

ALL ROADS LEAD TO ~~(ROME)~~ ANCONA



Towards the end of March, four of the successful Worcester Ladies “Vets” athletics team made the long trip to Ancona. Although they found themselves on the Adriatic coast of Italy, this was no group holiday, but an opportunity to participate in the **European (Masters) Indoor Athletics Championships** as part of the Great Britain team.



Wendy and Darrell - rather pleased at the Race Walk success

Making her (Masters) international debut, **Wendy Bennett** tackled both the 3k and the 5k Race Walks. In the 3k (15 laps of the 200m indoor circuit) Wendy was competing against over 40 other athletes, all in the same race! Starting near the back of the pack, Wendy worked her way through to 7th by the 400m mark, finally coming home in 4th place. In the 5k Race Walk, Wendy really attacked from the outset and was thrilled with a European Bronze Medal for third place in the very competitive W50 category.

Jan Timberlake was another who enjoyed a successful outing as part of Team GB. In the W45 Javelin, Jan threw a very respectable 26.09m, moving her to third on the UK rankings. In the High Jump, Jan set a new (age) club record of 1.40m then followed it up with an incredible 4.56m in the Long Jump. Even Jan queried “where did they come from?” Two new PB’s for Jan, which bodes well for the coming season.



Jan on her way to 1.40m in the High Jump

Mel Garland (W50) entered multiple events on the basis of “We’re going to Italy, let’s make the most of it”. 60m in 9.54s and 200m in 32.29s (SB) were followed by 1.30m in the High Jump (=SB), 4.25m in the Long Jump and 9.30m in the Triple Jump (SB).



Iris on her way to a silver medal in the Long Jump

In the W75 Category **Iris Holder set a new British all time record** in the 60m with a winning time of 10.72s, making Iris the European Champion. In the Long Jump, Iris cleared 3.08m for a Silver Medal, then went one better in the Triple Jump where she cleared 6.71m to become a
Double European Champion. Iris is now GB record holder at Long Jump, Triple Jump and 60m, so on Power of 10 is ranked No. 1 in all three events

Finally, it was time for the series of **4x200m relay** races. Iris, having injured her shoulder in one of the jumps, withdrew from the W75 GB relay squad. However, with a time of 3’03.64 the GB athletes won a Gold Medal and set a new W75 **World Record**. There is no doubt that with a fully fit Iris the time would have been even quicker!

In the W50 category, Mel was extremely pleased to make the GB Team. Following introductions and some practice “hand overs” with Mel’s rolled-up mini (Union Jack!) umbrella an hour or two before the race, the GB Team stormed around in 2’04.28 to secure European Bronze and a place on the podium, outperforming the Swedish quartet.



Mel (2nd left) as part of the W50 relay squad

Worcester athletes came home from Italy with great memories, as well as a host of SB’s, PB’s, a new British Record and several European Championship medals. They may have been in GB kit, but whilst competing against over 3,000 athletes from 41 countries they also raised the profile of Worcester AC as it became obvious that our club was so well represented, so well supported and the athletes so successful.