



1971-2021
50th Anniversary

**Midlands Masters Athletics Club Newsletter
December 2022 - Newsletter 275**



Welcome to the Christmas special addition of the MMAC Newsletter. There may be a few Christmas Cracker jokes thrown in too!

Cross Country Season Underway

The MMAC Cross country season kicked off with the MMAC Championships included in the England Masters Selection race. This took place at Markeaton Park as part of the North Midlands Cross country league opening fixture.

With the race attracting a lot of the best cross-country runners from the Midlands and the rest of England looking to gain the automatic selection places.

Unfortunately for some members who normally take part in the North Midland League they had to choose between taking part in the Masters race or scoring in the league.

The 6k race for the Women and Over 65 Men's race went off first, with the North Midlands League Women's race. The two-lap course saw some close battles and soon there was a busy finishing funnel.

overall

position			position	club	MMAC Pos	
18	David BEDWELL	M65	3	MMAC	1	26:00:00
33	Desmond GIBBONS	M65	7	MMAC	3	27:20:00
49	Ray POYNTER	M65	10	MMAC	4	30:06:00
61	Steve HILLMAN	M65	11	MMAC	5	31:40:00
37	David OXLAND	M70	1	MMAC	1	27:53:00
52	David JAMES	M70	5	MMAC	2	30:20:00
45	Malcolm WEIR	M75	1	MMAC	1	29:36:00
69	Michael EDWARDS	M75	6	MMAC	2	34:24:00
15	Liza BRADSHAW	W35	2	MMAC	1	25:53:00
38	Lucy GRANT	W35	5	MMAC	2	28:09:00
1	Juliet POTTER	W40	1	MMAC	1	23:20
10	Catherine CHARLTON	W40	6	MMAC	2	25:36:00
6	Claire MARTIN	W45	2	MMAC	1	24:31:00
22	Mandy VERNON	W50	4	MMAC	1	26:17:00
42	Deborah GILMAN	W50	8	MMAC	2	29:08:00
55	Sharon FOX	W50	9	MMAC	3	30:36:00
53	Jacquie HANMER	W55	1	MMAC	1	30:28:00
23	Monica WILLIAMSON	W60	1	MMAC	1	26:19:00
58	Penelope BARBER	W60	6	MMAC	2	31:26:00
67	Christine BEXTON	W60	7	MMAC	3	33:35:00
68	Linda NEW	W60	8	MMAC	4	34:10:00
70	Kate WILLIAMS	W60	9	MMAC	5	34:45:00
76	Maddy COLLINGE	W70	3	MMAC	1	40:50:00
71	Angela COPSON	W75	1	MMAC	1	34:56:00

The Men's' M35 to M60 race went off with the Men's League race, they had 3 laps of the course to run. Like in the Women's race there were a lot of close finishes.

overall	name	age	age pos		mmac pos
2	Joe SMITH	M35	2	36:46:00	1
10	Daniel WATT	M35	5	38:25:00	2
21	James HUNTER	M40	7	39:54:00	1
30	Scott GREEN	M40	8	41:24:00	2
32	Craig PEARSON	M40	9	41:40:00	3
7	Paul FEATHERSTONE	M45	1	38:01:00	1
31	Rich WAYMAN	M45	9	41:26:00	2
54	Richard HARRIS	M45	11	48:16:00	3
56	Charlie PEARCE	M45	12	51:55:00	4
34	Sean FENWICK	M50	5	41:51:00	1
33	Andrew TAPLIN	M55	4	41:45:00	1
42	Tim CLAYTON	M55	6	43:23:00	2
43	Darren HANDS	M55	7	43:27:00	3
44	Peter KNIGHT	M60	7	43:38:00	1
47	Ben BENSON	M60	10	44:36:00	2
50	Peter MCNALLY	M60	12	44:53:00	3
52	Nick LUKE	M60	14	46:22:00	4

We had hoped to award the medals on the day, however with all the results being manually recorded and a few problems with the recorded numbers there were delays. Also, the selectors were wanting the overall results for the selection meeting.

Chris Mason did manage to catch up with most of the women and over 65 men winners on the day and we handed out a few of the younger men's age groups and I then distributed more medals at the BMAF Relays.

