

Worcester AC's success continues at Worcestershire County Championships

Worcester AC's rich vein of early-season form continued last Saturday as the club's athletes made the most of their home advantage to win a total of 21 county titles. As well as each other, athletes battled against strong winds at the Nunnery Wood track and the championships saw some great competition.

One of the most convincing victories of the day came from Worcester's junior international distance runner Alice Wright. Having established herself as one of the club's brightest stars during the winter cross-country season Wright continued to shine as she claimed gold in the Under 17 Girls' 3000m with a time of 9'40.5, carving a massive 19 seconds off the club's record and taking her to second in the UK rankings. Not to be outdone by her training partner, Jennifer Nesbitt secured a convincing victory in the U17 Girls' 1500m enduring the winds for 3 and ¼ laps to cross the line in 4'48.4.

Worcester enjoyed further middle and long distance success with wins for Ben Clarke (Under 13 Boys' 800m), Declan McManus (Under 15 Boy's 1500m), Camilla Barnes (Under 20 Women's 1500m) and Les Scrivens (Masters' 3000m walk).

Worcester fared well in the throws with a total of 9 wins. As well as gold medals there were personal bests for Georgia Williams, Charlotte Lickman, Oliver Williams, Mel Garland, Josh Carr, brothers Joe and Tom Southam. Even coach Ian Bowles couldn't resist getting involved claiming a pair of gold medals in the Masters' discus and hammer competitions. However, it was Birchfield Harrier Adam Damadzic who stole the show with a mammoth throw of 55.04 in the Under 20 Mens' discus which catapulted him to the top of the UK rankings for his age group.

Elsewhere in the field, there were wins for Ella Gibbons (Under 17), Olivia Merry (Under 20) and versatile Mel Garland (Masters) in their respective age groups in the long jump. Siobhan Glover claimed gold in the Under 15 Girl's high jump whilst Harry May and Izaak Gilchrist shared the Under 13 Boy's title with Dominic Gardner from B&R.

The Worcester hurdlers had a successful day with Helen Reeves taking victory in the opening race of the day, the 400m hurdles. Heather Paton followed Helen's lead to run home a clear winner in the Under 17 Women's 300m hurdles race before beating the entire field in a mixed 80m hurdles race for both Under 17 Women and Under 15 Boys. Training partner Siobhan Glover added to her gold in the high jump by claiming the Under 15 girls' 75m hurdle title from talented Birchfield prospect Ellie Lambrou.

The friendly rivalry between Worcester AC and Bromsgrove & Redditch's top sprinters entered its next chapter with Worcester's Zoe Styles being edged into second place in the Under 17 Women's 100m by B&R's Daisy Johnson. The tables were turned in the 200m where Zoe's strength shone through as she battled a strong headwind around the bend to claimed gold in 26.8s with Johnson coming home second in 27.6s. It was almost impossible to split Worcester's Alex Bradnick and B&R's Dewi Hammond, with both being awarded times of 22.6 but Hammond alone taking home the gold medal.

Joe Kinsey (Under 17) brought the day to an end in style for Worcester AC, fighting the tough conditions to win the final event of the day, a mixed Under 17/Under 20 Men's 400m race. His time of 51.4s saw him finish over 2 seconds clear of his nearest rival, Stratford-Upon-Avon's Adriano Ritchie.