



MIDLAND VETERAN'S TRACK and FIELD LEAGUE 2022

Worcester AC's track and field Veteran Athletes (aged 35+) concluded their 2022 league season with a brace of convincing victories in the South Midlands Division of the Midland Vet's League.

This was the first UKA track & field fixture to be held at their Nunnery Wood venue in three years!

THE MEN'S MATCH:

Many congratulations everyone on the feat of securing the South Midlands title last Wednesday. Four emphatic wins from four meant we convincingly topped the table with 32 points, 5 ahead of our nearest rivals Stratford.

The first two 200m races of the night both saw wins and seasons bests for **Richard White** 26.9 secs M60 and **Laurence Oldfield** 32.9secs M70. Perfect timing by both to peak at this late stage of the season.

Richard Houchin then followed this up with a close second in his race with an admirable 26.8 secs in the M50 category. A super brave effort after a recent bout of Covid.

Richard White winning the opening race of the evening



Given the distraction of his B&R rival imploding in the adjacent lane **Ben Reeves** M40 showed great composure to win his race in 25 flat, his second fastest race at this distance of all time.

Dave Price in the 800m together with a cluster of track judges



In the 800m races

WAC swept the board in all the age categories. **Dave Price** M35 2:11, **Matt Moon** M40 2:05 and **Derek Jackson** M60 2:36 (again out of age group) all won their races. Dave's electric time of 2:11 was a massive leap forward from his 2:20 at Redditch, showing all those reps on the grass have paid off.

Matt Moon (M40) cruising to a very impressive 800m victory in his first race on home soil for quite a while

In the 2k walk **Richard Drewett** narrowly missed out on a pb by just one second but still took second place in the M50 category. Thanks for all your efforts this year Richard. They have been a great help to the team.



In the M35 3000m race **Mike Jeavons** was close to his best with a superb 9:45. After his recent health worries one has to take one's hat off to Mike both for his diligence and bravery in getting back to this sort of pace. **Matt Fairlamb** ran with his customary brio to take third in the M40 race with an excellent 10:18. **Nick Hitchings** was not far behind in the M50 race with 10:47 and again took a very useful third place. Well done to these three for braving out the tough conditions.

In the 4x100m the untried quartet of **Richard Houchin, David Shaw, Henry Hopkins and Ben Reeves** won by a huge margin of nearly four seconds in 52.4 secs.

Worcester's successful relay squad
Left to right –
**Ben Reeves, Richard Houchin,
David Shaw and Henry Hopkins**



Roger Garland again proved his versatility by throwing a splendid 18.35m in the M70 discus to snatch second place from the Halesowen athlete.

Henry Hopkins didn't let the 25yr age gap stop him from jumping 8:47m to gain another second in the M35 triple jump.

In the long jump pit **David Shaw** produced a massive leap of 4:81 to win the M60 event. His second effort at the long jump this season ranks him third in the UK M60 standings. That is quite something.

Marc Flannery was also outstanding in both the M60 hammer 26:45m and M40 shot put 9:82m, winning both very easily. Many thanks to Marc for travelling all the way from Ross this season to help out his second claim club.

John Reynolds guested in the new event to him of the shot and commendably threw over 9m. I hope your shoulder is ok John.

Again well done everyone for taking the league title. Now it's on to Nuneaton where, with a following wind, we should at the very least be able to give Rugby and Northampton a run for their money.



Mel in the Discus, throwing for maximum Team points

IN THE LADIES MATCH - the opening Field Event was W50 Discus where Team Manager **Mel Garland** achieved one of her best distances of the season (19.84m) to clinch first place and secure 8 Team points.

Sally Cook took the opportunity to take part as a Guest, gaining valuable competition experience and setting a PB.

Taking place simultaneously was the W35 Long Jump, so **Mel Garland** was dashing to and fro. This meant changing from spikes to flats and back again a few times! Mel managed 4.25m in the Long Jump, but her friend Jill from the Droitwich club pipped her by just 2cm. Even so, Mel collected another 7 points for the Team

Mel Garland was back again later, this time in the W40 Triple Jump, where she once more claimed maximum points for Worcester's Vet Ladies.

Dropping down an age group a somewhat crooked **Iris Holder** represented the club in the W70 Long Jump. Her modest (by her standards) opening leap of 2.02m was still too strong for the opposition, so Iris collected 8 valuable Team points. Dropping down yet another age group later in the evening, **Iris** came third in the W60 Triple Jump to add 6 more points to the Team total. To put things into perspective, operating within her correct age group, **Iris is the current World Champion** at Triple Jump.

