

Well, we've done it again; another fantastic team effort has seen us come second in the latest league match which took place in Sutton Coldfield last week

Congratulations to all concerned!!

Some of the significant points of the meeting were.....

Track Events

- Ros Hope got us off to a flying start in the W50 100mts with a pb of 16.6 then followed this up with a fast 400
- Deb Hodson (W35 400mt) and Ruth Bird (W35 100mt) each dropped down an age group to secure valuable points for the team
- Tracy Miles ran well in the 1500mts, setting a (recent) pb of 5min 55.5sec
- Sandra Lane put in two excellent performances at 400mt and 1500mt (scoring 15 points out of a maximum of 16)
- Sadly we scored zero points in the three W60 races as we were unable to field any athletes due to illness, holidays and other commitments
- Gill Repton was harshly DQ'd in the 2k walk, when one of the officials said she was "skipping" (don't laugh, it's true!)

Field Events

- Gill quickly bounced back to get second place in the W50 hammer
- Ruth Bird smashed the Worcester club record in the hammer with a winning throw of 33.29mts, as well as taking first place in the W35 discuss
- Maggie Johnson returned to competitive athletics with solid points in the W50 triple jump
- I won the W40 long jump, having previously come within a whisker of my pb in the 100mt

The final event of the evening was the Medley Relay where the first two runners each do 200mt, the next does 400 and the final runner 800

It was a really close run race with the lead changing hands several times, rather like the baton! Down the final straight of the final lap Ros rapidly closed on the leading runner and finished just 0.2sec down

It was an excellent team performance and we finished with 93 points, just 15 behind the Bromsgrove/Redditch club
Birchfield AC and Sparkhill AC finished joint third with 85 points

In the men's event, Worcester secured a fine victory and are now well on the way to being divisional champions once more

Although it looked a comfortable win, they were indebted to Mark Flannery who took part in 6 events inc the relay, helping to secure over a third of their total points!

Onwards and upwards! **Our next meeting is scheduled for Wednesday, 6th July – please keep the date free!!**