



1971-2021  
50th Anniversary

**Midlands Masters Athletics Club Newsletter  
March 2022 - Newsletter 273**

**British Record for David Oxland**



The decision of BMAF Track and Field Secretary Kay Reynolds to add the 3000m indoor championship races to the Pentathlon at Sheffield EIS Arena on 23rd January was something of a triumph. Former MMAC president and BMAF Treasurer David Oxland was rewarded with a M70 British Record by a whopping 13 seconds in 10.55.39

## Midlands 2022 Cross Country Championships.

Well done to all those who took part in the very windy conditions.

Congratulations to the medal winners. There were a few issues with chips so not all runners have a recorded time.

In the MV50 race the medal winners agreed that Tim had beaten Gordon so joint gold medals were presented.

The winner of the Edgar Nicholls trophy which is to be awarded to the best age graded performance in the MMAC Cross Country Championships is going to Monica Williamson for her 34 minute 10 second time in the women's 8K race. The rest of the top 5 on age groups were Angela Copson, Oliver Harradence, Andy Wetherall and Michael Morley.

For full Midlands Counties results follow link below

<https://results.sporhive.com/events/6893149011108301056>



**Midlands Cross Country Championship Results**  
**Berry Hill, Mansfield, 29 January 2022**

Name	Time	Position	Name	Time	Position
<b>Men V75</b>			<b>Women V70</b>		
Paul Allen	48.05	1	Angela Copson	43.07	1
Peter Leach	51.07	2	Mandy Collinge	50.34	2
<b>Men V70</b>			<b>Women V65</b>		
Christopher Mason	38.21	1	Barbara Stevens	45.09	1
<b>Men V65</b>			<b>Women V60</b>		
Steve Hillman	*	1	Monica Williamson	34.10	1
Alex Montgomery	39.45	2	Catherine Williams	41.43	2
Raymond Poynter	48.40	3	Christine Bexton	43.57	3
Christopher Morrison	54.11		Carol Blower	44.45	
John Carnell	*		Patricia Garner	46.41	
<b>Men V60</b>			<b>Women V55</b>		
Andrew Wetherill	50.28	1	Theresa Woolley	37.32	1
Nicolas Luke	51.48	2	Sue Chicken	41.57	2
Martin Ludford	1.00.09	3	<b>Women V50</b>		
<b>Men V55</b>			<b>Women V45</b>		
Michael Morley	47.29	1	Mandy Vernon	33.50	1
Tim Clayton	47.43	2	Melanie Hepke	36.39	2
Peter McNally	47.47	3	<b>Women V40</b>		
Alec Hope	48.10		Kelly Edwards	30.59	1
Eric Fowler	49.30		Catherine Charlton	32.34	2
<b>Men V50</b>			<b>Women V35</b>		
Gordon Smith	45.28	1	Lucy Grant	36.27	1
Tim Hartley	*	1	Claire Watson	40.02	2
David Smith	46.31	2	* No chip time		
Barry Gardner	50.34	3			
Graham Moffatt	50.41		<b>Women V45</b>		
Sean Rose	51.26		Victoria Hughes	34.33	1
David Norman	53.36		Carolyn Hay	35.18	2
<b>Men V45</b>			<b>Women V40</b>		
Mark Cauldwell	44.02	1	Sopie Wilkinson-Hargate	37.53	3
Ian Hunter	44.24	2	<b>Women V35</b>		
Barry Lloyd	44.47	3	Lucy Grant	36.27	1
Jason Williams	47.56		Claire Watson	40.02	2
Paul Harmer	49.21		* No chip time		
Greg Asbury	50.54				
Peter Dimpleby	52.48		<b>Women V45</b>		
Charlie Pearce	58.54		Victoria Hughes	34.33	1
<b>Men V40</b>			<b>Women V40</b>		
Oliver Harradence	41.19	1	Carolyn Hay	35.18	2
Phillip Gould	46.16	2	Sopie Wilkinson-Hargate	37.53	3
Andrew Yapp	46.38	3	<b>Women V35</b>		
Jose Ortiz Gonzalez	55.08		Lucy Grant	36.27	1
Joe Chalmers	57.56		Claire Watson	40.02	2
<b>Men V35</b>			* No chip time		
Joe Smith	40.40	1			
Anthony Woodward	42.09	2	<b>Women V45</b>		
Christopher Morgan	43.18	3	Victoria Hughes	34.33	1
Tom Holden	44.32		Carolyn Hay	35.18	2

## **IN THE LONG RUN: Part 1**

### **ENGLAND TEAM COACH MATT LONG TAKES YOU ON A MARATHON JOURNEY:**

The following two articles have been published in Fast Running magazine and they also featured in Matt Long's work as an England Team Coach at the recent England Athletics Marathon Camp in Birmingham in February. The camp was geared towards helping athletes strive for Commonwealth Games qualification standards for potential Team England selection for Birmingham 2022 – namely 2h14 for men and 2hr34 for women respectively.

The articles look at two modes of training which may be able to help you if you are targeting a marathon or a half marathon this year. They feature Team GB and Team England athletes like Steph Davis, Rose Harvey and Sam Harrison and their coaches, who have been present at England Marathon Camps. Firstly, there is progression running- namely operating at a range of aerobically dominant but incrementally faster paces. Secondly we explore 'Special Blocking' and the potential for you to train (with caution) twice a day on occasion.

### **PROGRESSION RUNNING:**

Coach Vince Wilson talks progressively faster about the work of Team GB's Sam Harrison to Matt Long:

The purpose of this series of articles is not to give a detailed account of the famed Italian Renato Canova's approach to periodisation. Those who want to understand his approach to the 'General', 'Fundamental' and 'Specific' stages should consult Arceli and Canova (1999). This being said for the uninitiated the following offers a small insight into his coaching achievements.

