

Jack Hocking and Cara Clarke secure medals at Midland Championships

Courtesy of Worcester News

THERE was double delight for Worcester Athletic Club at the Midland Senior and Under 20 Championships as Jack Hocking and Cara Clarke struck gold in Nuneaton.

Hocking registered his first senior victory when he crossed the finish line in 48.66 seconds in the 400-metre final at the Pingles Stadium.

Clarke also finished top of the podium after sprinting home in 12.71 in the under 20 100m final despite being hampered by a hip problem.

It capped off a great day for the 18-year-old who picked up a bronze medal from the under 20 200m final after producing a time of 25.57.

Hocking, 19, said: "I was really pleased to get that first senior title as it shows that all the hard work in training is paying off.

"A lot of the credit should go to my coach, Mike Bennett, who also works with Cara and gives so much time and dedication to us both.

"Next weekend is the England Athletics Under 23 Championships in Bedford so I have got confidence going into that and hopefully I can get another medal there."



Jack Hocking and Cara Clarke at the Midland Senior and Under 20 Championship