After the event we checked the best Age graded performance to see who will win the Edgar Nichols Trophy. For the second year running it goes to Monica Williamson. Monica had an 84% ranking well in excess of Angela Copson 78%, David Bedwell and Claire Martin 77%, Malcolm Weir 76%, David Oxland and Mandy Vernon 75%.

Which athlete is the warmest in winter?

The long jumper!

If an athlete gets athlete's foot, what does an elf get?

Mistle toe!

MMAC Cross Country Relays

The MMAC Cross Country relays were again held inside the BMAF Cross Country relays at Long Eaton. One again very well organised by Rob Fox and the Long Eaton club.

With dry conditions it was ideal for the event. The BMAF event is open to all clubs and teams don't have to have any members of a BMAF area club. However, for our championships the teams must have a MMAC member in the running team to qualify.

It was soon clear there were going to be lots of good races for the BMAF and MMAC crowns.

When the dust had cleared 6 Midlands teams did the double adding the BMAF championship to the MMAC championship. Well done M35 Tipton M55 Leicester Coritnian 65 Bristol and West W35 Charnwood W55 Bristol & West W65 Hogweed Trotters

The list shows the winners of the MMAC race, then their position in the BMAF race and shows the runner in the team who is an MMAC runner

MMAC Relays M35s

MMAC BMAF

Position (Race position)

- 1 1 Tipton Harriers 'A' 49:27 Tom Holden and Joe Smith
- 2 4 Nuneaton Harriers 'A' 53:17 Ian Mansell
- 3 5 Newark Ac 53:23 Jan Bailey
- 4 7 Mansfield Harriers 54:34 Kristian Watson
- 5 10 Cannock & Stafford Ac 57:18 Mitchell Blundel & Craig Pearson
- 6 11 Coventry Godiva Harriers 'A' 57:55 Jose Ortiz Gonzales & Harvey Speed
- 7 17 Wolverhampton & Bilston 1:00:55 David Norman & Greg Asbury

MMAC Relays M45s

MMAC BMAF

Position (Race position)

- 1 7 Sutton in Ashfield M45 'A' 57:29 Paul Whittingham & Tim Clayton
- 2 9 Cannock & Stafford Ac M45 58:46 Andrew Cotterill, Mark Green, Darrell Wilde & Paul Lester
- 3 10 Halesowen Ac M45 58:51 Barry Gardner David Lewis & Andrew Yapp
- 4 11 Mansfield Harriers M45 59:51 Andy Wetherill, Conrad Watson
- 5 14 Beeston Ac M45 1:06:00 Charlie Pearce
- 6 18 Nuneaton Harriers M45 1:07:04 Eric Fowler

MMAC Relays M55s

MMAC BMAF

Position. (Race position)

- 1 1 Leicester Coritanian Ac M55 'A' 45:15 Gordon Lee, Rob Sheen
- 2 5 Beeston Ac M55 'A' 46:43 Andrew Taplin
- 3 9 Long Eaton RC M55 52:18 Alan Maplethorpe
- 4 11 Sparkhill Harriers M55 57:03 Darren Riley

MMAC Relays M65s

MMAC BMAF

Position (Race position)

- 1 1 BRISTOL & WEST AC M65 38:06 David Bedwell (1) 12:19
- 2 3 REDHILL ROAD RUNNERS M65 'A' 39:43 Des Gibbons Raymond Poynter
- 3 6 BELPER HARRIERS M65 42:05 Malcolm Weir
- 4 7 LEAMINGTON CYCLING & AC M65 43:04 ALEX Montgomery
- 5 10 CHARNWOOD A C M65 45:31 Steven Hillman I Licietis

MMAC Relays W35s

MMAC BMAF

Position (Race position)

- 1 1 CHARNWOOD A C 'A' 33:20 Jane Potter, Emily Smith
- 2 4 NOTTS AC 37:27 Catherine Charlton
- 3 8 RUSHCLIFFE AC 41:13 Ruth Brandon
- 4 9 BEESTON AC 41:28 Lucy Grant
- 5 10 NUNEATON HARRIERS 'A' 41:59 Eleanor Fowler, Carolyn Derbyshire
- 6 20 ALDRIDGE RC 'B' 53:42 Anne Kelsall

MMAC Relays W45s

MMAC BMAF

Position. (Race position)

