



DOUBLE SUCCESS FOR WORCESTER'S VET ATHLETES

On a cool non summer like evening at Redditch Abbey Stadium athletics track Worcester Men's & Women's Veteran track & field athletics teams were both crowned League Champions in the Midlands League Southern Division for a third successive year. This is only the third ever double success in the Club's long history. It has been an epic battle with local rivals Bromsgrove & Redditch Athletic Club throughout the season.

The ladies team, who remain undefeated this season, were once again convincing winners with 140 to Bromsgrove & Redditch's 125 points to add to their already large cumulative 80 points advantage. Worcester Ladies easily retained their title from runners-up Bromsgrove & Redditch & with Stratford-upon-Avon third. Over the last few seasons the ladies team has grown in both strength and depth and can now compete with the best Veteran Ladies teams in the UK.

The men's team with already two league meeting wins and a second place and having to contend with injuries to some of their star athletes produced a great all-round team performance to beat off challenges from local rivals Stratford-upon-Avon AC & Bromsgrove & Redditch. Going into the last meeting Worcester held a narrow 9 points margin over B&R but succeeded in bringing home a victory with 122 points to 113 from Stratford & 103 from B&R.

Although the team was not at full strength they still managed to retain their title, winning for an impressive twenty-fifth occasion in the last twenty-six years.

The eight team line up contesting the league with Worcester comprised Bromsgrove & Redditch A C, Stratford-on-Avon A C, Halesowen A C, Dudley & Stourbridge, Droitwich, Kidderminster & Stourport, Sparkhill Harriers & Midland Masters.

In the ladies 200m sprints Iris Holder (W70 - below left) Ros Townsend-Hope (W60 - below right) Gill Repton (W50) Pam Murray (W40) and Cat Goulder-Davies (W35) all delivered excellent times and set the tone for the evening with 33 points from a maximum 40.





In the 800m Townsend-Hope was running again, plus (at W35) Rebecca Freeman with Lisa Hurley (left) as a guest runner and (at W40) Anne O'Connell. They each returned top three finishes, whilst the 3000m runners Freeman (W35) O'Connell (W40 - right) and Rachel Ward (W50)

went even better, as they all finished in the top two in their age categories.



The 2K race walkers Liz Bowers (below right - W50) and Wendy Bennett (below left - W35) also achieved top two finishes securing excellent points for the team.



Meanwhile in the field events, Mel Garland (W50) obtained first place and maximum points in the Discus (below left - can you spot the discus in the sky?)



Jan Timberlake was first in the W40 Javelin, second in the W40 Triple Jump and fourth in the W35 Long Jump - megga points JT

Pam Price (right) at (W60) Shot brought in more valuable points before Iris Holder with

another victory for maximum points in the (W60) Triple Jump rounded off the field events.

The final event on the track, in the final league match of the season was the ladies 4 x 100m relay.





The victorious relay squad, with “league champions” medals – left to right, Cat Goulder-Davies, Pam Murray (Team Manager Mel Garland) Lisa Hurley and Jan Timberlake.

Lisa Hurley, making her relay debut, joined Timberlake (another relay newbie) Murray and Goulder-Davies knowing that a win would secure a match victory. Timberlake got the quartet off to a flying start before handing the baton to Hurley. Murray was next and she passed both the baton and a healthy lead to Goulder-Davies. Cheered on by team members and supporters alike, the team ensured that Worcester Veteran Ladies won the relay race in

a time of 59.2 sec, as well as the match itself - and with it the league title.

It was a fantastic team effort across the whole season culminating in this victory where Worcester Ladies team had nine winners and five second placed athletes. Such is the standard of these Worcester AC athletes that later this month several of the squad will be competing as part of the Great Britain team in the World Masters Championship in Lyon, central France.

In the nineteen events contested Worcester Men's team scored consistently throughout the evening with seven individual winners, three runners-up and two third places to retain their league title just ahead of local rivals Bromsgrove and Redditch.



British Shot & Discus Champion Mike Small (left) a new club member this season, was once again in impressive form gaining maximum points in winning the M60 Hammer, M50 Javelin & M40 Shot.

Richard Houchin in only his second competition for the club ran out a

comfortable winner taking the M40 200m race and finished with a leg of the victorious 4 x 100m team.

Worcester's track star Dave Hall (right) had a busy night taking fourth place in M35 200m, third in 800m followed up with a leg in the victorious relay team.



British 400m Champion Laurence Oldfield (left) cruised to victory in M70 200m in preparing for his trip to Lyon to compete with the Worlds best in a couple of weeks time.



Multi-event star Marc Flannery (below right) had a quiet night by his own standard winning M35 Long Jump and then anchoring the 4 x 100 relay team to victory.



Other notable performances were produced by Roger King M60 long jump for second place, Nick Hitchings second in 800m & fifth in 3000m, Rob Hurley (below) 3000m & relay team,



Dave Hope (left) second & Les Scrivens (right) fifth in 2Km Walk, Martyn Cole forth in both M50 200m & 3000m, Barry Swindells (below left) third in M60



800m & Richard Perkins (below right) forth M60 200m all secured valuable team points.



The 2015 season concludes with the Midland Regional Cup

Final on Sunday 30th August at Worcester's home track of Nunnery Wood Sports Centre with both teams taking on the Midlands best.

