



## **Midlands Masters Athletics Club Newsletter**

**December 2021**

### **Welcome to Newsletter 272**

Merry Christmas and Happy New year to all our members in this our 50th anniversary year.

#### **Chairman's Update**

We are pleased to announce that our President Elect for 2021/22 is Angela Copson.

Angela has been an inspiration to many of us with her exploits on the track. Winning many golds for GB and setting many world records along the way.

For the last few years, we hadn't identified a President Elect as we weren't sure if there would be any events for our President to attend. Our current President, Sue Kneill-Boxley has had the chance to fulfil the Presidential role this year after 2019/20 when we had no events.

Sue continues as President until the AGM when Angela will take over the baton.



*What did Adam say the day before Christmas? "It's Christmas Eve"*

## **BMAF relays**

Well done to all those that ran in the BMAF relays in October and to Long Eaton for hosting so well.

It had a bit of a touch of Deja Vu of the wet flooded course from 2019, as I set off after marshalling at Rosliston Parkrun. However, the sun came out, the rain stopped and it was just windy.

Once again organised by our member Rob Fox for BMAF, with a lot of our members who were officiating helping. It had its best turnout of teams across the age groups.

The women's and over 65 men's teams race started the event. Later it was the M35 to M55 teams.

Teams were covering 10 year age groups, with teams battling for BMAF medals and for those with a MMAC member had the chance of MMAC medals.

I had cross checked entries with MMAC members to see teams that may have MMAC members taking part. Then on the day checked the team declaration to see which team the MMAC runners were in, it could be for some clubs the B or C team.

A few teams did the double MMAC and BMAF champions. Our winners were

**W35 1 Bristol & West 2 Tipton 3 Birchfield Harriers**  
**W45 1 Bristol & West 2 Telford, 3 Rugby & Northampton**  
**W55 1 Rugby and Northampton 2 Beeston 3 Holme Pierrepont B**  
**M65 1 Oxford 2 Charnwood 3 Sparkhill**  
**M35 1 Tipton 2 Charnwood 3 Shrewsbury**  
**M45 1 Ilkestone 2 Rushcliffe 3 Mansfield**  
**M55 1 Leicester Coritanians 2 Sheffield 3 Sutton in Ashfield**

Only had one problem when the OpenTrack extract missed out the club for a member who when added his team won gold.

Thanks again to Rob and his team and all our members who helped on the day.



*Why does Santa have three gardens? So he can "ho, ho, ho."!*

## **Member Secretary Corner**

Thanks to everyone who has renewed for 2022 or joined recently.

It has been a slow start to renewals this year due to a lack of that function in the new system. With MMAC starting membership in January we were the first to identify the problem.

The OpenTrack system has now though, got the functionality to allow renewal of MMAC membership for 2022.

For those who want to renew If you log on to [bmaf.opentrack.run](http://bmaf.opentrack.run), go to your athlete's profile, click on memberships and you should see a button to renew. 2022 fees return to £15 for 2nd claim and £31 for 1st claim members, with a supplement of £10 for those who want the postal newsletter.

Martin has said If you use Safari on an Apple Mac, you might find you have problems updating your membership. Try Google Chrome or Firefox as alternatives.

Graham Lamb



*What do Santa's little helpers learn at school? The Elf-abet!*

### **MMAC Cross Country Championships**

Just a reminder the MMAC cross country championships will be held inside the Midlands Championships which is at Berry Hill Park, Mansfield on Saturday 29th January 2022.

You can enter at [race-results.co.uk](http://race-results.co.uk) , go to 2022 fixtures. Entries close on Friday 14th January 2022.

You will need to have renewed your membership to be in the MMAC championships. I will cross check entries against the membership list and publish before the race who I believe is taking part from MMAC. There is no extra charge to also be in the MMAC championships.

We have again got agreement that the MMAC M65 age group upwards race will be over 8k inside the senior women's race, I know some older male members may have been put off by the cut off time in the senior men's 12k race, hopefully this will attract more from the age group to compete. I will contact all over 65s MMAC members who enter, to check if they do want to take part in the 8k race, I know a few may still prefer to run in the 12k senior's race and not take part in the M65+ MMAC race.

