



**THE MIDLAND MASTER ATHLETE
WELCOME TO NEWSLETTER 268 - FEBRUARY 2021**

This month we start our news with moving and heartfelt tributes to two of our beloved members.

WITH LOVE AND WARM MEMORIES OF EDGAR NICHOLLS – The Barefoot Runner

1924 - 2020



Born in Rubery 1924 Edgar was a very active athlete since the age of 12 winning many Schools and District titles on the track. Joining Bromsgrove C & AC when he was 16 years old he became one of their most successful members winning many Worcester County and Midland titles.

During his time in the RAF during the war servicing Harvard aircraft he was soon chosen to represent them in Combined services events at 880 and 440 yards. Post war he was chosen

to join a team of elite athletes including Macdonald Bailey and Arthur Wint visiting Germany to 'entertain' the troops, which he describes as a harrowing experience.

Returning to his work with the Austin Motor Company Edgar continued to shine and was brought to the notice of the selectors for the 1948 Olympic Games. He was given special coaching at Cheltenham College under the care of AJK Brown. Food was still on ration at this time and the allocation of an extra egg a week was a great bonus. All was going well right up to the final selection race when he was literally pipped at the post and failed to make the chosen team – a great disappointment when he felt he should have done better having beaten some of those chosen on several occasions.

Bromsgrove C & AC were a successful Birmingham League Team and in one season Edgar won all the races at Cross Country Division 2, mostly with bare feet – something that became one of his trade marks until late in his career.

He was very proud of his O40 Marathon time of 2hrs 34 (not with bare feet!).

With the demise of the Bromsgrove Club Edgar moved to Birchfield Harriers, enjoying his time there. However in 1962 he was soon drawn back as a founder member of the of a newly amalgamated Bromsgrove & Redditch Athletic Club and remained a member to his death, having been Secretary and Chair as well as coaching and officiating. He still holds six Club records for distance on the track.

Following a break from running, due to a brain tumour in his forties, he was tempted to have a go at a Veteran Cross Country, thinking that, with his record he should walk it. No. He was roundly beaten by 18 others including a very impressive George Phipps, also Over 50 at the time. Realising he would have to start serious training he joined Midland Veterans AC and soon found that this opened up new opportunities. He was particularly successful at Cross Country and won MVAC / MMAC and BMAF / BMAF Championship golds in most of the 5yr age categories until he finally hung up his spikes at the age of 83. He held many Club Track distance records until a young whipper snapper by the name of David Oxland came along to gobble them up !!! Of particular note are his silver medals as part of the UK over 50 team in Eugene, Oregon and winning silver medals at 10k in the World and European 10k Road Championships in Berne, Switzerland.

Edgar became MM Club Secretary, a job he held for many years, he was also Club President and was a valuable member of the Club administration and planning teams until his early 90s.

He always said that his experience as a Masters Athlete was the most enjoyable phase of his athletic career. As age took its toll he was no longer able to take an active role in Club affairs but he was always very supportive behind the scenes. He would deem it a great honour that the Club is to present an award in his name.

The messages we have received following his death pay tribute to the support and guidance he gave to athletes across all the ages, a quiet man but obviously inspirational to so many.

Still disliking wearing shoes, I like to imagine him skipping around the clouds in his bare feet. Run fleet and free my love Irene

DAN UPTON. 1975-2020. A CELEBRATION



Many a tear has been shed by those contributing to obituaries of the late Dan Upton. To change the mood, six athletes who knew, competed and generally loved Dan spend time with Mens Team Manager Matt Long, to celebrate the life of the popular thrower and to share their memories. Feel free to cry but this piece is intended to put a smile on your face....

Jo Wain: "I first met Dan outside the Paula Radcliffe stadium at Loughborough University in September last year, I was there supporting an athlete I work closely with and Dan was doing what Dan did and that was competing. We stood outside the stadium waiting for the green light to enter the stadium talking about throwing, training and of course competing. The thing that struck me about Dan was his passion for throws, competing and athletes of all ages. I watched Dan compete in the Discus winning his M40 age group with a throw of 36.47m and from there our friendship started to develop. I am based in Chesterfield and Dan was up in Lancashire so we communicated by text and phone calls, and I was shocked when Dan asked if I would coach him in the throws. I jumped at the opportunity as Dan was ranked number 1 in the UK in both shot and discus in the M40 age group as well as being ranked in the top 30 overall.

I don't know why he asked me to coach him, I haven't been coaching that long and have no track record of developing athletes. I like to think he saw something in me just like I saw that passion in him and that we had developed the two things that I feel are key between coach and athlete- a positive relationship and open communication.

