



**THE MIDLAND MASTER ATHLETE  
NEWSLETTER 277 – August 2023**



**President Elect: Wendy Kane**

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## EDITORIAL

A warm welcome this August!



What a belter of a newsletter we have planned for you!

We burst out of the blocks on the 'B' of the Bang with a timely message from our excellent Chair, Graham Lamb and our pickup phase sees cover star, Wendy Kane be handed the baton of a Presidential handover. There's our Championships Report in pictures before we salute sprints king Dominic Bradley on page . If you missed our AGM then you can have a quick game of catch up from We go global on pages and look back over our shoulder at the Polish City of Torun for the World Indoors which took place last March/April. One of the stars of those very championships was our very own Paula Williams who we re-acquaint ourselves with on pages

Inter Area Team Manager Elaine Mee was rightly ecstatic with our retaining of the Overall and Womens' titles last month in Nuneaton and you can relive the added bonus of regaining the Mens' Title after snatching it back from Northern Masters who borrowed it from us last year, from page We then have a dose of coach education on pages where you are encouraged to sit back, relax and regenerate before looking ahead to possibilities over the country for those with a leaning towards all things endurance.

After whetting your appetite for what's available this winter over road and country we wrap up with the numbers, by taking a look at our accounts thanks to the work of the diligent Martin Wilkinson who takes us safely across the finish line of this newsletter.

Matt Long. MMAC Newsletter Editor

## CHAIRMAN'S NOTES

Hi, I hope you are well.

We are now well over halfway through the year. I know many will be looking forward to the BMAF Championships at Derby in September and some will be travelling to Pescara for the European Masters Championships later in September. Then in October, we have the English Cross Country selection race at Markeaton Park, in Derby and then the BMAF Cross country relays at Long Eaton. I know Matt Long will also be detailing some of the upcoming road race dates.

You will see the minutes in the newsletter from the AGM. Once again, we held this via zoom to avoid the people having to travel to the meeting. We only just got the 10 people required to attend to make the quorum, which was a little disappointing.

The good news was we have all the positions filled. The not so good news is that several people have multiple jobs, which is not ideal. One strength of the club has been that Martin Wilkinson has been our treasurer for over 10 years. During that time he has continued to evolve the treasurer role to take account of the evolution of banking. Now our bank account easily allows payments to be co authorised and cheques to be scanned. He has driven the development of a club shop and runs it to send out MMAC vests and tracksuits. Unfortunately, Martin has decided he will step down at the next AGM from the treasurer role. When Martin steps down in April, we will have a major gap in the organisation. Martin wanted to raise this now, so we can give people who are interested in the role a chance to discuss it with him and see what's required.

We will probably split what Martin does into two roles, the treasurer and a club shop secretary. Martin says, 'In terms of treasurer the key skills are basic bookkeeping, use of internet banking. It would suit someone with a financial background or who has worked in business but they do not require an accountancy qualification. I am happy to have a discussion with anyone who may be interested. Time wise the weekly commitment is minimal, perhaps up to an hour a week but can be slightly more after a major competition processing expenses.'

Martin will also help support a new treasurer, which is like when I took on the Membership Secretary role. Irene showed me the process and when I fully retired I moved into the role. I have been doing the Membership role now since 2015 and became Chairman in 2018. I also need someone to take on the Membership Secretary role as having two key tasks with one person is a big risk for the organisation.

I can also go through the role with someone who would be interested in taking on the membership secretary role. If you are interested to help, you can contact Martin at [mmac.treasurer@virginmedia.com](mailto:mmac.treasurer@virginmedia.com) and me at [Grahamhlamb@gmail.com](mailto:Grahamhlamb@gmail.com)



## PRESIDENTIAL HANDOVER

At the MMAC Championships, the official handover took place of the Presidents chain of office from Angela Copson to Wendy Kane. Chairman Graham Lamb oversaw proceedings and said:

“Last year when Angela became our president, we knew she would continue to support our events and showcase Midland Athletics – we didn’t quiet expect Angela to win four gold medals set three world records and be European master of the year for female long distance. That’s quite a tough record to follow for Wendy.

Angela, during her term of office, has taken part in the MMAC committee meetings and shared her knowledge. She decided to award her President’s prize to Dominic Bradley for his tremendous performances. Dominic, pictured below, was unfortunately not at the championships but you will see later he received his award.

Angela’s last task was to hand the presidential chain to Wendy. Wendy has been another great supporter of Midland Masters. Competing in the walks and in many of the inter area women’s teams along with Angela.

Wendy has also during this time been a leading Midlands official, supporting national and international events. While Wendy



would say she is not alone in being a member of MMAC and doing that. Wendy though also stepped in several few years ago to help find officials for these championships to run, when we were struggling to get officials. After that she took on the MMAC Officials Secretary role which has allowed us to run the championships over the last few years. Plus, she also took on this role for the Vets’ league final and is the person who has stepped up to keep the outdoor inter area taking place this year. Perhaps not world records but giving everyone here a chance to try and get their records at this and other events.



At this stage you will see from the images that Angela handed over the chain of office and Wendy’s first job as President was to give Angela a memento as a past President”.