We will also be awarding the Edgar Nicholls trophy to the best age graded result achieved by an MMAC member. The trophy will then like last year be presented to the winner by Irene Nicholls at the MMAC Track and Field championships in the summer

### **Inter Areas Indoors Meeting**

The date for the inter area indoor track and field event has been confirmed as 13<sup>th</sup> March, you will need to be a member to take part. Our team managers, Elaine Mee and Matt Long will be looking at selecting the team in the new year, when the event schedule is out.



*Why did the turkey cross the road? Because she was no chicken!*

## **Walking Coaching**

One of the events we included in the Nuneaton 50<sup>th</sup> Celebration event was a walking coaching session. This has been an idea for a while and we had a session planned before the 1<sup>st</sup> lockdown.

Thanks to Carolyn Derbyshire, our walks secretary, she was able to enlist the support of the Nuneaton walks coaches and put on a very successful coaching session and we even had a novice 1K walk race.

Carolyn is now looking to see if we can have another session in March/April ahead of the track season which would benefit any new walkers or those that may look to compete in the 2K walk in the vets league. More details on that in the new year.



*What do you get if you cross a duck with Santa? A Christmas quacker!*

## **Midland Masters Memories**

Once again, I have been wandering in the lower basement of the newsletter archive. Here are a few extracts from Christmas newsletters of old. Please blame the original authors and not me!

### **December 1972**

Ladies Vets This is a non-starter because no lady is over 40 (! – Ed)

### **December 1973**

Colin Simpson shot off with Arthur Walsham at the start, but on reaching the wet, heavy stuff, Arthur glides over it whilst Colin tries to plough his way through. (George Phipps literally took a dive in it). With 10 men to count Northern Vets won with 92 points to Midlands Vets 130.

(Northern v Midland Vets Cross Country. Sunday 16<sup>th</sup> December 1973. 3 lap course, 10km. Arthur Walsham 1<sup>st</sup> 33:04. Colin Simpson 2<sup>nd</sup> 34:16)

### **December 1975**

How My Dog Got Me in The Vets. You won't know Jet, he is black and four legged, athletic and has the distinction of nearly eaten Tom Buckingham alive (the closest approach to a bone in the changing rooms). He holds club records for stick eating and leg-cocking. Mind you he is friendly....but he does need plenty of exercise. My wife, who differs from him in several respects (she neither holds any club records nor succeeded in biting bucko) told me I needed exercise. Cunning these women; she took nearly 3 years persuading me she needs a dog, and, in retrospect, I realise it was simply a means of getting me off my backside. Certainly, the result of these conspiring circumstances is that I do now go running (? trotting) with Jet semi-detached on his lead. None of your Colin Simpson stuff – just three or four miles puffing and panting, stopping and starting”

(Michael Redmax - The end of this intriguing “cautionary tale” is missing in the archive – oh dear!)

### **December 1978**

At this moment in time, I'm probably one of the clubs most inactive members, due to, in the main, a “too fast, too hard, too soon” running syndrome. I have overcome, and suddenly jumped from a consistent 3-hour 45 min marathon time, to a 3-hour 15 minutes in the Dublin Marathon, which brings me to my reason for writing.

Your article in newsletter No.73 “Who is making a profit?” interests me, as I have already made some observations on the subject of costing in A.W. magazine, to the effect that even a 50p entrance fee can be inflated by as much as 300% when you add a stamp and SAE for the application form, a stamp and another SAE to return same and obtain confirmation and directions, possibly another SAE for results, and bank cheque processing charges all of which is gear to hit the unemployed, disabled, senior citizens and least well off amongst us.”

(Letter. L.J. Mayberry)

### **December 1991**

John Butler wrote to Edgar Nicholls that he enjoyed the Christmas Handicap and running with Edgar for the first half of the race. John was too polite to mention that Edgar (suffering with a knee injury) then dropped out! This is a very rare occasion when Edgar had a D.N.F. against his name. The knee, however, is now much improved.

