



**Nick in the Hammer – 7 points**



**Shalayna in Long Jump – 7 points**



**Ella in Long Jump – 7 points**



**Above - a Pole Vault PB for Pete**



**Samantha with a PB in the Javelin**



**Andy with a PB in the Long Jump**



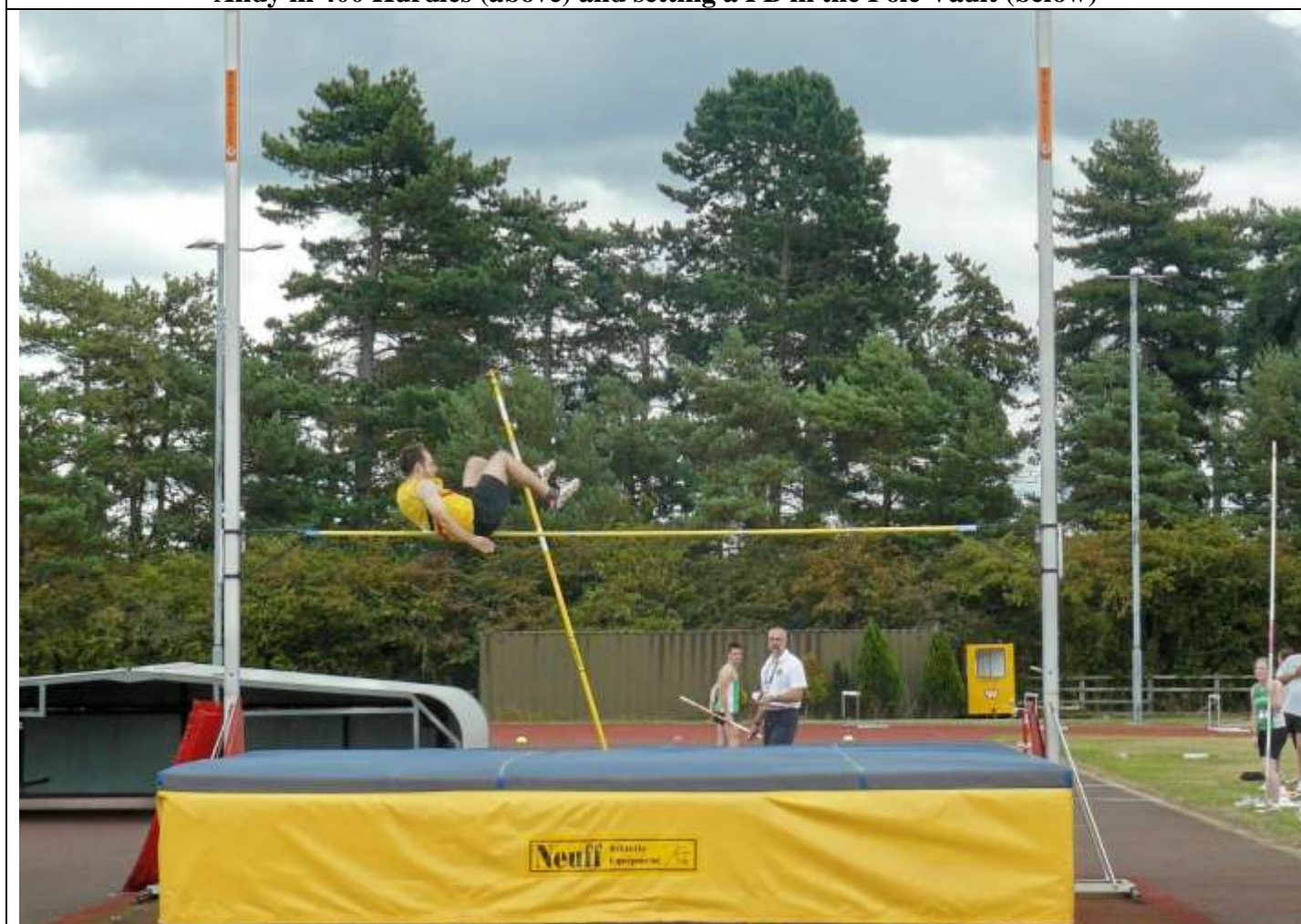
**Javelin PB for Mel**



**Richard White (7 points) in the 400mt Hurdles**



**Andy in 400 Hurdles (above) and setting a PB in the Pole Vault (below)**





Warren heading for 2<sup>nd</sup> place in the 800mt



Phil in the 1500mt (7 points)



Looks like a dead heat in the 200mt – but the officials said Andy was second



**Camilla (6) and Tracy (66) at the start of the 1500mt  
They came first and second in their respective race categories**



**Ella in the High Jump**

**Final change  
of the ladies  
4 x 100 Relay**

**Pictured just  
before they ran  
out of  
the sector!**





**Men's 4 x 400 Relay Squad – first place**



**Women's 4 x 400 Relay Squad – first place**

*Photographs by Roger Garland of Worcester AC*