Photo courtesy of Hannah Wintrip

## MIDLAND MASTERS TRACK AND FIELD CHAMPIONSHIPS

Well done to all who participated in our annual outdoor track and field championships on 11<sup>th</sup> June. The venue of Nuneaton continues to serve us well, as do the officials and volunteers who give their time, without whom the event would not be possible.

We feel that the decision to award medals for the first three in each age category regardless of whether championship level performances have been achieved has been the right one in recent years. To be in the top three in your Area is an achievement worthy of recognition in itself and we want to reward athletes who support of championships and who see the value of competing for an area title, regardless of their performance on the day. We feel this will attract more entrants to the championships and therefore long term it will drive standards up, thus enabling our team managers to select stronger league and inter area teams.

Click for results: <https://thepowerof10.info/results/results.aspx?meetingid=524048>

### THE CHAMPIONSHIPS IN PICTURES.

Photos courtesy of Hannah Wintrip | Facebook: Hannah Wintrip Photography |

Instagram: @hannahwintripphotographer | Website: [www.hmwphotographer.co.uk](http://www.hmwphotographer.co.uk)



**Reaches the Heights**



**Hitting the board**



**Pick Up Phase**





**Stay Focused**



**Overcoming barriers**



**Friends Re-United**



**Black and White**

## PRESIDENTS AWARD

Our President Angela Copson said:

“Dom has a collection of gold medals to be proud of. In 2022 He competed in Braga at the Europeans Masters indoors, in the 60m. (7.14s & the 200m. in 22.69s). He then competed in the World masters in Finland, in the 100m. & 200m where he won more gold medals to add to his collection. Already in 2023 he has competed in the World Masters indoors in Torun. Significantly, although Dom competes in the Masters Europeans & Worlds, he's always up for competing for his clubs, taking part in local events.

Dominic we are all proud of you as a member of Midland Masters and keep up the good running”.

Dom with Midland Masters legend Antony Leigh





## **MINUTES OF AGM**

### **MIDLAND MASTERS ATHLETIC CLUB**

#### **ANNUAL GENERAL MEETING**

**(VIRTUAL MEETING) HELD ON 22 April 2023**

**PRESENT:** Graham Lamb (Chair), Jill Lamb, Martin Wilkinson, Irene Nicholls, Penny Barber, Ray Bacon, Jon Tibke, Matt Long, Mike Herring, Judy Kelsall

**APOLOGIES:** Elaine Mee, Mick Smedley, Marcia Smedley, Carolyn Derbyshire, Wendy Kane, Chris Mason, Ann Wheeler, Derek Johnson, James Hodge, Geoff & Lorna Astley, Rita Brownlie,

**WELCOME:** Graham welcomed everyone to the 51<sup>st</sup> AGM.

**MINUTES:** The minutes of the 50<sup>th</sup> Annual General Meeting were approved by the committee.

**MATTERS ARISING:** No matters arising

#### **CHAIRMAN'S REPORT**

Firstly, I want to thank you for attending the AGM today.

This has been another successful year for Midland Masters.

Once again, our first event after the AGM was the MMAC Championships at Nunation. In good conditions it was another successful event with a lot of positive responses and many good performances. Huge thanks to Wendy Kane, Elaine Mee and Irene Nicholls for all there organizing of the day and to all the other members of the committee who helped make this a successful event.

That championships saw the handover of the presidency chain of office from Sue Kneill-Boxley, who due to covid had a 2-year spell as President, on to Angela Copson. Angela has been a tremendous supporter of MMAC events and as we know has a tremendous ambassador for Master athletics with all her achievements.

Later in the year we asked Wendy Kane to be our President Elect another great supporter of MMAC events with her walking and also a key official for our events for many years. In the last few years, she has sorted out the officials for not only our championships but also the vets league final. She though may find it tough to follow in some of Angela's footsteps. As Angela set 3 world records last year in the w75 age group and won gold at 800, 1500 and 5k on the track and 10k on the road and being awarded recently the European Master women's long-distance award.

The championships were followed by the Inter Areas match at Nuneaton. The team were managed again by Elaine Mee and Matt Long. The ladies had a clear win but the men just got pipped by a few points, however we picked up the overall trophy.

Sadly, during the summer Tony Porter had to step down after 10 years running our MMAC team in the vet league due to ill health. Jon Tibke was a willing replacement and he did a great job to lead the team in the last matches and cup final.

Our 10k championships were held in the Nuneaton 10k and we had a good turnout, thanks to Chris Mason for organizing the medals and he had a good race in his age group. Chris also went to Rugby to oversee the 10-mile MMAC championships race. October saw for the first time a selection race for the England team for the cross country international. Selection for this race has always created a lot of debate, so having this race helps simplify some of the selection process. Thanks to Mick Smedley's effort this was held inside the North Midland's league race at Markeaton Park, Derby We held our MMAC cross country championships inside the event, although with the hand timed results it caused problems with getting the results ready for presentations on the day. We had several selected to run in the international, where they ran well.

November saw the cross-country relays once very well organized by Rob Fox and the Long Eaton Road runners. Our championships require the teams to have one MMAC runner in the team and we had a lot of teams taking part, with some close races and we had a well-supported awards presentation after the races.

