

# WORCESTER ATHLETIC CLUB

## 2024 Club Champions

### Female

U11	1 <sup>st</sup> Rosie Groves 2 <sup>nd</sup> Eva Roberts
U13	1 <sup>st</sup> Bella Roberts 2 <sup>nd</sup> Lara Taylor 3 <sup>rd</sup> Ffion Lloyd Davies
U15	1 <sup>st</sup> Jessie Crawford 2 <sup>nd</sup> Emily Gromski 3 <sup>rd</sup> Shannon Davies
U17	1 <sup>st</sup> Ella Purves 2 <sup>nd</sup> Natalie Seyler 3 <sup>rd</sup> Elodie McNelis
V50	1 <sup>st</sup> Nicky Crawford

### Male

U11	1 <sup>st</sup> Elliot Oldham
U13	1 <sup>st</sup> Harley Dadge 2 <sup>nd</sup> Josh Freeth 3 <sup>rd</sup> Ellis Harrison
U15	1 <sup>st</sup> Lucas Seyler 2 <sup>nd</sup> Dan Burton 3 <sup>rd</sup> Charlie James
U17	1 <sup>st</sup> Josh Sanders 2 <sup>nd</sup> Oliver Smith
SM	1 <sup>st</sup> Quentin Elmhirst
V90	1 <sup>st</sup> Ron Smith

## Discipline Best Performances

### Female

### Male

#### Sprint

U11 Rosie Groves (11.8s 75m)  
U13 Lara Taylor (31.3s 200m)  
U15 Shannon Davies (48.6s 300m)  
U17 Molly Lazenbury (45.3s 300m)

Sen  
V35  
V50 Nicky Crawford (34.3s 200m)  
V90

Josh Freeth (15.3s 100m)  
Lucas Seyler (43.1s 300m)  
Theo Lee & Ridrigo Da Silva  
(24.7s 200m)  
Quentin Elmhirst (16.4s 100m)  
Cipzian Whos (12.6s 100m)  
  
Ron Smith (47.0s 100m)

#### Middle Distance

U11 Rosie Groves (2m15.4s 600m)  
U13 Bella Roberts (2m56.5s 800)  
U15 Shannon Davies (2m51.0s (800m)  
U17 Ella Purves (5m19.7s 1500m)  
U20 Lilia Mico (2m19.1s 800m)  
Sen Marella Whitfield (5m32.0s 1500m)  
V50 Nicky Crawford (3m38.2s 800m)

Elliot Oldham (2m18.9s 600m)  
Reece Yarnold (2m29.7s 800m)  
Lucas Seyler (2m22.5s 800m)  
Oliver Smith (2m04.6s (800m)  
  
Tirian Ashby (2m15.3s 800m)

#### Jump

U11 Eva Roberts (3.30m Long Jump)  
U13 Bella Roberts & Summer Eades  
(1.32m High Jump)  
U15 Seren Kelleher (1.38m High Jump)  
U17 Emma Hall (10.13m Triple Jump)  
V45 Clare Gratrix (1.32m High Jump)

Elliot Oldham (2.77m Long Jump)  
Harley Dadge (3.36m Long Jump)  
  
Lucas Seyler (4.49m Long Jump)  
Josh Sanders (5.02m Long Jump)

#### Throw

U11 Eva Roberts (10.33m Howler)  
U13 Bella Roberts (6.87m Shot)  
U15 Emily Gromski (7.91m Shot)  
U17 Elodie McNelis (26.77m Javelin)  
Sen  
V50 Nicky Crawford (8.20m Shot)  
V90

Elliot Oldham (22.21m Howler)  
Ellis Harrison (10.18m Javelin)  
Harry Groves (18.44m Javelin)  
  
Quentin Elmhirst (28.57m Javelin)  
  
Ron Smith (8.70m Discus))

#### 4 x 100m Relays

1<sup>st</sup> Eva, Daisy, Emily & Jessie  
2<sup>nd</sup> Leo, Gracie, Lorelai & Ffion  
3<sup>rd</sup> Ellis, Darcie, Jorja & Bella