

Midland Vet's Track and Field League – Match 3 – June 2016

WORDS AND PICTURES BY ROGER GARLAND

The third match of the 2016 season in the Midland Vet's Track and Field League saw the Worcester Ladies squad involved in an extremely close contest with local rivals Stratford AC and Bromsgrove/Redditch AC, plus Halesowen, Droitwich and others.

With a range of events in up to 5 different age groups and points awarded in relation to performances achieved, the match was in the balance until the final event of the night.



Iris Holder (minus spec's due to the rain!) winning the 100m at W70 in 18.1seconds

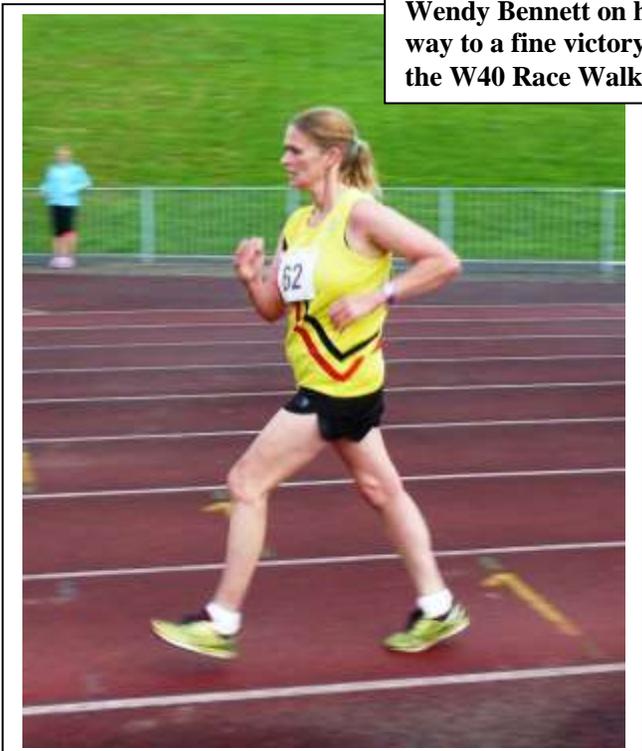
Starting with the 100m races, Iris Holder (W70) Ros Townsend-Hope (W60) and Mel Garland (W50) all produced Season's Best (SB) times in securing 23 points from a possible 24, to get us off to an excellent start. Cat Goulder-Davies, returning from injury, ran 14.2s in the W40 category to secure second place for 7 points. Vicky Watkins (W35) ran another SB and collected 7 more points for Worcester Ladies.

At 400m Rachel Ward (W50) in her first track race for almost a year, obtained 6 points with 81.3s. Becky Freeman (W40) came 5th in 79.2s whilst in the W35 age category Vicky Watkins ran 73.2s for 2nd place a Season's Best time and 7 points for the team.



Worcester's "non-scoring" runner Angela Sonn heads the W50 400m

Wendy Bennett on her way to a fine victory in the W40 Race Walk



In the 2k Race Walk, Worcester's Wendy Bennett (W40) achieved maximum points, completing the distance in 11'36.1. Wendy finished well ahead of the other female athletes and also ahead of nearly all the male athletes.

Sadly, with no race walker at the W60 category we lost ground on some our rivals – but all was not lost....

**1500m runners (left to right)
Rachel, Ros and Amanda**



At 1500m Ros Townsend-Hope (W60) with an SB of 6'20.3, Amanda Steer (W40) with 6'03.0, and Rachel Ward, dropping down two age categories to help out at W35, collected 19 points to add to the team total.

In the Field Events, Gill Repton competing as a W35 and Pam Price competing as a W50 both set SB's in the Hammer obtaining 9 points, whilst each giving away up to 20 years to other competitors!

Iris Holder came third in the (W60) High Jump for 6 points, whilst Mel Garland came third in the Discus (19.13m) second in the Long Jump (4.21m) and first in the Triple Jump (8.76m) for 21 valuable points

And so to the final event of the evening, the medley relay, where athletes have to run 200m, 200m, 400m and 800m. Going into the relay, the match score was tied for the lead between Worcester and Stratford, with the Bromsgrove/Redditch team and Halesowen in third and fourth respectively.

Bromsgrove/Redditch fielded a very strong relay squad, including current European sprint champion, Jo Frost and they comfortably won the race in 4'58.3. For the Worcester team, Mel Garland (200m) Cat Goulder-Davies (200m) and Vicky Watkins (400m) handed the baton to Becky Freeman in third place, a few meters behind Stratford, but a few meters ahead of Halesowen. In the final (800m) leg of the relay, Becky overtook the Stratford athlete but was then herself overtaken by Halesowen's Sam Morton who led the Worcester athlete until the last 150m. Becky then accelerated to finish almost 10m ahead of her rival from Halesowen and secured 7 points. Stratford came fourth in the relay for 5 points, two less than Worcester.



**Worcester's relay team (left to right)
Becky, Mel, Cat and Vicky**

When the match result was finalised, **Worcester had scored 124 points with Stratford second on 122 points and Bromsgrove/Redditch 106.** Worcester now go into the final league match of the season, at the Worcester track at 7pm on Wednesday, 27 July, heading the league and hoping to retain the league title they won last year.