February had the Colin Simpson Handicap and thanks to Irene Nichols for sorting out the handicapping and Martin for helping and for the awards Margaret Simpson was there to present them.

We also had the indoors inter areas and again Elaine and Matt managed the team. Our women's team retained the trophy and our men were second and we were second overall, great results for this match down in London.

Sadly, during the year Adrian Lloyd passed away after never regaining consciousness after collapsing in last year's Midlands cross country championships. We also lost several other members who had made a major contribution to midlands masters, Barry Ewington, Geoff Hudson and Geoff Oliver.

During the year Martin has done his normal excellent job as treasurer and has also opened the club shop to make it easier to buy kit.

Rita, Jill, Carolyn Derbyshire, Marcia have all been supporting MMAC in their roles.

Matt has now stepped down from inter areas team managing but is stepping into fill two vacancies as

Andrea Sexton has stepped down for the newsletter editor role and Chris Mason from the road racing and cross-country secretary. Thanks to Chris and Andrea for their work. As you can see most of the committee have said they are happy to continue in their roles. We will cover the committee positions later in the agenda.

We would welcome other people coming forward as several people have multiple roles and in areas like Membership secretary and treasurer, we do want to find people who would be willing to take on the roles in future years and could start to get involved now as an assistant.

Thanks again to all the committee and to our members.

## **SECRETARY'S REPORT:**

Firstly, apologies for the lateness of the minutes over this last year, hopefully going forward things will speed up. The minute secretary is a vacancy if anyone would like to volunteer. There have been 2 London Marathons since the last AGM. Last October our runner withdrew due to injury but today Elvis Parsley completed the race in 3 hours 30 mins 24 secs. Well done Elvis. Other MMAC members running today: John Williams, David Williams, Chris Potter, Donato Esposito, Chris Field, Richard Banks, Lorna Astley. We are still looking to appoint one or two Welfare Officers.

## **ELECTION OF OFFICERS:**

The following people were elected

### 2023/2024 MMAC COMMITTEE

President: Wendy Kane

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: Matt Long

Officials Secretary: Wendy Kane

Media website: Sue Kneill Boxley

Records Co-ordinator: Irene Nicolls

Committee Members: Irene Nicolls, Marcia Smedley

Newsletter Editor: Matt Long

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

MVL: Jon Tibke

Welfare Officers: Jill Lamb, 1 vacancy

**Date for next AGM** is provisionally 28 April 2024.

A brief illustrated report for Matt Long at Midland Masters, featuring just a few of the MMAC athletes who competed at the recent World Masters (indoor) Championships.



## WORLD INDOOR MASTERS CHAMPIONSHIPS REPORT. TORUN. POLAND.

This report is courtesy of Roger Garland....

### Stephen Terry-Short, Cannock & Staffs (M50-54)



Stephen had an enjoyable championship, running just shy of his SB in both the 60m and in the 200m. These races each attracted entries of over 50 athletes from across the world, such is the massive popularity of the sport – and that entry is simply in the M50-54 age category!

Stephen also represented GB in a 4x200 mixed relay team, a new development for World Masters

Championships.

The GB squad came 4<sup>th</sup> in their heat and 12<sup>th</sup> overall with a time of 1'59.32.

### Iris Holder, Worcester AC (W80-84)



In the 60m a fast finishing Iris was edged out of a place on the podium by just 3/100 of a second but was happy to have run an SB of 12.02s.

In both the Long Jump (2.49m) and the Triple Jump (5.56m) Iris went rather better, securing a lovely brace of Bronze medals.



### **Jane Horder, Cheltenham (W65-69)**

Best known for her sprint hurdles, Jane surprised quite a few people by becoming World Champion at 60m (flat) with a time of 9.16s beating the pre-event favourite Carla Del Grande of Canada into 2<sup>nd</sup> place.

However, it was in the 60m Hurdles Jane really stood out as being a class apart, securing another Gold Medal with a time of

10.00s for a Championship Best Performance and what I believe is a new British Record. The second place athlete in the 60m Hurdles was almost 2 seconds adrift. Very impressive Jane!

### **Janice Pryce, Royal Sutton (W60-64)**



Janice was rather a late entry into these World Championships but is certainly pleased that she made the effort to attend.

In the Triple Jump Janice cleared 8.83m for an SB and 5<sup>th</sup> place in the World Championships.

Encouraged by fellow MMAC athlete Mel Garland, Janice put her name down for

the 4x200 relays and found herself selected for the GB Team in the Mixed (male and female) squad. Although finishing behind the team from USA, the GB athletes finished second for a Silver Medal with a time of 2'00.62s

Although predominantly a jumper, Janice has been training with a running group at her club so was chuffed to be able to put this training to good use in the relays.

To say that Janice was pleased would be a massive understatement. I don't think we saw a larger and more genuine smile throughout the Championships.



The photo below shows the finalists in the W60-64 Triple Jump, with "Team GB" represented by two MMAC athletes.





**Mel Garland, Worcester AC (W60-64)**



Mel arrived at the World Championships whilst still recovering from injury and with the remnants of a cold. That didn't show in her performances though, as she set an age group PB in winning the Long Jump to become World Champion, despite being about 5<sup>th</sup> on paper going into the competition. This was Mel's first international victory and something she really never expected.