### **December 1992**

How It All Began. Jack Selby a sprightly 54-year-old and, former long-distance swimming ace, Rex Williams who is 39 are the moving spirits are the formation of a Midland Veterans and Joggers Club based in Coventry and aimed at promoting “running events for non-runners”. Jogging clubs providing communal runs at a pace to suit all ages and all states of fitness are well established in West Germany and the USA. Selby and Williams plan to make Coventry the centre for such organisation in Britain.

“There is tremendous potential for providing this sort of activity for people who have either given up sport or not competitively minded” Williams says. “You get your own standard and run until your feet are tired - it's as simple as that. The joggers plan to hold their first get-together at Coundon Hall Park on Sunday 3 October (11am) and an inaugural Midland Veterans and Joggers six mile will take place in Halesowen on 17 October.

“We feel combining the veterans over 40 and joggers of any age is the best approach” says Selby. What we want to do is provide a common meeting place for fellow runners. It doesn't have to be hard work and it can provide a huge amount of enjoyment”.

(Reproduced from Coventry Evening Telegraph 1971. Newspaper cutting was provided, in 1992, from one of the founding fathers, Jack Selby)

### **December 2013**

The spirit of MMAC runners. I hope you don't mind but I would be very grateful if you could pass on my thanks to William Aldridge MMAC and Huw Wiseman who I met whilst running this year's (2012) Bath Half Marathon.

I don't know why I did not think of this before, but I managed to trace their numbers from my photos, and they told me they were training for the London Marathon, so I managed to look up their results to find out the club they are attached to. Their encouragement was fantastic and really kept me going to achieve a personal best on the day. I did manage to quickly thank them at the end, but I would appreciate if you could thank them again on my behalf. They did not have to help me as they obviously had their own races but their friendly attitude and time, they gave to me sums up what a great spirit running brings out in people, that you would struggle to find in most sports.

To achieve what I did has given me a lot of confidence and I have since improved my time by a little at the Great North Run. I definitely don't think I could have done this without their help. I have also just managed to run my first full marathon at Bournemouth at the weekend which I thought was way beyond me, but I feel this year's Bath race made me realise what you can achieve if you put the effort in.

(Andy Marchant)

Memories collated by Martin Wilkinson

### **And Finally...**

Dave Phillips of Massey Ferguson receives his MBE from Princess Anne. Dave has completed 500 marathons and raised over £100k for charity.



## "Ways of Getting About" 2021

Quiz in aid of Macmillan Cancer Support

Entry fee / donation: £2.00

Supporting

**MACMILLAN  
CANCER SUPPORT**

**First Prize £35    Second Prize £20**

*Everyone submitting a quiz form will be entered into a draw to win one of three £10 Marks & Spencer vouchers.*

**Closing Date: 7<sup>th</sup> January 2022  
Answers out after 14<sup>th</sup> January 2022**

**The answer to each clue is a word** which contains a form of transport or something which helps you to get around - for example:

A meat eater	<b>Carnivore</b>
Person who damages property	<b>Vandal</b>
Tough and Sturdy	Rob <b>ust</b>
A bitter root vegetable, for sauces	<b>Horse</b> radish
Shocked and unable to speak	Dumb <b>struck</b>

**This quiz is designed to be fun and raise funds for Macmillan Cancer Support. Please feel free to circulate it more widely, encouraging your friends, family or colleagues to take part in the fundraising.**

**Over the past 24 years this quiz has raised more than £206,000. The fundraising total for last year was £22,459 and with your help we hope to exceed that sum with this latest quiz.**

**In the event of a tie, winning entries will be entered into a draw.**

**GOOD LUCK AND THANK YOU**

**You can donate online at**

**<https://www.justgiving.com/fundraising/joycesquiz25>**

**OR email us at [joycesquiz@gmail.com](mailto:joycesquiz@gmail.com) for BACS transfer details**

**OR send a cheque payable to "Joyce's Quiz"**

**PLEASE SEND COMPLETED FORMS and cheques to: Joyce's Quiz  
c/o Y. Roberts, 40 Priorsfield Road, Kenilworth, Warks, CV8 1DB**

