



Worcester Masters Athletics

People in Worcester should be proud of their Worcester Athletics Masters Team.

They battled through Covid to keep their fitness at the highest level until the time came when they could dust off their spikes and compete again. They have missed competing at the highest level at the World and European Track and Field Events as they did prior to the pandemic.



In a small step towards “normality” in February this year we saw Mel Garland attend the European Championships for Masters Athletes in Braga, Northern Portugal.

Mel, who competed as part of the Great Britain team, came back with two fantastic medals for her events.

Mel celebrates winning a medal at the European Championships

Mel joined her track friends Jan Timberlake, Iris Holder, Angela Bryant, Clare Gratrix, Matt Moon, Derek Jackson, Richard White and Damon Cripps at the British Masters Championships which took place in Lee Valley, London on the weekend of 5th and 6th March 2022.

Between them they brought home an incredible 19 Medals spread across the board in a range of Field and Track events, 6 Gold, 8 Silver and 5 Bronze.

Perhaps the most noteworthy performance was that of Iris Holder who bettered the all-time British Record in Triple Jump in the W80-84 age category with a distance of 6mt 10cm. That was a performance to behold and her fellow athletes and family are so very proud of her achievement. Iris is an inspiration to all at Worcester Athletic Club.

The athletes train hard 2-3 times a week both at the track and at local gyms to maintain their fitness which is good for both physical and mental health and general wellbeing.



Iris is awarded a Gold Medal at the British Championships

They all look forward to better times when they can again travel overseas, enjoy the international competition and attempt to bring back medals for their country.



Many of the Worcester Athletic Club's medal winning athletes.
Left to right – Iris Holder, Derek Jackson, Jan Timberlake, Clare Gratrix,
Angela Bryant, Mel Garland and Richard White

Missing from the photo due to work commitments:
Damon Cripps and Matt Moon

FULL RESULTS

European Masters Indoor Championships, Braga (Portugal) - 20-27th February 2022

Mel Garland (W55)

Silver Medal - Triple Jump - 9.33m

Bronze Medal - Long Jump - 4.47m

British Masters Indoor Championships - Lee Valley, 5/6 March 2022

Iris Holder (W80)

60m - Gold - 12.02s

Long Jump - Gold - 2.57m

Triple Jump - Gold - 6.10m (**British Record**)

Angela Bryant (W60)

60m - Silver - 9.66s

200m - Bronze - 34.25s

400m - Silver - 80.74s

Jan Timberlake (W55)

High Jump - Silver - 1.20m

60mH - Gold - 12.42s

Triple Jump - Bronze - 8.32m

Discus - Bronze - 15.54m

Mel Garland (W55)

High Jump - Gold - 1.30m

Triple Jump - Silver - 9.22m

Long Jump - Bronze - 4.34m

Clare Gratrix (W40)

High Jump - Silver - 1.25m

Richard White (M60)

400m - Gold - 60.11

Matt Moon (M40)

800m - Bronze - 2.05.96

Derek Jackson (M70)

1500m - Silver - 5.12.41

Damon Cripps (M50)

Weight - Silver - 13.83m

Hammer - Silver - 38.60m

England Masters Athletics Association Inter Area Challenge, Lee Valley, 13th March 2022

A number of Worcester Vet Athletes were also involved in the above event

Midlands - Mel, Richard, Derek

Welsh - Iris, Angela, Vicky Watkins and Jan

The Midlands won the Men's Trophy, the Women's Trophy & the Combined Trophy.