



Worcester Athletic Club Newsletter September 2009



Editorial

Where did the summer go?? The thought of running in the heat and having to put on sun lotion, according to the weathermen, was a myth. It will be back to the thermal vests and jog bottoms before long.

The autumn hails the start of the off road races both at club level, with the Birmingham and Gloucester leagues and the individual races such as Waseley Wobbler and the Wyre Forest 8.

Do you want to see anything else in the Newsletter? If so, please let me know and I will see what I can do to include it.

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 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 and do our bit for the environment.

David Hibbitt - Editor

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HELP REQUIRED

Worcester Athletic Club is hosting the annual Worcestershire Beacon Race in Malvern on Saturday 10 October and is looking for marshals.

We urgently need recruits for the tea stall at the Beacon Race. John and Tina Brooke are not here for the day whilst Tina will be able to help and organise most of it she will not be able to help on the day and I'm not sure how much baking will be done before hand. We need a good self sufficient team to assist please. Whoever can help can you please phone Tina Brooke at home in Malvern 01684 574070. It would very much help the day go smoothly.

Anyone who can help on the day, please contact Gary Bailey 01386 831525 (home) or mobile 07736 447747 or gasabailey@hotmail.com

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.

Shobdon Wood 6 - 19 April

Chris Wilson 1st home setting a new course record

David O'Brien 4th

The Magnificent Eastnor Castle 7 - 19 April

Mark Bayliss 6th 3rd vet over 40

Mick Monaghan 1st vet over 60

Geoff Jones 3rd vet over 60

Crowle 10k - 10 May

David Hall 1st

Chris Davies 2nd

Ivan Pawluk 3rd and 1st vet over 40

Mick Monaghan 1st vet over 60

Ros Townsend-Hope 1st female vet over 50

Acorns Triple Run Half Marathon - 7 June

Marc Scriven 1st vet over 50

The Midland Masters - 8 June

Les Scrivens M65 5k Walk 1st

Len Creo M85 5k Walk 1st

Laurence Oldfield M65 200m 1st

Ian Bowles M65 Shot Putt - 1st, Hammer - 2nd, Discus - 3rd

Report by John Marshall

WAC veterans had a good day at the Championships in Solihull. Conditions were very warm which affected the times. In the 5000m walk Les Scrivens, who has moved up to the over 65's, won his group in a time of 32:13, slightly slower than last year. Len Creo, still walking well at 86, also won the over 85 age group in a time of 38:38. In the field events, Ian Bowles, competing in the over 65's, had a good day finishing in the medals in his three events, the shot, hammer and discus. Laurence Oldfield won his age group 200m sprint in a time of 27:06.

Castlemorton 10k - 17 June

Richard Walsh 2nd

David O'Brien 2nd

Evesham Vale 10k - 12 July

Chris Davies 5th

Mick Monaghan 2nd vet over 60

Pitchcroft 10k - 19 July

Peter Richardson - 1st vet over 50

Worcester Half Marathon (Top Farm Barn) - 5 September

David O'Brien 4th

Worcestershire Mid Week Series

Richard Walsh 3rd senior men

World Veterans Championships - Lahti 28/7 8/8 Finland

Lawrence Oldfield

Ron Smith - competed in 800m over 75

John Marshall - watching brief

Forthcoming Coming Races

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

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

10th October Bourton (Cotswold Farm Park)

21st November Forest of Dean

12th December Tewkesbury

2009

6th February 2009 Cheltenham

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

Division 2

24th October Senneleys Park

5th December Gloucester

2009

16th January Sphinx

13th February Malvern

Waseley Wobbler

4th October Bromsgrove

Beacon Race

10th October Malvern

Mortimer Forest Hill Race

13th December Ludlow

Worcester Christmas Special

20th December 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 which will donated to a children's charity.

There will be a few prizes to make it competitive.

