



1971-2021
50th Anniversary

**Midlands Masters Athletics Club Newsletter
September 2022 - Newsletter 274**

What a busy few months we have had! Welcome to the latest edition of the MMAC Newsletter.

CHANGING OF PRESIDENTS



Our past president, Sue Kneill-Boxley, being presented her award by our new incoming president, Angela Copson.

WENDY KANE HAS BEEN APPOINTED PRESIDENT ELECT



Wendy will become the President next year, taking over from Angela Copson. Wendy has played an active role in MMAC as an athlete and official for many years and has been the Officials Secretary for the last two years. Recently Wendy was part of the Commonwealth Games Officials teams.



Adrian Lloyd



I am sad to report that unfortunately Adrian Lloyd passed away after a long period of unconsciousness following a major trauma at the Midland's Cross Country Championships, Nottingham in January. After a long period in Nottingham in intensive care he was moved nearer to home to Moseley Hall Hospital but his condition never improved.

Many people will know Adrian, who was our social secretary for many years and very active on the road racing circuit. Last year he sorted out the medals for the Rugby 10, arranged a president's dinner, supported and took part in many of our events.

We will miss his contribution to MMAC, his positive outlook and his love of running. Our thoughts are with his family in these difficult times.

Earlier this year MMAC made a donation to the East Midlands Air Ambulance and Nottingham University Hospitals in recognition of the care and support provided to Adrian.

Graham Lamb

MY TEN DAYS AT THE MASTERS TRACK AND FIELD IN FINLAND - A DIARY BY PRESIDENT ANGELA COPSON



Tuesday June 28th Stansted airport 6.55am

One hour into the flight my husband Harry collapses, after being brought round he was put on oxygen, I can't thank the nurse and stewards who looked after him enough, they were so kind, unfortunately he collapses again going to the hotel, an ambulance was with us within five minutes, He had a full check up , nothing was found, the ambulance took us to our hotel, would this happen in the UK? no, he was told to rest.

1st July

Harry, feeling much better, did the short walk to the Stadium to watch me run my 800m, so pleased he did because I ran a World Record 3.7.07.

2nd July was a rest day ,watching other athletes competing.

3rd July was my 5000m which was taking place at Hervanta track six miles by tram. I had to be in the call room for 9.30 am the World record for the W75 was 23,30 93 so when I ran 22.53.55 I was over the moon, I'd been trying to get the time for two months, so I was overjoyed.

4th, 5th, 6th July were pleasure days enjoying the city and food and lovely weather.

7th July my 1500m. I already have the W.R. so I am going to try and improve my record.

8th July the last day before flying home, the 10k road race was not a serious run for me and should be fun ,a good training run.

Feeling very tired and nervous about flying home with my husband Harry, hoping he will be ok flying home. The 10k road race was six miles away at the exhibition centre, so we decided Harry should stay at the hotel and rest before the flight the next day. I did win my age group in the 10k but was not pleased with my time of 52 mins. It was very hot and most athletes' times were slow.

I was pleased with my weeks performance, and very relieved to get Harry home without any more problems, he said he doesn't want to fly anymore, so I've lost my best supporter and my bag carrier.

Angi Copson

WORLD RECORD!

V70 4 x 800m relay Saturday 9 th July 2022 Birmingham University Track



Derek Jackson, David Oxland, Stewart Thorpe and Graham Webster formed a M70 4 x 800m relay squad, running as a GB Masters team, which smashed the world record held by the USA at 10:51.08 seconds, bringing this down to 10:35.59 seconds.

Derek, British record holder at 1500m outdoors, managed to obtain an invitation to run at a track and field festival event held at the university. He had formed a great team with David, British record holder at 800m indoors and outdoors as well as 1500m and 3000m indoors,

Stewart, back only the day before from individual Bronze medal successes at Tampere at 800m and Cross Country and Graham, a most versatile runner at anything over 100m!

The other four teams included two universities, a British Milers Club team and an under 20 team from Qatar! By the time David started his anchor leg, these had just finished and with the help of British Masters own announcer Donald Brown, who happened to be officiating there, the students and other spectators gave fantastic support. All the squad ran great legs, despite Stewart's fatigue after six races in Tampere and 10 hours' travel the previous day, and when David started his leg, the team was already about 5 seconds up on world record pace. As the result of David's 2 minutes 32.4 seconds split, almost exactly the same as his outdoor British record run last year, the record was broken by over 15 seconds.