- 1 5 REDHILL ROAD RUNNERS W45 40:32 Carolyn Hay
- 2 7 HOLME PIERREPONT RC W45 'A' 41:41 Editha Vanloon
- 3 8 MANSFIELD HARRIERS W45 43:25 Jacqueline Massey
- 4 9 HOLME PIERREPONT RC W45 'B' 43:30 Sue Chicken

MMAC Relays W55s

MMAC BMAF

Position. (Race position)

- 1 1 BRISTOL & WEST AC W55 39:32 Sarah Everitt Clare Jolliffe
- 2 2 RUSHCLIFFE AC W55 41:24 Joanna Davis
- 3 6 BEESTON AC W55 50:39 Christine Bexton
- 4 7 Mansfield Harriers W55 1:00:08 Maddy Collinge

MMAC Relays W65s

MMAC BMAF

Position. (Race position)

- 1 1 Hogweed Trotters W65 'A' 50:13 Sylvia Crump

With the use of electronic results and a lot of preparation work to identify teams eligible for the MMAC championships, it was quickly possible to pick out the MMAC winners and we presented their medals ahead of the BMAF medal presentations.

Why is Santa so good at karate?
He has a black belt.

International Cross Country

The relays were followed by the International Cross country and these were the MMAC places, 14 MMAC members took part in Dublin.

W & M65+

Place	Bib	Name	CAT	Cat Pos	Team
6	6517	David BEDWELL	M65	5	MMAC
52	7018	David JAMES	M70	16	MMAC
64	1159	Angela COPSON	W75 W70	7	MMAC
83	7013	Maddy COLLINGE	W70	10	MMAC

W35-W60

6	4011	Juliet POTTER	W40	2	MMAC
21	4512	Claire MARTIN	W45	5	MMAC
37	4513	Lisa PALMER-BLOUNT	W45	11	MMAC
56	3512	Liza BRADSHAW	W35	14	MMAC
59	5014	Mandy VERNON	W50	11	MMAC
64	6011	Monica WILLIAMSON	W60	3	MMAC
98	5511	Jacquie HANMER	W55	14	MMAC

M50-M60

2	5015	Tim HARTLEY	M50	2	MMAC
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M35-M45

21	3516	Joe SMITH	M35	12	MMAC
28	4519	Jan BAILEY	M45	4	MMAC

What is the most competitive season?

Win-ter!

What sport do Christmas elves compete in?

North Pole-vaulting

What's happening with BMAF?

