



THE 2019 MIDLAND VET'S LEAGUE BURSTS INTO LIFE

First match of the season and as usual our Worcester AC vet athletes converged upon Stourport. First match of the season and as usual it was wet, cold and windy at "sunny" Stourport!



Pete Stewart on his way to winning the M50 Pole Vault

Upon arrival, the **WAC Vet Men's Team** had to be hurriedly re-shuffled following the late withdrawal of Marc Flannery, who has sadly decided not to compete this season.

We kicked off with the **Hammer**, where Mike Small and Pete Stewart each secured 7 points, despite both having to compete against athletes in younger age groups. Pete was also doing **Pole Vault**, this time with Hugh Davies, who bravely stepped in to cover for Marc. Both scored maximum points, so an excellent 16 were added to the Team total.



Mike Small setting an "age PB" in the men's Shot Putt

Mike Small was competing again in the **Shot Putt**, which he won with an M65 PB of 10.30m before rushing off to throw a **Javelin**, in the M35 category! The Jav flew out to 31.66m for second place and a further 7 points for the Team.

In the **High Jump**, the Pete Stewart and Hugh Davies combination were at it again, jointly obtaining 13 more points for Team WAC.

In the M40 **Triple Jump** Henry Hopkins (M60) potentially giving away 20 years to other competitors, managed a superb 3rd place for 6 more points.



Matt Fairlamb in the 100m sprints

On the track, the WAC men struggled a bit in the **100m sprints**, but John Steel, Laurence Oldfield, Henry Hopkins, Dave Shaw (on his WAC debut) and Matt Fairlamb (a middle distance athlete) mostly running out of age group (so against younger athletes) collectively brought home a valuable 8 points for the Team.



Hugh Davies in the 2k Race Walk, deep in concentration

In the **400m** Hugh Davies, Henry Hopkins and Richard White, all three competing out of age group, secured 17 points, before Hugh was out again for the **2k Race Walk** where he was joined by Richard Drewett, in his first outing for the club – and his first ever Race Walk. Hugh came first (M40) and Richard third (M60) with a PB!

For probably the first time in the long history of the league, we had a series of **One Mile** races. In a very competitive M35 race Matt Moon came third, whilst at M40 (Matt Fairlamb) and M60 (Martyn Cole) scored maximums, so the Team obtained a wonderful 22 points out of a possible 24.

The men’s match was rounded off with the **4x200 relay**. It was chaotic at the first change as the First Leg athletes had been told to break soon after the start, rather than run in lanes as per the league rules. It could have led to serious injuries given the speed of the athletes and the fact they were still so bunched up after just 200m. Luckily the WAC guys came through ok and, despite having something of a scratch team, still managed 3rd place with 1’58.5 for 6 points. WAC also entered a non-scoring “guest” team in the men’s relay. They got the baton around in 2’09.1 which bettered the times set by the “scoring” athletes from DKSAC and from Sparkhill.

Overall, this was a superb Team performance managed by Dave Hope and Nick Hitchins, with several athletes competing against people much younger and others covering events well outside their comfort zone, just to gain a few extra points. Their effort paid off handsomely as when the results were published Worcester Vet Men had clinched a match victory by just 11 points from a strong B&R team with Stratford a close third.

The Worcester Vet Ladies Team looked quite strong on paper, even though this season they will unfortunately have to cope without International Race Walker Wendy Bennett, due to injury.

In the **Field Events** we started with **High Jump** where Jan Timberlake (at W50) and Team Manager Mel Garland (competing down at W35) each scored maximum points giving the club an early lead in the competition. In the **Shot Putt**, Mel (W50) was out again, this time with Marion Loveridge (at W40) and Pam Price (W70). With a first and two second places Team WAC acquired another 22 points. For Pam, it was possibly her first Shot Putt victory in all her many years of competing for Worcester’s Vet Ladies.

Marion dashed off from the Shot Putt just in time to have one (safe) throw in the W50 **Javelin**, coming 3rd for 6 Team points.

Meanwhile, Iris Holder was **Long Jumping** into the sandpit where she came 5th giving away almost 20 years to some of the other athletes.



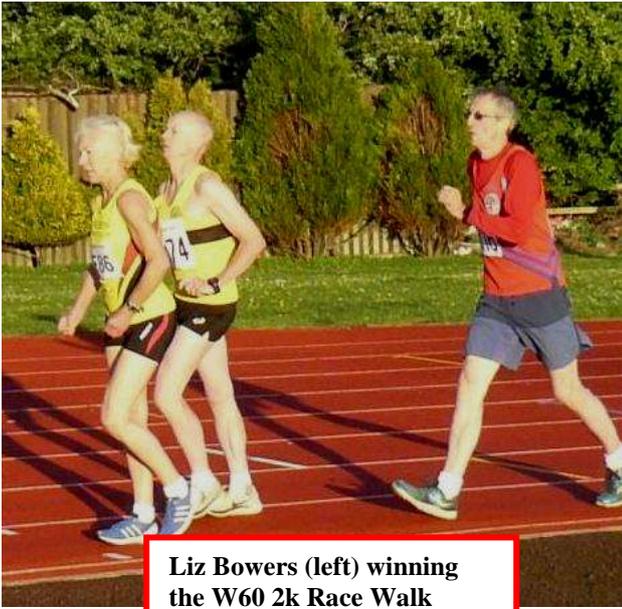
Pam Price winning the W70 Shot Putt with an SB of 4.93m

At the end of the Field Events Worcester Vet Ladies had scored 48 points, just 2 ahead of the strong Bromsgrove & Redditch team.

