

TRACK AND FIELD ATHLETICS

On a glorious sunny evening at the Rylands Sport Centre track in Bromsgrove, Worcester Men's Veterans track and field athletic team easily retained their Midlands South league title. Winning all four of the league meetings gave the team their twenty-first league title in the last twenty-two years. Dave Hope, team manager for all of this halcyon period, commented after reaching this milestone, that this was a tremendous achievement for the club.

In the twenty events contested Worcester Men's team provided no fewer than eleven individual winners and six runners up to run out convincing team champions over local rivals Bromsgrove and Redditch, Birchfield Harriers, Sparkhill Harriers, Dudley & Stourbridge, Droitwich & Brats, Midland Masters and Halesowen A.C.

Worcester's sprinting star performance was from Richard White winning 100 metres, 400 metres plus a leg of the winning 4 x 400 team. Richards winning time in the 400 metres of 55.6 seconds was only narrowly outside the over 50 league record held by former international star Joe Caines.

Warren Miles also produced a good turn of speed to win O/40 400 metres and 1500 metres plus a barn-storming leg of the winning 4 x 400 team.

Stewart Halion making a return to racing following a prolonged injury spell was a convincing winner of O/60 1500 metres and also anchored the winning 4 x 400 team.

Excellent performances to secure runners up spots were achieved by Richard Perkins O/60 & Marc Flannery O/35 both at 100 metres, Martyn Cole O/50 400 metres and Phil Bullock O/35 1500 metres.

Other notable performances were produced by Martyn Cole O/50 100 metres, Les Scrivens and Dave Hope both 2Km walk.

In the field events Worcester's star decathlete Marc Flannery was in good form with wins in the high jump and triple jump to go with runner

up in the hammer. Pete Stewart a recent recruit to the team showed his versatility with victories in O/40 hammer and javelin together with runner up in the high jump. Ever consistent Ian Bowles won the O/60 shot.

Although unable to replicate the success of the men's team, the Worcester AC Veteran Ladies team completed their league season with an excellent second place in a close fought and highly competitive match. This was due to a great team effort by a small squad of lady athletes who pulled together and helped achieve a superb result.

In the 100m sprints, Maggie Crosswell, Ros Hope, Mel Garland and Gill Repton jointly secured 22 points for the team with some impressive running. In the 2k race walk, Deb Moran (with a lifetime best) and Gill Repton again brought home valuable points.

At 400m Tracy Miles (1m16s) in W40 category and Ros (1m 15s) in W50 both ran season best performances whilst Maggie Crosswell, recently returned from injury, obtained a fine 3rd place in W60. In the 1500m races, Tracy and Ros were joined by Maggie Johnson and together they obtained 18 points for the team, Maggie running a season's best time in the process.

In the field events, Mel (1.25mt) equaled the all time Midland Veteran's League record for her age group in the high jump whilst in the W50 category Maggie Johnson cleared an impressive 1.10mt. Pam Price helped out in the W50 shot putt for 5 valuable points, backing up team manager Mel Garland's W40 effort of 6.23mt. Mel also did well in the W40 javelin to achieve another 5 points.

The evening was rounded off by a fine performance in the 4x400m relay. Gill, Tracy, Maggie and Ros (see below) set a new club record in bringing the baton home in a time of 5m 34.9s to earn 5 precious points and clinch second place in the match, just ahead of the teams from Halesowen, Sparkhill Harriers and Birchfield. The match was won by Bromsgrove and Redditch AC, who also won the ladies league title. The Worcester ladies finished second in the league, the highest position they have achieved in the history of the club.