

Club records and personal bests for Worcester Athletes

Worcester athletes from the Jumps and Sprints squad competed recently at 3 indoor competitions around the UK. The commitment shown to travel over 2 hours each way to compete, and giving up their weekends at a busy time of year, is at least as impressive as the excellent performances.

November 22nd Deeside Indoor Athletics Centre (Connah's Quay _ North Wales)

Olivia Merry, Emma Davies, Jade Allard and Zoe Styles travelled up to North Wales to compete in the Deeside Open. Olivia set a new pb and club record in the Under 17 Girls Long Jump with a distance of 5.08 metres. There's a lot more to come this season from Libby, which is a reward for the dedication she shows in training.

The event then moved on to the 60m sprints. Despite some difficulties in the arrangements for warming up – which meant that none of the athletes were really prepared properly for their races, Libby and Zoe set pbs, and Emma was just 4/100 of a second away from her pb – and existing club record. Jade had a slight muscle strain but still came in 3rd in her race.

Results

Under 17 Girls

Emma Davies	2 nd	8.48 seconds	60m
Olivia Merry	3 rd	8.59 seconds (pb)	60m
	1 st	5.08m (club record)	Long Jump

Under 15 Girls

Zoe Styles	1 st	8.52 seconds (club record)	60m
Jade Allard	3 rd	8.74 seconds	60m

December 12th Bath Indoor Open (University of Bath)

A group of 8 athletes travelled down to Bath to compete against some very good athletes from a wide area at the Bath Sports Village. Some excellent results were achieved, with perhaps the highlight being Alex Bradnick winning the 60m in a UK leading 7.07 seconds – beating his own club record. Both Zoe Styles and Jade Allard achieved the qualification standard for the English Indoor AAAs, and Heather Paton came 2nd in her 60m heat, an outstanding result for an athlete who has been with the club less than 6 months and is primarily a 200 (and probably 300m) runner. For the Under 17 girls Emma Davies was just 1/100th of a second behind her club record from last year, and it's a credit to how supportive of each other the girls are when she was so clearly pleased for Libby breaking that record in the same race. Which of the girls will hold the record at the end of February is hard to say, but it will certainly be lower than it is now. Also in the U17 Girls, Megan Humphreys, in her first races in this age group, broke her pb twice, coming 4th in the final.

Results

Under 17 Girls

Emma Davies	3 rd	8.45 seconds	60m
Olivia Merry	2 nd	8.41 seconds (club record)	60m
	2 nd	9.96m	Triple Jump
Megan Humphreys	4 th	8.62 seconds (pb)	

Under 17 Men

Alex Bradnick	1 st	7.07 seconds (club record)	60m
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Under 15 Girls

Zoe Styles	1 st	8.38 seconds (club record)	60m
Jade Allard	2 nd	8.50 seconds (pb)	60m
Heather Paton	2 nd	9.00 seconds (pb)	60m

December 13th Metaswitch Games (Lee Valley – London)

For the 5 girls who travelled down to London to compete, I'm not sure what the highlight of the day was. Perhaps the venue (which is impressive to say the least), the fact they were competing against athletes from some of the most powerful clubs in the country, or that they got to meet Dwain Chambers – who chatted, signed autographs and had photos taken with them. Whichever it was, the day was very enjoyable, and performances outstanding.

A mention has to be made for Jade Allard, who for the 3rd time in two days not only achieved the qualifying standard for the English AAAs Championships, but also broke last year's 60m record for the 3rd time this year. It's just unfortunate for her that Zoe Styles has also been doing the same thing. There's usually less than 1/10th of a second between these two at 60m or 100m which makes for interesting races.

Georgina Greenwood made her first appearance of the season, and proceeded to break her own club record for Under 15 Triple Jump. Libby Merry won the Under 17s Long Jump, and Megan set an indoor pb for 200m in winning her heat. The improvement in Meg's technique over the last few months is starting to produce good results, and she's looking forward to being able to run 300m in this new age group.

Results

Under 17 Girls

Olivia Merry	4 th	28.39 seconds	200m
	1 st	4.94m	Long Jump
Megan Humphreys	1 st	28.50	200m

Under 15 Girls

Zoe Styles	1 st	8.37 seconds (club record)	60m
Jade Allard	3 rd	8.46 seconds	60m
Georgie Greenwood	1 st	4.35m	Long Jump
	1 st	9.50m (club record)	Triple Jump