1.	Content of a course	
2.	A semi-circular instrument to measure angles	
3.	Born again	
4.	Cosmetic procedure to tighten skin	
5.	Earth, but not the sun, moon or stars	
6.	A lodge in the woods	
7.	A barrel shaped cheese	
8.	Dark grey cloud producing persistent rain	
9.	Flotsam and ...	
10.	A soft toffee	
11.	In charge of hull maintenance	
12.	Two or more people working together	
13.	A flintlock with a scatter shot	
14.	Occupation with opportunities for progression	
15.	Credit extended to a bank customer	
16.	Found in graphite or diamond forms	
17.	The outer protective layer	
18.	A fan to remove unwanted odours or moisture	
19.	Savoy is one variety	
20.	Experienced at second hand	
21.	Worn under the skirts by Victorians	
22.	Some are extinct and some are active	
23.	A person who places a bet	
24.	Known as sneakers in the U.S.	
25.	The capital of Armenia	
26.	Flammable	
27.	A large cup with handle	
28.	A word based on a person's name	
29.	Sugars and starches	
30.	Charon was one	
31.	Possessing something	
32.	Sideways somersault	
33.	Arts and ...	
34.	The top government committee	
35.	To throw overboard	
36.	You can "hide your light" under here	
37.	Hat maker	
38.	A wheel with cogs	
39.	Sports equipment for gymnastic springing	
40.	Heavy duty paper	
41.	Neat and tidy	
42.	A surprise attack	
43.	A stuffer of dead animals	
44.	A stiff straw hat	
45.	You can jump on this because it feels fashionable	
46.	Infectious disease affecting the lungs	
47.	Beef navel often served on rye	



48.	A preliminary version of a piece of writing	
49.	Prolonged speaking to obstruct	
50.	A woollen item of clothing with buttons	
51.	Convert waste to something reusable	
52.	Hire these to get rid of large rubbish	
53.	Don't need this to crack a nut	
54.	Prevent someone from doing something	
55.	Some are magic, all are underfoot	
56.	Fish with an equine shape	
57.	A deep blue colour	
58.	Potatoes and yams are examples	
59.	The "downstairs" staff in country houses	
60.	Old fashioned pharmacist	
61.	Hair gathered at the back	
62.	Sleep disorder after travelling across time zones	
63.	First point in tennis scored after deuce	
64.	Commercial activity	
65.	Sent to friends when away on holiday	
66.	A landing pier / dock	
67.	Comes after "boom"	
68.	Untidy hair	
69.	Animated films	
70.	Pretend fighting	
71.	A device to mark the speed of music when rehearsing	
72.	The words used in a particular language	
73.	To work hard	
74.	Person who works for other people or organisations	
75.	Italian sweet cream cheese	
76.	Sticking out	
77.	This person plays music in the streets	
78.	The heart and blood vessels	
79.	A major city and its suburbs	
80.	Separates liquids from solids	
81.	Hit by an idea	
82.	The advanced troops	
83.	A minor conflict or dispute	
84.	An easy chair to lean back in	
85.	Secret political clique or plot	
86.	A portrait with exaggerated features	
87.	Rack for drying washing	
88.	Doing more than one thing simultaneously	
89.	Map making	
90.	Persistently bothered	
91.	Starting out in a job	
92.	Use of dexterity or cunning	
93.	Tread noisily	
94.	A lasting after effect of trauma	

95.	Buoyed with good spirits	
96.	A shrub	
97.	Deliberately deceived	
98.	Obsessed with desire to be an actor	
99.	A miserly or stingy person	
100.	A laggard	

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

I/We got a copy of this quiz from \_\_\_\_\_

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If you would like a copy of the answers, please provide your e-mail address or a stamped addressed envelope. If you don't want to send in your entry but would like the answers, please e-mail [joycesquiz@gmail.com](mailto:joycesquiz@gmail.com)

(The answers will be available after 14<sup>th</sup> January 2022)

*Please feel free to copy and circulate it more widely, encouraging your friends, family or colleagues to take part in the fundraising!*

**You can donate online at**

<https://www.justgiving.com/fundraising/joycesquiz25>

**OR email us at [joycesquiz@gmail.com](mailto:joycesquiz@gmail.com) for BACS transfer details**

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