

MIDLAND VET'S LEAGUE AND CUP CHAMPIONS 2014



Worcester Athletic Club

What started as a dark cloudy morning at Northwood Athletic Stadium, Stoke-on-Trent ended in glorious sunshine with crowning glory to Worcester Men's & Women's Veteran track & field athletic teams. With all 20 of the top Midland athletics clubs being represented in the Veteran's Cup Finals, they were graded from 'A' to 'C' dependant on league performance over the season. The eight team line up contesting the 'A' Final with Worcester were Rugby Northampton Lions, Stratford-upon-Avon AC, Bromsgrove & Redditch AC, Cannock & Staffs AC, Telford AC, Leamington AC & Birchfield Harriers.

Worcester ladies following on from their recent league title success and runners up in last years final produced a truly awesome performance to outclass the opposition, winning by a comfortable margin of 17 points (191 to 174) from reigning champions Rugby Northampton Lions. Worcester's men with three previous cup final victories under their belt could not quite match their female counterparts and were beaten into second place by reigning champions Rugby Northampton Lions by a mere 5 points 214 to 219.

The battle for the Central Television Trophy for the combined male and female team scores was a resounding success for

Worcester's athletes wrestling the trophy from Rugby Northampton Lions who have been champions for the three previous years. This is the first ever combined victory in the Worcester Athletics Club's long history.

Worcester Men's team scored consistently with four individual winners and a relay plus thirteen runners up, in the eighteen track & sixteen field events contested throughout the day.

Former British Vet's 400 metre champion Laurence Oldfield was the pick of the Men's team with terrific wins in both M60 100 & 200 metres (see photo) despite giving away ten years seniority and setting two new club records in the process.



Officials anxiously looking for the next finisher in the 200m

Ever consistent performer Richard White outclassed the opposition to win M50 400 metres, took third place in 100 metres and also produced the fastest split time in the 4 x 400 metres winning relay team.



Recent recruit to Vets athletics Anthony Ness had a busy day in the sprints. Despite storming runs in both M40 400 & 200 metres he was just edged out and piped on the line into second places. Anthony earned third spot in 100 metres and ran formidable legs of both 4 x 100 & 4 x 400 metre relay teams that finished third & first respectively.

Steve Buttler (below) returning to athletics after a twenty-two year layoff and in only his second Vets competition for the club ran a sparkling M35 200 metres for second place and ran excellent lead off legs of both 4 x 100 & 4 x 400 metre relay teams that finished third & first respectively.

Darren Salisbury who has run consistently well all season secured a well earned third place in M40 3000 metres, fourth in M35 800 metres and a fantastic leg of 4 x 400 metres relay team helping to secure a convincing victory.

Former age group champion Barry Swindells ran a solid race in M60 800 metres for third position despite giving



away
15 years of seniority.

Geoff Aston, returning to form, performed well to secure a well judged runner-up spot in M60 1500 metres to set a new club record.

Terry Bedington (photo on left) ran strongly to set a new club record in M50 3000 metres despite giving away fifteen years seniority.

Darrell Pulver in his first ever track competition exceeded expectations with a respectable fourth place in M40 2Km Race Walk.



Nick Hitchings M35 1500 metres (photo on right) & Steve Mayfield M40 Javelin produced creditable performances to gain valuable points to finish in fifth positions from the eight teams competing. Steve also ran a leg of the 4x100 Relay that secured third place.

Multi-event star Marc Flannery, performed to his normally high standard in tackling six field events, secured victory in M50 High Jump, three runners up in Shot, Discus and Triple Jump plus third in Long Jump & Hammer despite a niggling Achilles injury.

Pete Stewart had a busy day in the field and performed consistently well in five events gaining second places in M40 Pole Vault, Triple Jump, Shot, Discus & third place in High Jump. Ian Bowles in possibly his last appearance in a Worcester vest, as he is moving home to South Wales, took a well earned second place in M60 Hammer.

