

Worcester AC Athletes at the
British Masters (Indoor) Championships

Lee Valley, North London,

9/10 March 2019

Name	Age Group	Event	Position	Comments
Iris Holder	W75-79	Long Jump	1	Gold Medal
		Triple Jump	1	Gold Medal
		60m	1	Gold Medal
Mel Garland	W55-59	Long Jump	1	Gold Medal
		Triple Jump	1	Gold Medal – SB
		High Jump	1	Gold Medal – SB
		60m	2	Silver Medal - PB
		200m	2	Silver Medal
Vickie Watkins	W35-39	200m	5	SB
		400m	2	Silver Medal
Georgie Parnell	W35-39	800m	1	Gold Medal
John Steel	M70-74	60m	6	
		200m	4	
		400m	3	Bronze Medal
Derek Jackson	M65-69	3000m	2	Silver Medal
Henry Hopkins	M60-64	Triple Jump	1	Gold Medal
		200m	5	
Richard Houchin	M45-49	400m	1	Gold Medal - SB
Matt Moon	M35-39	800m	7	PB
Total medal haul for WAC athletes at the			9	Gold Medals
British Masters (Indoor) Championships			4	Silver Medals
			1	Bronze Medal