Mel followed up her Long Jump with a new W60 British Record in the Triple Jump, but

this was only good enough for 3<sup>rd</sup> place at these Championships, such was the standard of the opposition.

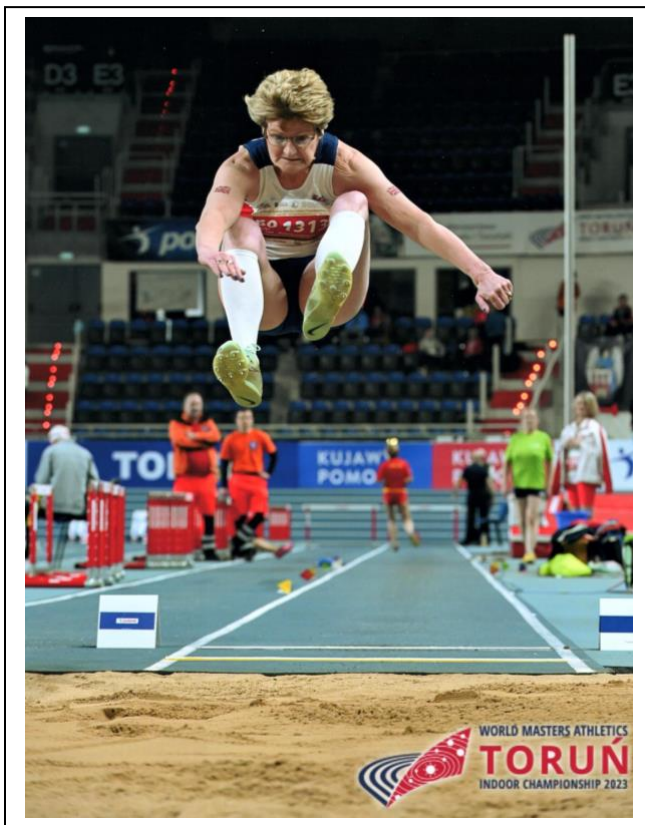




At 60m Mel qualified 2<sup>nd</sup> in her heat with an SB 9.30s well behind the world number one, Nicole Alexis of France. In Mel's words, making the 60m final in the World Championships was "not bad for a jumper".

In the W60-64 relays the GB squad was made up of one athlete from southern England, one from the midlands, one from the north of England and one from Scotland. They outperformed the other teams, winning by 11 secs! Oddly, on the medal rostrum the organisers played "God Save The Queen".

Mel returned home to the midlands with two World Championship Gold Medals and a Bronze.



**<< Mel Garland, leaping to Long Jump victory with 4.44m at the World Championships.**

I know that many other MMAC athletes were out in Torun, enjoying the competition and doing rather well. Hopefully they (or someone on their behalf) will submit a few photos and words for the MMAC newsletter.

Finally, a photo of courageous athletes from Ukraine. Last year we were sitting near them in Braga when they heard the news that their country had been invaded by Russia. They filed out of the stadium in silence and did not return to the competition.

We wondered if we would ever see them again, but even in the midst of a war they managed to pull together a team and one of their Team Managers, our friend Valentyna Krepkina, proudly waved their flag.



Over 4000 athletes from no fewer than 88 countries were represented at the World Indoor Masters Championships!

## VALERIE WOODLAND SHARES HER JOURNEY INTO MASTERS ATHLETICS

Our Valerie placed a fine 4<sup>th</sup> in the F50 Category over 10k in Torun.



She shares her story:

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I didn't actually start running until the end of 2019. I'd been a showjumper all my life and had been looking for a new horse, when my husband jokingly offered to buy me a road bike and suggested trying a triathlon with him.

I couldn't swim that well, I'd never ridden a road bike and my running skills dated back to secondary school, where I can't exactly say I'd excelled.

Anyway, I joined a local triathlon and running club here in Italy, where I now live, and it all started. I realised after a short time that I wasn't only winning in my age group, but that I was also frequently on the overall women's podium, which was incredible.

During the winter I signed up for some cross-country and road races, and to my amazement I started doing well in them too.



### *Silver medal-winning British W35 team in the 5K at Grosseto 2022*

In 2022 my club asked me to take part in EMAC (European Masters Athletics Championships), which was being held in Grosseto, Italy. To start with I laughed, I had no idea how fast other athletes (I still find it hard to class myself as such) would be running, so when I was told that my times were good enough not to make a total fool of myself, I agreed to take part in the 5K and 10K races.

British Masters then contacted me, and they explained that being a British citizen, I needed to join them. I never thought I'd do well, although deep down I hoped I would, as I think that we all have a competitive side, and personally when I set a goal, it gives me the drive to work hard.

I came home with a W50 bronze medal in the 10K, and a silver in the composite team W35 5K. As you can imagine I was over the moon, even more so because I'd had Covid for a month before the event and had been unable to even run 100 metres!

Nothing is impossible.

### **DAVID LOCKER**

David made the M45 Final of the 800m in Torun finishing a creditable 9th in a fine 2m04.56s. Amongst his many achievements some of the more recent ones include a Silver Medal at the British Masters Indoor Championships 2023 800m; a Silver Medal @ European Masters Indoor Championships 2022 800m; A Silver Medal @ British Masters Outdoor Championships 2022 1500m; and a Gold Medal @ British Masters Outdoor Championships 2022 800m.