100 Club Winners

May	£25	24	David Hibbitt
	£15	45	Ann Perry
	£ 5	44	Jim Cowell
	£ 5	78	Mel Clarke
June	£50	55	Clive Spencer
	£25	40	Roger Turner
	£15	45	Ann Perry
	£ 5	14	Wilf Bates
	£ 5	3	Alan Clarke
July	£25	25	Roger Blandford
	£15	64	Dave Wilde
	£ 5	2	Andy Poppleton
	£ 5	5	Tim Rolph

August	£25	65	Andy Peach
	£15	73	Mrs M Monaghan
	£5	3	Alan Clark
	£5	61	Ron Hodgkins

September	£25	72	Jenny Sliwa
	£15	42	Deirdre Elmhirst
	£5	45	Ann Perry
	£5	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

Catlin Andrews	Robyn Andrews	Liam Bendall
Alexander Betteridge	Sade Gerald	Michael Lewis
Nicholas Martin	Rebecca Noble	Emily Jones
Daniel Pritchard	Samantha Spencer	Hannah Bilson
Emma Bridges	Simon Claney (SM)	Heather Dawson
Geena Dunphy	James Edwards	Melanie Garland (VF)
Andrew Harknett (VM)	James Ingham	Timothy McCluskey
Francesca Short	Christopher Wood	Matthew Wood
George Wooten	Jon Wooten (VM)	Georgina Bedwell
Lee Bushell	Callum Gurney	Tom Gutteridge
William Helm	Alicia Mullaney	Jemimah Newell
Samuel Othen	Thomas Staite	John Brierly
Ashley Heron	Owen Adkins	Jo Bailey
George Bates	Lewis Clarke	Andrew Davies
Isabelle Dyer Ellie Hollis	William Hollis	Veronika Milkesova
Jennifer Nesbitt	Andrew O'Hara	Edward O'Hara
Heather Paton	Matthew Sowden	Toby Tideswell
Ellie Carruthers	Alexandra Elsey	Joseph Kinsey
Luke Kinsey	Sue Needham (SF)	Gwylim South

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

Congratulations

Claire White in attain level 2 coach status in throws and jump disciplines.

Other Notices

To All Worcester A.C. Members

From Chairman, Derek Cowdrey

As we enter the season of darker nights and many of you are now starting your winter training and running on the road, I would like to repeat my plea from last year and ask you to be aware of your responsibility for your own safety and that of other users of the public highway (road and footpath).

I would like to point out that the insurance afforded you by the club being affiliated to UK Athletics could well be invalidated if the insurance company considers that an athlete has not taken appropriate safety precautions when out training.

Whilst I know that a large number of you already do so, I would like to ask ALL members to make sure that they wear high visibility or light (preferably white or yellow) clothing when running on the road. Club Hi-Vis tabards are available in the tower (see Joan or your coach).

If you are the parent of a young athlete can you please ensure that they follow this advise.

REMEMBER THE PUBLIC SERVICE SLOGAN FROM A FEW 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.

David Hibbitt

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

NEWS ARTICLES

Item from MMAC July Newsletter

JOHN MARSHALL A long time member of Worcester AC and an old friend of your editor and an accomplished walker, has written to say that earlier in the year, Worcester City Council held their sports awards for 2009. John was given the "outstanding contribution" prize for 59 years membership with 53 years on the committee and 44 years coaching and counting. Congratulations! John and keep going.

Worcester Athletic Club Weekend Medal Haul at County Championships

A mass total of 59 medals were won by members of Worcester Athletic Club on Saturday 9th May at the County Track & Field Championships, this included 29 gold, 14 silver & 16 bronze. Despite battling with strong winds some good performances were recorded. Under 13 girls triple champion was Siobhan Glover for 100m (14.7s), 200m (30.4s) & high jump (1m30). Jumping to double success were under 15 Ella Gibbons in high jump (1m50) & long jump (4m89) & under 17 Matt Passey in long jump (5m83) & triple jump (10m26). Double sprint stars were under 17 Amber Griffiths for 200m (27.9s) & 300m (46.2s) & under 17 Alex Bradnick for 100m (11.8s) & 200m (23.6s). A double endurance win came from veteran Phil Bullock in 2000m steeple chase (7m37.1s) & 1500m (4m48s).

Further champions were: under 13s Matthew Glover (shot putt - 7m21) & Scott White (javelin - 21m47); under 15s Thomas Stock (3000m - 10m07.7m) & Alice Wright (1500m - 4m52.6s); under 17s Louise Morgan (long jump - 4m75), Jack Lannie (high jump - 1m45), Eleanor Dewson (100m - 13.7s), David Jubb (3000m - 9m42.7s), Lewis Roberts (1500m - 4m32.7s), James Edwards (javelin - 37m57) & Molly Browne (triple jump - 9m74); under 20s Edwin Elmhirst (high jump - 1m80), Becky Donnelly (100m - 13.9s) & Jenny White (400m - 60.6s); veterans Richard White (400m hurdles - 64.1s) & Les Scrivens (3000m race walk - 18m54.7s).

