



COMPETITORS: Worcester Athletic Club members (from left to right): Melanie Garland, Iris Holder, Jan Timberlake. *(Image Roger Garland)*

THREE Master athletes from Worcester Athletics club have returned with medals from the World Masters Track and Field Competition, held in Torun, Poland at the end of March this year.

Melanie Garland (left of image) competed in the W60 category and became the World Champion in her long jump competition. Garland was also part of the W60 4x200m Relay gold medal team and took the bronze medal in the triple jump, breaking the British Record.

Iris Holder (middle of image) competed in the W80 age category for both the long jump competition and triple jump competition, taking bronze medals in both.

Finally, Jan Timberlake was the last in the trio. Sadly, she battled a virus and knee injury weeks before the competition, which hampered her preparations.

However, despite the setbacks, Timberlake was able to compete and managed a respectable ninth-place finish in the discus event and produced a seasons-best long jump to finish 13th.

Timberlake is now looking forward to the World Police and Fire games in Winnipeg in July and is hoping to do well there.

All three athletes compete for their club in competitions in the Midland League and Midland Veterans League.

On behalf of the trio, Timberlake said: "Athletics fills our world. Competing requires regular training both at the track and in the gym. We all suffer from injuries but it's about remaining focused and positive when an injury occurs."

The club would like to welcome anyone to the club if they wish to get involved. If so, [click here](#) to head over to the website for more information.