

Midland Indoor Championships 8/9 Feb 2020 (Birmingham HiPac)

Although not many Worcester AC athletes competed at the Midland Indoor Championships, those who did take part produced some excellent results. Deirdre Elmhirst's high jump and combined events squads were well represented and those who did not compete was because of illness or injury.

The high jumpers came away with a clutch of medals and/or PBs. **Joel Khan** won gold in the senior men high jump with 2.15m (his second highest ever jump indoors). He retired from the competition at 2.19m after hitting his hand on the upright! There is no doubt that bigger heights will come this season. Another Midland Champion in the HJ squad was **Harry Paddock**, who won the U15 boys high jump with a PB of 1.65m. Harry has just joined the HJ squad and is making rapid progress. **Bernice Coulson**, who trains with Deirdre but competes for Nottingham, won gold in the senior women's high jump with 1.65m. **Alex Ward** won the silver medal in the U20 women's HJ with 1.55m, just 1 cm short of her PB. **Georgia Wharton** won the U15 girls bronze medal with a first-time clearance at 1.45m, which equalled her PB. Georgia is another exciting new addition to the HJ squad. Others from the squad who jumped well were U20s **Charlie Husbands** (Bromsgrove & Redditch; second claim Worcester AC) who sailed over a PB of 1.75m and **Andrew Jay** who jumped an indoor PB of 1.70m. In the U17 women, combined eventers **Maya Stewart** jumped a PB of 1.55m, **Louisa de Vos** a PB of 1.45m and **Amy Hughes** who equalled her indoor PB of 1.40m. Masters athlete (V50), **Paul Husbands** (Bromsgrove & Redditch; second claim Worcester AC) jumped 1.60m to finish 4th in the senior men's HJ competition.

In the U17 women's long jump, combined eventer **Amy Hughes** won the bronze medal with a leap of 5.13m, while **Maya Stewart** finished with a best of 4.91m and **Louisa de Vos** with 4.85m. In the U17 men's long jump, **Alex Harman** jumped a fantastic PB of 5.89m to take the bronze medal.

On the track, **Maya Stewart** ran a significant PB of 9.29 sec in the U17 women's 60m hurdles final to take the bronze medal. In the U17 men's 60m final, **Callum Brassington-Meehan** ran a PB of 7.22 sec to take the silver medal. In the senior men's 60m, **Andy Grimwood** ran a PB of 6.97 sec in the semi-finals and finished a creditable 5th in the final with 6.99 sec. In her first year in the age-group, **Phoebe Reuben** ran a PB of 8.79 sec in the U15 girls 60m race.

Well done to everyone!



Harry Paddock, Maya Stewart, Amy Hughes, Alex Ward & Bernice Coulson, Georgia Wharton