Roger King competing against athletes up to 15 years his junior still managed two creditable performances in both M60 Long Jump & M60 Javelin for fourth place finishes. The Men's Team Manager Dave Hope gained valuable points in both M60 Pole Vault & 2 Km Race Walk finishing forth and third respectively.



Anne O'Connell and Liz Bowers after the 3000m



Worcester Ladies team achieved a top three finish in 22 of the 29 events contested in the ladies competition!

The day started with Anne O'Connell setting a Seasons Best (SB) in the W40 800m which she later followed up with an SB of 12.24.0 in the 3000m.

In the W50 800mt Ros Townsend-Hope came third in 3.02.1. Ros followed this with an SB and new club record in the W60 100m, first place in the W60 400m with another club record and forth in the W50 1500m.

Still not finished, Ros ran the first leg of the 4x400 relay and also competed in the Triple Jump, where she set a Personal Best (PB) of 4.94m in covering for the injured (W70) UK ranked N° 1 at this event, Iris Holder. Ros secured a hatful of points as she helped in both the W50 and W60 age categories.

Pam Murray scored well at the W40 100m before dropping down an age group to win the W35 400m in 66.7sec. Pam was also in the winning 4x100 relay team that matched the club record as well recording the fastest split time in the 4x400 relay team.

Mel Garland, the Ladies Team Captain, started her busy schedule with a scorching 14.6sec in the W50 100m for second place, a position she matched in the W50 200m. Mel also ran in the successful 4x100 relay squad.

Making her team debut, Liz Bowers had a fine victory in the W60 3000m setting a club record in the process. Later in the day, with race walker Rebecca Hambrook being unwell, Liz stepped in and walked her way to a W60 2000m club record in 14.07. In the W40 race walk our specialist walker, Wendy Bennett, obtained maximum points in an SB of 11.29.8



Cat Goulder-Davies set a new club record and personal lifetime best of 28.5sec in winning the W35 200m, (see left) before joining Anna Little (plus Ros and Pam) in an excellent time of 4.51.2 in the 4x400 relay.

Anna also joined Cat to complete the winning quartet in the 4x100 relay squad, where the team stopped the clock at an impressive 56.8 to equal their own club record.

Becky Freeman scored well at the W35 1500m with a seasons best time of 5.33.1 then set a lifetime best in the High Jump, which she had not attempted in the previous 20 years!

In the other field events Marion "Maz" Loveridge, another athlete making her debut for the Worcester team, shattered the previous club record with a magnificent throw of 36.66m in the Hammer (photo on right). Marion also helped out in the W40 shot with a distance of 6.99m.



Gill Repton performed well in the W50 Discus, with an SB of 15.54m. Pam Price despite dropping down in the W60 age category came second in the Hammer with an SB of 15.68m before helping out in the Long Jump (or the Short Jump as Pam calls it) scoring well with 1.93m and a W70 PB.

Mel Garland then took centre stage, starting with a new club record in the Javelin, followed by first place in the High Jump, first place in the Triple Jump and first place in the Long Jump with a W50 League Record leap of 4.44m. Strangely, Mel only came third in the W50 Shot!

This was a fantastic day of athletics for the Worcester Ladies Team, with athletes setting eleven club records as well a multitude of SB's and PB's plus an all time Midlands Vet's League record.



The meeting concluded with the presentation of the League Regional Trophies, Cup Final Awards & finally the Central Television Trophy (a Gold Cup!) was presented to Mel Garland & Dave Hope, the Team Managers of the winning Worcester Teams.

Iris Holder (W70) was also awarded the "Female Athlete of the Year" award in recognition of having competed in all four vet's league matches and being undefeated at 100m, 200m or Long Jump, whilst competing against much younger athletes and setting three new Midlands league records in the process.

Pictured left is the 4x400 team of (L to R) Pam, Anna, Cat & Ros



SOME MEMBERS OF THE WORCESTER TEAM ARE SHOWN WAVING A CHEERIE GOODBYE TO THE RUGBY/NORTHAMPTON LIONS SQUAD, AT LEAST FOR ANOTHER YEAR!!