We had started to make plans and Dan had set a goal of going over the 40m mark with the discus which was well within him he was also going the travel down to train with me at Spinkhill once and month combined with coaching over Zoom, we were going to hit 2021 hard.

Unfortunately Covid , changing tiers and lockdowns had other ideas and we will never see how big Big Dan could go. All I know is he had a big impact on me as a coach and my life was richer for knowing him.

Matthew Paynter: My first memory of Mr Upton was at my first indoor comp at Lea valley. He

walked over to me and said 'So your're the fella that throws far with no technique. Hi I'm Dan' and from that point in I liked him.

Paula Williams: Dan was the most supportive thrower at Masters level. Wherever we were he'd be egging us on. We had a great laugh at Nuneaton this year. He would set himself a target at each event and then go for it. My memory of Dan will be him laughing his way through competitions and always being a gracious to his opponents and the officials. A real gent.

Andy Rushbrook: I met Dan 3 years ago at the eastern Masters. Halfway through the throwing event he disappeared, to my astonishment there he was doing 110 hurdles. He always had time and encouragement to give to us lesser talented athletes. Going to miss him and his messages each week.

John Statham: Dan was always friendly and enthusiastic. As a Sprinter who would have a go at Shot, he would be the one to say I was in the arena if the shot clashed with my sprint races. Always encouraging of his fellow throwers. Just a bloody nice bloke. The last time I saw him was at Doncaster in September. I still find it difficult at times to believe I won't ever see him again.

Steve Hollis: Pretty sure it was at the Pingles about 4 years ago. I think it was actually in the javelin and feeling quite pleased with myself until he walloped

MMAC COMMITTEE MAIN CONTACTS 2020/21

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MIDLAND MASTERS AC VESTS AVAILABLE AT SUTTON RUNNER

The MMAC vest has been updated to include the club badge. It is white with red vertical band bearing the club name and badge This is a must for your kit bag. The mini-mesh vest is £14.99 (plus postage and packing) Women's vests to order at the same price. Please send your order to: Sutton Runner, 268 Jockey Road, Sutton Coldfield B73 5XL
<https://www.suttonrunner.com/shop/> Telephone first to confirm sizes in stock (0121-355-2901) Shop open: MON-SAT 9.00am – 5.30 pm

We welcome these new members

Martin Dawson North Derbyshire RC
Christopher Field Bromsgrove and Redditch
Melanie Garland Worcester AC

Iris Holder Worcester AC
Chris Jordan Derby Athletic Club
Vicki Mackay Wolverhampton & Bilston
James Olliffe Brackley and District RC
Gary Price South Derbyshire Road Runners
Sharon Samuel Bromsgrove and Redditch
Simon Ward Hermitage Harriers
Claire Watson Sutton in Ashfield Harriers & AC

Membership

475 Members have renewed or joined for our 50th Anniversary.

We have over a 100 members from last year who haven't renewed for this year so far.

If they want to renew they can do this at bmaf.opentack.run, just logon with the email address, go to our members page and you can renew there.

A few people have had problems with the system, some because they have changed email addresses but need to use the old one that is still in their membership record. In that case, just logon with your old email address and then update it in the system. For other problems contact me at grahamlamb@gmail.com.

I know a few people don't like to pay online and there are options to pay by direct debit to our account at Lloyds, MMAC account Bank sort code - 309757, account number 00496325 or pay by cheque which you can send to the treasurer, Martin Wilkinson at 249 Boldmere Road, Sutton Coldfield, West Midlands, B73 5LL. Make it payable to Midlands Masters Athletics Club . We use Lloyds, so it's possible to email a photo of the cheque which we can then scan to mmac.treasurer@virginmedia.com.

ANDREA SEXTON JOINS COMMITTEE

A quick introduction as I'm really happy to have joined the committee to help with communications. I live in Nailsworth, near Stroud. I am 45 and have 3 children who I have been homeschooling whilst running my PR company. I love anything off road, the trails and long adventures as a runner. I'm not fast but I can go far! You can find me on Instagram [@asextonpr](https://www.instagram.com/asextonpr) where I share photos of the things I see out training.

SOME SUPER ADVICE HERE FROM LOUISE ABOUT INJURY AND RECOVERY

MULTI-WORLD MASTERS CHAMPION LOUISE RUDD HAS BEEN HAMSTRUNG AND TORN OF LATE AND SHE TAKES MATT LONG ON A GENTLE WALK OF DOWN THE PATH OF RECOVERY.



