

## Master's Track and Field Athletics

### Cup Final Victory for Worcester

Worcester Athletic Club Men's Team rounded off their season with a comprehensive victory in the prestigious Midland Vets Track & Field Cup Final staged at Nunnery Wood Sports Centre on Sunday, 30 August. It was sweet revenge over rivals Rugby & Northampton Athletic Club for the 5 points deficit inflicted in last season's Cup Final.

The Ladies team, missing a few of their key athletes, suffered their first defeat in over two years of competition when beaten into second place by Rugby & Northampton A.C.

Both Worcester teams secured their place in the 'A' final with convincing wins in the four league meetings in the process of retaining their league titles.

Worcester managed to retain the Central Television Trophy for the combined scores for a second year by the narrowest of margins, 433.5 to Rugby & Northampton's 431.5 points.

All of the Midlands Premier Track and Field Clubs compete for this annual trophy and after hard fought events covering age groups over 35, 40, 50, 60 & 70 Worcester men's team ran out convincing winners by a considerable margin of 26 points. This is the fifth Men's victory in Worcester's history with previous wins in 2002, 2005, 2007 & 2008 plus runner's up on numerous occasions.

Of the thirty-six events contested Worcester men had a top three placing in thirty-two, providing twelve individual victories, eleven runners up and nine third places.

Worcester's recently crowned 400m Hurdles World Champion Richard White had a very busy day to take pride of place on the track winning both M50 200 & 800 metres, runner up in M40 200 metres hurdles & 100 metres plus legs of both 4 x 400 and 4 x 100 metres relays with the team finishing first & second respectively.

Worcester's decathlon star Marc Flannery accumulated 29 points on his own

with victories in the pole vault and long jump, second in triple jump & third in high jump. New to the M50 category Pete Stewart recorded his first victory to win the pole vault followed up with third place in the long jump.

Laurence Oldfield the reigning British Champion over 400 metres was in sparkling form securing victories at 100 & 400 metres, and second place in 200 metres in the over 60 age group despite giving away an eleven year advantage.

Former club record holder Damon Cripps made a welcomed return after an absence of nearly twenty five years to set more records. Damon demonstrated his throwing skills by winning both M35 Hammer & M40 Shot with second place in the Discus. His Shot Putt distance established a new club record.

New recruit Chris Ward making his debut for the club in M60 3000 metres finishing a very close second, establishing a new club record in the process. Chris also doubled up in the M50 1500 finishing fourth to establish another club record.

Other individual victories went to Mike Small in M60 Shot & Discus with second place in Javelin and third in Hammer.

Valuable points were also gained by Dave Hall third in both 400 metres, & 3000 metres plus legs of both 4 x 400 and 4 x 100 metres relay teams, Richard Houchin second in M40 200 metres plus a leg of 4 x 100 metres relay team, Nick Hitchings M40 800 & 1500 metres, third and fourth respectively plus leg of winning 4 x 400 metre relay team, Rob Hurley second in M35 100 metres plus legs of both 4 x 400 and 4 x 100 metres relay teams, Dave Hope third in 2000 metres Walk & fourth in high jump, Roger King third in M60 triple jump, Alec Taylor second in Javelin, Les Scrivens third in 2000 metres walk & Richard Perkins fifth in M60 100 metres.

Pamela Murray set the tone for the Worcester Ladies Team with an excellent run in the first race of the day, the (W35) 200m hurdles, finishing second. She followed this up with another second place in the (W40) 400m as well as running a leg in each of the relays (4x100 and 4x400).

Becky Freeman set a seasons best time in a very competitive (W35) 800m then came home in second place in the (W35) 3000m. Becky also ran a leg in

each of the relays, covering for injured team mates.

Ros Townsend-Hope (W60) was kept busy with the 100m, 200m (seasons best) and 800m before dropping down an age group to secure valuable points in the (W50) 400m.

In the (W35) 100m sprint Cat Goulder-Davies came third behind the athletes ranked one and two in the UK. In her correct age category (W40) Cat obtained maximum points with a fine victory at 200m. She also completed a leg in each of the relays.

Iris Holder was another athlete that achieved a maximum, winning the (W70) 100m in a time that, within her age group, betters that of anyone else in the UK. Iris then dropped down to (W60) to secure third place in the High Jump and dropped three age groups to earn 4 valuable points in the (W40) Triple Jump, conceding almost 30 years to some of the other competitors!

Mel Garland, slowly recovering from injury, had her first race for over two months coming fourth in the (W50) 100m. In the field events Mel stepped in to cover for another athlete in the (W40) High Jump, before coming second in the (W50) Long Jump and winning the (W50) Triple Jump. She also completed a leg in the 4 x 100 relay.

The (W40) 1500m saw Amanda Steer run a solid race to finish fourth.

In the 2K Race Walk Worcester had Gill Repton (W35) with a season's best time and Liz Bowers (W50). Gill also competed in the (W40) Hammer coming fourth whilst Liz raced in the (W60) 1500m finishing second behind the World Champion, Angela Copson. Liz also ran a leg in the 4 x 400 relay.

Jan Timberlake, suffering with an Achilles problem, still managed to win the (W35) Javelin as well as scoring a few points in the Long Jump, which was won by another current World Champion, Joanne Frost of Bromsgrove with 5.64m.

In the (W50) Hammer Worcester were represented by Marion Loveridge who achieved maximum points with a massive throw of over 41mts. She followed this up with second place in the (W35) Shot Putt.

With no (W60) athletes to compete in the throws, Pam Price (W70) was called

upon to represent the club against some younger competitors, yet still managed to win the Discus and secure good points in the Shot Putt.

The standard of competition was extremely high with many athletes recently having returned from The World Masters Championships in Lyon where they formed part of the Great Britain athletics team. Whilst lacking the range of big name athletes found in the Rugby and Northampton Ladies Team, Worcester Ladies did remarkably well to come second in what is effectively the Midland Championships, overcoming all the remaining Clubs from throughout the Region.

Men's scores: Worcester 245.5, Rugby & Northampton 219.5, Leamington 202, Bromsgrove & Redditch 199, Birchfield Harriers 145, Stratford 132, Cannock & Staffs 30 points.

Ladies scores: Rugby & Northampton 212, Worcester 188, Bromsgrove & Redditch 164, Cannock & Staffs 128, Birchfield Harriers 110, Stratford 101, Telford 77 & Leamington 62 points.

At the conclusion of the meeting Worcester Men's Team Manager Dave Hope received the Cup Final Trophy together with the shield for the league title which was won earlier in the season. Worcester Ladies Team Manager Mel Garland was presented with the Ladies shield for their league win. Both teams collected the Central Television "Gold Cup" for the combined scores.

Mike Small received the trophy for the Best Male Athlete in the Midland League (South Division) for his excellent throwing performances in all disciplines of Hammer, Shot, Javelin and Discus.