

RAC AGM 2022 MAWOR Update

As Covid restrictions subsided during 2021, the Men and Women of Rushcliffe returned to competition with distinction. In summary - we smashed it again. The detail:

Road

With a mix of youth and “experience” (the elderly), our senior men placed 40th and ladies 30th at the Midland Road Relays in April. Marlon Dunkley recorded some top notch 10k times, including a 33:12 pb at the Winter Solstice race, whilst Joseph Tuffin scorched to victory in the Podium 5k with an eye-watering 14:29 pb. The Keyworth Turkey Trot saw great RAC representation with Louis Dunne and Ella Emery-Peters winning their age categories. Whilst there was no Summer League in 2021, it makes a welcome return this April. Watch this space.

Track and Field

The County Champs saw Helen Hood, Kath Malone, Kathryn Mellor, Jo Bramley Maye, Finlay Hood, Martin Findlay, Colin Wooton and the Mighty Mac win a sackful of medals between them. We had some great days out at the North of England League where the MAWOR covered all events (Hammertime!) with parents competing alongside their kids. In 2022, the new Notts Development League will build on this pan-age format.

Proving there are “no barriers” to RAC athletes, Kathryn won gold and silver in short and long hurdles at the British Masters Champs, whilst Graham won steeplechase silver. But most impressively, Joseph was on fire on the track. He dipped under 1:50 at 800m for the first time, ran a 4:01 mile (yep, you read that right) and shattered his 1500m pb with 3:45 - a performance that earned him a place in the British Champs (Olympic qualifier!) where he made the final. ON THE TELLY! in his RAC vest. AGAIN!

Cross Country

Attendance was down a bit at the North Mids League and County Champs but the MAWOR still put in some great performances. Joseph impressively won the Kettering North Mids race (lapping his dad), whilst our Vet Ladies placed second overall in the series with Kath fourth, Ruth second and Jo Davies first in their age groups. At the County Champs, our three female runners WON the senior ladies trophy whilst the senior men took silver - greatly helped by James Wardle who won overall bronze, U20 gold and senior team silver. Three medals from one race - good effort!

We had a good turnout at the National and Masters relays and that continued into the East Mids League where ever-presents Marlon lead the senior men to the series win and Kath to the vet ladies title. The icing on the cake was the final race where Alex Gandee and James Wardle BOTH won. Elsewhere, James took U20 silver at the (windy) Midlands Champs, Maya finished 7th at the BUCS short course race with Josephin the top 20. And to round off the season, we had a right good day out at the (muddy) National in Parliament Hill with Alex and Joseph on top form.

Graham, March 2022