#### **Canova's Coaching CV**

Canova began his involvement with the Italian athletics federation way back in the early 1970s. He has provided himself a world class coach through the success of his athletes on then international stage over more than four decades. Most notably back in the 1980s along with Luciano Gigliotti, Canova worked with Gelindo Bordin became the 1988 Seoul Olympic marathon gold champion as well as bagging two European titles in 1986 and 1990. Following his nurturing of the Italian national marathon team, a decade and a half or so later, Stefano Baldini became the 2004 Athens Olympic marathon champion and like his forerunner Baldini, he was also a double European marathon champion in 1998 and 2006.

Canova achieved massive success a decade ago at the London Olympics in 2012 with his athletes Abel Kiriu and Wilson Kipsang Kiprotich taking silver and bronze respectively, along with another bronze medal over 5000m for Thomas Longosiwa behind Mo Farah of course. More recently the Italian guru's staggering successes have continued with the likes of Sondre Nordstad Moen who set a European

Marathon Record in Fukuoka of 2:05:48 in 2017 and that same year, once again in London, Geoffrey Kirui took World Championships marathon gold.

Modes of training

This series looks at for modes of training advocated by Canova and asks you to consider when and how you could utilise them in your own macrocycle of training. They are as follows:

1. Progression Runs
2. Special Blocks
3. Fractional and Variational Running
4. Intensive and Extensive Specific Endurance Runs

In this first piece we address Progression Runs, which for Canova (1999:50) is, “a continuous run in which the running speed is not constant but increases progressively during the same exercise”.

Progression Running

Canova (1999: 50) continues that, “Usually the run is divided into 2, 3 or 4 fractions each of which is performed at a constant pace but the speed is higher than the preceding fraction”.

‘So what, I already do progression runs?’ I hear you protest. Hold fire! Where the work of Canova may be of use to you is in his threefold typology of progression runs. They are as follows:

1. Fast Progressive Runs

These should be between 20-40 mins in duration and effected between 102% of marathon race pace at the beginning of the run and up to 108% by the end of the session.

2. Medium-Fast Progressive Runs

These are framed as being between 45 and 60 mins in duration with the speed getting progressively faster between 95% and 105% of marathon speed.

3. Medium Progressive Runs

These are cited as being useful for the general preparatory phase of training associated with aerobic base building. They tend to be effected between 60 and 90 minutes in duration and unlike (1) and (2) tend to be between 85% and 100% of marathon race speed and not faster.

Adaptations to progression runs

Coach Vince Wilson has worked with Sam Harrison who represented Team GB at the European 10,000 Cup last summer, since 2019. He tells me that, “Canova was right to grade progression runs. Sam and I use them at different points of the periodisation cycle. After she ran the London marathon last October, (where she placed 16 th in 2hr32m) for example, we wanted to refocus on the 10k after her recovery. So she’d do a 3 mile progression run starting off at 6m10s for the first mile, then down to 5m40s for the second mile and finishing off around 5m00s for the final mile. When you think about it this session is quite difficult when you are still trying to get a marathon out of your legs”.

Aerobic gains

Retaining the aerobic gains made during marathon training is something which the former England and Team GB middle distance athlete himself clearly believes has helped Sam to go on and run a 32m07s 10k PB in winning at Telford in December. He uses the analogy that, “You don’t fill a bath up with water whilst at the same time pulling the plug out. What’s the use of having a big aerobic tank with a giant hole in it?”.

## Bridging sessions

So aside from the retention of aerobic gains what value is a progression run for Sam, who ran in the World Half Marathon championships in Poland in 2020? Vince continues that, "Its very much a transitory session which bridges between building aerobic endurance and speed endurance. Its better than doing say 3 x 1 mile reps because its continuous nature means its inevitably more aerobic".

So clearly the above would be variation of what Canova would term a fast progressive run but does Sam ever do longer progression runs? Vince responds that, "Sam will be running 12 miles this winter in progressively faster blocks of 4 miles, for example beginning at 5m50s per mile, moving on to 5m20s per mile and then culminating in 5m10s per mile. She can do a session like this every 20 days or so and its much better than going out and doing a simple steady 15 mile run." So how would Sam progress this session to continue to gain an appropriate training adaptation over time? Vince asserts that, "We will move on to 3 x 6 mile as we begin the marathon block in July and eventually this will build to 3 x 8 miles".

The man who himself was guided by the late, great Jimmy Hedley and who trained regularly in the North East with Steve Cram, signs off by saying, "I used to play poker. The analogy I will use is that in tournament poker you are looking for long term advantages and not going all in too soon as it's all about building steadily and constantly improving even if only small amounts as the short-term rewards may be not worth the risk so patience is vital in order to eventually come out on top. That's the way I played the game and that's the way I coach. Sam has a training age of just 3 years but in that time she's never been injured because the way progression runs are used minimises the risk when transitioning between aerobic base building and speed endurance- so its like playing a good hand at poker if used wisely".

This leaves us with the following questions for self-reflection:

1. What value do progression runs offer my training plan?
2. How might progression runs help me transition from aerobic base building to speed endurance work whilst minimising the risk of injury?
3. What modes of progression run (short, medium or long) should I undertake?
4. When should I utilise progression runs in different ways at various points in my macrocycle of training?

