



Midland Master Athlete # 255

November 2017



Jill Lamb Presents
Some of our Age Group Winners at The Wilne 10k



The year 2017 is coming to a close and dates for the 2018 calendar are emerging. The W.A.V.A events in Spain appear in Graham Lamb's report and some of our members may be considering family holidays to coincide with one or more of the events.

2018 will see the resignation of our hard-working Chairman after decades of tireless work and support in many aspects of the administration of our club. It will be an extremely hard act to follow, but we must keep in mind that we have to find Irene's successor before the Annual General Meeting in the Spring. Needless to say, she will be on hand with her wise counsel and advice, should they be required.

At the last committee meeting it was agreed that Lou Satterthwaite should be proposed as President-Elect. All good wishes to him for a happy year!

Yet another appeal for more new blood, which is desperately needed, to fill several vacancies on the committee. If you are able to help, please contact either Irene Nicholls or Graham Lamb.

Finally, as this is the last newsletter of 2017, good wishes are extended to all our readers for a Happy Christmas and a healthy and successful New Year.

Below is the link to Joyces Annual Christmas Charity quiz

<https://midlandmasters.files.wordpress.com/2017/11/the-word-before-quiz.pdf>

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FIXTURES

International CC	Londonderry	17 November 2017
Inter-area CC	Bournemouth	25 November 2017
MMAC CC Championships	Aldersley, Wolverhampton	21 January 2018
Colin Simpson Memorial Race	Chelmsley Wood, Solihull	4 February 2018
EAMA Indoor Inter-area T&F Challenge	Lee Valley, London	4 March 2018
<u>European Masters Indoor T&F</u>	Madrid, Spain	19/24 March 2018
<u>European Masters Non Stadia Championships</u>	Alicante, Spain	18/20 May 2018
<u>World Masters T&F Championships</u>	Malaga, Spain	5-16 September 2018

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MMAC have entered the indoor inter-area competition at Lee Valley London on 4 March 2018. If anyone would like to be considered for a place in the team, please contact: ELAINE MEE, 0116 2877608 or email jandemee@btinternet.com

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Unfortunately, we are unable to arrange the Road Relays & AGM for Spring, 2018. These can be set up as separate events, if necessary, but if a Club or individual is in a position to organise the relays on a date in the spring avoiding the dates of the London Marathon and the Road Relays in Sutton Park, will they please contact either Irene Nicholls or Graham Lamb as soon as possible.

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MIDLAND MASTERS AC

COMPETITION VESTS AVAILABLE FROM SUTTON RUNNER

The MMAC vest has been updated to include the club badge.

It is white with red vertical band bearing

The club name. This is a must for your kit bag.

The mini-mesh vest is £14.99 (plus postage and packing)

Women's vests to order at the same price.

Existing vests can have the new badge put on at the shop for a charge of £2.00

Please send your order to: Sutton Runner, 268 Jockey Road, Sutton Coldfield B73 5XL

Telephone first to confirm sizes in stock (0121-355-2901)

Shop open: MON-SAT 9.00am – 5.30 pm

**CURRENT MMAC COMMITTEE 2016/17
contacts**

COMMITTEE CONTACTS 2017

PRESIDENTS; JULIE & LYNN BELLFIELD

CHAIR; IRENE NICHOLLS Rainbow Cottage, 15 Meadow Lane, Alvechurch B48 7LH irenenn@aol.com

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ASST. EDITOR; LOU SATTERTHWAITE geoemm@tiscali.co.uk



WE WISH ALL OUR READERS

A VERY HAPPY CHRISTMAS

MEMBERSHIP SECRETARY'S CORNER

The MMAC Committee congratulates all the people who took part in the Aarhus, European Championships on their performances. If anyone who competed there, wants to send us some details of their experiences for the newsletter, just send details to me and I will forward on.

At the recent MMAC committee meeting one of the topics discussed was the future cost of the newsletter. Due to the increased cost of production and distribution this will be increasing to £4 for the people who want a copy posted to them in 2018, You will have the option of paying for the posted newsletter or not when you renew your subscription.

We should be getting one place in the London Marathon and this is initially for first claim members who missed out on the lottery, so if you don't get a place and come into this category email us. If we have several people we will do a draw. If we have no one who meets this criteria we will look at other applications.

2018 is going to be a good international year with many event taking place in Spain:

19-24 March 2018 – **European Masters Indoor Track & Field Championships**
MADRID

18-20 May 2018 - **European Non Stadia Championships**
ALICANTE

5-16 September - **World Masters Track & Field Championships**
2018 MALAGA

Entries for these events are due to open soon and we expect a large turnout from British Masters at the various events as potentially holidays can be combined with competing. Remember to compete you will need to be a confirmed member of MMAC and England Athletics. You can see the links on your membership page at bmaf.opentrack.run.

The online system will now accept payments for the 2018 membership.

We have a few new members who have already joined and a few people who have got in early to renew. An advantage if you do renew before the end of the year is the system should automatically update your membership without me needing to take a confirming action. That avoids a last minute rush if there is an event you want to enter like the MMAC Cross Country.

Membership is still £15 for second claim and now £30 for first claim members this includes the EA registration fee. In addition an extra cost of £4 is required for a posted copy of the Midland Masters newsletter. For those complimentary members who have given long service to the club, I will shortly be renewing your membership.

It is quite easy to renew online by going to bmaf.opentrack.run using the email address you used to set up the system. If you have forgotten the password there is an easy process to follow. If your email address has changed log on with the old one and then change it in the system.

It is still possible to pay with a cheque, which you can send to: MMAC Treasurer, 249 Boldmere Road, Sutton Coldfield B73 5LL. If you do pay this way please include some details. However, most BMAF national events now require online entry which you need to do from the system any way.