## **MASTERING THE AGES**

WORLD MASTERS CHAMPION **PAULA WILLIAMS** COUNSELS **MATT LONG** AS TO HOW TO RUN, JUMP AND THROW MISCONCEPTIONS ABOUT AGE OUT OF THE WINDOW:

As we age, our cardiovascular system tends to witness the stiffening of the blood vessels and arteries meaning that our hearts simply have to work harder to be able to pump blood through them. The composition of our bones has a tendency to shrink in both size and density and their weakening may leave them more susceptible to fracture. We almost inevitably lose muscle strength, endurance and flexibility in our once dynamic muscles and our metabolic rates may slow somewhat meaning it's harder to burn those calories and we thus run the risk of piling on the weight.

Those of you readers who continue as masters athletes in our sport are not immune from the ageing process, but those of you who remain successful and able to compete to a high standard must know a fair bit about how to adapt to this process. One such athlete is Great Britain's Paula Williams who bagged an amazing three medals in the recent World Masters Indoor Championships in Torun, Poland- Gold in the Javelin; Silver in the 60m hurdles and Bronze in the Shot.

### **Training Age**

Unlike some masters athletes, multi-eventer Paula, who runs, jumps and throws, is at an advantage because she has a lower training age than most. She tells me that, "I've been competing in masters athletics since summer 2013. My children were going to an athletics club and I thought I'd have a go". This means she has proverbially less 'miles on the clock' and therefore isn't liable to break down as easily as a masters athlete who has competed regularly since senior or even junior days of competition.

### **Foundational and Fundamental Movement Patterns**

The above being said, Paula is undoubtedly physiologically robust not just due to lack of 'wear and tear'- but because of the attention paid to inculcating the correct motor patterns at an early age. Put simply she knows how to move, efficiently and effectively. When I press her on this she discloses that, "I've played netball since I was 9. I used to play at county level when I was much younger and this involves lots of twisting and turning". With clear passion she enthuses that, "I love doing other sports as well as track and field. It's great to mix it up". She is a regular tennis player for instance. The game of tennis has considerable benefits for all three of our energy systems of course.

Matches can last several hours which will facilitate aerobic development; baseline rallies can be intense and begin to tap into the lactate energy system as balls are chased around the court, and anyone who leads towards the serve and volley style characteristic of the three-time Wimbledon champion John McEnroe back in the 1980s, will need a well-developed alactic (stop-start) energy system.

### **Competition Age**

Whilst Paula has a low training age, she does admit to having previously made the mistake of trying to compete too frequently, acknowledging that, “I used to enter as many comps as possible with the attitude: if I can, I will. I soon learned!”. Nowadays she says that, “I try to listen to my body and adapt my programme as much as possible. I may do higher intensity but much fewer reps, for example. I have also learned to plan my competitions so that my training allows me to peak at the correct time”.

### **Strength and Conditioning**

Paula is incredibly diligent in undertaking regular S and C sessions through her preferred choice of boot camps. In addition, mobility and flexibility work is dealt with through Pilates. These sessions are effected ordinarily three times per week.

### **Recovery**

As well as utilising what could be described as active modes of recovery in between key track sessions, Paula stresses that at least one passive day of recovery will occur weekly and this will be strictly adhered to following a day of competition. This being said she will deviate from the rigidity of a set training schedule and take more rest if perception tells her to, wisely counselling that, “I’m led by my body too”.

### **Dealing with injury**

Despite her robustness, inevitably Paula has succumbed to injury. She confesses that, “I picked up an injury back in 2018. It was a right plantar plate capsule high grade tear. I was really cross but knew I had to adapt my training. I was sticking to throws for and hobbling down the track. I’m very stubborn but I managed to stay away from long and triple jump – reluctantly. I then changed my footwear and got back into running”.



As well as the lesson about rest and adaptation in the face of injury Paula's working on her feet most of the day in a Physical Education department forces us to reflect on how our day jobs affect our athletic performance as masters athletes. A job, like Paula's, which requires one to be on one's feet all day may have neuromuscular benefits compared to a more sedentary office job but can be a burden and additional hindrance when injury rears its ugly head.

Paula has just become world masters javelin champion in Poland



**Paula Williams countdown to Torun World Masters Indoor Championships  
March 2023**



**Monday 13<sup>th</sup> March:** Track session - sprint drills and easy javelin throws working on throwing through the point.

**Tuesday 14<sup>th</sup> March:** Gym in the morning - Bosu work (balance and core strength). Pm: hurdles jammed hurdles working on speed between the hurdles

**Wednesday 15<sup>th</sup> March:** Rest

**Thursday 16<sup>th</sup> March:** Track session - pyramid 100, 80, 60, 60, 80, 100 x 2 @80%

**Friday 17<sup>th</sup> March:** Gym work- light weights legs

**Saturday 18<sup>th</sup> March:** Rest

**Sunday 19<sup>th</sup> March:** Competition. Final throws: shot put and javelin.

**Monday 20<sup>th</sup> March:** Block starts final sprint session at the track.

**Tuesday 21<sup>st</sup> March:** Gym in the morning - thoracic chain (bench press, military press, front squat). Pm: final hurdles session - isolations

**Wednesday 22<sup>nd</sup> March:** Bike session at the gym

**Thursday 23<sup>rd</sup> March:** Rest

**Friday 24<sup>th</sup> March:** Travel

The above leaves masters athletes with the following thoughts.

