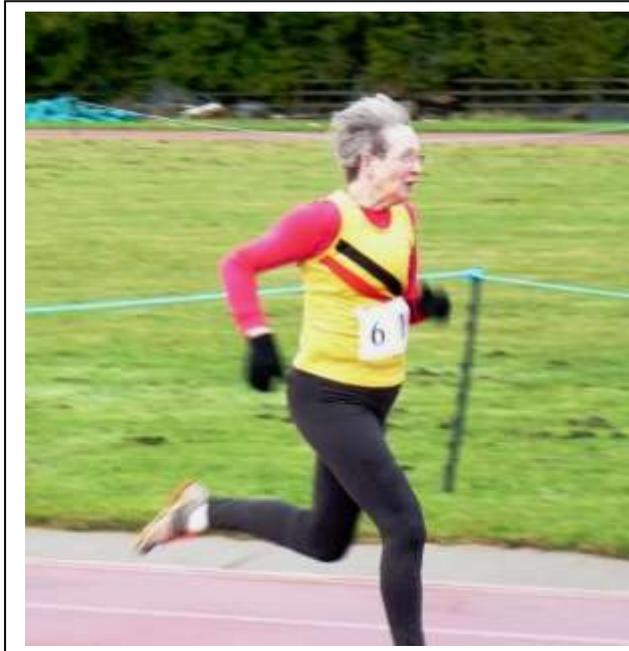


Midland Veterans Track and Field League



On an extremely wet and windy evening in Stourport, the Worcester “Vets” ladies athletics team opened their 2016 season against the best club teams in the South Midlands.

In the 100mt sprints, Ros Townsend-Hope (W60) got the team off to a flying start with maximum points in 18.5sec. In the next race, Iris Holder (W70) ran 18.7sec for another first place – photo left.



At W50 category Mel Garland raced to victory in 15.0sec. and was followed home by Angela Sonn in her first race for the club. Cat Goulder-Davies (W40) photo right -

brought in 7 points with 14.2sec whilst at W35 Jan Timberlake (dropping to a younger age group) secured 6 points with 16.0sec for an age group PB – photo below



Moving to the 400mt, Becky Freeman and Cat Goulder-Davies (with an age PB) acquired 13 points for the team. Yet another age PB was set by Angela with 79.9, before Ros (W60) clinched 8 points for victory in a time of 81.4sec.

In the 1500mt races, Becky Freeman (W35) and Amanda Steer (W40) who are both more at home on cross country courses, put in a couple of very good performances for 14 valuable points. In the W50 category, Rachel Ward sadly had to withdraw but her place was filled by Liz Bowers, dropping down an age group but still bringing in 5 points for the club. Also at 1500mt new recruit Emily Seward produced an excellent run to finish in 5'36.2 which is less than 4sec outside the W40 club record. No pressure Emily, but we'll be watching next time

Wendy Bennett (W40) and Liz Bowers (W60) combined in the race walk for two excellent second places, securing 14 points for Worcester as the team consolidated their lead in the match.



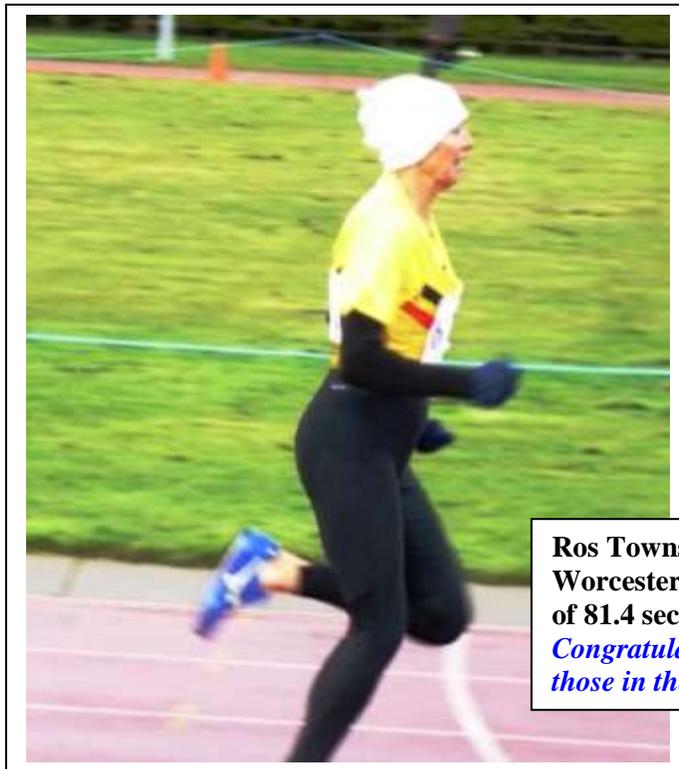
Liz in the race walk

Meanwhile, in the field events, the High Jump was cancelled due to flooding, but other events brought in superb points for Worcester.

Mel Garland (W50) in the Javelin 16.04mt and Shot Putt 7.31mt obtained 15 points out of a possible 16. Iris Holder won the W60 Long Jump with 2.98mt and Jan Timberlake secured second place in the (W40) Shot Putt for another 7 points.

The final event of the competition was the 4x200mt relay. Mel, Ros, Becky and Cat got the baton around in 2'18.2 for 3rd place and 6 more points.

At the end of the evening, Worcester ladies had clinched victory over their close rivals Bromsgrove and Redditch by the significant margin of 20 points. Third place went to Stratford AC, followed by Halesowen, with the remaining clubs filling the minor places. This victory was a fantastic way to start the new season, as the Worcester ladies squad battle to retain the league title. Great job ladies!



Ros Townsend-Hope set a new Worcester (W60) club record of 81.4 sec in the 400mt
Congratulations Ros from all those in the Vet Ladies squad

Also, a very special “thank you” to all those officials, including several from our club, who braved the elements to start, measure, judge and time athletes in a full range of events, throughout the evening. We just couldn't do it without you!

For a full set of results, please click here .. <http://www.thepowerof10.info/results/results.aspx?meetingid=161446>