In the last newsletter (Long, M. Too Many Miles on the Clock?. Midland Masters Newsletter. December 2020. p. 9-11) we looked at how your advanced chronological, biological, training and competition ages mean that you are more at risk of injury compared to when you were competing perhaps as a senior. 'Pre-hab' and 'early intervention' are now common place terms in both medical and coach education discourses. Even with the most enlightened of approaches, sometimes things go wrong and its fair to say Louise Rudd, who bagged a world masters gold over two laps back in 2015 has had a tough time of late. This being said her struggles with injury in recent months can be used to develop understanding among the collective running fraternity.

Definitional terms:

In this piece we focus on two physiological problems which in Louise's case may have been interrelated. In definitional terms (1) Proximal hamstring tendinopathy or PHT (PHT) tends to be more popularly referred to as 'high hamstring' tendinopathy. According to Zissen et al. 2010, tendon degeneration, partial tearing and peritendinous inflammatory reactions may all be associated with the condition as what is contextualised as 'insertional tendinopathy'. (Cook and Purdam, 2009). (2) A meniscal tear represents an injury to a part of the knee, namely the meniscus. Two crescent-shaped pads of thick, rubbery shock-absorbing cartilage in the knee joint represent the menisci, their being located between the femur and tibia.

Louise elaborates on a long and winding road since we celebrated her career four months ago...

Injury Occurrence

The owner of 6 global masters gold medals remembers that, "It was a cold Saturday

morning and I had decided to do a Park Run back in November 2018. I had run some of my biggest mileage in a number of weeks and to be honest I felt pretty good. I have always been the type of runner that would do a session/race in shorts whatever the weather as it is a mindset thing and makes me feel race ready. I did note however that particular day it was really cold but it was too late to change by the time I'd made my way to the start. Within the first mile, I felt something 'go' at the top of my hamstring but I limped on and finished. My initial thoughts were that it was something to do with my back as in 2015 I stepped out for a run and had a dead leg which after an MRI scan it transpired that I had a bulging disc pressing on a nerve. I had managed this with starting yoga and physio and it felt that it was under control".

Medical Intervention

The five time European champion continues that, "I went to see my physio as soon as I could and we both agreed that it was likely a high (also known as proximal) hamstring tendinopathy. It is commonly seen in distance runners, sprinters and hurdlers in athletics. What I felt was a deep, localised pain in the area of the ischial tuberosity (your sit bone). For me, I just wanted to hold the area to support it. It didn't actually stop me running, it just felt very uncomfortable and I particularly found that trying to do anything fast was out of the question. What did not help was the fact that I'm a rep for a pharmaceutical company so driving while being sat for large parts of the day was agony and there was no respite".

Injury management

The owner of two British records explains that, "Speaking as an athlete, the key to tendinopathy management is loading. It should be progressive loading whilst monitoring pain. Exercises such as isometric leg curls, isometric long leg bridging with two legs progressing to one leg, bridge holds were what I undertook. I took professional advice to understand that the key to proximal hamstring tendinopathy rehabilitation is to 1) restore hamstring strength and 2) restore hamstring muscle bulk and capacity in a functional range of movement. In addition, Heavy Slow Resistance (HSR) training is advocated including eccentric and concentric elements. I am aware enough to know that all rehabilitation should progress and I moved onto Nordic hamstring curls with the aim being to continue with functional training in greater hip flexion. I embarked upon progression to hip thrusts, forward step ups, walking lunges, deadlifts and Romanian deadlifts."

Set back

With candour the Stockport Harrier acknowledges that, "With the benefit of hindsight, my path towards rehabilitation was somewhat stalled by me not resting as I had a World Indoors Masters Championships in Poland in March 2019 that I desperately wanted to attend. I should not have gone as training for the months after the November incident had been intermittent. I then ran a 5K race on the roads in April and couldn't walk a step at the end so at that point I knew it needed further investigation".

In explaining the process of the MRI scan, she explains that "The results showed a partial tear in the hamstring and the health of my back had also declined so I had two procedures:- an epidural into the lower back (caudal epidural) and a Platelet Rich Plasma (PRP) injection into the site of the hamstring tear. Although PRP has been around since 2009 it is still considered experimental and evidence is inconclusive.

Basically they take your own blood, centrifuge it so that it separates and then they inject you with your own plasma to try and instigate repair as platelets release growth factors and proteins”.

The 46 years old recalls that, “I started the winter season in 2019 and trained a lot on grass for the xc season. My hamstring was uncomfortable but not unbearable. I had noticed that the inner side of my right knee (same leg as the hamstring issue) had begun to hurt a little, but i just strapped it up and ran on. I actually had some good results and managed a 10K PB at Telford in the December having turned 45 in the November”.