## **SPECIAL BLOCKS:**

Coach Phil Kissi builds blocks of understanding through his work with Tokyo Olympian Steph Davis and England international Rose Harvey as Matt Long finds out:

In the first article in the series, coach Vince Wilson explained how he has adapted Canova's principles around progression running with the work which he does with Team GB's Sam Harrison. To reiterate, the purpose of this series of articles is not to give a detailed account of the famed Italian Renato Canova's approach to periodisation. Those who want to understand his approach to the 'General', 'Fundamental' and 'Specific' stages should consult Arceli and Canova (1999).

Coach Kissi

The second piece in the series explores the work of the British Milers' Club Coach of the Year for 2021, Phil Kissi, and his work with two international athletes, namely

Steph Davis and Rose Harvey in the context of one specific aspect of Canova's (1999) philosophy- what he termed 'Special Block Training'.

Davis of course qualified for the Olympic Games with a brilliant win in the trials at Kew Gardens (2hr27m16s) in March last year and five months later she finished a highly creditable 39<sup>th</sup> and was first Brit home in Tokyo. Training companion Harvey made her debut for England in 2021 and ran a fine 2hr29m45s to place 15<sup>th</sup> in last October's London marathon.

Attention now turns to the notion of "Special Blocks" which Canova himself has seen as an evolution rather than a departure from the traditional progression runs which were unpicked in our previous piece.

### Special Blocks

Canova (1999: 50) has articulated that, "Another type of progressive run is the so-called Special Block; the athlete is required to perform the same exercise twice in the same day, once in the morning and then in the afternoon".

This is more than just simply doing 'double days' (see Long and James, 2015) of which there are obvious benefits in terms of being able to effect more volume.

Rather Canova's approach is positivist in the sense that it adheres to the numerical

and the quantifiable and this he suggests that the first component of both the morning and evening sessions should be effected at between 85-90% of marathon speed and the second component of each session, which is recommended to total between 10-15km in volume, should be performed at equal to or slightly faster than marathon speed.

### Intensity and Extensivity

Canova himself makes the further three-fold distinction between what he terms (a) 'Intensive-Extensive Special Blocking', (b) 'Extensive-Intensive Special Blocking' and (c) 'Extensive Special Blocking'. As an example of (a) he cites the work of Maria Curatolo, who won individual silver and team gold in the marathon at the 1994 European championships in Helsinki. A morning session which she effected consisted of back to back 10k runs in 39 mins and 33 mins respectively. Her afternoon session was a continuous 10k covered in 40 mins followed immediately by 10 x 1k (2 mins recovery) where she averaged 3m11s per km split. So for Canova, the ethos behind the second component of each run, whether morning or evening is that it is undertaken at 105-110% of marathon speed. As an example of the 'Extensive-Intensive', Canova cites the experience of Davide Milesi who placed 3<sup>rd</sup> in the World Cup marathon in Athens back in 1995. Shortly before this success he undertook both morning of evening sessions of 10km completed in 34 mins, immediately followed by 15km in 46 mins. For Canova, the principle of this mode of session is that the second component is run at marathon race speed itself. As an example of 'Extensive Special Blocking', Canova cites 1955 World marathon bronze medallist, Ornella Ferrara, whose morning and evening sessions would consist of 15 mins easy running followed immediately by 24km continuously averaging 3m35s per km split. The principle behind this mode of run is that the second part is effected at just below marathon race pace- 98% ideally for Canova.

So what does the above mean for the pragmatic coach of the twenty-first century?

The forementioned Phil Kissi picks up the baton at this point.

### Lifestyle factors

Ever the realist Phil is quick to acknowledge that, “Unless you are a full time athlete you cannot simply follow what Canova advocates”. He does however stress that the principle of working double days is something, “which many coaches I know have experimented with for their athletes at weekends”.

#### Low mileage versus high mileage athletes

Phil acknowledges that whilst Steph David and Rose Harvey could in theory double day as Canova suggests, that their decision to do so only sparingly is as much to do with the type of endurance athletes that they are as much as lifestyle choices. In a previous article (see Long, 2021a), the Blackheath & Bromley and Clapham Chasers coach articulated that his approach has been to “minimize volume on the road” for Steph, due to his awareness that she could incur hip, achilles, hamstring or IT band injuries if her mileage exceeds her robustness to cope with it. Similarly Harvey has previously recounted in these pages (see Long, 2021b) that she does not like to

exceed her so-called ‘sweet spot’ of around 70 miles a week and both she and Davis are advocates of cross training with the use of both cycling and swimming.

In the context of the above, Phil extends the debate to talking about other world class athletes arguing that, “How you apply Canova’s work on blocking depends on whether you are a low mileage or high mileage marathon runner. Let’s take someone like Duncan Kibet who ran 2:04 in Rotterdam back in 2009. He’s a relatively low mileage runner who sometimes only covers 80 miles a week, whereas someone like Robert Kipkoetch Cheruiyot, who won Boston 5 times can get up to 150 miles a week at the other end of the spectrum. The point in terms of blocking is whilst Kibet will do something like 60% of his work at marathon pace, Cheruiyot on the other hand will only be able to do around 40% of his total volume at marathon race pace”. This suggests that Kibet may be the sort of athlete who would benefit from Intensive-Extensive and Extensive-Intensive modes of session because they are effected at faster than marathon pace or marathon pace itself. Likewise Davis and Harvey may be inclined to follow suit given their being relatively low mileage athletes The likes of Cheruiyot, alternatively, would be inclined to favour Extensive Special blocking because it is slightly slower than marathon pace and allows him to maintain a considerably larger volume of work than Kibet.