### **Questions for self-reflection**

1. Why might biological, training and competition ages be a more reliable indicator of the ability of one's body rather than a chronological number?
2. What attention have I paid in my youth to foundational and fundamental athletics development and to what extent am I prepared to go back to basic work on agility, balance and co-ordination as a masters athlete?
3. How should I adapt training frequency and intensity during my periodised programme of work?
4. When might cross training be appropriate as a facilitator of adaptations across all three energy systems?
5. How can I utilise both passive and active modes of recovery as part of my strategy for injury management?

**Matt Long served as Great Britain Team Manager at the 2023 World Masters Indoor Championships in Torun, Poland.**

# INTER AREA REPORT

We retained our Overall title at Nuneaton with a 34-point win over Eastern Masters with the travelling Scots taking third. The women retained their title by a narrow 11 point margin whilst the men, who had lost to Northern Masters last year, regained the title by 18 points.

Our sprinters excelled once again with Dom Bradley (M35) Chris Monk M70 and Susan Frisby (W 60) all winning their 100m, with the latter achieving a fantastic double by adding the 200m to her resume as well. Over one lap, Peter Mould (M70) ran a superb 400m to take gold.

David Oxland (M70) flew the flag for our middle-distance contingent with a belting win over 800m and our endurance contingent were spearheaded by M55 Mark Williams who rolled back the years to remarkably finish 1<sup>st</sup> in the M35 Race Walk.

The field saw wins for James Robinson (M35) Pole Vault, but it was our throwers who did us proud with Jill Roginski (F60 Shot), Ruth Bird (W50 Hammer) and Stewart Cawson (M35 javelin) all bagging maximum points.

Team manager Elaine Mee who is deserving of much credit was proud of the collective effort, feeling that it was the athletes who battled for the minor placings who helped us bag the trophies. She did however reserve high praise once more for one athlete, adding with a shake of the head that, "Paula Williams did 6 events plus the relay she was 1st in 5 of them and 2nd in the high jump". When asked whether she doubted that the Inter Area trophy would stay in the Midlands she laughed and said, "I panicked when our M35 relay didn't get the baton round but it all worked out well in the end!".



Inter Area Team Manager Elaine Mee with Paula Williams



Hardeep Menhis and co. at the Inter Area.

# THE RE-GENERATION GAME

**MATT LONG** CONSIDERS THE IMPLICATIONS OF A RECENT SPORTS SCIENCE PAPER ON 'BURNOUT':

At this point of the periodisation cycle, it's worth considering a period of regeneration. If you are a track based endurance athlete, the end of August and into September may signal the 'natural' time to take your foot off the proverbial gas and to begin to plan your winter season over the mud and/ or to look ahead to racing on the indoor boards. If you are a road runner, the above may be more difficult and may require the overt prompt of this article for you to consider when might be appropriate to do so as you are far more likely to be sucked into the continuous cycle of pounding the pavements in your preparation for the next road race and the one after that and so on.

## **Burnout**

As you read this you may be on the crest of a proverbial wave. You may feel that you can just carry on riding the wave of your current form until you fall off your surfboard at some point. This being said the consequences of taking such a cavalier approach can be potentially catastrophic according to the research findings expressed in a recent sports science paper which tackled the issue of athlete 'burnout'. Glandorf, H. et al. (2023) *Mental and physical health outcomes of burnout in athletes: a systematic review and meta-analysis*, provides much food for thought in this context. As recently as last year, for example, the World Health Organisation's International Statistical Classification of Diseases listed 'burnout' as an occupational hazard. Whilst very few of you reading this will earn a living from running, if you add up the cumulative weekly hours spent training on the early morning shakeout trots, the long Sunday run and the half an hour of yoga you do before bedtime, for example, I bet it adds up to what you'd do as a part-time job.

## **Allostatic Overload**

There are various ways in which you can over train in terms of running too frequently, at too high an intensity or simply too much volume. This being said simply continuing for extended periods of months on end without regeneration periods can also result in loss of form and eventually 'burnout'. Way back in 1986, Smith posited the cognitive–affective model of athletic burnout to explain how prolonged stressors can lead to psychological, emotional and physical withdrawal from both competitive and recreational sport. The yellow traffic lights are there in terms of higher risks of injury, respiratory inflammation and picking up infections. More specifically the notion of 'Allostatic overload' is associated with the discipline of neuroendocrinology and was coined in 1993 by Bruce McEwen and Eliot Stellar to articulate dysfunction in the hypothalamus-pituitary-adrenal (HPA) axis and immune, anabolic and cardiovascular systems. The psychological warning signs tend to consist of increased levels of insomnia, anxiety and in some cases addictive behavioural patterns.

