



## MIDLAND VETERAN'S TRACK and FIELD LEAGUE 2022

**Worcester AC's track and field continued their great start to the season on 20 July when our Veteran Athletes (aged 35+) competed in a South Midlands league match at Jubilee Track, Stratford-upon-Avon.**

On a pleasantly balmy July evening we returned to the Jubilee Track for what was to turn out to be a great evening of athletic endeavour. An occasionally brisk breeze in the home straight was the only exception to what were otherwise excellent conditions.

Despite the breeze **David Shaw** ran a highly respectable 14.1secs in the first race of the evening to take a convincing win in the M60 100m race. David also put in sterling performances in the M35 long jump (3rd place with 4.29m) and M50 triple jump (3rd again with a pb of 8.66m). 20 points in total for the Team.

**Laurence Oldfield** also went above and beyond the call of duty by managing to compete in three events. His opening salvo of 16.7secs in the M70 100m earned him first place. This was followed up by 3rd place in M60 race walk in 15mins 54secs and 4th place in M70 long jump with a 2.50m leap.

In the M40 100m **Ben Reeves** ran 12.4secs to take another first place. Considering this was into a headwind this really was an impressive time and one which was not to be bettered by any athlete on the night. Ben also took a fabulous second place in the unusual distance for him of the M35 400m in 57.6secs. Whatever energy he had left he generously donated to the medley relay team with a great 200m leg.



**Dave Price at the start of the M35 100m, where he came third in 14.1s**

**Matt Moon** also contributed to the relay with an electric 400m. However, his finest work was in the M40 individual 400m where he took first place with a big pb of 57secs. Congratulations Matt.

**Richard White** too gained 8 points for us in his M60 400m with a super fast seasons best of 58.9secs. Richard nobly agreed to run a 200m relay leg at the last minute as well. Assisted by **Hugh Davies** on the 800m leg the Worcester quartet came a creditable third in 4:14.7

The 1500m was run as one race comprising 3 age groups. On the 6 lane track this made for a busy start (see left) but fortunately there were no casualties. **Dave Price** came a good third in the M35 race in 4mins 46secs showing rapidly improving form.



In the M40 race **Derek Jackson** gave away a mere 30 years to his fellow runners but still took a very useful fourth place in a time of 5mins 22secs. Not content to take maximum points in the M50 javelin with a huge throw of 26.74m, **Nick Hitchings** waltzed home to defeat the opposition in the M50 race to win in an excellent 5min

**Marc Flannery's** high jump M60 club record of 1:42 was one of the standout performances of the night and gave us the win in this event. He was accompanied as a guest by our new team member Andi Cresswell M40. His huge first competition jump in 20 years of 1:60m suggests there could be really exciting things to come. Like Nick, Marc also doubled down on his win in the high jump with another 8 points in the M50 shot with a big throw of 8.86m.

Writing this report has reminded me of what a truly remarkable night of athletics this was. Every athlete shone and produced their best for the team; often competing out of discipline and age group. We got the win on the night to make it three out of three so well done everyone.

**Marc in the Shot Put with a style not found in the coaching handbooks, but extremely effective all the same**



**IN THE LADIES MATCH** - the opening field event was W40 Javelin where Ruth Wells threw a season's best distance of 22.09m to secure 6 Team points. Ruth also took part (as a Guest) in the Shot Put achieving 7.53m

**Ros Townsend-Hope** bravely tackled the W60 High Jump clearing 90cm for a season's best and another 6 valuable Team points.

**Mel leaping to good Team points in the Long Jump**



In the W40 Long Jump **Mel Garland** came second with 3.96m before taking on the W50 Triple Jump where she came first with a distance of 8.82m so collected 15 points out of a possible 16.

Some of the long throws had been withdrawn from the programme due to issues with the throws cage

At the end of the Field Events our ladies team had accumulated 27 points and were in third place behind both Stratford and B&R.

On the track we started with the 100m sprints, where **Iris Holder** (returning from illness) at W70, **Angela Bryant** W60, **Mel Garland** W50, **Nicola Guiver** W40 and **Amy Pinkney** W35 (all running into a

headwind!) each recorded second place finishes to collectively scoop a massive 35 Team points for Worcester AC. Great running ladies.

**Sara Saunders** continued the trend with another second place, finishing with a very respectable 75.3s in the W35 400m, gaining 7 more points and setting a PB in the process!

**Louise Kirby** dropped an age group to take on the W40 400m registering 77.6s and third place. Soon afterwards, Louise dashed home (a 90 minute drive) as she had to be up by 2am the following morning.



**Angela securing second place in the W60 100m**

**Ros Townsend-Hope** also dropped an age group scoring 5 points when stopping the clock at 85.8s in the W50 400m, then doubled-up with a W60 1500m running an excellent SB of 7.32.0 for maximum Team points.



Cat, producing an excellent time in the W40 Race Walk

Also in the 1500m we had **Vickie Watkins** winning the W35 age category with 6.04.4 on her return from injury and **Cat Hutchison** coming second in the W40 1500m with a season's best of 5.43.3. Cat moved up three places on the final lap, drawing well deserved praise from Olympian and the former British number one Christina Boxer. Impressive finishing Cat.

In the Race Walk **Cat Hutchison** (W40) was almost 2 minutes quicker than in her last Race Walk as she recorded 14.09.4 for first place and 8 Team points.

As usual, the final track event of the day was the relay – this time a Medley Relay with runners covering 800m, 400m 200m and 200m. **Vicky, Nicola, Mel and Amy** found themselves up against two very rapid relay squads (B&R and Stratford) but managed to clinch third place for Worcester AC.

The match position for the Ladies Team was always bit touch and go, but athletes slotted in to fill most of the gaps and we steadily amassed Team points throughout the evening. We moved ahead of B&R but narrowly failed to overhaul Stratford so had to settle for second place this time.

Three league matches completed and one to go (plus the Cup Final on **Sunday 4 September**). Both our Teams still top their respective league tables, a very nice place to be at this stage of the season.

The next league fixture is at Worcester, on **Wednesday 10 August**. Please be sure to keep the date free as we'll have an opportunity to clinch both the league titles on our home turf – but only if we win!!

**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.**

Andi Cresswell, in his first Vet's League outing, clears 1.60m in the High Jump!



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

*July 2022*



**Worcester Athletic Club**