#### Blocking adaptations

Phil is adamant that if one reads Canova’s work according to the spirit in which it conveys rather than taking his work as prescription you can modify the practice whilst remaining faithful to the ideology. He points out that, “When I worked with Katy Ann-McDonald who ran in the World Junior Championships over 800m in 2018 we adapted the principle of special blocking to get her used to running championship rounds. For me you can do double days of (a) endurance only; (b) endurance and speed and then (c) two pure speed endurance sessions”. So what Phil is suggesting is to be guided by Canova’s notions of ‘intensity’ and ‘extensivity’ but not to be bagged down by the maths.

#### Periodisation

Phil offers a cautionary note for those of you planning to embark on adopting some of Canova’s principles on special block training and stresses that, “You’ve got to make sure that after every 3 or 4 hard weeks you through an easy week in there for



the purposes of recovery and regeneration otherwise trying to do sessions twice daily is simply too tiring". Of course one should progressively overload the system building gradually over months and years from one double day per microcycle to two and then perhaps three in order both to maximise the adaptations from training whilst minimising injury risks.

This leaves us with the following questions for self-reflection:

1. Do I consider myself to be a high or relatively low mileage endurance athlete?
2. When does my lifestyle allow for the potential to undertake double days of training?
3. Which modes of special blocking suit my development needs as an endurance athlete?
4. How does the way in which I apply blocking fit in to my wider periodised plan of training? .

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#### References

- Arceli, E. and Canova, R. (1999) 'IAF Marathon Training. A Scientific Approach'. International Athletic Foundation.
- Long, M. and James, G. (2015) Two Goes Into One. Athletics Weekly. 5th March. p.54-55
- Long, M. (2021a) 'Kissi and Tell'. Fast Running. May 5 th .
- Long, M. (2021b) 'From completer to competitor'. Fast Running. October 28 th

Part 2 in the next newsletter will take a look at fractional and variational running, in terms of how blocks of tempo may be included within the traditional long, steady run. Finally it will move on to assess how race pace specificity can be engendered as the big race day approaches.

Matt Long welcomes contact for coaching support at [mattlongcoach@gmail.com](mailto:mattlongcoach@gmail.com) and any of his articles can be sent to you at no cost. See:

<https://www.thepowerof10.info/athletes/profile.aspx?athleteid=195877>

## European Indoor Championships Braga

### Graham Lamb rounds up the results

Well Done to all our athletes who took part in the European Indoors Championships in Braga.

A list of all the results I can find is below.

Some in multiple age groups the positions are wrong and not sure of the total relay medals our runners got or how everyone did in the cross country.

I calculate 6 gold, 4 silver medals- Two golds to Angela Copson in W70 1500m and 3k and a silver in the cross country. Two golds for Dominic Bradley in the M45 60M and 200m. Golds also for Irie Hill W50 pole vault, Jane Horder W65 60 metres hurdles. Silvers for Mel Garland W55 triple jump, David Locker M45 800m and Patrick Corcoran M50 400m.

Well done to all of these and again to all the others that competed.

60 M60 h1 (22 Feb)										
Pos	Perf		Name	AG		Club	SB	PB		
	2	8.43	i	<a href="#">Peter Ilo</a>	V60	M	Royal Sutton Coldfield	8.26	7.78	
60 M60 h5 (22 Feb)										
	5	9.06	i	<a href="#">Colin Gibbs</a>	SB	V60	M	Midland Masters	9.06	9.01
60 M45 h2 (23 Feb)										
	2	7.3	i	<a href="#">Dominic Bradley</a>	V45	M	Crewe & Nantwich/Midland Masters	7.09	6.83	
60 M45 s2 (23 Feb)										
	1	7.19	i	<a href="#">Dominic Bradley</a>	V45	M	Crewe & Nantwich/Midland Masters	7.09	6.83	
60 M50 h4 (23 Feb)										
	4	7.83	i	<a href="#">Patrick Corcoran</a>	V50	M	Coventry	7.79	7.79	
	6	8.1	i	<a href="#">Stephen Terry-Short</a>	V50	M	Cannock & Stafford/Midland Masters	7.99	7.91	
60 M50 s2 (23 Feb)										
	6	7.85	i	<a href="#">Patrick Corcoran</a>	V50	M	Coventry	7.79	7.79	
60 M60 s1 (23 Feb)										
	7	8.36	i	<a href="#">Peter Ilo</a>	V60	M	Royal Sutton Coldfield	8.26	7.78	