## **Self-monitoring**

According to the aforementioned Glandorf et al. (202: 37) "By systematically monitoring and intervening when burnout occurs, we have the potential to protect athletes from burnout and its health consequences". Fortunately, before most 'at risk'



runners are deemed to need formal medical or psychiatric intervention, they can self-monitor in a variety of ways. There are the obvious quantitatively driven physiological tests which typically involve heart rate or blood as obvious examples but then there are the more subtle, qualitatively driven measures such as 'readiness to train' self-inventories, which can and should be measured through the keeping of a mode of training diary which captures feelings as well as data.

### **Regeneration period**

Whilst racing is a firm red traffic light, the regeneration period does not necessarily have to involve complete abstinence from running. Most certainly an elimination of intensity is advocated along with a considerable reduction in training volume. If you are away on vacation for instance you may regress to easy running along a beach before your family awaken or a gentle aerobic out and back run from the hotel may be appropriate every couple of days. When away on vacation, many athletes overlook the fact that they are typically walking (which has aerobic value) considerably more than they would be ordinarily back at home and this time on one's feet should be factored in to training load.

For some running can be superseded by the pursuit of other sports during the regeneration period- it's a chance to play that game of tennis, netball or 5 a side football whilst 'switching off' from the daily grind of a set training schedule. For others complete abstinence may be preferable for a short period of time and then it becomes a matter of monitoring one's diet to avoid excessive weight gain.

One mistake many athletes make is to try to jump back into training where they left off. A period of easy aerobic running is needed when the resumption of formal training occurs and this should be followed by 'bridging' sessions such as the unstructured fartlek or the progression run, the latter of which is effected over a number of increasingly faster but aerobically dominant paces. These sessions act as a bridge between easy aerobic running and the more structured rigours or interval or repetition training and are a stepping stone which offer a safer path over the waters back to race fitness. Athletes who neglect them tend to overlook the fact that the bigger the aerobic base of one's pyramid, the higher the eventual peak of the triangle of performance.

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

1. How am I monitoring the physiological and psychological indicators of potential burnout?
2. When do I need a period of regeneration in my macrocycle of training?
3. Which mode of regeneration may be preferable to my needs- (a) reduction of training load; (b) cross training through a multi-sports ethos and (b) total abstinence from physical activity?
4. Why do I need to consider the notion of 'bridging' sessions when I return to formal running training after my period of regeneration?

**Matt Long has served as Team Manager or Coach for his country on 17 occasions and has coached 2 athletes to world titles in the last 12 months. He coaches international athletes at Loughborough University where he lectures and serves as Sports Chaplain. He is also a professional coach working**

alongside Olympic athletes with New Levels Coaching. He welcomes contact through [mattlongcoach@gmail.com](mailto:mattlongcoach@gmail.com)

## Reference

Glandorf, H. et al. (2023) 'Mental and physical health outcomes of burnout in athletes: a systematic review and meta-analysis'. INTERNATIONAL REVIEW OF SPORT AND EXERCISE PSYCHOLOGY. Available at: <https://doi.org/10.1080/1750984X.2023.2225187>

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## WINTER OPPORTUNITIES ON ROAD AND COUNTRY

ENGLAND MASTERS CROSS COUNTRY TEAM:



An added incentive to be one of 80 lucky athletes getting to represent Team England for the prestigious Home Nations 5 way international in Glasgow on Saturday 11th



November is that 2014 European XC Champion Gemma Steel has kindly agreed to be our athlete mentor. Those selected will have access to her guidance on how to work with personal coaches to build XC race specific sessions into their training in the critical weeks leading up to their coveted England vest.

Those wanting more details of the Derby trial race on Saturday October 14th can reach out to Mick Smedley [mandmsmedley@gmail.com]

Link to entries: <https://bmaf.opentrack.run/en-gb/x/2023/GBR/ema-xcts/>

**MIDLAND MASTERS 10K CHAMPIONSHIPS 2023. KMF NEWCASTLE 10K.**  
September 10<sup>th</sup>



Due to the cancellation at Nuneaton, we are delighted that the KMF Newcastle 10k in Newcastle-under-Lyme is set to host our annual championships. When entries open, after you have entered the race and paid up, then email [mattlongcoach@gmail.com](mailto:mattlongcoach@gmail.com) (MMAC Road and XC Secretary) if you are a paid-up member who wants to compete in our championships as well as the open race. Medals in 5-year age categories from 35 plus.

**MIDLAND MASTERS 10 MILE CHAMPIONSHIPS**

Delighted that Sneyd Striders December 10th event is set to play host to our annual championships. Enter the open race through [Stuweb.co.uk](http://Stuweb.co.uk) and email [mattlongcoach@gmail.com](mailto:mattlongcoach@gmail.com) (Midland Masters Road and XC Secretary) if you wish to compete for a Midlands medal in one of our 5 year age groups.





# ACCOUNTS

Courtesy of our Treasurer Martin Wilkinson

## Annual Financial Report

Year ending 31st December 2022

After taking advice, I have changed the format of this year's report by detailing online transaction costs and in-year use of assets, giving a truer picture. The previous year has been adjusted for comparison purposes. The accounts remain healthy with a large reserve in the bank. Interest rates rose during the year but overall investment income was low.

