield and Birchfield will also be in the frame.



200m victor Stuart Fountain at Nunnery Wood. 33484503



Phil Goddard competes in the javelin at the Midland veteran track and field meet. 33484505



Ros Townsend-Hope wins the women's 200m. 33484506

Other notable club performances

Worcester AC athletes represent County in English Schools Championships

5 Worcester AC athletes represented Hereford and Worcester Schools in the recent English Schools Track and Field Championships at Gateshead. These are traditionally the highest level domestic competition available for young athletes in England. To qualify for the team, the athletes have to win at District, then at County Schools level, and also achieve entry standards, which are extremely high.

The athletes representing the county were:

| | |
|----------------|---------------------------------------|
| Helen Reeves | Junior Girls 800 metres |
| Alex Bradnick | Junior Boys 200 metres |
| Jenny White | Intermediate Girls 300 metres hurdles |
| Doug Howie | Intermediate Boys 800 metres |
| Richard Calado | Intermediate Boys High Jump |

3 of the athletes went on to achieve top 5 places in their events

Jenny White - 1st place

After winning her heat, Jenny had a rare defeat, coming second, in her semi-final, before coming through strongly in the home straight of the final to take first place.

Richard Calado - 4th place. 1m 93cm

At 1m 90cm Richard had his supporters worried before a huge clearance on his 3rd attempt. He then cleared 1m 93 at his first attempt before 3 narrow failures at 1.96 giving him 4th place in blustery conditions.

Alex Bradnick - 5th place 23.5 seconds

After winning his heat in a new personal best time of 23.12 seconds, Alex then qualified for the final by taking second place in his semi-final. From an awkward inside lane he ran an excellent bend to put himself in contention, finally coming 5th in his first English schools championships.

The Runaround Track & Field Friendly on July 13th was a huge success. Teams from Halesowen AACC & Bromsgrove & Redditch AC gave us some good competition. It was great to include all the young athletes who wanted to take part, many went home with the satisfaction of personal achievements. We very much appreciate the sponsors of the awards: "Runaround sports & health" and "Two-o-six physiotherapy and sports massage centre" because all those medals and trophies really made the morning!

Well done to the WAC Heart of England league team who finished 4th & have secured another season in Division 1. Both the Under 13 & Under 15 boys won their age groups. Under 11 boy Jacob Ham had the season's best performance for Long Jump - 3.83m so will receive a gold medal. Congratulations to you all.

Worcester AC Athletes in weekend medal haul

Athletes from Worcester AC enjoyed some good weather over the weekend competing successfully in the Telford Games on Saturday 13th September, and the Ken Dare Open at Solihull on Sunday 14th. These were the final outdoor competitions of the season, and for many of the competitors, the last time competing in their current age groups, resulting in a very high turnout and standard of competition.

On Saturday, Under 15 Girls Louise Morgan and Luci Brazier, Under 15 Boys Alex Bradnick and David Serafini, and Under 13 Girl Jade Allard competed in their respective 100m and 200m events. Jade and Louise also took part in the Long Jump. As a group, they came away with 5 medals - 1 Gold, 2 Silver, and 2 Bronze. The Telford Games is traditionally a very popular competition, with many excellent end of season performances, and athletes from over 20 clubs from the Midlands, Wales and North West took part.

On Sunday, at Solihull, over 30 clubs were represented, with 25 of these winning at least one medal. Worcester athletes won 8 medals - 2 Gold, 5 Silver and 1 Bronze, which was the 5th highest total, only beaten by Solihull, Birchfield, Leamington and Coventry. The number of Worcester athletes competing (10) was the highest I've seen at another clubs open meeting, and they should be proud of themselves both for making the effort to get there, and also for their fine results. As well as the medals won, there were also many finalists and personal best performances. The athletes competing were:

Under 11 boys - Sam Bradnick (75m and 150m)

Under 11 girls - Georgia Williams (75m, 150m and Long Jump)

Under 13 girls - Jade Allard (75m, 150m, LJ), Siobhan Glover (800m, 150m, High Jump)

Under 15 boys - Alex Bradnick (100m, 200m)

Under 15 girls - Lauren Berry (High Jump), Luci Brazier (100m), Libby Merry (100m,200m), Louise Morgan (100m, Long Jump)

Under 17 girls - Kathryn Lewis (100m, 200m)

The organisers of both events commented on the number of athletes we had competing, the level of performance, and the behaviour of our athletes, who were a credit to the club.