Find out more about Worcester Athletic Club at www.worcesterathleticclub.org.uk

Junior Round Up News

Midland Counties Under 15 and Under 17 T&F Championships and U13 Quadrathlon.

Dates 23rd and 24th May 2009

Venue Alexander Stadium, Birmingham

Day 1

T1	75mH U15G	Heat 1		
7	Ella Gibbons	12.97	pb	11th overall
T12	300m U17W	Heat 2		
6	Amber Griffiths	43.99	pb	11th overall
T20	100m U15G	Heat 2		
7	Lucy Smith	13.92		
T22	100m U17W	Heats 1&2		
6	Louise Morgan	13.35		14th overall
5	Emma Davies	13.37		16th overall
T23	100m U17M	Heat 1		
1	Alex Bradnick	11.30		
T34	100 U17M	Final		
2	Alex Bradnick	11.19	pb	Club record
T26	1500m U17M	Final		
11	Lewis Roberts	4.29.39	pb	
F04	Long Jump U15G	Final		
4	Ella Gibbons	4.99	pb	Club record
	Georgie			
11	Greenwood	4.33		
F11	Discus U17W	Final		
6	Elizabeth Sliwa	17.75		
F21	Javelin U17M	Final		
9	James Edwards	36.77		
F23	Long Jump U17W	Final		
3	Louise Morgan	4.90		

U13 GIRLS QUADRATHLON RESULT

5	Siobhan Glover	1210pts		
100m 2nd in				
heat	Siobhan Glover	14.22	pb	
Long Jump	Siobhan Glover	3.80	pb	
High Jump	Siobhan Glover	1.28		
Shot	Siobhan Glover	6.08	pb	

Day 2

T37	1500m U15G	Final		
2	Alice Wright	4.43.73	pb	
6	Victoria Moritz	4.53.96	pb	
T39	800m U17W	Heat 2		
6	Helen Reeves	2.21.05	pb	10th overall

T43	200m U17W	Heat 1	
4	Amber Griffiths	26.93	pb
T44	200m U17M	Heat 1	
1	Alex Bradnick	22.75	
T56	200m U17W	Final	
7	Amber Griffiths	26.74	pb
T57	200m U17M	Final	
1	Alex Bradnick	22.41	pb Club record
F30	Long Jump U17M	Final	
5	Matthew Passey	5.68	
F43	High Jump U15G	Final	
2	Ella Gibbons	1.55	pb = Club record

Athletes from 59 clubs competed, ranging from as far North as Wigan, Sheffield and Doncaster, to Newquay and Exeter in the South, and Cambridge, Kettering and Milton Keynes to the East. Some of the country's biggest clubs were present, including City of Stoke and Birchfield Harriers, and the medals were shared between athletes from 44 different teams. All the athletes who competed should be proud of their performances, there were many pb's, and the club were 15th most successful at the event when measured by medals won - winning the same number as traditionally "bigger" clubs such as Solihull, Charnwood and Cheltenham.

The level of competition at this event is as high as junior athletes will find outside of English Schools Finals and English AAAs Championships, with many finals containing 2-3 of the top 10 ranked in the country in that event. Many of the athletes are in their first year in their respective age groups, and will be able to build on this year's performances next year.

This year's medal winners were

Ella Gibbons	Silver	Under 15G High Jump (also missed bronze in Long Jump by 1cm)
Louise Morgan	Bronze	Under 17W Long Jump
Alice Wright	Silver	Under15G 1500 metres
Alex Bradnick	Silver	Under17M 100 metres
	Gold	Under17M 200 metres

Worcester Athletes compete in Wales and Scotland

Wales - Saturday 15th August

Eight Worcester athletes competed at the Wrexham Games. On an extremely blustery day with headwinds as high as 7m/s it was not a good day for running fast times or jumping far, but the athletes competed well and came back with 7 medals and a number of good performances.

As a club, the highlight was perhaps the Under 15 Girls 100m where 3 of the 8 athletes who qualified for the final were from Worcester - this caused quite a few people to ask who the club in yellow vests were! As individual athletes both of the Griffiths sisters won their 200m finals, and Sade Gerald came away with 2 silver medals from one of her first Open competitions - she shows great promise.

