

NJAL Midland Premier – Derby - 10th July 2011

Alex Bradnick	100m A	4 th	11.4s
	200m A	2 nd	22.6s
	Discus B	3 rd	17.10m
	4x100m	2 nd	44.0s C&S Record
Zoe Styles	100m A	4 th	13.0s
	200m A	3 rd	26.6s
	4x100m	2 nd	50.8s
Georgina Greenwood	High Jump B	2 nd	1.50m
	Long Jump B	3 rd	4.47m
	4x100m	2 nd	50.8s
Ella Gibbons	High Jump A	1 st	1.55m (= club record)
	Long Jump A	5 th	5.14m
	Triple Jump A	4 th	10.46m
	4x100m	2 nd	50.8s

Four Worcester AC athletes competed as part of the Cannock and Stafford team in the National Junior Athletic League Midland Premier Division match 3 at Derby.

Alex Bradnick followed on from his good form at the English schools Championships (5th 200m final) with 4th place in the 100m and 2nd in the 200m A races, then ran 3rd leg in the 4x100m relay where the team took 2nd place. Alex was the 3rd leg for the English Schools winning Hereford and Worcester relay team the previous weekend, and his current midas touch helped Cannock and Stafford to break their 29 year old club U20 record.

Ella Gibbons had a busy day, winning the A High Jump to, once again, equal the Worcester AC club record in High Jump, this followed a 5th place in the A Long Jump, and 4th in Triple Jump (an event she hadn't done for over 12 months). Ella was ably supported in the High Jump (2nd B) and Long Jump (3rd B) by Georgina Greenwood, who had only returned from a netball tour of the Bahamas 2 days prior to the match.

Zoe Styles came 4th in the A 100m and 3rd in the A 200m, beating a number of older athletes with faster personal bests. Zoe then combined with Georgie and Ella to run the 2nd, 3rd and 4th legs in the ladies 4x100m which came 2nd to a very strong Birchfield line up.

The athletes helped Cannock and Stafford to achieve 6th place. With the final match at Cardiff on July 24th the team currently lies in 5th place in the league,

one point ahead of both Mansfield and Rugby&Northampton, and equal on points with 4th placed Cardiff.