<b>60 W55 h1 (23 Feb)</b>										
	5	9.24	i	<a href="#">Melanie Garland</a>	<b>SB</b>	V55	W	Worcester/Midland Masters	9.17	8.94
<b>60 M45 (24 Feb)</b>										
	1	7.14	i	<a href="#">Dominic Bradley</a>		V45	M	Crewe & Nantwich/Midland Masters	7.09	6.83
<b>60 W55 (24 Feb)</b>										
	8	9.17	i	<a href="#">Melanie Garland</a>	<b>SB</b>	V55	W	Worcester/Midland Masters	9.17	8.94
<b>200 M55 h2 (24 Feb)</b>										
	3	26.28	i	<a href="#">Anthony Leigh</a>		V55	M	Crewe & Nantwich/Midland Masters	25.1	21.6
<b>200 M60 h5 (24 Feb)</b>										
	2	27.1	i	<a href="#">Peter Ilo</a>		V60	M	Royal Sutton Coldfield	26.93	24.84
<b>200 W55 h1 (24 Feb)</b>										
	3	31.69	i	<a href="#">Melanie Garland</a>	<b>SB</b>	V55	W	Worcester/Midland Masters	31.69	29.9
<b>200 M45 h1 (25 Feb)</b>										
	1	24.06	i	<a href="#">Dominic Bradley</a>		V45	M	Crewe & Nantwich/Midland Masters	22.69	22.19
<b>200 M45 s2 (25 Feb)</b>										
	1	23.17	i	<a href="#">Dominic Bradley</a>		V45	M	Crewe & Nantwich/Midland Masters	22.69	22.19
<b>200 M50 h4 (25 Feb)</b>										
	4	26.41	i	<a href="#">Stephen Terry-Short</a>	<b>SB</b>	V50	M	Cannock & Stafford/Midland Masters	26.41	25.2
<b>200 M55 s1 (25 Feb)</b>										
	4	25.65	i	<a href="#">Anthony Leigh</a>		V55	M	Crewe & Nantwich/Midland Masters	25.1	21.6
<b>200 M60 s1 (25 Feb)</b>										
	4	27.09	i	<a href="#">Peter Ilo</a>		V60	M	Royal Sutton Coldfield	26.93	24.84
<b>200 M45 (26 Feb)</b>										
	1	22.69	i	<a href="#">Dominic Bradley</a>	<b>SB</b>	V45	M	Crewe & Nantwich/Midland Masters	22.69	22.19
<b>400 M50 h3 (21 Feb)</b>										
	1	56.21	i	<a href="#">Patrick Corcoran</a>		V50	M	Coventry	54.07	53.58
<b>400 M50 s1 (21 Feb)</b>										
	1	55.39	i	<a href="#">Patrick Corcoran</a>	<b>SB</b>	V50	M	Coventry	54.07	53.58
<b>400 M60 h2 (21 Feb)</b>										
	1	60.86	i	<a href="#">Peter Ilo</a>	<b>SB</b>	V60	M	Royal Sutton Coldfield	60.86	55.1
<b>400 M50 (22 Feb)</b>										
	2	54.07	i	<a href="#">Patrick Corcoran</a>	<b>SB</b>	V50	M	Coventry	54.07	53.58
<b>400 M60 (22 Feb)</b>										
	5	61.31	i	<a href="#">Peter Ilo</a>		V60	M	Royal Sutton Coldfield	60.86	55.1
<b>800 M35 h2 (22 Feb)</b>										
	5	02:04.0	i	<a href="#">Chris Lamb</a>		V35	M	Rugby & Northampton	02:02. 5	01:52. 9

<b>800 M45 h1 (22 Feb)</b>									
1	02:07.1	i	<a href="#">David Locker</a>		V45	M	Kettering	02:03. 3	01:49. 2
<b>800 M35 (23 Feb)</b>									
8	02:02.7	i	<a href="#">Chris Lamb</a>		V35	M	Rugby & Northampton	02:02. 5	01:52. 9
<b>800 M45 (23 Feb)</b>									
2	02:05.0	i	<a href="#">David Locker</a>		V45	M	Kettering	02:03. 3	01:49. 2
<b>1500 M55 1 (26 Feb)</b>									
6	04:57.0	i	<a href="#">Geoff Lowry</a>	<b>SB</b>	V55	M	Sheffield RC/Midland Masters	04:57. 0	04:24. 9
<b>1500 W70 (26 Feb)</b>									
1	06:50.3	i	<a href="#">Angela Copson</a>	<b>SB</b>	V70	W	Rugby & Northampton/Midland Masters	06:50. 3	05:20. 2
<b>3000 W65 (23 Feb)</b>									
4	15:33.1	i	<a href="#">Angela Copson</a>	<b>SB</b>	V70	W	Rugby & Northampton/Midland Masters	15:33. 1	11:06. 5
<b>60HM60 M60 h1 (25 Feb)</b>									
5	10.78	i	<a href="#">Paul Edwards</a>		V60	M	Burton/Midland Masters	10.47	10.03
<b>60HW60 W65 (26 Feb)</b>									
1	10.39	i	<a href="#">Jane Horder</a>		V65	W	Cheltenham/Midland Masters	10.29	9.8
<b>4x200 M35 (27 Feb)</b>									
2	01:35.8	i	<a href="#">Great Britain V35 Team</a>	<b>SB</b>	V35	M		01:35. 8	01:29. 7
<b>4x200 M40 (27 Feb)</b>									
2	01:37.7	i	<a href="#">Great Britain V40 Team</a>	<b>SB</b>	V40	M		01:37. 7	90.97
<b>4x200 M45 (27 Feb)</b>									
2	01:39.9	i	<a href="#">Great Britain V45 Team</a>	<b>SB</b>	V45	M		01:39. 9	94.75
<b>4x200 M50 (27 Feb)</b>									
5	01:57.3	i	<a href="#">Great Britain V50 Team</a>	<b>SB</b>	V50	M		01:57. 3	01:38. 2
<b>4x200 M55 (27 Feb)</b>									
1	01:43.7	i	<a href="#">Great Britain V55 Team</a>	<b>SB</b>	V55	M		01:43. 7	01:40. 6
<b>4x200 M60 (27 Feb)</b>									
1	01:45.7	i	<a href="#">Great Britain V60 Team</a>	<b>PB</b>	V60	M		01:45. 7	01:45. 7
<b>4x200 W40 (27 Feb)</b>									
3	01:49.0	i	<a href="#">Great Britain V40 Team</a>	<b>PB</b>	V40	W		01:49. 0	01:49. 0
<b>4x200 W60 (27 Feb)</b>									
1	02:10.7	i	<a href="#">Great Britain V60 Team</a>	<b>SB</b>	V60	W		02:10. 7	02:00. 4
<b>HJ M55 (22 Feb)</b>									
4=	1.35	i	<a href="#">Melanie Garland</a>	<b>SB</b>	V55	W	Worcester/Midland Masters	1.35	1.4
<b>PV W50 (24 Feb)</b>									