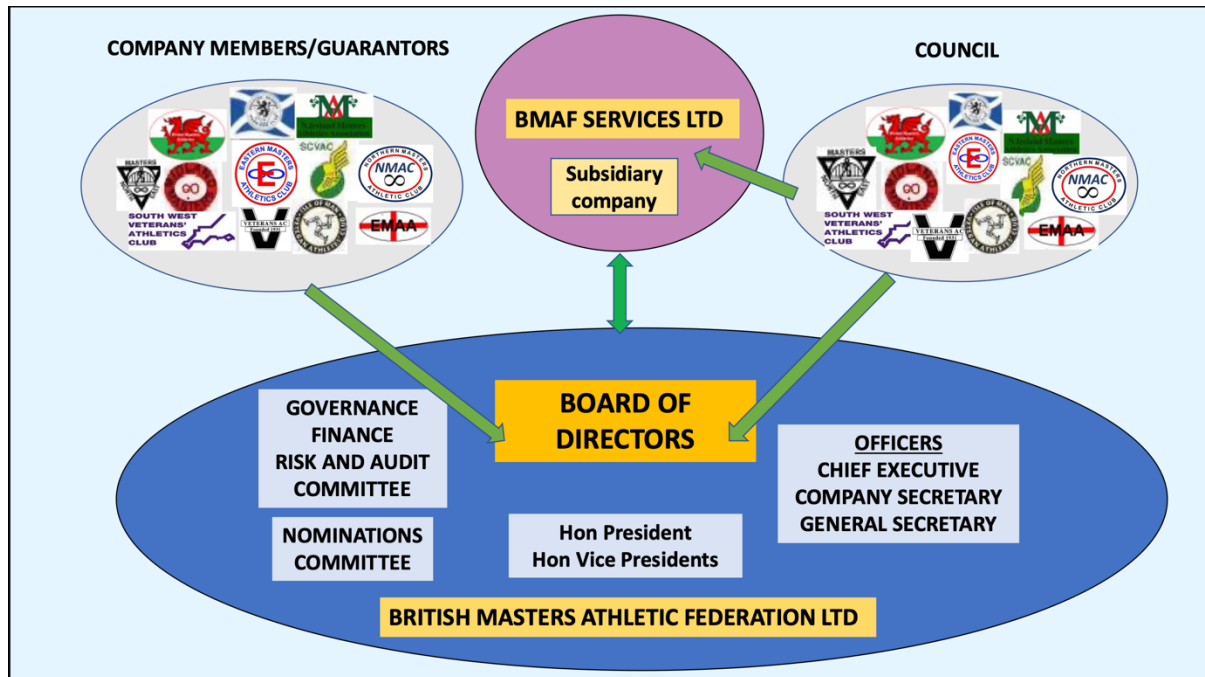


Figure 1: Proposed new BMAF structure

British Masters Athletics Federation is an organisation bringing together area clubs, like Midland Masters, to encourage masters' athletics on a national stage. It provides championships, websites and hosts the club membership portal. Strictly speaking, as a club member you are not a member of BMAF but your club is affiliated, representing your views. In recent times it has got a bit confusing with new websites (mastersathletics.co.uk) and, until recently, a clunky Opentrack online championship entry and member subscription process (Opentrack much improved this year). The BMAF executive has also been a bit dysfunctional but differences in opinion about national direction go back to its formation. Politics have been part of athletics since Roman days. In the 20th century we were arguing about the status of amateur athletics and calling veterans "masters". Recently there have been discussions about transgender, disability and race walking under B-rules (a bent knee or "power walking")

BMAF is seeking approval to move to a limited company, to be proposed and voted on at their AGM. This would be a non-profit organisation that does not reward or pay directors or volunteers and recycles any money back into the sport. The main argument is to limit liability to the directors (including those from area clubs) now the organisation has a turnover heading towards 6 figures.

BMAF has already separated operational matters, including the running of championships, to BMAF Service Ltd, a new company formed 3 years ago. This is a sleek organisation run by volunteers responsible for events, marketing, websites and IT systems. The new BMAF Ltd will provide the governance structure looking after the business whilst BMAF Services will provide operational services looking after the athletics. Two companies may merge in the future but the thinking is it would be better to separate structures. We will continue to have an external BMAF Council overseeing the whole enterprise. Area clubs will provide directors

to BMAF Ltd and members to the BMAF Council. Club representation and oversight is very important to maintain.

I am a director of BMAF Services Ltd, one of 3 directors. My role is largely managing payments and running the monthly meetings as chairman. I am an observer on BMAF executive which has been an “interesting” experience over the last year, not helped by all meetings being via Zoom. By contrast BMAF Services meetings are quite simple due to their operational nature rather than debating policy and direction.

Whatever the result of the BMAF AGM vote on the new incorporated structure, there will still be a need for further work. The Articles of Association will require discussion, fine tuning and approval by the area clubs. The vote is to give approval on the direction and not on the final entity. An interesting next chapter of UK masters athletics awaits.

Martin Wilkinson

Chairman BMAF Services Ltd &MMAC Treasurer

What does Santa do with out of shape elves?

Sends them to an elf Farm

MMAC Renewals and Membership 2023.

The rates for 2023 membership have only changed for 1st claim members, which have gone up by a pound to reflect the increased England Athletics registration fee.

So, the fees are

1st Claim Membership £32

2nd Claim Membership or Social Membership £15

Plus £10 if you want a posted newsletter rather than the free online newsletter.

It's now an easier process to re-join, just logon to bmaf.opentrack.run go to the clubs' page and you should see a re-join button. The system now automatically confirms your membership and doesn't require me to take any confirmation process.

How does a snowman lose weight? He waits for the weather to get warmer!