PRESIDENTS AWARD



Wonderful picture of Tony Bowman with his Presidents award 2022 as Presented by Sue Kneill-Boxley. The Presidents award is in recognition of supporting MMAC as a competitor, official or volunteer. Tony is still competing at 86 years both on the track and in the field including many BMAF events in the last year usually coming first in his age group. He is a member of Leeds City Athletic Club and second claim Midland Masters.

EDGAR NICHOLLS TROPHY



The Edgar Nicholls trophy for the best age graded performance in the cross country went to Monica Williamson.

Inter Area Match 31 st July 2022 ladies Team report



Well Midland Masters ladies did it again, they won by 96 points. Our ladies team did exceptionally well to win the trophy again this year. There were many very good performances, a couple of Championship best performances and a British record. The team

is so committed and I am so very proud of them all. 13.25m was recorded in the W50 Shot which gave our brilliant team captain Paula Williams the British record and a championship best performance. Paula Also got a CBP in the W50 Javelin with a throw of 35.93m. Another CBP was achieved by Jill Roginski in the W60 shot with a throw of 9.19m. All in all it was an exceptional day all the ladies did their absolute best and I as their team manager couldn't ask for more, they were the best ladies team on the day and they all deserve much praise and the trophy.

Elaine Mee

Report by David Oxland Men's team captain on Inter-Area outdoor championships Sunday 31st July 2002



After the complete success of MMAC's teams at the indoor Inter-Area championships in March 2022, I was delighted to be asked by our great team manager Matt Long if I would captain the outdoor men's team as well as the indoor, this time assisted Jack Poxon as vice captain, a M35 high jumper, long jumper and triple jumper.

There were some notable successes. If I had to pick out just one person to mention it might be Dominic Bradley, who was able to complete the M35 sprint double despite being over 45. Chris Monk (M70) might well have completed the double as well but gave up his place to someone else in the 200m. But then there was Patrick Corcoran M50 doing the double as well and so who would you choose? Both Dominic and Patrick ran in the winning M35 4 by 100m relay team as well.

MMAC had a couple of wins at 800m, and Russell Parkin aged 59 and 10 months deserves a mention for his 6th place in the M50 race in a time well below the M60 winner. He should already have secured his selection at M60 next year.

MMAC is lucky to have the M70 British Record holders indoors and outdoors at 1500m as well as at other middle distances. The outdoor record holder, Derek Jackson won the 1500m in a Championship Best Performance, with only his own record last year to beat, his middle-distance rival, David Oxland, having done the same at 800m.

In the field, Jack Poxon M35 did the equivalent of a (vice) captain's innings by getting in podium positions at all three jumps whilst helping to win the 4 by 100m relay.

Rashpal Singh joined the team as always for a second place at M70 high jump and a win at M70 long jump as well as running a leg in the M70 sprint relay team which was narrowly defeated to second place despite a great anchor leg by Chris Monk.

There are plenty of other athletes to thank for their great performances. Sorry that I have not mentioned all of them by name in the space available. Every point is needed on these occasions.

In the end the men's team was awarded 293 points and fell just three points behind cup winners NMAA. However with the women winning their cup by a big margin, MMAC once again won the overall cup by over 96 points.

IN THE LONG RUN: Part 2

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

The following two articles follow on from Part 1 in the March 2022 Newsletter, where we explored the concepts of 'progression running' and 'special blocking'. Earlier versions have been published in 'Fast Running' magazine and they were informed by Matt's work as an England Team Coach at the England Athletics Commonwealth Games Marathon Training Camp and Trials race, the men's race of which was won by Jonny Mellor.



Picture: England Team Coach Matt Long with Team England's Jonny Mellor who placed 6th in the Commonwealth Games Marathon

We begin by exploring the ways in which Team GBs Rio Olympic marathon runner **Aly Dixon** introduced variety into her traditional long runs.

In order to understand this one has to revisit the work of Renanto Canova (1999) in the context of what he referred to as 'fractional' and then 'variational' running.

Fractional Running

Ever fond of typologies, Canova (1999) has broken Fractional running down into (1) Long, (2) Medium, (3) Short and (4) Mixed.

1. Long Fractions

This is described as being between 15-21 km with the speed of faster fractions (ordinarily effected over 5km) being between 103-107% of marathon speed. Critically as a continuous mode of session, roll on recoveries of between 2-3 mins are typically interspersed with the aforementioned faster segments.