1	3.2	i	<a href="#">Irie Hill</a>	<b>SB</b>	V50	W	Midland Masters	3.2	4.2
<b>LJ W55 (21 Feb)</b>									
4	4.47	i	<a href="#">Melanie Garland</a>	<b>SB</b>	V55	W	Worcester/Midland Masters	4.47	4.81
<b>LJ M35 (22 Feb)</b>									
7	5.81	i	<a href="#">Jack Poxon</a>	<b>SB</b>	V35	M	Burton/Midland Masters	5.81	6.11
<b>TJ W55 (23 Feb)</b>									
2	9.33	i	<a href="#">Melanie Garland</a>		V55	W	Worcester/Midland Masters	9.54	9.72
<b>TJ M35 (24 Feb)</b>									
7	11.54	i	<a href="#">Jack Poxon</a>	<b>SB</b>	V35	M	Burton/Midland Masters	11.54	11.71
<b>SP3K W50 (24 Feb)</b>									
17	8.18	i	<a href="#">Sharon Hutchings</a>		V50	W	Midland Masters	9.12	9.12
<b>WT9.08K M60 (25 Feb)</b>									
6	15.26		<a href="#">John Moreland</a>		V60	M	Rugby & Northampton/Midland Masters/City of York	16.37	17.65
<b>DT1K M60 (24 Feb)</b>									
1	51.1		<a href="#">John Moreland</a>	<b>SB</b>	V60	M	Rugby & Northampton/Midland Masters/City of York	51.1	56.84

**MIDLAND MASTERS AC TRACK & FIELD CHAMPIONSHIPS** Pingles Leisure Centre,  
Avenue Road, Nuneaton CV11 4LX Saturday 4th JUNE 2022

First Field Event 10.00am: First Track Event 11.00am

ENTRY DETAILS (Entry will be [entry4sports.co.uk](http://entry4sports.co.uk), opening soon )

5 YEAR GROUPS FROM 35; MEN & WOMEN GUESTS WELCOME FROM OTHER REGIONAL MASTERS CLUBS ONLY.

All entrants should be currently UKA registered with their First Claim Club. Medals - Championship medals will be awarded in each 5-year age group to the first three MMAC Members. Guests will also be awarded medals provided they finish in the first three. Events: 100, 200, 400, 800, 1500, 5K, 5K Walk, Sprint Hurdles, 400H (Men 35/59 Women 35/49), 300H (Men over 60 Women over 50), Hammer, Shot, Discus, Javelin, High Jump, Long Jump, Triple Jump, Pole Vault.

Photofinish booked with display, EDM being progressed and License being applied for.

Fees: £8.00 for each event.

CLOSING DATE: 25th May 2022 PLEASE NOTE THAT NO LATE ENTRIES WILL BE ACCEPTED

## **TCS London Marathon 2022**

Sunday 2 October

This year we be allocated one London Marathon place for MMAC and as usual we will hold a ballot

for those interested Members. To be eligible to enter our ballot you must be a first claim member of

MMAC and have been rejected from the main London marathon 2022 ballot. If you are interested in

our place then please send in a copy of your rejection letter by 19 May 2022.

Either by email - [Jillchlamb@aol.com](mailto:Jillchlamb@aol.com)

Or by post – General Secretary MMAC, 1 Crest Close, Stretton, Burton-on-Trent, Staffs DE13 0 GW

## **Welfare Officers**

We would like to appoint 2 Welfare Officers for Midland Masters AC to comply with England Athletics guidelines. "It is everyone's responsibility to protect the welfare of all those who participate in athletics"

Welfare covers a range of issues such as safeguarding and protecting athletes, anti-bullying, poor practice in coaching and disciplinary matters. It encompasses policies and procedures to set out minimum standards of expectations, such as codes of conduct, procedures to follow for dealing with welfare issues or complaints, and to ensure that England Athletics, clubs and associations meet their statutory responsibilities to safeguard and protect athletes.

Requirements for Welfare Officer are:

UKA Enhanced DBS check

Complete the Safeguarding in Athletics Online Education Resource

Attend a Time To Listen workshop

Either hold the above requirements or be willing to work towards them.

For more information

Welfare

<https://www.englandathletics.org/clubs-and-facilities/club-support-services/club-welfare/Training>

<https://www.englandathletics.org/clubs-and-facilities/club-support-services/club-welfare/club-welfare-roles-responsibilities/>

Please email Jill Lamb [jillchlamb@aol.com](mailto:jillchlamb@aol.com) if you are interested in becoming a Welfare Officer

## **NEWSFLASH**

MMAC win all 3 trophies at the Inter Areas Indoors at Lee Valley.

Well done to all the team and the team managers Matt Long and Elaine Mee. Full report in the next newsletter.

**MIDLAND MASTERS ATHLETIC CLUB**

**50<sup>th</sup> ANNUAL GENERAL MEETING**

**22 April 2022 7pm**

Join Zoom Meeting

Time: Apr 22, 2022 07:00 PM London

<https://us04web.zoom.us/j/71834478154?pwd=uubpwvji0M-EXO7hV44XUZw2uaFZ-y.1>

Meeting ID: 718 3447 8154

Passcode: SA4nA1

**Or**

Conference call - Tel No. +44 330 606 0403

Pass code 856-163

**Agenda**

1. Apologies
2. Minutes of AGM 2021
3. Matters arising
4. Chairman's report
5. Presentation of accounts and Treasurer's report
6. Secretary's report
7. Election of President
8. Election of officers for 2022/2023
9. Fixtures for 2022/2023
10. Date of next meeting TBA