With obvious frustration she articulates that, “After a small break I commenced indoor training for what we thought would be the European Masters Indoors Champs

in Portugal but as I tried to put any speedwork in the hamstring was complaining as was the knee. As we all know in March 2020 the UK went into lockdown so I decided to have a complete rest from running. Rather annoyingly I managed to sprain my ankle just walking (also on my right leg) and we drove to France for a vacation. I did alot of walking and some cycling but by the end of the holiday the pain in my knee had literally brought me to a halt. It was incredibly painful”.

Surgery

“I decided to have another MRI scan which showed a torn meniscus in the knee but also that the hamstring tendon had now become partially detached from the ischial tuberosity. The only option I had was surgery and I operated on by a specialist in September 2020. Hamstring tendon surgery is still reasonably unusual and the surgeon concluded that it was highly likely that the meniscus had torn due to hamstring detachment forcing a change in biomechanics. He was also rather surprised how I had managed to keep running on it for such a long time! He performed both operations at the same time as we felt that rehab from one then another wasnt the best”.

Comeback

Ever the optimist, Louise’s mood visibly lifts when a return to running is mentioned. She enthuses that, “The initial aim of physio was to build up strength again in the hamstring muscle whilst not putting too much pressure on the tendon as the last thing you want is for that to become detached again! It was 12 weeks from the operation to commencing some light running a few times a week. We tested the strength in the hamstring before I was allowed to run to ensure it was similar to the other leg. Rehab so far has gone well and have been back running a little for the last six weeks”.

One should always seek medical advice where injury is concerned but as athlete and coach, Louise and I can leave you with the following questions for self-reflection which lean towards prevention rather than prescription.....

Questions for self-reflection:

1. When I suddenly increase the volume, frequency or intensity of my training, am I aware that I am more at risk of injury?
2. How is the work I do on foundational and fundamental development assisting me to stand the best chance of remaining injury free?
3. What I can do to change my wider lifestyle demands which will help me stay

- injury free e.g. driving less or investing in a sit-stand desk to help posture?
4. Why is it important I seek medical diagnosis at the earliest opportunity when experiencing pain?
 5. What can I do to ensure that I desist from exacerbating an injury by being unwittingly sucked into pressure to continue to train and compete?
 6. When I return to the sport how am I managing my training overload so as to avoid the risk of re-aggravating the problem?

Matt Long is both Midland Mens Road Running Team Manager and Midland Masters Mens Team Manager and can be contacted for views on this piece through mattlongcoach@gmail.com. You can keep up with Louise's rehabilitation and comeback @lulurudd on twitter or @louisenrudd on Instagram

*An earlier version of this piece can be located in Fast Running Magazine

SPRINTS STAR LAWRIE DUNN HAS ALWAYS BEEN QUICK OUT OF THE BLOCKS AND HE TAKES MATT LONG FOR A DASH THROUGH HIS ILLUSTRIOUS CAREER:



Matt Long: How long have you been in MMAC?

Lawrie Dunn: I joined MMAC in 1988, mainly to get involved in Multi Events. This has been my main love over the years and I've done lots of decathlons, pentathlons and even a couple of indoor heptathlons.

Back in those days the standard of the M40 age group in the Midland Masters Championships was always strong with often three heats needed for most sprint events. I was happy to make finals. I occasionally went to the individual National Championships but the standard was very high. On one occasion I lined up against George McNeil who had just been readmitted as an amateur. He won the Powderhall Sprint in Edinburgh and the Stawell Gift in Australia, both lucrative professional handicap sprints. He didn't look particularly fit but soon disappeared into the distance!

There were several excellent M40 decathletes back then and I never got near to winning a national medal for many years. John Charlton and Dave Cowley are still competing. Mike Cordon and Snowy Brooks were ex-Olympians. They would beat me in all ten events. It was not until I got into my 50s and 60s that I occasionally beat them in individual events. They were, like me, pretty fit, but also had the skills to perform in technical events like PV and hurdles, plus the strength for the throws. But it was all very friendly and a lot of coaching went on during competition which was encouraging.

ML: You captained MMAC to indoor triumph last year at Lee Valley. What are your abiding memories?

LD: I must say how proud I was to be selected by you as MMAC captain for last year's Inter Area Competition at Lee Valley. The whole day, regardless of whether we won or not, was an exceptional day spent with such nice people all sharing one common aim - to do their best for the team. The comradeship within the team was great. I think I appreciated the willingness of athletes to perform in events out of their specific sphere was the main reason for our victory. The victory was the 'cherry on the cake.' Well done to everyone concerned, not least yourself, who inspired everyone. It looks as if we won't be able to defend it this season but, hopefully, things might be back to normal in 2022.

ML: What are your proudest achievements as a masters athlete?

