

Midland Track and Field League Division 6

Hereford – May 7th 2011

Worcester AC's Track and Field team shone in the sunshine (and strong winds!) at Hereford in the opening Midland League meeting. Both men and women compete in this league and Olivia Merry led the way in the first ladies event of the match. This talented long jumper won with a leap of 5.12m, backed up by Shalayna Hutchinson who won the B string competition. Both athletes went on to have double success; Olivia beating her rivals in B 100m and Shalayna in the triple jump. Together with Zoe Styles and Amber Griffiths, the ladies triumphed in 4x100m relay in a club record 52.4s. Not to be outdone, Helen Reeves won the first track event of the day in the ladies 400m hurdles, and subsequently won the 100m hurdles, as well as the 4x400m relay together with Katie Martin, Alice Wright and Jenny Nesbitt.

This set the tone for the day, with a series of excellent performances leading to many more wins. Zoe Styles won the ladies 200m and 100m A races, Jenny Nesbitt and Alice Wright won the A and B 1500m, with Alice also winning the 800m and placing 3rd in the 400m. Bearing in mind that Alice is a 3000m runner and current McCain National Cross Country Champion, this demonstrated her versatility – although she had to be reminded to stop running at the end of the one lap race!

Amber Griffiths (200m) and Sammy Spencer (javelin) rounded off the day's winners amongst the ladies, with Sammy also competing in hammer, shot and discus. Katie Martin threw javelin, shot and hammer, came 2nd in B triple jump, as well as leading off the 4x400m team. Mel Garland (high jump and discus) and Gill Repton (B 400m) completed a fine team effort, the ladies winning their section of the match with 184 points – well ahead of second placed Abingdon (158 points).

The men's team also got off to a flying start on the track. Team manager Richard White won the 400m hurdles, with one of the athletes he coaches, Jack Lannie, coming 2nd in the B race.

In the men's sprints, a double success in the A 100m and 200m for junior international Alex Bradnick was ably supported by 2nd places for Luke Kinsey in the B races. Paul Maguire and Andy Kinney won the 400m races as well as taking part in the winning relay teams. The middle distances were a clean sweep for Worcester, with 6th former Lewis Roberts and his younger brother Ollie winning the 800m races, while the 1500m runs were won by Josh Carr and David Jubb – also 6th formers. Adding experience to the team – Andy Peach and Dave O'Brien ran into the wind on the back straight 12 times to complete the 5000m, with Dave also competing in the 2000m steeplechase. Apparently this was voluntary!

The men's field eventers were, again, a blend of youth and experience. Schoolboys Hakim Shepherd (2nd -A triple jump and A high jump), Tom Southam (2nd B triple jump, 4th B long jump) and Adam Higgins (1st B high jump) combined with throwers Nick Daniel, Pete Stewart, Andy Kinney and decathlete Mark Flannery to gather valuable points, culminating in the men's team winning their match with 203 points, ahead of 2nd placed Abingdon (178).

Many of the younger athletes were competing in their first senior match and were rewarded with personal bests, giving them confidence going into the County Championships, which are being held at the Nunnery Wood track in Worcester on Saturday 14 May. Anyone interested is welcome to come along and watch the county's best athletes performing from ages under 13 to veterans. Further details about Worcester AC can be found on their website (www.worcester-ac.co.uk).

Final Scores

Position	Team	Points
1	Worcester AC	402
2	Abingdon Amblers	343
3	Kidd. & Stourport	294
4	Sutton in Ashfield	278
5	Hereford & County	225
6	Harborough	205