



Worcester Athletic Club

The Midland Regional Vet/Masters Track & Field Cup Final – 2026

Sunday 6th September saw all the top Vet/Masters athletics clubs from across the region descend upon Nuneaton for the end of season Cup Final. This is very much a team event, where athletes compete for points for their clubs, rather than compete as individuals. One of those clubs, of course, was Worcester AC.

In words and pictures, this is a record of how our Worcester AC team members performed on the day.



Pete Stewart – is seen here in the Hammer (M60). Photo taken from the far end of the field, where I was involved in Shot Putt (M70). Pete also took on the Shot Putt (M60) and dropped down an age group to cover the (M50) Discus. In total, Pete gathered an excellent 16 points for the club, then spent the afternoon officiating. He had already transported the club gazebo, flag and a pole vault pole. What a star!



Iris Holder – opened with Shot Putt (W70) then took on the (W70) Long Jump, collecting 10 team points – great job Iris.



Stevie Bald – in advance of the event, knowing we were short of an (M50) athlete for 200m Hurdles said “just how difficult can it be?” He talked to his coach (a World Champion Hurdler!) and on the day came third whilst setting a new club! Stevie also took on 100m 200m 400m and a leg in each relay, 4x400 and then 4x100 where the Worcester squad bettered a club relay record that had stood for 30 years. What an amazing day.

Louise Kirby – in a fairly late change to the team sheet, took on the (W50) 200m Hurdles, where she finished third. Louise also came third in the 200m (W50) with an SB, admitting afterwards that she was concerned not to let us down. Louise has NEVER let the team down!



Rory Johnson – has emerged as a really good (M35) race walker. Here he is setting a 2000m PB. Rory also covered 400m (M35). Being more of an endurance athlete, he told me afterwards that whilst he had picked up a couple of team points, we had also helped determine that 400m was not his event!!





Cat Hutchison (left) and **Di Brian** (right) – did us proud in the (W35) and (W50) 2000m Race Walk, both competing down into younger age groups. Between them, these two added 14 points to our club total.

Cat time was only bettered by two specialist race walkers, whilst Di incredibly set a new **British Record** in her (W70) age group. Obviously this was also a Vet's League and Worcester club record too. Following her exploits on the track, Di went into a nearby phone box, did a quick twirl and emerged as a Track Judge for the afternoon.



At about this point, they announced that WAC were trailing Rugby in the combined (men and women) competition by some 15 points.

Richard Drewett – tackled the (M50) 2000m Race Walk, finishing in a creditable second place for seven team points.

He followed this up with two more second places in the (M60) Javelin then the (M60) High Jump where a recent training session (thanks Clare!) paid dividends, resulting in a clearance of 1.25m and a perhaps a new PB.

Hearing that Peter Roberts had been delayed so would miss the (M50) Long Jump, Richard stepped in here as well, picking up a few more points.



Tracy Hinxman – is another athlete that had a busy day. Tracy ran both 800m and 3000m (at W50) coming second in both, collecting 14 points for the team, before completing a leg in the successful 4x400 team that won by a comfortable 30mt.



Toby Wort – was our representative in the (M35) 800m. In quite a fast race, Toby came second so picked up 7 valuable points. Sadly, he was forced to withdraw from the 4x400 race due to take place some time later as he feared a recurrence of an injury suffered earlier in the season.

The event organisers then announced the provisional team scores. Our men's team were trailing both Charnwood and the Rugby & Northampton team, but there was better news for our ladies, as we had sneaked into a small lead – at least for now!





Derek Jackson – dropped down into the (M60) 800m but still managed third place ahead of some (relative!) youngsters. He also covered the (M60) 3000m finishing fourth, then when another athlete withdrew from the (M70) 200m he willingly stepped in there as well, even though he admits he is not a sprinter. In total, Derek harvested 16 points for Worcester AC.

Amy Pinkney – kicked off the 100m sprints with a level of determination that secured second place and possibly Amy's first ever victory over Eleanor Ruddock from R&N – quite a scalp. Amy also ran a leg in the 4x100 relay team and covered (W35) Long Jump coming fourth with 4.10m.



Mel Garland – our Ladies Team Manager, competed in the (W50) 100m as we had Angela covering the (W60) 100m race. Mel came third running with the W50's with an SB of 15.06s.



Mel also tackled Long Jump and High Jump at her own (W60) age group, winning both, plus Triple Jump (W35!) coming third, so in total Mel brought in 28 points for Team Worcester.

Still not satisfied, Mel competed in the 4x100 relay team where her colleagues put her on the first leg. Collectively, another 7 team points.



Ros Townsend-Hope and Derek Naish – covered the W70 and M70 100m races. Ros came second to her rival Sally Hine (R&N) but in the 200m the positions were reversed, Ros securing maximum points. Derek came third in his 100m then followed it up with third in the Long Jump, off a short run-up due to nursing an injury. Sadly he had to pull out of his planned (M70) 200m race but that was covered by Derek Jackson (see above).





