

British Masters Outdoor T&F Championships – Alexander Stadium, Birmingham September 2016

Name	Age Group	Event(s)	Performance	Comments
BENNETT Wendy	W50	3k Race Walk	17'08.58(SB)	Gold Medal and British Champion
GARLAND Melanie	W50	100m 200m Triple Jump Long Jump High Jump	15.24s 32.37s 9.07m 4.21m 1.33m	Silver Medal Silver Medal Gold Medal and British Champion
HOLDER Iris	W75	100m 200m Triple Jump Long Jump	18.17s 39.29s 6.36m 2.62m	Gold Medal and British Champion Silver Medal Gold Medal and British Champion Gold Medal and British Champion
SONN Angela	W55	100m 200m 400m	15.06s 32.60s 1'22.69	Bronze Medal Bronze Medal Bronze Medal
TIMBERLAKE Jan	W50	80 Hurdles Shot Putt Triple Jump Long Jump High Jump	16.04s 7.95m (PB) 9.39m (PB) 4.50m 1.30m	Bronze Medal Gold Medal and British Champion Gold Medal and British Champion Silver Medal
LOVERIDGDE Marion	W50	Weight Throw Hammer Throw	12.70m (PB) 39.38m	Bronze Medal Bronze Medal
BOWERS Liz	W60	1500m	6'08.80 (SB)	Silver Medal
GOULDER-DAVIES Cat	W40	100m 200m	13.64s 28.48s	Silver Medal Bronze Medal

Another fantastic set of results for the Worcester Vet ladies – at the 2016 British Masters (Outdoor) Championships.

We can boast 7 Gold Medals won by WAC athletes, all of whom are now current **British Champions**.

We also achieved 6 Silvers and 7 Bronze, plus SB's PB's and people who are either top or nearly top the current UK rankings.

Every single WAC lady that took part came away with a medal – that really is an impressive outcome for Worcester AC!!

Many congratulations to one and all – a wonderful set of results, competing against some of the best athletes in the UK.

Incredibly, we had 8 members of the WAC Vet ladies squad over in Birmingham for these British Championships.

That in itself is almost certainly a record, just one more that we set on this tremendous weekend of track and field athletics.