

WORCESTER ATHLETIC CLUB

2019 Club Champions

	<u>Female</u>	<u>Male</u>
U11	1 st Ella Purves 2 nd Molly Lazenbury 3 rd Emma Hall	1 st Maxwell Moses 2 nd Ed Cartwright 3 rd Billy Wilesmith
U13	1 st Lilia Mico 2 nd Alice Lazenbury 3 rd Eden Williamson	1 st Theo Wallcroft =2 nd George Garner =2 nd Josh Sanders
U15	1 st Amy Hughes 2 nd Diana Davidson	1 st Harry Long 2 nd Adam Dudley 3 rd Oliver Hill
U17	1 st Louisa De Vos 2 nd Amber Hopkins 3 rd Abi Timmington	1 st Sam Davey 2 nd Ben Harle 3 rd Alex Harman
Sen		1 st Quentin Elmhirst
V45-55	1 st Jan Timberlake 2 nd Rebecca Selvey	
V50-59		1 st Dave Shaw 2 nd David Pound
V60-69		1 st Richard Drewett
V70+		1 st Ron Smith

Discipline Champions

Female

Male

Sprint

U11	Isla Wall (12.0 75m)	Maxwell Moses (11.3 75m)
U13	Eden Williamson (29.7 200m)	Theo Wallcroft (30.5 200m)
U15	Lottie Bentley (13.4 100m)	Ben Atkins (25.4 200m)
U17	Louisa De Vos (13.7 100m)	Callum Brassington-Meehan (11.9 100m)
U20	Katie Harris (66.7 400m)	
Sen		Quentin Elmhirst (14.5 100m)
V45-54	Rebecca Selvey (32.3 200m)	
V50-59		Dave Shaw (30.0 200m)
V60-69		Richard Drewett (30.0 200m)
V70+		Ron Smith (30.0 100m)

Middle Distance

U11	Ella Purves (2'07.6 600m)	Billy Wilesmith (1'58.3 600m)
U13	Lilia Mico (5'20.7 1500m)	Theo Wallcroft (2'29.3 800m)
U15		Sam Lea (4'36.1 1500m)
U17	Lauren Kennard (2'31.7 800m)	Sam Davey (2'09.2 800m)
Sen		Tom Bentley (4'36.6 1500m)
V45-55	Rebecca Selvey (2'37.5 800m)	
V50-59		David Pound (5'44.3 1500m)
V60-69		Frank Tota (11'19.1 3000m)

Jump

U11	Siena Wilson (1.15 high jump)	Maxwell Moses (4.10 long jump)
U13	Alice Lazenbury (3.99 long jump)	Theo Wallcroft (4.35 long jump)
U15	Amy Hughes (5.20 long jump)	Reuben Taylor-George (1.60 high jump)
U17	Amber Hopkins (1.45 high jump)	Alex Harman (5.83 long jump)
U20	Danielle Hopkins (1.65 high jump)	Andrew Jay (1.60 high jump)
Sen		Quentin Elmhirst (1.40 high jump)
V45-55	Jan Timberlake (4.52 long jump)	
V50-59		Dave Shaw (4.67 long jump)
V60-69		Richard Drewett (1.15 high jump)
V70+		Ron Smith (1.50 long jump)

Throw

U11	Eva Mico (26.47 howler)	Maxwell Moses (36.06 howler)
U13	Eden Williamson (6.96 shot)	Lewis Kennard (17.60 javelin)
U15	Maya Stewart (25.34 javelin)	Adam Rutter (29.03 discus)
U17	Sam Bowkett (37.37 hammer)	Andrew Bowkett (26.30 javelin)
Sen		Ben Clarke (38.04 discus)
V45-55	Jan Timberlake (21.38 discus)	
V50-59		Dave Shaw (7.45 shot)
V60-69		Richard Drewett (6.82 shot)
V70+		Ron Smith (11.07 discus)