2. Medium Fractions

The total recommended volume is between 12-15 km with the faster fractions being between 3-5 km and effected at 105-108% of marathon speed, with 2-3 mins roll on recovery between each faster fraction.

3. Short Fractions

These tend to be between 10-12 km in volume with faster fractions effected between 1-3 km and between 106-110% of marathon speed, typically with just 2 mins roll on recovery between faster fractions.

4. Mixed Fractions

These tend not to be less volume than shorter fractions but fractions are more randomised being effected between 400m and a maximum of 3 km, with variable roll on recoveries of between 60s and 4 mins. It is because these fractions can be effected over relatively short distances that they can be effected up to 112% of marathon speed.

Aly's adaptations

The Sunderland Stroller had a great year back in 2017 clocking a lifetime best of 2h29m06s in placing 14th in the London marathon. One of the sessions she effected in the weeks prior to this would be termed a 'Short Fraction' with a 3 x (1k; 600m; 400m) The session was chained at either end with steady state aerobic volume. Less than four months later Aly went on to represent Team GB in the London World Championship marathon and a session effected shortly before this event of 4 x 2 miles @ tempo, once again chained by steady state aerobic work at the end is indicative of what Canova would assign as a 'Medium Fraction.'

Somewhat intertwined with fractional running is the notion of variational running.

Variational Running

More simply than with the multiple variants of Fractional Running, Canova (1999) makes the binary division between (1) Long Runs with short pace variations and (2) Long Runs with Long Run variations.

1. Long Run/ Short pace variation

These tend to be between 1hr45m and 2hr 15 min in duration and run at a steady pace of around 80% of marathon race pace. Somewhere in the middle part of the run a block of say 10x 60s would be effected with a roll on recovery similar to the faster surges in duration.

2. Long Run/ Long pace variation

These runs tend not to differ from the above in terms of volume and steady state (80% of marathon race pace) intensity. This being said the longer blocks of faster running may be over distances like 3km, 5km and 7km, there being at least 10 mins recovery at steady state running in between the efforts.

Aly's Adaptations

As a world class marathon runner who placed 6th in the Gold Coast Commonwealth Games in 2018 and who went on to set a world record for 50km (3hr 07m20s) one year later in Romania, it is unsurprising that Aly's adaptation of Canova's principles meant she leant towards what would be termed 'Long Run/ Long pace variation' in the typology above. She conveys that, "I used to put blocks of tempo into my long runs. I would alternate a good pace which for me was goal marathon pace plus 30 secs a mile for me traditional long run and then for my next long run I would mix it up with some kind of tempo the next. A typical session would be 3 miles easy and then straight into 3 x 5 miles with half mile easy recovery and then 3 miles easy to finish off the session. I had several other 'go to' sessions such as 10 miles easy, 12 at tempo and then 3 miles easy to finish. Sometimes I'd use progression runs as part of my long run- for example 10 miles easy followed by 4 x 5k run progressively faster and once again topped off with 3 miles easy". With a twinkle in her eye she tells that, "I guess my favourite session of this type would be 14 miles easy, followed by 10k in 34 mins and 3 miles easy".

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

1. How might I benefit from both fractional and variational running as part of my periodised training plan?
2. Which specific modes of fractional and variational running best serve my long term athletic developmental needs?
3. Why might following Aly Dixon's willingness to adapt and improvise the principles behind fractional and variational sessions suit my own athlete-centred and individual needs as a runner? We now move on to explore the work of Team Wales and GB Team Coach **James Thie** talks about how he started the marathon journey with 2h11m debut man **Jake Smith**.



Picture: The author with Eurosport commentator and coach James Thie

We need firstly to forge an understanding of what Canova (1999) termed ‘Specific Endurance Repetition Runs’.

Specific Endurance Repetition Runs

For Canova (1999) the speed of the repetition runs should be at marathon speed with float recoveries being effected which are not too far removed from this pace. He provides a binary distinction between (a) Extensive Specific Endurance and (b) Intensive Specific Endurance work, the former being characterised typically by a relatively lower volume of longer repetitions and the latter ordinarily involving a higher volume of repetitions over much shorter distances.

