

Master's Track and Field Athletics Cup Final

Worcester Athletic Club Men's & Women's Teams rounded off their season competing in the prestigious Midland Vets Track & Field Cup Final staged at sunny Nunnery Wood Sports Centre on Sunday.

The Men's team secured their place in the 'A' final with convincing wins in the all four league meetings and were amongst the favourites of the eight teams to lift the title for a fourth time. However luck was not with the host side and injuries sustained during competition to their key track star Richard White (calf) and decathlete Marc Flannery (hamstring) robbed the team of valuable points. Rugby & Northampton Lions ran out victors with 187 from Cannock & Stafford A.C. on 178 and Worcester with 168.5 points.

Worcester's ladies team excelled to secure a well-earned fourth place only narrowly edged out by league champions Bromsgrove & Redditch from third place. This was their highest ever finish, a fitting end to the most successful season. Rugby & Northampton Lions took the ladies title beating Leamington A C into second place.

In the combined team scores for the Central Television Trophy Rugby & Northampton Lions were convincing winners from Leamington AC with Worcester a close third.

In the first race of the day Tracy Miles set a PB (personal best) in the W40 800 metres, then followed this up with PB's in both the 3,000 metres and the 400 metres. In the W60 category, Maggie Crosswell had a busy day, competing at 100, 200, 800 and 1,500 metres. Mel Garland started with 100 and 200 metre races, and then switched to field events winning the Long Jump before moving to the W40 High Jump where she set an all-time Midlands League record of 1.28 metres. In the 2km Race Walk event Wendy Bennett and Deb Moran (PB) scored first and second. Ros Townsend-Hope and Deb Hodson returned from a triathlon in the morning to compete over 400 and 1,500 metres respectively in the afternoon, as well as helping the team set club records in both the 4x100 and 4x400 sprint relay. Gill Repton was another busy lady with W50 100 metres, Hammer, Javelin, Long Jump, Triple Jump and a leg in the 4 x 100 relay. Pam Price did well in the W60 Shot Putt, and then set seasons best in the Discus. Ruth Bird won both the W40 Hammer and the Shot Putt, before setting a PB in the Triple Jump, then helping in each of the relays.

Worcester's decathlon star Marc Flannery got the men's team off to a flying start with victories in the pole vault and long jump before sustaining a hamstring injury in the triple jump. Stewart Halion returning to competition following a long layoff with knee problems continued the momentum with a comprehensive win in the M60 800 metres and runner up in 400 metres before rounding off with a leg of 4 x 400 metre winning relay team. Richard White was narrowly edged into second place in M40 800 metres before incurring a calf injury that put paid to his afternoon's activities. In the final event of the day Dave Hall produced a storming last leg of 4 x 400 metre relay to secure victory for the host club to add to good performances in both M35 400 & 3000 metres. Outstanding performances by Pete Stewart (M35 pole vault), Phil Bullock (M35 2Km walk) and Ian Bowles (M60 Discus) secured runner up positions in their respective events to gain close to maximum points. Valuable points were also won by Warren Miles in M40 200, 1500 metres, long jump & 4x400 relay, Martyn Cole M50 200, 1500 & 3000 metres, Ed Gerrard M35 100, & both sprint relays, Dave Waldron M60 200 metres, Nick Daniel M35 hammer, Les Scrivens 2Km walk & Dave Hope M60 triple jump.

At the trophy presentation at the conclusion of the meeting Worcester's Ruth Bird & Marc Flannery both received awards for Best Athletes of the season for the Southern Division. Team Manager Dave Hope collected the shield for the league title that was won earlier in the season.