



MIDLAND VETERAN'S TRACK and FIELD LEAGUE 2022

Worcester AC's track and field continued their great start to the season on 15 June when our Veteran Athletes (aged 35 or over) competed in a South Midlands league match at Abbey Stadium, Redditch.

On what was a far more pleasant evening than our last outing to Redditch Worcester AC again secured wins in both the men's and ladies' competitions. Sterling work everyone. The men's win was commendable as we managed to do it with a few gaps in the throwing department. This is a testament to both the quality of the runners and jumpers and also to those who stepped in to take part in the throws.

Richard White's dominant opening salvo of 27secs to win the M60 200m was an illustration of some really fine sprinting performances which were to come. His time was his best effort over this distance since 2015.

Derek Jackson then stepped up to fill the holidaying **Laurence Oldfield's** shoes. In his first ever 200m Derek destroyed the opposition with a remarkable time of 33.7 in the process securing 8 points in the M70 category. Derek repeated this feat later to win the M60 3000m in 11:03. A notable double.

Richard Houchin narrowly missed out on another maximal performance by two tenths but his excellent time of 26.4 was good enough to secure 7 points in the M50 200m and bodes well for his continued recovery.

Ben Reeves then produced the second fastest 200m of any athlete on the night to win his fiercely contested race with a lightning fast 25.2.

Dave Price's 27.8 in the M35 200m earned us a valuable 5 points. However, his evening's work had only just begun. With only 5 mins recovery he heroically lined up in the M35 800m and delivered another 5 points with a time of 2:20. Ten points for the Team in ten minutes!

In the M40 800m **Matt Fairlamb** ran an impressive 2:23 to take fourth; all the more so since he had been suffering from a cold and had barely run since his Edinburgh half marathon two weeks previously.

Nick Hitchings gave a master class of how to run an 800m in the M50 race. A steady first 500m followed by a blistering last 300m blew away most of the opposition. His rapid time of 2:27 gave us another second place and 7 points.

Dave Price in the 200m sprint doing battle with Dan Scolari from BPJ



Nick Hitchings doing the business at 800m



In the 2k race walk **Mike Jeavons** showed his talents are not just limited to producing demonstrations of dominant running. In his RW debut he fought off a spirited challenge from BPJ's Paul Evans to take first place in the M35 race. Great to see Mike competing again after his health scare. However, I'm not sure it is the done thing to be a first timer in the Race Walk and out-perform the Team Manager 😊

In the 3000m **Tony Farnsworth** (M35) and **Mark Fritchley** (M40) both produced valiant solo efforts to take second place in their respective races. Tony's 9:42 and Mark's 9:52 showed our

great strength in the middle distances.

In the 4x400m relay **Richard White, Tony Farnsworth and Ben Reeves** all made their second appearance on the track. All ran under 60 secs and helped secure a particularly notable victory over the sprinting might of Stratford and B&R. **Hugh Davies** also helped get the baton around, the squad achieving maximum points.



Richard White safely passing the relay baton to Hugh Davies. An impressively slick change over.

In the field events **Nick Hitchings** threw a highly creditable 24.67 to take fourth in the M35 javelin.

Henry Hopkins gained us 2 useful points in the M60 javelin but really shone in the M60 triple jump which he won by some margin with a superb leap of 8.98. He also placed 3rd in the M50 long jump with 4.05.

Big thanks to **Phil Edwards** who made his debut for Worcester AC vet's. His performances of 1.20 in the M40 high jump and 5.95 in the M35 shot garnered a really important 9 points.

Last but very definitely not least **Roger Garland's** second place in the M70 shot put with a big throw of 7m was an excellent result for the club.