## **Nominations for the 2022/2023 committee:**

President: Angela Copson

President elect: to be agreed

Chair: Graham Lamb

Vice Chairman: Rita Brownlie

Secretary: Jill Lamb

Membership Secretary: Graham Lamb

Treasurer: Martin Wilkinson

Minutes Sec: Vacant

Walking Secretary: Carolyn Derbyshire

Handicapper: Irene Nicolls

T&F Secretary: Elaine Mee

Asst. T&F Secretary: Vacant

Road & CC Secretary: Chris Mason

Officials Secretary: Wendy Kane

Media website: Sue Kneill Boxley

Records Co-ordinator: Vacant

Committee Members: Irene Nicolls, Marcia Smedley

Newsletter Editor: Andrea Sexton

Asst. Editor: Vacant

### Delegates:

MCAA: Rita Brownlie

EMAA: Irene Nicolls, Graham Lamb

BMAF: Graham Lamb

### Team/Managers:

CC International: Mick Smedley

Inter-area T&F: Elaine Mee & Matt Long

MVL: Tony Porter

Welfare Officers: Vacant

## **Ways of Getting About – Answers to the Macmillan Cancer Relief Quiz**

Joyce's quiz this year has raised over £22,000 – thank you for your support. Answers below



1.	<b>Syllabus</b>	Content of a course
2.	<b>Protractor</b>	A semi-circular instrument to measure angles
3.	<b>Reincarnated</b>	Born again
4.	<b>Facelift</b>	Cosmetic procedure to tighten skin
5.	<b>Planet</b>	Earth, but not the sun, moon or stars
6.	<b>Cabin</b>	A lodge in the woods
7.	<b>Truckle</b>	A barrel shaped cheese
8.	<b>Nimbus</b>	Dark grey cloud producing persistent rain
9.	<b>Jetsam</b>	Flotsam and ...
10.	<b>Caramel</b>	A soft toffee
11.	<b>Boatswain /Shipwright</b>	In charge of hull maintenance
12.	<b>Partnership</b>	Two or more people working together
13.	<b>Blunderbuss</b>	A flintlock with a scatter shot
14.	<b>Career</b>	Occupation with opportunities for progression
15.	<b>Overdraft /Advance</b>	Credit extended to a bank customer
16.	<b>Carbon</b>	Found in graphite or diamond forms
17.	<b>Skin /Carapace</b>	The outer protective layer
18.	<b>Extractor</b>	A fan to remove unwanted odours or moisture
19.	<b>Cabbage</b>	Savoy is one variety
20.	<b>Vicarious</b>	Experienced at second hand
21.	<b>Bustle</b>	Worn under the skirts by Victorians
22.	<b>Volcanoes</b>	Some are extinct and some are active
23.	<b>Punter</b>	A person who places a bet
24.	<b>Trainers</b>	Known as sneakers in the U.S.
25.	<b>Yerevan</b>	The capital of Armenia
26.	<b>Combustible</b>	Flammable
27.	<b>Tankard</b>	A large cup with handle
28.	<b>Eponym</b>	A word based on a person's name
29.	<b>Carbohydrates</b>	Sugars and starches
30.	<b>Ferryman /Boatman</b>	Charon was one
31.	<b>Ownership</b>	Possessing something
32.	<b>Cartwheel</b>	Sideways somersault
33.	<b>Crafts</b>	Arts and ...
34.	<b>Cabinet</b>	The top government committee
35.	<b>Jettison</b>	To throw overboard
36.	<b>Bushel</b>	You can "hide your light" under here
37.	<b>Milliner</b>	Hat maker
38.	<b>Sprocket</b>	A wheel with cogs
39.	<b>Trampoline</b>	Sports equipment for gymnastic springing
40.	<b>Cardboard /Card</b>	Heavy duty paper
41.	<b>Shipshape</b>	Neat and tidy
42.	<b>Ambush</b>	A surprise attack
43.	<b>Taxidermist</b>	A stuffer of dead animals
44.	<b>Boater</b>	A stiff straw hat
45.	<b>Bandwagon</b>	You can jump on this because it feels fashionable

46.	<b>Tuberculosis</b>	Infectious disease affecting the lungs
47.	<b>Pastrami</b>	Beef navel often served on rye
48.	<b>Draft</b>	A preliminary version of a piece of writing
49.	<b>Filibuster</b>	Prolonged speaking to obstruct
50.	<b>Cardigan</b>	A woollen item of clothing with buttons
51.	<b>Recycle</b>	Convert waste to something reusable
52.	<b>Skip</b>	Hire these to get rid of large rubbish
53.	<b>Sledgehammer</b>	Don't need this to crack a nut
54.	<b>Restrain /Constrain</b>	Prevent someone from doing something
55.	<b>Carpet</b>	Some are magic, all are underfoot
56.	<b>Seahorse</b>	Fish with an equine shape
57.	<b>Ultramarine</b>	A deep blue colour
58.	<b>Tubers</b>	Potatoes and yams are examples
59.	<b>Servants</b>	The "downstairs" staff in country houses
60.	<b>Apothecary</b>	Old fashioned pharmacist
61.	<b>Ponytail</b>	Hair gathered at the back
62.	<b>Jetlag</b>	Sleep disorder after travelling across time zones
63.	<b>Advantage</b>	First point in tennis scored after deuce
64.	<b>Business</b>	Commercial activity
65.	<b>Postcard</b>	Sent to friends when away on holiday
66.	<b>Jetty</b>	A landing pier / dock
67.	<b>Bust</b>	Comes after "boom"
68.	<b>Tousled /Bushy</b>	Untidy hair
69.	<b>Cartoons</b>	Animated films
70.	<b>Horseplay /Shadowboxing</b>	Pretend fighting
71.	<b>Metronome</b>	A device to mark the speed of music when rehearsing
72.	<b>Vocabulary</b>	The words used in a particular language
73.	<b>Graft</b>	To work hard
74.	<b>Contractor /Carer</b>	Person who does work for other people or organisations
75.	<b>Mascarpone</b>	Italian sweet cream cheese
76.	<b>Protuberant /Ballooning</b>	Sticking out
77.	<b>Busker</b>	This person plays music in the streets
78.	<b>Cardiovascular</b>	The heart and blood vessels
79.	<b>Metropolis</b>	A major city and its suburbs
80.	<b>Strainer</b>	Separates liquids from solids
81.	<b>Struck / Thunderstruck</b>	Hit by an idea
82.	<b>Vanguard</b>	The advanced troops
83.	<b>Skirmish /Bust-up</b>	A minor conflict or dispute
84.	<b>Recliner</b>	An easy chair to lean back in
85.	<b>Cabal</b>	Secret political clique or plot
86.	<b>Caricature</b>	A portrait with exaggerated features
87.	<b>Clotheshorse</b>	Rack for drying washing
88.	<b>Multitasking</b>	Doing more than one thing simultaneously
89.	<b>Cartography /Cartology</b>	Map making
90.	<b>Hassled /Harassed</b>	Persistently bothered

