

U15/U17 Midland Championships – Nuneaton, 11-12 August 2018

Young athletes from the Worcester AC took part in the regional track and field championships in Nuneaton at the weekend. The best performance of the weekend was from heptathlete Danielle Hopkins (lead coach Deirdre Elmhirst), who became Midland Champion in the U17 women's high jump with a leap of 1.68m. Danielle also won silver medals in the shot putt (11.22m; credit to throws coach Quentin Elmhirst) and triple jump (11.02m; credit to horizontal jumps coach Mike Bennett). In the U15 age-group, Callum Brassington-Meehan (coach Roger Turner) won the silver medal in the boys 100m with a personal best time of 11.65 sec. Also, Poppy Elton (coach Geoff Aston) won the bronze medal in the U15 girls 800m in a time of 2:27.94 min.

In the U17 women, Deanna Clarke (coach Richard White) competed in the 300m hurdles race, where she finished the final in 4th place in a time of 47.16 sec. Deanna also took part in the 300m, where she ran a time of 44.06 sec in the final. Also competing in the 300m was Katie Harris (coach Mike Bennett) who ran a time of 45.39 sec. Katie also participated in the 100m race, which she ran in 13.91 sec. Sarah-Jane Ollis (coach Mike Bennett) competed in both the 100m and 200m races, reaching the final in the 100m and finishing in a time of 13.22 sec. Heptathlete Hannah Sahota (lead coach Deirdre Elmhirst) competed in the long jump (6th place with 4.77m; credit to coach Mike Bennett) and 80mH (credit to hurdles coach Richard White), where she qualified for the final with 12.60 sec and finished in 5th place after experiencing delays while the wind gauge was fixed and then a false start and disqualification by another competitor.

Andrew Jay (coach Deirdre Elmhirst) was the only U17 man from the club who competed in the championships, finishing 4th in the high jump.

Lottie Bentley (coach Mike Bennett) raced the U15 girls 100m, finishing in a time of 13.65 sec. In the same age-group, Beth Harris ran a personal best time of 15.88 sec in the 75m hurdles race. U15 combined event athletes, Amber Hopkins and Maya Stewart (lead coach Deirdre Elmhirst for both girls), took part in the same 4 events over the weekend. Amber gained personal bests in the long jump (4.58m) and shot putt (8.11m; 4th place) and Maya threw 7.82m in the shot putt to finish in 6th place. Both Amber and Maya jumped well in the high jump, reaching heights of 1.40m and 1.35m, respectively. The two girls also competed in 75m hurdles races; the windy day made conditions difficult for fast times or clean hurdling but they gained good experience against event specialists.



Danielle Hopkins on top of the podium and with coach Deirdre Elmhirst