Incidentally, Worcester's **Iris Holder is current World Champion** at 100m as well 😊

In the Field Events WAC scored a massive 37 points out of a possible 40, with B&R on 32 and Stratford 27.

Competition on the Track always starts with the sprints and for this meeting that meant a series of 200m races. In the W70 category WAC's **Carole Clark** had a bit of a tussle coming down the finishing straight, but Kate from Stratford put on a spurt just before the line. Even so, Carole came 3rd for a 6 valuable Team points and an SB.

At W60 **Angela Bryant** went one better with a 2nd place finish and 7 Team points

Louise Kirby was running in the W50 category, clinching an excellent 8 Team points with a fine victory in a time of 32.4s

In the W40 age group **Nicola Guiver** kept the Team points flowing by recording 32.0s for a 2nd place finish.

Amy Pinkney, not to be outdone, also secured a 2nd place finish, this time in the W35 age category, with a Season's Best of 30.6s

Carole, pipped on the line but still scoring really well



In the 200m sprints we amassed an incredible 35 points, whilst Stratford managed 30 and B&R only 20.

By this time the match had already slipped away from B&R (too many gaps in their team) whilst Stratford were still in the chase despite missing their star athlete, Paula Williams, who we believe was on holiday.

Sara in her first 800m race. Up with the pace and bang on target.



And so to the 800m races.

Vickie Watkins returned from injury to run a solid 2'53.8 and collect 7 Team points in the W35 category. Welcome back Vickie!

At W40 **Sara Saunders**, running her first 800m race, was set a 3min target by her Team Manager and stopped the clock at 2'59.3. Very impressive timing Sara. We'll have to set a tougher target next time 😊

Ros Townsend-Hope running in the W60 age group ran really well but unexpectedly found herself up against the former European and World champion, Nancy Hitchmough. Ros came 2nd in a season's best time of 3'17.1

Collectively, our 800m runners collected a further 20 Team points and extended the lead over our closest rivals.

In the Race Walk we had **Cat Hutchison** at W35. Cat has developed into a very reliable race walker and once again obtained a maximum points haul with a time of 14'18.1.

In the W50 age group **Louise Kirby** did her very first Race Walk for the club, recording 16'19.4. Louise played it safe, trying not to be DQ'd. It worked – and she collected 6 points.

**Louise, in her first Race Walk for Worcester.
A great team player earning valuable points**

At 3000m **Karen Holland** ran 13'30.1 in the W35 race whilst **Cat Hutchison** (yes, fresh from the Race Walk!) ran 12'45.4



Being short of a W50 athlete **Ros Townsend-Hope** dropped down to compete again, registering 15'21.1. A drinks station (don't get excited, it was only water) was placed on the finishing straight as it was such a warm evening. I've not seen that before in a vet's league match. Well done to B&R for providing the special table.

A fine 18 Team points were added to WAC's total thanks to our 3000m runners. This matched the number won by Stratford's 3000m athletes, so our match lead was maintained.

The final track event of the evening was the ladies 4x100m. With Mel Garland having picked up an injury and unable to run, there was a quick re-shuffle.

Angela Bryant on first leg did well to keep us in touch as Stratford and Black Pear had front loaded their teams. **Amy Pinkney** blasted up the back straight (where she trains twice a week!) and opened up a lead of about 25m. **Sara Saunders** stood in for Mel and did us proud, whizzing around the top bend and extending our lead. **Nicola Guiver** took the baton safely in her grasp and sprinted down the finishing straight as spectators cheered and clapped the WAC relay squad to victory.

When the scores were totted up Worcester Ladies had won the match by a considerable margin, 22 points, with Stratford second and B&R third.

This victory ensured that Worcester Vet Ladies won the South Midlands Division of the Midland Vet's T&F League!

Our league positions, for both the men and the women, mean that we have qualified for the Midland Vet's **Regional Cup Final** where we are due to take on the top clubs from across all three divisions of the league, spanning the whole of the Midlands. The fixture is scheduled for **Nuneaton on Sunday 4th September**.

Yes, this is the big one, as the Cup Final is the competition that we have been leading up to with all the league fixtures. The culmination of Worcester's Vet Team's T&F season is approaching, so let's go out on a high!

Following the Cup Final we are hoping that WAC athletes and officials will join us for a celebratory end of season meal before heading home. Plans are already being formulated so if you have not already done so please contact David Shaw on email dshawtri@live.co.uk or by phone on 07961 565 978 if you would like to attend.

*Hugh Davies and Mel Garland
Vet's T&F Team Managers*

August 2022



Worcester Athletic Club