



Worcester Athletic Club

European Medallists galore...

Incredibly, the successful Worcester AC vet ladies team had four athletes representing Great Britain and Northern Ireland at the recent European Masters Track & Field Championships in Pescara, Italy (21st September - 1st October 2023).

IRIS HOLDER (W80) travelled to Italy for the European Masters T&F Championships with a pre-existing injury and unfortunately had to withdraw from the 100m sprint.

Despite this injury, Iris leapt to a Season's Best distance (2.50m) in the Long Jump to secure a Silver Medal.

Iris went one better in the Triple Jump once again achieving a Season's Best distance (5.70m) to become European Champion.



Iris (on the left) is joined on the podium by her friend Anne Martin, Long Jump winner in the W85 age group.



Angela (second left) on the podium as part of the 60-64 Team GB Relay team.

ANGELA BRYANT (W60) competed in the 100m sprint (15.64 coming 4th in Heat 2), 200m (33.42 coming 6th in Heat 1) & 400m (88.80 coming 5th in Heat 1).

Angela was selected for Team GB in the W55 4x100m relay (dropping down an age group) and in an exciting race where the German quartet were disqualified brought her team home for a Bronze medal. Angela was also selected for Team GB in the 60-64 Mixed 4x400m relay where her Team went one

better, for a Silver medal.

JAN TIMBERLAKE (W55) competed in more events than her Worcester team mates despite having a number of injuries during the season leading up to the Championships. Jan still managed to throw a Season's Best in the Javelin (24.40 coming 8th) and in the Hammer throw (17.81 coming 10th).

Jan also jumped a Season's Best in the Long Jump (4.00m) narrowly missing the cut finishing in 9th. Jan competed in the Throwing Pentathlon (5 events) where she finished 12th.

Jan was also selected for the Team GB W55 4x100m relay (joining Angela) where the team brought home the Bronze medal. This was very special, having two Worcester AC Vet Ladies representing Team GB in the same relay team.



MEL GARLAND (W60) competed in both the sprints, 100m (15.07 coming 3rd in Heat 1) & 200m (31.84 coming 3rd in Heat 3).



Mel qualified for the Final of the 100m improving her time to 14.89 coming 8th and went one better having also qualified for the Final of the 200m coming 7th in 32.11.

In the Long Jump Mel cleared 4.39m, just one centimetre short of her season's best, narrowly losing the Bronze medal by 2cms, ending up 4th.

Mel had to wait for her final two events to medal. The Triple Jump and High Jump were on the same day with only 5 minutes between events.

Despite this Mel leapt to 8.85m in the W60 Triple Jump to secure the Bronze Medal and jumped 1.26m in the High to secure another Bronze medal, a position she shared with two other athletes who had exactly the same score cards.



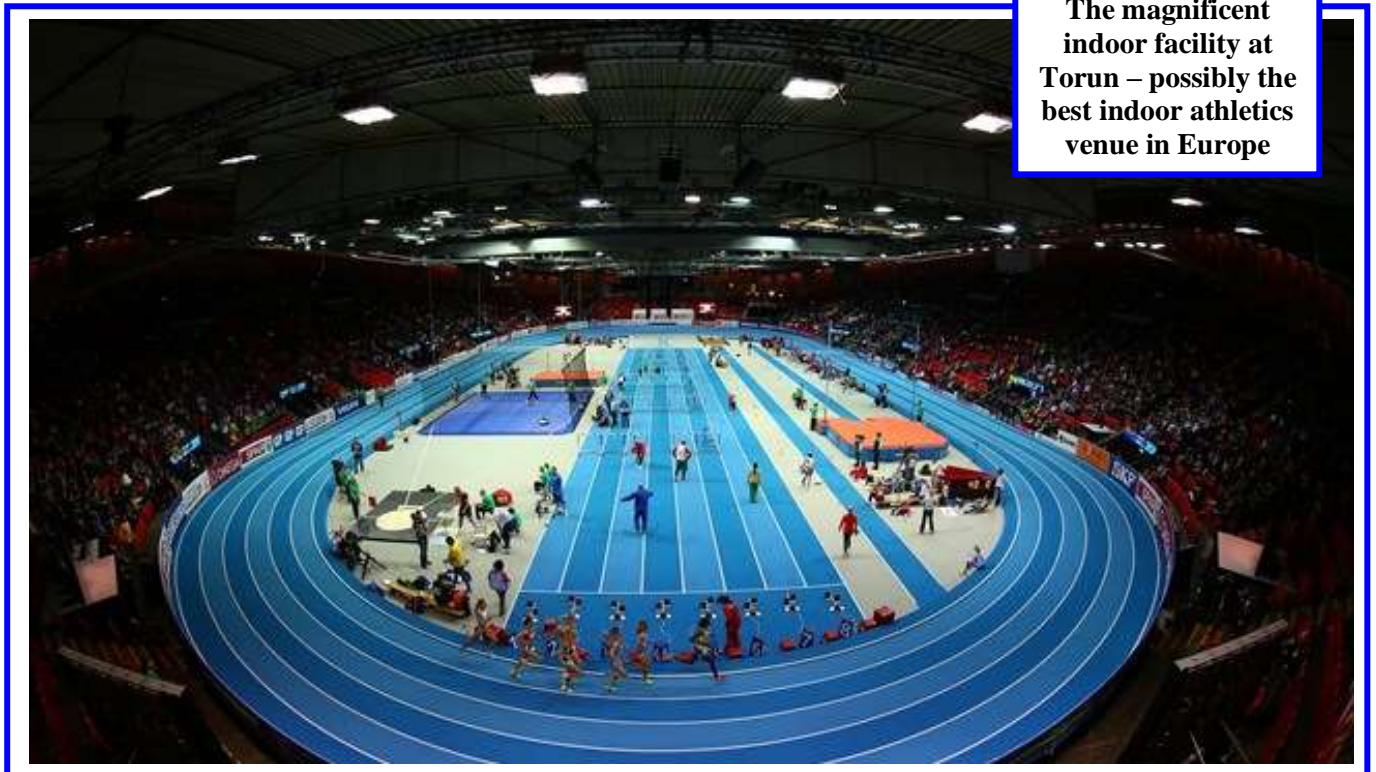
This looked amazing on the podium with five athletes, two Gold medal winning European Champions (they tied on the same height) and three Bronze medallists. This only seems to happen in High Jump and even then, very rarely.

Five medallists in the same High Jump competition!

Mel was selected as the first leg runner representing Team GB in the W60 4x100m relay. Her team came 4th but a dropped baton between athletes 3 and 4 lost them time and positions.

Many congratulations to all our amazing Vet's. You have earned a well deserved rest before Winter training starts in earnest with preparations for the next European Masters (indoor) event in March 2024 in Torun, Poland.

This is the venue for the Euro Masters (indoor) Championships – fancy coming along?



The magnificent indoor facility at Torun – possibly the best indoor athletics venue in Europe