91.	<b>Trainee</b> / <i>Apprenticeship</i>	Starting out in a job
92.	<b>Sleight</b> / <i>Craftiness</i>	Use of dexterity or cunning
93.	<b>Tramp</b>	Tread noisily
94.	<b>Scar</b>	A lasting after effect of trauma
95.	<b>Uplifted</b> / <i>Exuberant</i> / <i>Carefree</i>	Buoyed with good spirits
96.	<b>Bush</b> / <i>Camelia</i>	A shrub
97.	<b>Misled</b>	Deliberately deceived
98.	<b>Stagestruck</b> / <b>Starstruck</b>	Obsessed with desire to be an actor
99.	<b>Cheapskate</b> / <i>Skinflint</i>	A miserly or stingy person
100	<b>Slowcoach</b>	A laggard

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/joycesquiz25>

**OR via BACS transfer:** The account is a business one called Joyce's Quiz. The sort code is 20-05-06 and the account number is 73315223. Please include your name as the reference for the payment.



# MIDLAND MASTERS KIT SALES



**Vests** are available at Sutton Runner at £14.99 plus postage or directly from your MMAC team managers Elaine Mee and Tony Porter at the subsidised price of £10 plus £2 postage (subject to stock). Elaine and Tony also very helpful with sizing – it is not an exact science.

Sutton Runner: [Suttonrunner.com](http://Suttonrunner.com), 0121 395 2901, [orders@suttonrunner.com](mailto:orders@suttonrunner.com)  
 Elaine Mee : [jandemee@btinternet.com](mailto:jandemee@btinternet.com)  
 Tony Porter : [anthonyporter58@googlemail.com](mailto:anthonyporter58@googlemail.com)

**TAG Sportswear MMAC Tech Jacket** – We have a new supply of these popular jackets. They are top quality, large zipped pockets, thumb holes, ribbed collar and cuff, very warm. Generous in size so if in doubt go down a size. A size guide is below but the team managers can advise (including Matt Long). We are happy to swap if the size is wrong. We are providing 50% subsidy so will sell the jackets for **just £20 (free postage)**. All sales subject to stock. Sizes from XLJ (approx size 6-8 ladies) to 3XL (v.large thrower size!). To order please contact: [mmac.treasurer@virginmedia.com](mailto:mmac.treasurer@virginmedia.com) or Martin Wilkinson via messenger from the MMAC Facebook page.

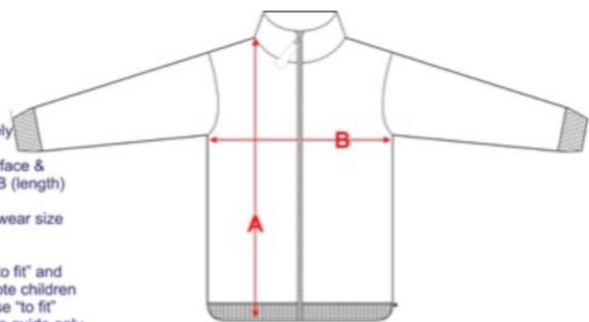
**MMAC Account for payment:** Sort 30-97-57 Account: 00496325 Reference: Vest or Jacket



## HOW TO SIZE YOUR TECH JACKET

LONG SLEEVE

- Find a similar garment that fits nicely
- Lay the garment down on a flat surface & take measurements A (chest) and B (length)
- Select the appropriate TAG Sportswear size by using the table below
- Also shown are approximate "age to fit" and "height to fit" guidelines. Please note children come in all shapes and sizes - these "to fit" measurements should be used as a guide only.



TAG SPORTSWEAR - SIZING CHART													
TECH JACKET - FULL ZIP & QUARTER ZIP													
AGE TO FIT	AGE 5-6	AGE 7-8	AGE 9-10	AGE 11-12	AGE 13-14	5/YTH	M	L	XL	XXL	3XL	4XL	5XL
HEIGHT TO FIT	136cm	128cm	140cm	152cm	164cm	176cm							
GARMENT LABEL	XSJ	SJ	MJ	LJ	XLJ	YTH/S	M	L	XL	XXL	3XL	4XL	5XL
A Body Length - cm	52	56	59	62	67	70	72	74	76	78	82	84	86
B Chest - cm	39	42	45	48	51	54	56	58	60	64	68	72	76