Extensive and Intensive Work

As an example of the Extensive mode, Canova (1999) cites the training of Gelindo Bordin, in the weeks before he won the marathon gold medal at the 1988 Seoul Olympics. Bordin ran 3 x 7000m between 20m32 and 20m57s with his two float recoveries averaging 3m09s. The value of this session is that when both repetitions and float recoveries are aggregated we have a session of whose total volume exceeds 14 miles and whose average speed of 2m59s per km would see the athlete home in 2h05 mins if effected for the full 26.2 miles. The Italian sported a lifetime personal best of 2h08 mins which would be set two years after his greatest triumph in south Korea.

To highlight the value of the Intensive mode of this type of work, Canova (1999) cites the training of 2004 Athens Olympic champion, Stefano Baldini, from earlier in his career. Several weeks before the Italian ran 2hr07m57s to place 2nd in the London marathon in 1997, he ran a session of 10 x 1000m averaging 2m53s for the reps, with float recoveries effected in a shad over 3 mins. As with the example of Bordin, cited above, Baldini’s pace if effected over the full 26.2 miles would also brought him home in 2hr05mins.

Extensive and intensive adaptations

The Director of Athletics at Cardiff Met University clearly leans towards seeing the utility of what Canova (1999) framed as Extensive Specific Endurance work. He explains that, “I think what Jake Smith and I have found is that longer tempos and also pacing races has provided a good opportunity for longer sustained efforts at marathon pace. Even with the unplanned

one, where Jake won the Cheshire Elite Marathon in April last year, it showed us that there are lots of ways to approach the marathon”.

Goal pace

Hutchison (2015) reminded us that it was perhaps the late great Bill Bowerman with his guidance of American legend Steve Prefontaine who did most to inculcate the notion of 'goal pace' (as distinct from 'date pace') into coaching discourses. This is something which James Thie, who placed 4th in the 1500m at the World Indoor championships in 2005, maintains is at the heart of Canova's philosophy. The Welshman asserts that, "There is though with every distance, a time and place that you need to run at 'goal pace' as physically and mentally you need to know what it feels like on good and bad days!”.

With specific regard to Jake Smith, who owns a half marathon PB of 60:31s at the 2020 World HM championships, he continues that, "Remember we haven't specifically targeted the marathon yet but I've reflected that longer work of between 8-13 miles in total volume has helped when pacing 21-30km and allowed Jake to come away with 2hr11m00s marathon debut off minimal preparation”.

Pace making to learn the art of goal pace

As well as the use of extensive and intensive specific endurance work, the man who has bagged multiple world masters titles between 800m and 3000m points out that, "Lots of good marathon runners have started off as pacers- such as Geoffrey Kamworor for example”. The Kenyan is a former world record holder of course for the half marathon and bagged three consecutive titles at the biennial World Half Marathon championships between 2014 and 2018 and clearly used the half marathon as a bridging distance en route to his two New York City Marathon wins in 2017 and 2019 and last year he lowered his PB to 2hr05m23s. The man who served on the team staff at December's European cross country championships in Dublin believes this kind of trend may be followed domestically. He enthuses that, "It's been good to see the London Marathon recently use various athletes for the experience and will be interesting to see what they do when or if they step up”. He cites 2021 Great North Run winner, Marc Scott and runner up Eilish McColgan as potential future examples of this phenomenon.

The above leaves us with the following **questions for self-reflection**:

1. What place is there in my macrocycle of training to effect Specific Endurance Repetition Runs?
2. How can I make adaptations to Canova's principles of Extensive and Intensive specific runs can I make which will suit my schedule?
3. When can I use races which are shorter than my target race to learn to habituate goal pace?

References and Further Reading

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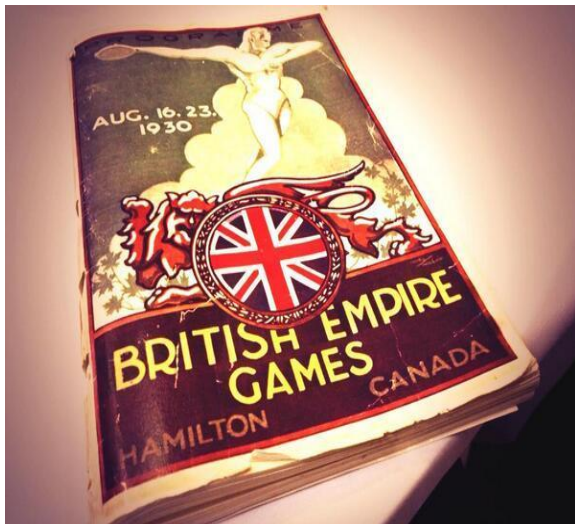
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Long, M. (2022) Be Specific With Paces. Fast Running. February 8th

COMMONWEALTH GAMES LEGACY

MATT LONG AND PAUL MOSELEY ASSESS THE LEGACY OF BIRMINGHAM 2022:

Since their inception in Hamilton back in 1930, the Commonwealth Games have been inevitably and inextricably linked to notions of Empire. Indeed they were known originally as the British Empire Games as this event programme from Canada 92 years ago shows.



