



Midland Veterans Track and Field League – South Division

As the “vet’s league” is now well underway we made our way across to Stratford-upon-Avon for the latest match in this disjointed season. Several of the clubs, including Worcester, suffered with athletes having to withdraw either following a positive Covid-19 test or having been “pinged” by test & trace. In spite of this, we enjoyed a lovely evening of athletics, very close scoring between teams, glorious sunshine and all in a lovely setting with a well maintained track.

Following the normal procedure, all athletes score points based upon their position, 8 points for first, 7 points for second and so on. At each meeting, a selection of events are offered across a range of age groups, with all the points being totted-up at the end of the evening, men and women separately, which effectively creates two team competitions (men and women) within each match.

In the men’s competition – we started with the **100m sprints**. At the M70 age category Laurence Oldfield won his race in 16.0s, a new Worcester AC club record in this age group! Henry Hopkins in the M60 race finished second with 14.7s whilst David Shaw, Richard White and Nick Hitchings (see picture) all ran out of their actual age category but each came third. Collectively the 100m sprinters returned 33 Team points, a great start.

At **400m** Nick was running again, gathering 5 points at M35; Matt Moon came second in the M40 race with a PB of 58.4s and Richard White romped to victory in the M60 age group with 60.8s.

In the **2k Race Walk** Hugh Davies won the M35 race with 13’36.5 whilst Richard Drewett came second in the M60 age group with 15’20.7. Another 15 valuable Team points in Race Walk.

The **One Mile** races were next, where we welcomed Matt Fairlamb, making his season debut on the track. Matt, in training for the London Marathon, came second at M35 with a new club record. Not to be out-done, Nick Hitchings (M50) also set a club record with 5’24.6. Frank Tota M65 (but running in a race for younger athletes) finished in 5’37.6 for a PB and a new Midland Vet’s League record. Three runners, three records – great running guys!

In the **Medley Relay** (800, 400, 200, 200) our team was disrupted due to Covid, but Matt M, Hugh D, David S and Richard W scored an excellent 7 points with a time of 4’10.8 - just a few seconds behind the winners.



At the end of the track events we had edged into the lead with 93 points, very closely followed by both Stratford and B&R, each on 89points, so it was all to play for in the Field Events.

In the **Triple Jump** (see picture) Henry Hopkins dropped down an age group to compete at M50, registering 8.78m for six valuable Team points. Henry also helped out in the M60 Discus, not one of his main events, but still secured another six points with a very respectable throw of 20.55m.

In the **Long Jump**, David Shaw dropped three age groups to compete at M35 and clinched victory by just 2cm from a disgruntled Sparkhill Harriers athlete. In the M70 age category Laurence (another of our 100m sprinters) helped out “just for the points” and came away with a PB plus a magnificent seven! Our Long Jumpers had obtained 15 points from a possible 16, maintaining our lead in the Team competition.



Returning to our vet's team after an absence of three years we welcomed back Marc Flannery. Some of Marc's events clashed, so he scurried about and thoroughly enjoyed himself! In the M60 High Jump Marc cleared 1.41m for maximum points and a *massive improvement* on the Worcester M60 club record.

Next up for Marc it was the M40 Discus where he threw 22.98m for another superb maximum.

In the M50 Shot Putt, see picture, Marc managed 9.37m for second place and another seven points.

When the scores were totted-up, Worcester's men had managed a total of 143, Stratford 134 and with 115 points Sparkhill overtook B&R to clinch third spot on the night. On paper, a reasonably comfortable Team victory for Worcester men, but on the night it was a

really tight competition that was impossible to call.

In the Ladies competition – we again started with the **100m sprints**.

At W70 Iris Holder (see picture) set a new (W80) Midland Vet's League record with 19.6s and at W60 Angela Bryant won with 15.3 to match her existing club record. Mel Garland at W50 recorded 15.0s for another victory. Sara Saunders at W40 faced some tough competition in the form of GB Masters international Paula Williams, but still ran a PB of 14.7s. Making her debut for our vet ladies team was Amy Pinkney who clinched victory in the W35 age group with a vet's PB of 14.3s. In total, a wonderful 37 Team points from a

possible 40 in the ladies 100m sprints.



In the **400m** races Nicola Guiver (W35) recorded 71.6, Becky Selvey (W40) 74.0 and Ros Townsend-Hope (W50) 82.8. Another 23 points for Team Worcester!



The **2k Race Walk** saw a welcome return to the track for Cat Hutchinson. First place (W40) and 8 points; a lovely way to make a comeback Cat. Sadly we could not cover the Race Walk at W60 this time.

The **One Mile** races saw Karen Holland step in at short notice to make her track debut and return a time of 7'02.2 for second place at W35. In the W40 age group Vickie Watkins recorded 6'16.1 whilst at W60 Ros stopped the clock at 7'05.1 for a new club record in her age group.

All three ladies set One Mile PB's.

At One Mile it was 22 Team points out of a possible 24!

In the Medley Relay, Becky found it tough at 800m against a very good Stratford athlete, Nicola ran a storming leg at 400m (much quicker than her individual 400) then Sara and Amy each covered 200m for the WAC squad to record an overall time of 5'25.6 and second place.

By the end of the ladies track events we had scored 97 points with our nearest rival, Stratford, scoring 96!

The Field Events started with the W60 **High Jump**. Gill Repton cleared 95cm to secure four Team points.



Mel Garland dropped down an age group at **Long Jump** and was narrowly pushed back into second spot by Paula Williams of Stratford. At that point, we were trailing Stratford in the Team competition.

Jan Timberlake (see picture) cleared 7.77m to win the W50 **Triple Jump** then threw a PB of 25.07 to win the W50 **Discus** for another maximum, setting a new club record in the process – great distance Jan.

When the final Team scores were calculated, Worcester Ladies has sneaked into the lead by just 2 points. Wow, didn't Stratford give us a scare! That was too close for comfort, but with a truly magnificent Team effort we secured the victory – well done ladies, each and every one of you.

Worcester Vet's currently top the league tables, for both men and women, with one further match to take place, at Redditch on Wednesday 11th August. Hopefully we can maintain our form and retain the "Midlands South" league titles for another year.

After that, it's the **Regional Cup Final** scheduled to take place at **Nuneaton on Sunday, 5th Sept.** Please be sure to keep the date free – this is the match we have been working towards, the culmination of the Midland Vet's T&F season, when we take on the other top teams from across the whole region.

Roger Garland
Worcester AC

26 July 2021



Rich Drewett and Cat Hutchinson in the 2k Race Walk