"The Cat Quiz" 2023

Quiz in aid of Macmillan Cancer Support

A minimum donation of £3.00 but your added generosity would be greatly appreciated

Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (261017)

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: 9th January 2023

Answers out after 14th January 2023

**The answer to each clue is a word which contains the word CAT;
for example:**

Catwalk	A platform for fashion models
Flycatcher	A bird that feeds on the wing
Magnification	Making larger in size
Placate	To try and soothe someone
Truncated	Reduced in length

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 25 years this quiz has raised more than £228,534. The fundraising total for last year was £22,514 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/joycesquiz26>

OR BACS transfer -details on the back page

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.	To renounce responsibility	
2.	An index or list in a systematic order	
3.	To leave a space for others to use	
4.	To move to another place	
5.	Deprived of oxygen	
6.	Removing moisture	
7.	An area that feeds into a school	
8.	To referee a dispute	
9.	Adapting plants or animals for human use	
10.	To chew	
11.	A common disorder of the eye	
12.	Bringing strong feelings to mind	
13.	A group of people with a common interest	
14.	Someone who publicly supports a cause	
15.	To take property with authority	
16.	Making an agreement officially valid	
17.	A wader with an orange beak	
18.	Defences	
19.	Can be Manx or Burmese	
20.	To share something out	
21.	An official document	
22.	To teach, train or inform someone	
23.	Used by children for firing stones	
24.	To belittle or express disapproval	
25.	Make things more difficult	
26.	An underground cemetery	
27.	Increase in volume	
28.	To deviate from the truth	
29.	To suggest someone is guilty	
30.	Exaggeration of characteristics in a cartoon	
31.	"The in the Rye"	
32.	Plucking a string instrument	
33.	To produce an exact copy	
34.	To provide food for a party	
35.	A hint, sign or symptom	
36.	A former, usually European, gold coin	
37.	To grease and minimise friction	
38.	A draining pipe fitted by medical staff	
39.	A piece of keyboard music before a fugue	
40. wheel	
41.	A computer programme for a specific task	
42.	To prove something is genuine	

43.	A red lynx	
44.	Occurs in the healing of bones	
45.	An undercover agent who incites	
46.	Not robust and sometimes fragile	
47.	To give pills	
48.	A person or thing that causes great change	
49.	A noisy public dispute	
50.	Ten events in athletics	
51.	A buildup of mucus	
52.	To share or exchange information	
53.	A handheld garden pruning tool	
54.	A calling to a profession	
55.	A group of similar things	
56.	Intending to cause a strong reaction	
57.	To obscure the meaning of something	
58.	To make up a story	
59.	A place to purchase high class foods	
60.	A two hulled yacht	
61.	A person who mimics another	
62.	A disaster	
63.	A recreational trip	
64.	Includes a wide variety of things	
65.	To express ideas in a dogmatic way	
66.	A common ferret	
67.	A well-known saying	
68.	To offer something in return	
69.	We learned these tables in school	
70.	A very hungry one in a children's book	
71.	To disturb a normal position of something	
72.	A release of emotion, providing relief	
73.	Fixing boundaries and limits	
74.	Cleared of blame	
75.	The official seat of a bishop	
76.	An absent-minded person	
77.	A short sleep	
78.	The capital of Oman	
79.	Learned by Catholic children	
80.	Expression of thanks at front of book	
81.	Often spurious reasons for actions	
82.	A negative charged electrode	
83.	A recognised level of success	
84.	To destroy completely	

85.	To escape without injuries	
86.	To seize and hold	
87.	Full of elaborate details	
88.	The flowering spike of a willow	
89.	A shrill howling sound	
90.	A formal exclusion from a religion	
91.	The process of bringing together	
92.	Roman	
93.	The result of excessive drinking	
94.	A herd of cows	
95.	To remove oneself from a tricky situation	
96.	Making writing available for everyone	
97.	Music played as short separate notes	
98.	To increase three-fold	
99.	One way ashes are disposed of	
100.	A place where filming is done	

Name: _____

Email: _____

Address: _____

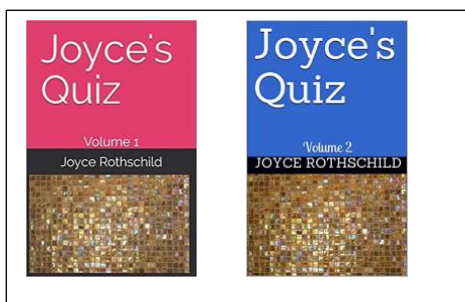
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If you would like a copy of the answers, please provide your e-mail address or a stamped addressed envelope. If you don't want to send in your entry but would like the answers, please e-mail joycesquiz@gmail.com

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<https://www.justgiving.com/fundraising/joycesquiz26>

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