Recent upgrades of the BMAF OpenTrack competition online platform have allowed for improved tracking of subscription income. Members are invited to pay their subscriptions before the start of each membership year. Subscriptions for 2022 were collected from November 2021 to October 2022, we then invited payment for the following year, 2023. In this report, all fees relate to the relevant membership year rather than the date of collection. Annual membership fees were reduced during the pandemic to £5 and, in 2022, reset to £15 resulting in increased income. Payments taken online, via the BMAF website, incur a transaction cost amounting to 7.5% of membership income but saving the treasurer and membership secretary a lot of time.

I am pleased to report £3,436 was paid to members in 2022 towards their competing expenses after a lack of competition in the previous year. Championship official costs were reduced by implementing a new expenses policy and not issuing gift tokens to officials as in the previous year. Other savings include virtual committee meetings and fewer members opting for the postal newsletter.

Donations include gifts made to East Midlands Air Ambulance and Nottingham University Hospitals in recognition of their support for Adrian Lloyd. Adrian had an accident while competing resulting in brain injury and eventually passing away after a long period of nursing care. Adrian, a long-term committee member, was the key link with Centurions RC for the annual Colin Simpson handicap. The committee also agreed to give a donation to Ukraine Humanitarian Appeal, one or two other clubs did likewise.

Overall, we made a small loss in-year which was the intention of the committee. The underlying residual funds in the bank remain higher than is required to cover any risks

to the club. It is the intention to slowly reduce these funds by supporting several athletic initiatives and to keep costs to members low.

I thank MMAC Committee members for their support during the year and Penny Barber for scrutinising the accounts on behalf of club members and providing me with constructive challenge and advice.

**Martin Wilkinson**  
**MMAC Treasurer**  
**April 2023**

<b>INCOME</b>	<b>2022</b>	<b>2021</b>
MMAC Membership	£10,293	£4,929
Championships <sup>1</sup>	£3,086	£3,987
Club shop	£1,107	£1,123
Donations	£67	£184
Bank Interest	£45	£5
<b>Total Income</b>	<b>£14,598</b>	<b>£10,228</b>
<b>EXPENDITURE</b>	<b>2022</b>	<b>2021</b>
<b>AFFILIATION</b>		
England Athletics First Claim Members	£1,196	£1,350
BMAF	£918	£1,136
EAMA	£459	£284
England Athletics	£150	£150
<b>CHAMPIONSHIPS</b> <sup>Error! Bookmark not defined.</sup>		
Competitor support <sup>2</sup>	£3,436	£0
Officials	£1,738	£2,036
Facilities	£1,134	£1,693
Medals & Awards	£950	£865
Mid Vets T&F League	£170	£0
Race Licence	£0	£30
Inter-Area	£350	£125
<b>OFFICE COSTS</b>		
Online transaction costs <sup>3</sup>	£775	£550
Newsletter	£463	£1,310
Postage	£203	£95
Xmas Cards	£60	£66

<sup>1</sup> See table 1 on page 3.

<sup>2</sup> Members competing in an England vest and Inter-Area.

<sup>3</sup> Costs of online and contactless payments for membership and club shop.

	Insurance	£60	£57
	Stationery	£50	£226
	Website	£15	£15
<b>MISCELLANEOUS</b>			
	Club Kit	£2,345	£2,316
	Donations	£633	£156
	Committee	£71	£175
	50 <sup>th</sup> Anniversary Presidents' Dinner	£0	£482
	Equipment	£0	£410
	<b>Total Expenditure</b>	<b>£15,176</b>	<b>£13,527</b>
	<b>Surplus (Deficit)</b>	<b>(£578)</b>	<b>(£3,299)</b>

#### **BALANCES @ 31st DECEMBER**

	<b>2022</b>	<b>2021</b>
Lloyds Current account	£1,131	£866
Lloyds Savings account	£10,605	£12,599
Lloyds 32-day Deposit Account	£12,282	£12,242
<b>Carried forward</b>	<b>£24,018</b>	<b>£25,707</b>

#### **ASSETS**

	<b>2022</b>	<b>2021</b>
<b>Financial</b>		
Inter-Area Feb 2023 <sup>4</sup>	£225	
Membership Transaction Costs for next year <sup>5</sup>	£244	£319
<b>Physical</b>		
President Chain	£3,364	£3,364
Awards & Medals	£710	£300
Club Shop	£680	£450
Gazebo	£100	£125
<b>Total</b>	<b>£5,323</b>	<b>£4,558</b>

#### **LIABILITIES**

Memberships fees for next year <sup>6</sup>	£3,136	£4,075
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<sup>4</sup> Payment made in 2022 for activity in 2023.

<sup>5</sup> Online payments via BMAF website.

<sup>6</sup> Payment received for membership the following year.



<b>MMAC CHAMPIONSHIPS NET PROFIT (DEFICIT) SUMMARY BY EVENT</b>		
	<b>2022</b>	<b>2023</b>
Cross country	(£128)	(£108)
MMAC Relays		(£240)
Track & Field	(£40)	£196
10 kilometres		-
10 miles	(£90)	-
Grand Prix		(£29)
<b>Overall</b>	<b>(£258)</b>	<b>(£181)</b>

**Table 1: Championships additional detail**