IN THE LADIES MATCH - the opening field event was W35 Triple Jump, where **Jan Timberlake**, warming up for international duties, secured an excellent 3rd place with 8.39m

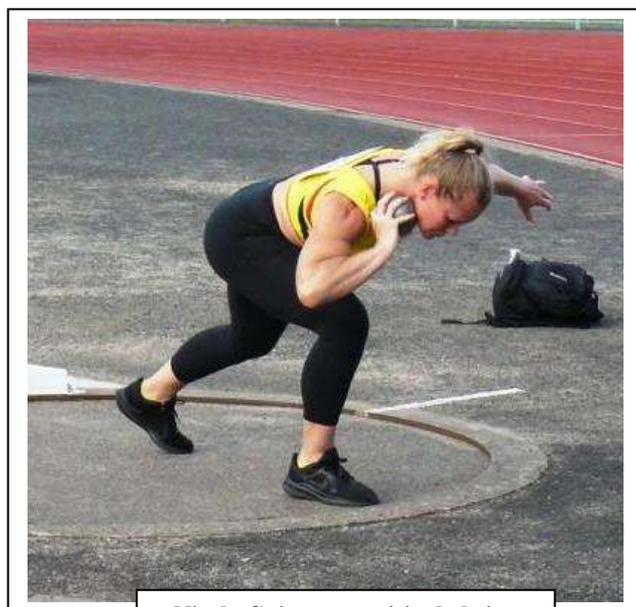
With **Ruth Wells** unable to attend due to work commitments, **Nicola Guiver** bravely took Ruth's place in the W35 Shot Putt achieving 6.47m for 4 Team points.

Gill Repton boosted the Team total by a further 7 points with an impressive throw in the W60 Javelin. **Sally Cook** filled a "guest" slot in the Javelin, throwing 13.06m

In the W40 High Jump **Clare Gratrix** followed up her medal at the British Championships by clearing a height of 1.20m for 2nd place and 7 more Team points

Jan Timberlake was back in action in the W40 Discus where she obtained a superb 1st place with a throw of 22.07m

Another athlete obtaining maximum Team points was **Mel Garland** in the W50 Long Jump with a distance of 4.41m



Nicola Guiver, surprisingly being reacquainted with a Shot Putt Circle

On the track the ladies started with the 200m sprints, where **Carole Clark** at W70, **Angela Bryant** W60, **Mel Garland** W50, **Nicola Guiver** W40 and **Amy Pinkney** W35 all recorded top three finishes to collectively scoop a massive 33 Team points for Worcester AC. **Louise Kirby** also ran in the W50 200m, as a non-scoring athlete, coming in just behind Mel.



"Doing it for the Team" Great job Rachael.

Rachael Alexander kindly agreed to cover two distances, 800m and 3000m, bringing home a valuable 9 points in the process.

In the Race Walk **Cat Hutchison** (W40) recorded a time of 16.03 and between this race and the 800m (W40) Cat amassed an excellent 12 Team points.

Ros Townsend-Hope was another who doubled-up, dropping down an age category to cover the (W50) 800m where she came 5th then, later in the evening, the (W60) 3000m where she came 2nd. Another 11 Team points in the bag thanks to the fine efforts of Ros.

Making her debut for the Worcester Ladies Team was **Jaydee Peters** in her first track race for a few years. Jaydee watched the opposition, worked out her tactics and secured maximum points in the (W40) 3000m race. What a lovely way to introduce herself to the Team!



Mel (Team Manager) with our successful 4x400 relay squad
Left to right - Sara, Nicola (Mel) Amy and Louise

As usual, the final track event of the day was the relay – this time 4 x 400. **Amy** took the first leg, running a consistent pace and handing over in 2nd place, trailing an athlete from B&R. **Sara** set off on leg two, rather rapidly, died a bit towards the end, but maintained 2nd position. **Louise** running leg three was a bit more even paced and managed to overtake the B&R athlete to hand the baton to Nicola in the lead. Nicola ran a storming last leg in 71.3s to hold off a fast finishing B&R runner to clinch an exciting relay victory.

The match position for the Ladies Team was a bit touch and go, but athletes slotted in to fill most of the gaps and we steadily amassed Team points throughout the evening, to nip ahead of Stratford AC by just 8 points!

Two league matches completed and two to go (plus the Cup Final on **Sunday 4 September**).

Both our Teams top their respective league tables, a very comfortable place to be, half way through the season.

The next league fixture is at the home of our closest challengers, Stratford AC, on **Wednesday 20 July**. Please be sure to keep the date free as we'll have our work cut out to get the better of them on their home turf! !

Finally, a big “THANK YOU” to all the officials, athletes and other people who work behind the scenes in order to allow these fixtures to take place.



*Hugh Davies and Mel Garland
Vet's T&F Team Managers*



Worcester Athletic Club