Emma Richardson – is shown heading the field in the early stages of the (W35) 3000m. The photo clearly shows that some events had both A and B athletes. We were only competing against those wearing “A” as these were from the top eight clubs across the region. Emma scored maximum points, setting a new club record in the process. She later won the (W35) 400m thanks to a great sprint finish and also helped our 4x400 relay team to a fine victory.



Robbie Campbell – (above, 5th from right) – took part in the (M35) 3000m coming third with an SB of 9’52.95. It was an unusually full field, so will have been a challenge for the track judges with some athletes being lapped.



Suzanne Lantos – made her “scoring” debut as one of WAC’s vet’s team, securing 5 points in a competition won by the current European Shot Putt Champion, Paula Williams from Stratford. Well done Suzanne for not being phased by Paula or the occasion. Suzanne, has your vest number fallen off?



In the 4x100 sprint relay **Sara Saunders** (A83) handed the baton to Amy a close 2nd to R&N. This time Eleanor Ruddock got the nod. Fantastic racing ladies and very exciting to watch.

Sara also competed at (W35) 200m, coming fourth in a time of 30.71 and collecting 5 very useful team points for WAC.



Ciprion Iuhos – bringing our 4x100 team's baton home in second place for excellent points and a club record. Sadly, Ciprion overdid things and could take no further part in the event. We wish him a "speedy" recovery.



Andi Cresswell – won the (M35) Javelin with a superb throw of almost 41m. Andi also helped out by covering (M35) Triple Jump and Shot Putt. They are not his best events, but he brought back valuable points for the team.



Angela Bryant – making a good start in the (W60) 400m which she completed in 84.27s. Angela also ran the (W60) 100m which she won in a time of 15.42s for maximum points.



Maggie Johnson-Myers – (W60) 1500m rediscovered her racing mojo and knocked 20 sec off her previous 1500 SB! Athlete A56 in the photo is former world number one Angela Copson, now in her 70's. Angela finished one place behind Maggie.



Chris Ness – had a busy day, starting with Pole Vault, just enough to register the opening height, but also tackling (M50) High Jump and (M50) 1500m whilst less than 100%. Sorry, no photo.

Robbie Brennan – was yet another athlete who was very busy at the Cup Final. Shown here in the (M40) 1500m where he finished first for 8 points, he also competed in the (M35) Long Jump clearing 4.07m and raced a leg of the 4x400 relay.

Helen McMillan – made her vet's team debut in the last league match and was back for the Cup Final, setting a (W40) 1500m PB of 5'55.8. Sorry, no photo. At the time of Helen's race, I was helping the organisers with the match results.

Ben Reeves – is pictured making a powerful start to the 4x400 relay, where the team went on to set a club record. Ben also tackled the (M35) 100m a leg in the 4x400 relay team and stepped in to cover for the injured Ciprian in the (M40) 200m. Having been injured earlier in the season, it was great to see Ben racing again and covering a range of events.

Alex Cale – came across to Nuneaton solely for the relay. That's quite a trip for something over in just a few seconds – but an excellent team performance and setting a new club record justified the effort.



Katie Welch - has not raced much this season, but with a house move and a change of club pending was determined to compete one more time for the WAC Vet's Team. A leg in the successful 4x400 relay squad and her wish was fulfilled. Next year Katie may be competing against us as part of the Charnwood team 😊

Emma Oldham – was in the same 4x400 relay race. However, Emma also completed the (W40) 800m, the (W35) Javelin and the (W35) Shot Putt. Emma tackled the two throws due to the withdrawal through injury of Ruth Wells. Great team support Emma.

<< Relay Winners - left to right – Emma R, Tracy, Emma O and Katie

Peter Roberts – ran an SB of 13.97 in the (M60) 100m, a time bettered only by a GB International from Charnwood. Peter also covered a leg in the 4x400 relay, when one of our athletes pulled out on the day. Peter doesn't usually run any further than 200m.



Julie Wakelam – gathered a hatful of points in undertaking (W60) Hammer, (W60) Javelin and (W50) High Jump. She is pictured below, second from left

As well as being awarded the men's and women's shields for winning the South Midlands Division of the Midland Vet's League, when the scores were totted up for the Cup Final Worcester's Vet Ladies had achieved a clear cut victory, with our rivals Rugby & Northampton taking second place.

Our Vet Men didn't do quite so well, coming third, but only 6 points behind the winners; as is so often the case, every point mattered.



However, when the Men's and Ladies scores were added together to determine the winners of the very large Gold Cup (donated by Central Television) the team crowned

Midland Regional (Vet's) T&F Club Champion for 2026

was none other than your very own **WORCESTER AC**

The team had done it! Despite all the trials and tribulations along the way, yes there had been quite a few, Worcester's Vet's had achieved their dream and were **Regional Champions 2026**.

