

## England Athletics National U20 & U23 Championships, Bedford, 18 & 19 June 2016

A small group of Worcester AC athletes competed in the national U20 & U23 Championships and two of the athletes came away with medals.

Josh Carr won the silver medal in the U23 men 1500m with a time of 3:48.69.

Joel Khan (U17) competed up an age-group in the U20 men high jump to try and improve his chances for selection to the GB team for the European Youth Championships (Tbilisi Georgia) in July. Joel has been in great form recently and jumped yet another PB of 2.09m, winning the bronze medal in the process. Joel is currently ranked number one in the UK in U17 men high jump and you will no doubt see Joel in his GB kit at the track if he gets selected for the European Youths!



Three of Mike Bennett's U20 sprinters were also in action: Ollie Biddle, who competed in 100m (PB 11.25 sec) and 200m (22.56 sec); Tom Kenwright, who ran a PB of 11.00 (ws +3.1) in the 100m getting through to the semi-finals where he ran a time of 11.19 sec; and Jack Hocking, who competed in the 200m (22.85 sec) and ran a seasons best in the 400m (49.38 sec).

In the U23 age-group, Andy Grimwood competed in the 100m (11.09 sec) and Elise Bue threw 43.67m in the discus to finish in 7<sup>th</sup> place.

Heather Paton, who now competes for Birchfield Harriers but still trains at Worcester, won the bronze medal in the U23 ladies 100m hurdles in PB time of 13.75 sec.

Well done to all of you. Having the qualification standard to compete in the National Championships is an achievement in itself.