LD: My proudest achievement is probably that I've been able to continue enjoying a sport that I love for many years. I've only ever been to one World Masters Championships (Gateshead 1999.) They have never interested me too greatly. I have, however, competed several times in the USA Masters Decathlon Championships and picked up an All-America medal a couple of times. I also held

the M70 British record for the Indoor Heptathlon for a couple of years before it was recently broken.

I want to say how proud I have been to be part of the Great British Multi-Events team that competed for the Trans-Atlantic Trophy every two years against the USA. We have been to the US on six occasions to take on our friends from America and have hosted them here in the UK the same amount of times. Although the victories that we had were important at the time, it was the lifelong friendships that we established that have meant such a lot to me. Friendships are the most important thing in life and the greatest outcome of our time in this great sport of ours is the friendships that we've made and kept.

ML: What is your training age in track and field more generally?

LD: I have been a member of Notts Athletics Club since 1986 and enjoyed the support of many friends from the club in encouraging me to continue training and competing. I have enjoyed training with some remarkable people over the years. These have included Paul Anthony, Cameron Sealy, Viv Oliver, Mark Dunwell, Tom Clowry and Ros Shuttleworth, all of whom achieved International or National success. We trained hard but we also had many laughs along the way. These days, the boditrax machine at the gym gives me a metabolic age of 59 (I'm 74.) I can still do most activities that I did when I was much younger only not so quickly, so high or so far.

ML: How has the frequency and intensity of your training been adapted as a masters athlete compared to being a senior?

LD: I never competed in track and field as a senior. I did athletics at school and college but only during the summer term. My main sports were football in the winter to a good standard and tennis in the summer. I was a junior county champion for Durham. I came into athletics through marathon running in the 1980s and then progressed into track and field when my children took an interest. When they looked elsewhere, I continued with it.

ML: What other non track and field activities do you use to facilitate overall health and wellbeing?

LD: I do daily mobility and stretching exercises. In addition there's circuit and weight training twice a week, sometimes at the gym and sometimes at home.

ML: What injuries have you had of late and how have you recovered from them?

LD: I'm lucky but I've suffered very few injuries over the last few years. In about 2005, I started to be coached by a fellow Notts AC athlete called Mark Dunwell, who was an excellent Masters sprinter who won World Championships Gold medals. He emphasised the need for daily mobility work and stretching, which I've done every day since over the last 15 years. I think that has helped with my fitness. He also suggested 'staying light but staying strong' so I've never had any weight problems and continued to do upper body weights. Both Seb Coe and Jonathan Edwards could lift enormous weights in the gym when they were winning Olympic gold medals but were obviously in the peak of condition- not that I'm comparing myself to either of them. Bob Brown, the Notts AC pole-vaulter who won several age group world master titles and still holds several British records was only about 8 stone in weight and looked like a stick insect but could bench press 12 stone - one and a half times his body weight. He's well into his 80s now and retired from track and field.

I've also been a vegetarian for the last 40 years which I think has been beneficial to my overall health. I've never been much of a drinker and never smoked. Over the last 15 years I've also regularly gone to see the chiropractor who has been able to pick up any spinal and muscular problems early.

ML: What do you hope to achieve in our sport in future?

LD: in the future I just hope to stay fit and healthy enough to compete to a reasonable level but mainly to enjoy the sport and to enjoy meeting lots of nice people similar to those who I have known over the last 40 years.

ML: What bit of advice would you give your contemporary team mates?

LD: Keep training regularly, do your best, enjoy the company and don't bore other people with your injury problems.

Matt Long has served as an England Athletics Tutor since 2010 and in 2013 was honoured by being awarded the British Milers' Club Horwill trophy for outstanding coach education.

SUE KNEILL- BLOXLEY UPDATES US ON THE LAST YEAR, COVID, AND HER THOUGHT ON RECOVERY

2020 started off like any normal year, I had entered the Colin Simpson Handicap, and was looking forward to the event, and also entered my first ever 7 mile trail race, the Nantwich Hellraiser (postponed from October 2019 due to flooding).

The Nantwich Hellraiser was first up on a freezing January morning with freezing fog! On arrival, I could barely see my hand in front of my face. I'm pleased to say that the fog cleared early on in the event. I had never run anything like it – so many stiles and gates and deep ankle twisting tractor tyre tracks in deep, frozen in patches, mud. I was pleased to have come 21 st, out of 77 overall, and finished the first W50. Not my fastest ever 7 miles (at 1:02.01), I'm sure, but I felt good for doing it and the bottles of beer given out at the end made it all worthwhile!

Another friendly, well-organised event, that I was entering for the second time was the Colin Simpson 5 mile handicap. Not quite as on top of my game as I had been the previous year and despite being the fastest female in the event, a good 3 minutes down on 2019's time. Also, a lot further down in the handicap rankings – that's what happens when you run away with all the prizes the previous year!

