

National Age-group Championships

The National Indoor Age-group Championships were held at the EIS in Sheffield on 28th February/1st March with nine Worcester AC athletes taking part.

Sam Khogali from Mike Bennett's squad was the standout performer for Worcester with his bronze medal winning jump of 7.20m in the u20 men's long jump competition. It's extended his own u20 record and puts him within 5cm of Glyn's 20 year old overall club record.

Also from Mike's group was Jack Hocking who reached the final in the u17 men's race where he ran a seasons best of 51.03s. Matt Hill from my group didn't have such a good day in the same event, where he bowed out in the heats, but he'll take a lot of positives from the season. The indoor season has come to an end with the club having 2 lads in the top 10 in the UK in the same event - I can't think when that has ever happened before and it's a sign of how far the club has come when it comes to strength in depth across the sprint events.

Hannah Tapley and Joel Khan were there from Deirdre Elmhirst's squad. They finished in equal fifth and seventh respectively. Both dealt very maturely with being at a national championships without Deirdre for the first time - a testament both to them and to how well Deirdre has prepared them to deal with big events.

Keiran Garrattley from Andy Poppleton's group, who only joined the club late last summer, was delighted to make it through to the semi-finals in the u20 men's 60m where he ran his second pb of the day, 7.09s to place fifth. So far as I can tell that was the third fastest of all time from a Worcester athlete, with only 2 performances from Alex Bradnick surpassing it.

Also competing from Mike's group was Tom Kenwright in the u17 men's 200m, where he unfortunately pulled up with a hamstring problem. Emily Kavanagh and Abigail Gill from Andy's squad ran personal bests in the u15 girls' 60m and 60m hurdles respectively.

In total there were 9 Worcester AC athletes competing in Sheffield and there were certainly 2 others that had achieved the tough entry standards but didn't compete - there may have been others. The club's continuous improvement in standards shows no sign of stopping.

(Report by Andy Poppleton)