

## MAWOR Report

Over the last 12 months, the MOR - “Men Of Rushcliffe” have continued to swell in numbers and ability. No longer “verging on being quite good”, they are now officially “not bad”, but hot on their heels, the fledgling WOR have also blossomed. The combined MAWOR have this year achieved some incredible success.

### *Track and Field*

The MAWOR won **34 medals** at the Notts County Champs including podium clean sweeps at masters 400m, 3000m and 4x100m relay – yes TWELVE athletes from the same club on the podium! James Scott once again beat big brother Marc in the 800m, but this time by **one hundredth of a second** in a photo finish for the silver medal. We were also well represented at the Charnwood Opens and in the North of England League (albeit competing “higher claim” for our friends at Newark AC). Joss and Cameron won **national bronze medals** at combined events. Joseph Tuffin finished the 2018 indoor season ranked 3<sup>rd</sup> U20M in the UK at both 800m and 1500m. He even **ran on the telly** in his RAC vest in the Senior UK Indoor Champs. Martin and Graham rocked their GB kit at the European Masters Champs in Aarhus, Denmark placing 4th and 5th in individual events with Martin helping the GB M60 4x400m relay team to **European gold** and a **British record!** (not bad!).

### *Road*

The MOR finished a magnificent **third place** in the Notts Summer league whilst the veteran WOR finished a fantastic **fifth** after five races against the county’s finest distance runners. Individually, Steve Dickens placed an amazing third overall and second V40 – two county medals to add to his 10 mile county gong. Marlon put in some impressive local 10k results including wins at Orston and the Nottingham 10k, but top of the pops was Abi Cast who was crowned **county champion** at the Robin Hood Marathon.

### *Cross Country*

Whilst we struggled to match last year’s team heroics in the North Midlands League and County Champs, we still picked up a couple of individual medals in the latter courtesy of Chera and some ropey old fella, whilst Marlon earned himself a **county vest** and was a fine sixth overall in the former. We put in multiple teams and decent results in the National and Masters relays – both on our doorstep. Whilst we went a little further afield to compete in the National at Parliament Hill following a very muddy Midlands Champs at Wollaton Park.

However, in the East Midlands League we absolutely shone. With a regular turnout of 25+ runners, the MOR retained their title – a performance matched by the WOR! We even picked up the Men’s B Team trophy!

Whilst there have been many impressive results, the MAWOR are a team intent on enjoying themselves, supporting each other and most importantly posing for some ridiculous group shots. A pleasure and privilege to be part of. Long may it continue.

**Graham Moffatt**