I had the year's competition mapped out as usual and also managed to fit in one last cross country, the Midland Cross Country Championships, before the sad news hit that the country was going into lockdown. My initial reaction was that this would give me some quality training time before things opened up for track and field again in the summer, however, as we all know, that wasn't to be. I hadn't really got to grips with the full functionality of my Suunto Ambit 3 watch or signed up for Strava – I hadn't felt the need. However, after a good few months of no competition and losing my focus, I signed up to do the BMAF virtual 5k relays – this proved a double advantage in that I both learned to use my watch to better effect and got my 5k time down to under 22 minutes again (21:44). In addition, I am now signed up to Strava.

All was ticking along well and I didn't enter another virtual event mainly due to work and other, taking on a rescue horse (!) commitments. As life seemed to settle down a bit, some of the Covid rules were relaxed, and my daughter was able to start her college course, physically being present in the college 3 days a week. Everything was bumping along smoothly then, just as the late October / early November college half term started, my husband started to develop a cough and we were all shocked to find his Covid test came back positive – this is a huge shock when you have been very careful and stuck to the rules. Despite giving him a wide berth, sure enough my daughter and I started coughing just a day later. I have to say, I feel that in this instance we got off very lightly and, though out of action for a good two weeks, we were not too terribly ill. Having said this, if you

contract Covid you should be cautious – much as you think you're not too bad and you feel you're getting better, Covid can take you by surprise.

Coming out of Covid, I gave it a few weeks before I started up running again – I decided I wanted to

be running again by the time it was my birthday on 30 November. My first aim was to run 2 or 3 laps, at a very steady pace, of the perimeter of Rowley Park in Stafford (the perimeter being just under 1 mile) – this was a bit ambitious and I managed just 1 lap and that was with walking part of it. This was largely down to breathlessness and just feeling tired and unfit. I gave it a week and tried again - this time 2 laps – no breathlessness but generally tired – I got the feeling this was going to be a long haul but could be much worse.

I have gone from jog / running a couple of miles around Rowley park to jog / walking my hilly 5k lap of Cannock Chase, gradually building that up to a continuous steady run. I am glad to say that, while I don't feel 100% back in the zone just yet, it has taken just a couple of months for me to build up to running 5 to 7 miles steady and I have now started adding hill reps and 2 minute grass reps into my repertoire.

I've just joined the North Staffs Road Runners Association, it has been a long while since I competed in NSRRA, and I am very much looking forward to getting some races, albeit virtual, under my belt.

I would strongly advise taking things very steadily after Covid, even if you feel you have had a very

mild dose, it takes time to fully recover and baby steps, walk before you run, are highly recommended. Take care everyone and keep safe.

VIRTUAL GRAND PRIX - WINTER LEAGUE

A huge thanks to Martin for his ongoing hard work with this. Virtual Grand Prix - Winter League

We now have almost 100 members competing in this virtual competition.

February is the final month and the overall winner will be the recipient of the inaugural Edgar Nicholls Trophy. A reminder please enter the 5 and 10k Strava challenges and upload your results to Strava plus join MMAC club on Strava.

Results can be found here:

<https://midlandmasters.com/2021/02/06/mmac-winter-virtual-grand-prix-results/>

Here are the top 50.

			5k		Points	10k		Points	Total	
Ron Cattle	M	70	0:20:00	88.39%	100	0:41:10	88.84%	100	598	1

