

Worcester AC Athletes at the Masters (Indoor)
BRITISH NATIONAL CHAMPIONSHIPS

Venue - English Institute of Sport, Sheffield, South Yorkshire
18/19 Feb 2023

Worcester AC was easily the most successful club at these British National Championships, bringing home a wonderful haul of 18 medals.

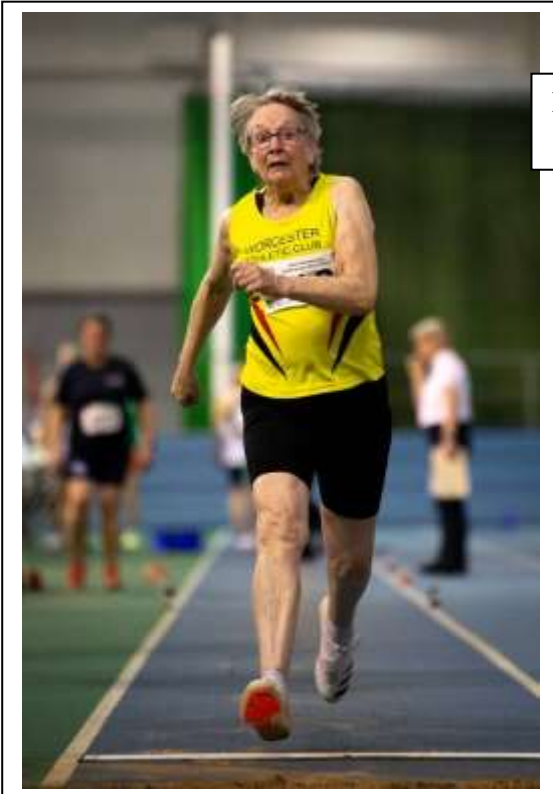
This is particularly impressive given that the event was not even staged in the Midlands, but up in Yorkshire. What a truly magnificent set of performances! Very well done, to all involved.

Words and nearly all the photo's - Roger Garland – Worcester AC – March 2023

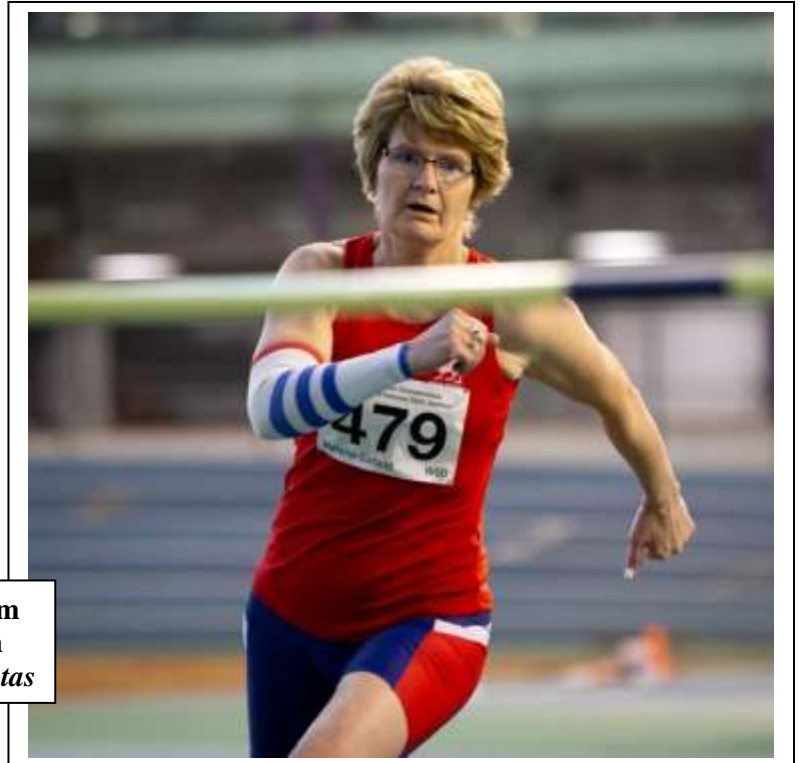
Name	Age Group	Event	Position	Comments
Iris Holder	W80-84	Long Jump	1	Gold Medal
		Triple Jump	1	Gold Medal
		60m	1	Gold Medal
Mel Garland	W60-64	Long Jump	1	Gold Medal
		Triple Jump	1	Gold Medal
		High Jump	1	Gold Medal
		60m	4	
		200m	2	Silver Medal & SB
Angela Bryant	W60-64	60m	5	SB
		200m	3	Bronze Medal
		400m	5	SB
Louise Kirby	W55-59	60m	5	SB
		200m	4	SB
		60m Hurdles	1	Gold Medal & SB
		Shot	3	Bronze Medal & SB
		Long Jump	1	Gold Medal & SB
Clare Gratrix	W45-49	High Jump	1	Gold Medal & matched PB
		Triple Jump	1	Gold Medal & PB
Amy Pinkney	W35-39	60m	3	Bronze Medal & PB
		Long Jump	2	Silver Medal & PB
Richard White	M60-64	400m	1	Gold Medal & SB
David Shaw	M60-64	60m	6	SB
		400m	14	SB
		Long Jump	3	Bronze Medal & SB
Damon Cripps	M50-54	Shot	5	SB
Nick Hitchings	M50-54	800m	6	SB
		1500m	6	
Andi Cresswell	M40-45	High Jump	3	Bronze Medal & matched PB
Ben Reeves	M40-44	60m	4	PB

**Total medal haul for WAC athletes
at the 2023 (Masters) Indoor
British National Championships**

11	Gold Medals & 2023 British Champions
2	Silver Medals
5	Bronze Medals



Iris Holder – about to leap to victory in the Long Jump
Photo courtesy of Alex Rotas



**Mel Garland – clearing 1.25m
to become British Champion**
Photo by Alex Rotas



**Angela Bryant – at the
start of her 200m race**



The top 5 athletes in the W60-64 age group 200m – including two from Worcester AC



Louise Kirby – third left – at the start of the W55-59 age group 60m sprint



Clare & Amy – both were “double medallists” at the National Championships!





Richard White (above) and David Shaw (left) each setting SB's in their 400m races



Nick Hitchings – who ran an SB in the M50-54 800m



Andi Cresswell – cheered to a High Jump medal by his very own support group!!



Worcester's Ann Perry – made the long drive “up north” to help officiate in the Race Walk.