Meanwhile, over on the track, the action started with the **100m sprints**. Nicola Guiver, Ros Townsend-Hope, Iris Holder, Angela Bryant (returning from injury) and Vickie Watkins acquired an excellent 33 points for the Team. Unlike the WAC men, we were fortunate that all 5 of our female athletes were able to run in their correct age groups. Iris and Angela both secured fine victories, at W70 and W50 respectively.



Ros Townsend-Hope (2nd left) in the 100m sprints



Liz Bowers (left) winning the W60 2k Race Walk

In the **400m** races we looked really strong and returned three victories, Vickie at W35, Nicola at W40 (where she equalled her PB with 70.7s) and Ros W60, all three having “warmed-up” by running 100m sprints! 24 points obtained at 400m from a possible 24

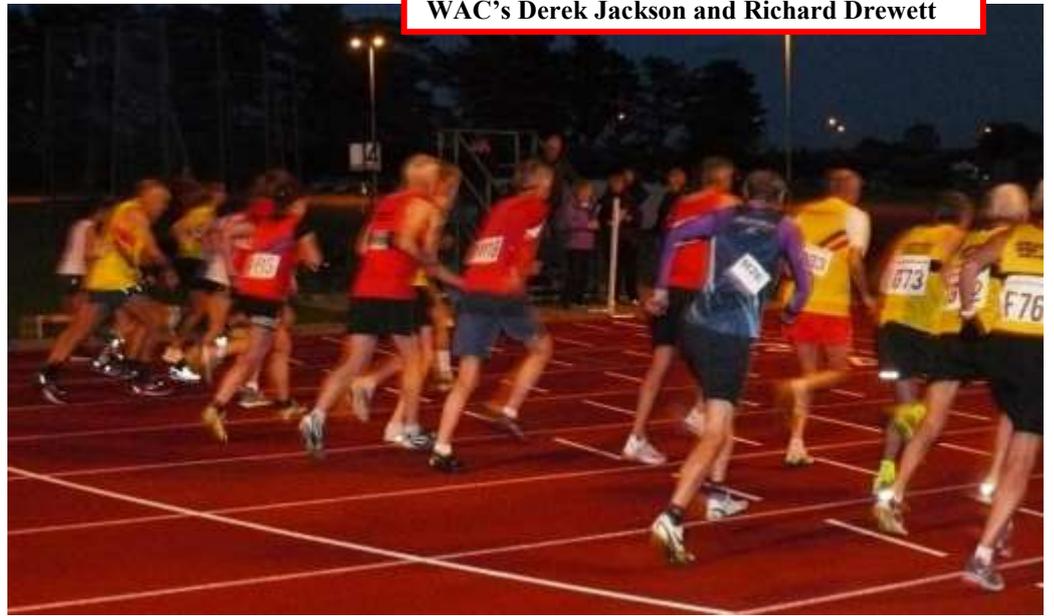
In the **2k Race Walk** Liz Bowers was another athlete scoring maximum points, finishing over 50 seconds ahead of the runner-up in the W60 age group. Sadly we could not fill the W40 Race Walk slot.

In the **One Mile** races Debbie Parker (in her Vet’s Team debut) overcame her nerves to secure 6 valuable points. At W40 Becky Selvey won her age group whilst Rachel Ward running on a track for the first time in 3 years managed 3rd third place. Together these milers returned 20 precious points.

The final ladies race of the evening was the **4x200 relay**. Mel Garland, Nicola Guiver, Vickie Watkins and Angela Bryant stormed around in 2’07.2 to win the race. Their winning time was some 2 seconds quicker than the WAC Men’s “B” Team!!

Worcester Vet Ladies scored a fantastic 141 points, winning the match by a comfortable margin of 27 points. Stratford finished second and Halesowen a close third.

The night time start of an iconic “One Mile” race (M60 and W50) including Guest runs by WAC’s Derek Jackson and Richard Drewett



Congratulations everyone, this double victory (men and women) was a wonderful way to round off an extremely enjoyable opening match of the 2019 Midland Vet’s season.



Our winning ladies 4x200 relay team

Finally, a big “thank you” to all the Worcester Officials the Team Managers and others who helped oversee the event and without whom this tremendous evening of vet athletics would not have been possible.

**Roger Garland
Worcester AC**