Kristian Watson	M	35	0:16:05	82.93%	92	0:32:10	84.16%	98	569	2
Peter Savill	M	65	0:20:00	85.51%	96	0:43:00	82.33%	96	565	3
Martin Makin	M	45	0:17:30	81.81%	91	0:35:00	83.04%	97	563	4
Calvin Scoltock	M	50	0:17:20	85.76%	97	0:37:10	81.52%	95	561	5
Ian Salt	M	40	0:17:45	77.78%	82	0:37:20	74.81%	86	553	6
Dennis Walmsley	M	55	0:18:30	84.91%	94	0:40:30	79.53%	92	548	7
Chris Potter	M	60	0:19:05	85.79%	98	0:38:10	88.37%	99	537	8
Lindsay Dixon	F	45	0:20:10	80.19%	90	0:41:40	80.35%	93	533	9
Tim Clayton	M	55	0:19:50	79.20%	87	0:40:00	80.52%	94	523	10
Scott Green	M	40	0:16:30	84.27%	93	0:36:30	77.12%	91	522	11
Gareth Lowe	M	45	0:18:55	76.24%	81	0:38:50	75.46%	89	517	12
Caroline Warrington	F	40	0:19:40	78.63%	84	0:46:10	69.07%	76	505	13
Dave Ellis	M	60	0:21:25	75.18%	79	0:44:00	75.24%	87	490	14
Chris Morrison	M	60	0:22:10	74.49%	77	0:46:00	74.02%	85	483	15
Conrad Watson	M	55	0:19:30	78.65%	85	0:43:00	72.93%	83	473	16
Ashley Baldwin	M	35	0:18:55	70.51%	64	0:37:50	71.55%	80	466	17
Jason Tilley	M	45	0:20:25	71.71%	66	0:40:50	72.96%	84	459	18
Graham Lamb	M	60	0:22:35	73.12%	72	0:48:00	70.94%	79	457	19
Neil Sheward	M	55	0:19:20	79.96%	89	0:47:00	67.32%	72	437	20
Nigel Blake	M	60	0:22:45	71.36%	65	0:47:20	70.60%	78	434	21
Chris Bexton	F	60	0:25:10	75.50%	80	1:03:40	62.77%	56	425	22
Martin Ludford	M	60	0:22:30	72.77%	71	0:49:20	68.37%	74	416	23
Tony Woodwood	M	35	0:18:40	71.91%	68	0:37:20	72.86%	82	412	24
Ian Gower	M	55	0:22:10	69.74%	63	0:48:00	65.92%	66	403	25
Michelle Buckle	F	45	0:19:50	79.22%	88	0:49:10	65.99%	67	384	26
Tracy Hinxman	F	45							374	27
Louise Andrews	F	45	0:21:25	74.74%	78	0:50:50	65.13%	64	371	28
Dave Norman	M	50	0:22:55	64.37%	47	0:47:50	62.81%	57	367	29
Mick Strange	M	65	0:22:35	74.38%	76	0:48:10	72.07%	81	364	30
Martin Hull	M	55	0:23:15	68.12%	58	0:46:30	69.90%	77	356	31
John Birch	M	60	0:24:30	66.27%	51	0:53:10	62.85%	58	342	32
Chris McCann	M	50	0:21:00	71.89%	67	0:50:50	60.63%	52	341	33
Lorna Hulme	F	35	0:23:05	64.58%	48	0:48:20	63.41%	60	338	34
Eric Robathan	M	60	0:24:10	66.62%	54	0:49:30	66.88%	70	334	35
Paul Jones (Mudmaster)	M	50	0:22:45	64.84%	49	0:46:00	65.31%	65	329	36
Martin Wilkinson	M	60	0:24:15	66.39%	53	0:51:40	64.08%	62	321	37
John Wilson	M	45	0:23:35	61.62%	38	0:47:10	62.64%	55	320	38
David Spencer	M	60	0:22:15	72.36%	69	0:49:40	66.66%	69	317	39
Robert Edwards	M	50	0:22:05	67.31%	55	0:48:00	63.12%	59	310	40
Richard Huthwaite	M	50	0:23:25	63.48%	42	0:47:20	64.01%	61	308	41

Carole Blower	F	55	0:26:45	68.46%	60	1:07:10	57.13%	47	304	42
David James	M	70	0:26:15	67.35%	56				300	43
Gordon Lee	M	50	0:17:35	85.86%	99				298	44
Matt Blunden	M	40	0:20:15	67.70%	57				291	45
Jose Gonzalez	M	40	0:21:20	64.26%	46	0:47:20	58.55%	49	283	46
Dave Battersby	M	40	0:20:10	69.45%	61	0:52:00	54.56%	45	283	46
David Lewis	M	50							274	47
Paul Harmer	M	40	0:19:15	73.29%	73				273	48
Tim Doran	M	40							272	49
Chris Sharp	M	35	0:15:45	85.23%	95	0:35:20	76.98%	90	265	50
Nick Hazelwood	M	40	0:21:40	64.18%	45				265	50

JOYCE'S QUIZ RESULTS

Thank you so much for the support again this year. Although there are still some donations coming in, the quiz has raised an amazing **£22,459** making **£206,020** the total sum raised by Joyce's Quiz over the last 24 years.

The winners are:

1st Prize (£35) Sarah Chalkley

2nd Prize (£20) Pam Walters

(We had a significant number of entries scoring 100 and the two prize winners were drawn from those entries.)

Three Prize Draw winners picked from all entries (£10 M&S gift voucher):

Sarah Astbury, Pauline Clark, G Shilcock

Thank you for all your entries, donations and support.

This year we have seen the biggest increase in the amount raised when compared to the previous year's total - being an additional £5,600. This is due to your generosity and in passing the quiz to your friends and families, thus widening the circulation of the quiz.

The answers below include some of the more popular, alternative answers marked as correct. There were other alternative answers, not mentioned below, which were also given marks.