The enthusiasm for competition from the athletes and the dedication of parents is a pleasure to see. Georgie Greenwood has a special mention for turning up at the event on her way home from holiday in Wales. After battling through horrendous traffic due to overturned vehicles, she arrived after the first 2 jumps had been done, and with no warm up competed very well.

Megan Humphries returned to form making both sprint finals, as did Jade Allard - although she had to pull out of the 200m final due to looking ready to faint! (The heat and final were only half an hour

apart - too short a gap for any age group). Zoe Styles continues to impress with her 100m 3rd place - beating girls who are meant to be 0.5 seconds faster than she is. Matt represented the boys well - being the only male from the club competing, and did well to come 3rd in the Long Jump after missing a lot of training due to exams and injury.

Under 15 Girls

Shot	Sade Gerald	2 nd
Hammer	Sade Gerald	2 nd
Long Jump	Georgie Greenwood	5 th
100m	Zoe Styles	3 rd
	Jade Allard	5 th
	Megan Humphries	8 th
200m	Megan Humphries	8 th (final)
	Jade Allard	3 rd (heat)
	Zoe Styles	6 th (heat)

Under 17 Ladies

200m	Amber Griffiths	1 st
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Under 20 Ladies

100m	Tabby Griffiths	3 rd
200m	Tabby Griffiths	1 st

Under 17 Men

100m	Matt Passey	4 th
Long Jump	Matt Passey	3 rd

Scotland - Sunday 16th August

On the following day Ella Gibbons competed in the Scottish AAA Under 15 Championships at Grangemouth. Enjoying considerable (and very noisy) support, Ella won the Long Jump with an excellent 1st round jump and personal best of 5.39m. This puts her in 4th place in the UK rankings, and is a new club record (beating her own performance from the English Schools championships). The conditions were far from ideal, and it shows the quality of Ella's performance that she beat the 2nd highest ranked jumper in the UK by more than 10cm to take the Gold.

Ella then went on to compete in the High Jump. After having her supporters worried at 1.50m, needing a 3rd attempt, she then went on to clear 1.55m and had 3 very close failures at 1.60m to win the Silver medal. This equaled her personal best and joint club record. It's only a matter of time before Ella clears 1.60m and beyond.

The announcers for the medal ceremonies made special mention of Ella being "all the way from Worcester". It was a very proud day for Ella, her family, and the Athletics Club.

Under 15 Girls

Long Jump	Ella Gibbons	1 st
High Jump	Ella Gibbons	2 nd

Young Athletes Runaround T & F Meeting

Medals galore were won at this meeting hosted by WAC.

Members of WAC were not only rewarded with medals but also a small friendly competitive experience & personal achievements.

It was well supported by members of Cheltenham and also Bromsgrove & Redditch clubs.

In addition to league meetings & competitions put on by WAC many ambitious athletes have travelled far & wide for more experiences. They have continually been improving their PBs as well as having fun. These meetings have been reported on our club web site & notice board.

**Heart of England League 2009
Worcester AC Positions
Congratulations to the whole team**

Age Group	Match 1 Rugby	Match 2 Solihull	Match 3 Worcester	Final Positions
Under 13 Girls	6 th	6 th	4 th	6 th
Under 15 Girls	1 st	7 th	3 rd	3 rd
Women Inc. Under 17	6 th	6 th	5 th	6 th
Overall Female	5 th	6 th	4 th	6 th
Under 13 Boys	4 th	2 nd	2 nd	2 nd
Under 15 Boys	6 th	7 th	3 rd	6 th =
Under 17 Men	4 th	2 nd	1 st	1 st
Overall Male	5 th	3 rd	1 st	2 nd
Whole Club Team	4th	5th	2nd	3rd =
Under 11 Girls	6 th	0	7 th	7 th
Under 11 Boys	6 th	5 th	5 th	5 th

You have secured your place in division 1 for 2010

Age group	Winners of League
Under 13 Girls	Stratford
Under 15 Girls	Amber Valley
Women Including Under17	Amber Valley
Overall Female	Amber Valley
Under 13 Boys	Bromsgrove & Redditch
Under 15 Boys	Stratford
Under 17 Men	Worcester
Overall Male	Stratford
Whole Club	Stratford
Under 11 Girls	Stratford
Under 11 Boys	Stratford

(There are only a few events for under 11s, they score for their own age group but not the club team , there are also medals for 1st, 2nd & 3rd best U11 league performances in each event, WAC athletes did not win any medals this year).

Many thanks to all our officials, very valuable members of the team!