Event Programme from the first British Empire Games

Decolonisation

In recent years the political spotlight has rightly made us question the notion of 'Empire' with the Windrush scandal and Black Lives Matter protests which resulted in the toppling of the statue of slave trader Edward Colston in Bristol two years ago. The word 'decolonisation' originally coined by the German economist Moritz Julius Bonn in the 1930s to describe former colonies that had managed to achieve self-governance. It is relevant today and many Higher Education establishments are, for instance, pursuing policies of 'decolonising' their curriculum in an attempt to forge new understandings of our past.

The lead author had the privilege of working with former Commonwealth and Olympic champion Mark Lewis Francis on the 'Have A Go' Funetics at the Games and the Birchfield Harrier also known as 'The Darlastan Dart' made a series of brilliant videos in the run up to Birmingham 2022 which fused his passion for track and field along with an analysis of immigration, race and wider diversity.

So with Monday's closing ceremony witnessing the metaphoric baton having been passed on to the XX111 Games in Victoria 2026, the legacy of Birmingham 2022 needs to be assessed in line with the core values of England Athletics.

Aside from Team England's excellent second placing in the track and field medal table ahead of the superpowers of Kenya and Jamaica, there is evidence that the ethos of the Games in congruent with the philosophy upheld by the governing body.

England Athletics Core Values

Fun

The 'Commiss' as many athletes colloquially refer to them have become affectionately known as 'The Friendly Games'. Those of you who visited Alexander stadium last week will have been greeted by hundreds of orange or blue shirted volunteers with smiles on their faces as wide as the ocean. You may have been high fived by a giant foam hand and even if you weren't you will have been told 'Thanks for coming'.

Inspiration

The Legacy Project is central to the vision of England Athletics and the aforementioned 'Have A Go' Funetics pop up stand saw a staggering 5,328 children experience throws, standing long and bounce jumps and hurdles whilst habituating fundamental movement skills of agility, balance and co-ordination and getting the chance to be photographed with the likes of the aforementioned Lewis-Francis and Olympic bronze medallist Marilyn Okoro.



Matt Long with Mark Lewis Francis at the 'Have A Go' Funetics Zone

Integrity

Back in 2018 on the Gold Coast, the Games became the first global multi-sport event to feature an equal number of men's and women's medal events and there were slightly more medals awarded to women than men at Birmingham 2022. The lead author witnessed West Midlands Police effect community policing in the truest spirit of the word. They policed as 'citizens in uniform' in a way in which Sir Robert Peel who founded the world's first modern force back in 1829 would have been proud of and this included facilitating a lawful protest by members of the LGBT who rightly raised awareness that homosexuality is still illegal in 35 nations with no less than 7 of them carrying the death penalty. Please Watch Tom Daley's marvellous 'Illegal to be Me' documentary if you have not already done so.



Lawful LGBT protests outside the stadium

Inclusivity

You will have seen that Para Athletes were embedded as fully inclusive members of their national teams unlike their inclusion being a separate event like the Paralympics, making Birmingham 2022 the first fully inclusive international multi-sport event. Thanks to the work of Participation Programmes Manager Tracey Francis and the vision of Coaching Workforce Manager Paul Moseley, hundreds of spectators had the opportunity to experience a racing chair of the type which was showcased at the Games with a clean sweep of English medals in the women's T34 100m, and a Gold & Silver in the men's T53/54 1500m.



Paul Moseley with Hannah Cockroft at the Games.

So the message from Birmingham 2022 is loud and clear. We can't change our past. We can change the way in which we think about our past. We most certainly and categorically can use the success of the Games to shape our future of track and field and beyond. The late great BBC Commentator Ron Pickering once said, "Sport is a microcosm of society". You will have seen one of the slogans outside Alexander stadium which rightly said, "Sport is just the beginning". Whether you are fan, athlete, coach or official you are part of this new start and this opportunity should be grasped as tightly as any relay baton.