Registered

Charity No 261017

1. Cargo Goods carried by a ship

2. Emu Large Australian bird
3. Toga Ancient Roman garment
4. Piano It has 88 keys
5. Pagoda Eastern tiered tower
6. Stamina The ability to keep going
7. Potato Vegetable affected by the 1845 blight
8. Trousseau A dowry or bride's clothing
9. Yeti The Abominable Snowman
10. Abracadabra Magical incantation
11. Calamari Cooked squid
12. Igloo Icehouse
13. Australia Country "Down Under"
14. Gorilla Large herbivorous ape
15. Lasso A restraint used by cowboys
16. Chapatti, roti, paratha Unleavened flatbread from India
17. Memento, memorabilia Anything that reminds you of something
18. Antenna Used to transmit or receive signals
19. Tobacco Product from leaves containing nicotine
20. Alibi A story proving innocence
21. Bacteria, alga, archaea Microscopic prokaryotes
22. Ego Your idea of yourself
23. Gazpacho A cold Spanish soup
24. Albino, vitiligo Lack of melanin
25. Area The space occupied by a flat shape
26. Onomatopoeia Word that sounds like its meaning
27. Hero The main male character in a story
28. Balsa Lightweight modelling material
29. Haiku 17 syllable verse form
30. Soprano Highest female voice
31. Larva A juvenile form of many insects
32. Bamboo The fastest growing woody plant
33. Bureau A desk
34. Bikini An atoll site of nuclear testing
35. Adagio, lento, largo Played slowly
36. Cameo A small role
37. Fiasco A complete disaster
38. Casino Building with a gambling licence
39. India Its states include Kashmir and Tamil Nadu
40. Macaroni, rigatoni Dry pasta shaped like narrow tubes
41. Cinderella Lived with two ugly sisters
42. Cocoa Basis of chocolate
43. Kola A nut used as an ingredient of soft drinks
44. Comma Punctuation to denote a sentence pause
45. Cuckoo A brood parasite with a famous call
46. Hyena Brown, striped and spotted
47. Dilemma Hard choice between two undesirable outcomes

48. Yoga Physical, mental and spiritual practice from India

49. Disco Where people dance to popular music
50. Lava Molten rock from volcanoes
51. Echo Caused by sound bouncing back
52. Kookaburra Australian kingfisher
53. Embryo The result of a fertilized egg
54. Tuba The lowest pitched brass instrument
55. Shampoo Used to wash hair
56. Iguana, gecko Docile lizard
57. Folio A bound collection of folded paper
58. Verruca A wart on the hand or foot
59. Phobia Fear of something
60. Tea Britain's favourite cuppa
61. Orchestra, trio Musicians' ensemble
62. Graffiti Sprayed on urban walls
63. Curio Unusual object
64. Hernia Abnormal exit of tissue through a cavity wall
65. Bambi His main friends are a rabbit and a skunk
66. Salmonella, listeria, E-coli Bacterial cause of food poisoning
67. Polo Needs a helmet, mallet and ball
68. Tiara Bejewelled headwear
69. Indigo A deep violet blue
70. Jingo A loud bellicose patriot
71. Zoo A place where animals are kept in captivity
72. Lido Outdoor swimming pool and surroundings
73. Dracula Based on Vlad III
74. Mango Tropical fruit with a large flat stone
75. Fungi Includes yeasts, molds and mushrooms
76. Tuna Large fish, much sold in tins
77. Menu It could be à la carte
78. Ninja A mercenary in feudal Japan
79. Opera A lavish classical musical
80. Koala Bear that only eats eucalyptus
81. Panini Grilled sandwich with Italian bread
82. Pea Green vegetable from pods
83. Kazoo Musical instrument needs humming
84. Quota Fixed quantity
85. Radio Device once called the wireless
86. Tutu Worn by ballet dancers
87. Rodeo Bareback riding and steer roping event
88. Saga A long historical story, originally from Norway
89. Sonata Beethoven's Moonlight is one of these
90. Taxi To move slowly along the runway
91. Pizzicato Plucking a stringed instrument
92. Timpani Kettle drums
93. Kangaroo An unofficial court
94. Trivia, minutia Facts about things which don't matter

95. Umbrella, gazebo A folding canopy supported by ribs

96. Visa A requirement to enter most countries
97. Gateau A rich layer cake
98. Rococo 18th century decorative arts
99. Tattoo Military musical display
100. Quasi Prefix to indicate seeming

We are encouraged by all your entries and correspondence you send us and are pleased that you have enjoyed taking part. Work is now underway on an idea for our next quiz due out later in the year and we hope you will take part again.

You can still donate online at: <https://www.justgiving.com/fundraising/joycesquiz2020>