Matt Long and Paul Moseley were England Team Coaches at the Commonwealth Games Development Camp.

Forthcoming MMAC Events

We are holding our MMAC 10K Road race inside the Nuneaton 10K on Sunday 11th September. You can enter via [entry4sports](#).

The MMAC 10 mile race is part of the Rugby 10 taking place on 9th October and you can enter via [Results Base](#)

On 29th October it will be the BMAF Cross Country relays at Long Eaton and again we will hold the MMAC Cross Country relays in this event. Entry details will be on OpenTrack shortly.

The MMAC cross country championships this year will be included in the BMAF international cross country selection race at Markeaton Park, Derby on the 15th October.

This race is held in conjunction with the North Midlands Cross Country League.

Just enter the England Masters Cross Country race at [bmaf.opentrack.run](#) and you will be included in the MMAC championship, if a member..

There have already been a number of MMAC entries in the event which will bring a lot of the best runners in the country together.

We will award MMAC medals in the 5 year age groups.

We hope to be able to award the medals after the races but there is a dependence on the BMAF results.

Just a reminder what it says on OpenTrack

ENGLAND TEAM SELECTION FOR THE BRITISH AND IRISH CROSS COUNTRY INTERNATIONAL 2022

This is the selection race for the England team to the British and Irish Masters Cross Country International, which will be held on Saturday 12th November 2022 in Santry Demesne, Dublin.

All athletes seeking selection MUST complete [a](#) form giving their details and performances for the current year. (The link to this is on Opentrack

This selection event on Saturday 15th October, is incorporated within the North Midlands cross country league fixture, and is open *ONLY* to paid-up members of the English Area Clubs of the British Masters Athletic Federation:

Eastern Masters (EMAC); Isle of Man Veterans (IoMVAC); Midland Masters (MMAC); North East Masters (NEMAA); Northern Masters (NMAC); Southern Counties Veterans (SCVAC); South West Veterans (SWVAC); Veterans AC (VAC).

The first 3 athletes from each 5-year age category in Race 1 and in categories M55 and M60 in Race 2 will be selected.

The first 4 athletes in the other 5-year age categories M35 up to M50 in race 2 will be selected. Immediately following the last race the selectors will choose one additional athlete for the men's M55+ and women's teams and two additional athletes for the younger men's teams of six, as well as three reserves in each age category.

The remaining athletes in each team will be selected from their performances given on the selection form.

Entry fee £5

Closing date: Monday 26th September 2022

No entries on the day

Event Timetable

Race 1 – 13:50: 6km All Women and Men 65+

Race 2 – 14:20: 9.8km M35 to M60

Race numbers must be collected on the day from the selection race reception desk between 11.45am and 1.00pm prompt

WELFARE OFFICERS

It would be great to have a couple of Welfares Officers for MMAC. Persons with a friendly approachable attitude would be suitable so any member who has concerns has someone to contact and share their uncertainties with. The Welfare Officer can then take further action, if necessary, e.g., signposting the next step.

It's better to share and get things sorted then have nagging doubts about a situation. To find out more contact Jill Lamb, email: jillchlamb@aol.com

TONY PORTER STEPS DOWN AS THE MMAC VETS TEAM MANAGER

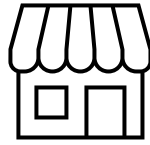


New Team Manager, Jon Tibke

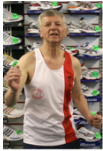
After ten years as the MMAC Team Manager in the Vets League, Tony Porter has stepped down to health reasons. The committee would like to thank Tony for his service to the club and for managing the team in the league.

Jon Tibke has taken on running the team this year and has agreed to continue in the role next year. I know like Tony he is keen for MMAC to provide the opportunity for club members, not in other league teams, to take part in this social league.

MMAC Club Shop



We now have a new online shop for members to order club merchandise.



Competition vests with red and white vertical band, club name and badge.
£13 including postage.



MMAC tech jacket long sleeve in club colours, red/white/black with club badge.
Two zipped pockets. TAG brand.
£20 including postage

The club shop can be found at: <https://bit.ly/MMACShop>

Or Scan this QR code:



Queries and orders can also be sent to Martin Wilkinson, Club Treasurer