In addition from your membership page you can enter the national upcoming events which are taking place in 2017 and some have already started to appear for 2018 including our Cross Country.

I hope to catch up with many of you in 2018.

Graham Lamb

MMAC Membership Secretary Tel: 07790 495115 Website: midlanddmasters.com.

NEW MEMBERS

We welcome the following new members, registered since the last newsletter:

Connor Carson, Kenilworth Runners; Nick Luke, Sutton in Ashfield Harriers & AC; Darren King, Clowne RRC; Paddy Nugent, Wye Valley Runners; Paul Featherstone, Hermitage Harriers RC; Jason Williams, Hermitage Harriers RC; James Hickinbottom, Shrewsbury AC; Gerry Trainer, Midland Masters AC; Derek Jackson, Black Pear Joggers; Ben Evans, Tamworth AC; Kevin Peace, Bournville Harriers.

Eliza Mcdermott, Ivanhoe Runners, Deborah Gilman, Hatton Darts RC.

MMAC 10K ROAD RACE CHAMPIONSHIP

The MMAC 10K championship road race was held in conjunction with the Wilne 10K road race on 3 September. The weather was slightly overcast and fairly cool so pretty good for running. Just over 20 people made the race on the day, less than had entered but accident delays on the A50 close to the race may have made some too late for the start.

The fastest overall of the MMAC competitors were Mark Cauldwell and Michelle Clarke. The 55-59 age groups were the most competitive for both men and women. In the W55 race there were only 3 seconds between first and second. With the gap in the M55 race being 13 seconds between the top pair. Medals were presented to those in gold, silver and bronze places at the end of the race.

There were no entries in the W35, M50, W50, M60, W60 and W75 races. Our oldest male competitor was Michael Butterley at 79 and the oldest female was Ann Grey.

RESULTS

M35: Jason Brotherhood (1) 36.39; Chris Neil (2) 37.16
 M40: Mark Cauldwell (1) 33.14; John Rouse (2) 35.40.
 M45: Gordon Lee (1) 33.28.
 M55: Andrew Wetherill (1) 37.43; Rob Sheen (2) 37.56; Nick Luke (3) 39.12.
 M65: John Hill (1) 40.31; Christopher Mason (2) 41.54.
 M70: Ray Udall (1) 48.57; Derek Poole (2) 50.57.
 M75: Roger Wilson (1) 47.10; Michael Butterley (2) 55.58.

W40: Steph Spencer (1) 41.40; Louise Dawson (2) 42.38.
 W45: Michelle Clarke (1) 37.27.
 W55: Jill Burke (1) 42.54; Susie Tawney (2) 42.57; Jackie Mather (3) 46.30;
 W65: Valerie Lindsay 55.37.
 W70: Sandra Poole (1) 58.20; Ann Grey (2) 59.28.

Thanks to Jill Lamb for this report. And Martin Wilkinson for the photographs



Midland Masters AC Cross Country Championships 2018

Our 2018 Cross Country Championships will be held for the sixth year running at Aldersley Stadium, (Aldersley Leisure Village) Aldersley Road, Wolverhampton WV6 9NW on **Sunday, 21st January 2018**.

Once again our very good friends at Wolverhampton & Bilston AC have agreed to organise the race on our behalf despite their own heavy schedule of races and our thanks go to them for doing so.

To enter please go to www.bmaf.org.uk with your username and password* Click on "Competition entry" click on the radio button against MMAC Cross Country Championships, accept the terms and conditions then click on "Choose Competition" Click the box and enter an approximate 6k or 8k time for your appropriate age, then click on "Submit". Check that all the information is correct and click "Buy Now" and follow the instructions to pay.

**Members who have not used the online entry system before or have forgotten their login details should contact the Membership Secretary on grahamlamb@gmail.com and your username and passwords will be sent to you.*

For the members who do not have internet access, please send a cheque made payable to "MMAC" to MMAC XC Entries Secretary, Rainbow Cottage, 15 Meadow Lane, Alvechurch, Worcs B48 7LH. You do not need an entry form. Receipt of a cheque for entry infers that you accept the terms & condition of entry. If you want an acknowledgment please include a stamped self-addressed envelope.

The entry fee is £10.00. Start time 11.30am.

The usual 5yr individual and 10yr team awards will be presented dependant on the number of entries and we reserve the right to make amendments.

Teams are as follows:-

All ages on day

8k Race: M35-44 (first 4 to count); M45-54; M55-64 (first 3 to count).

6k Race: M65+; W35-44; W45-54; W55+ (first 3 to count)

Please pick up your race numbers on the day.

Closing date for entries is strictly midnight on the 15 th January 2018.

No entries will be accepted after the closing date or taken on the day. There will be no exceptions.

IMPORTANT: Please note that on the 1 st January 2018 members who have not paid their subscriptions for 2018 will have their 'Membership Status' set to 'Not Confirmed' and will NOT be able to enter ANY competitions on OpenTrack until their subscription is paid and their 'Membership Status' set to 'Confirmed'.

If you intend to enter the Cross Country Championships then please make sure subscription payment is made in plenty of time. **DO NOT LEAVE PAYING SUBSCRIPTIONS UNTIL THE 15 TH JANUARY**

Help on the day with Marshalling, Course Marking and Timekeeping / Recording would be much appreciated. Please contact Irene to offer help 0121 4455327 irenenn@aol.com

COLIN SIMPSON MEMORIAL
5 mile HANDICAP
11.00 AM on Sunday 4 February 2018

At John Henry Newman Catholic College, Chelmsley Wood, B37 5GA
Within the Centurion Grand Prix 5 mile series

Entries close 26 January 2018
 No entries on the day for MMAC H'cap
 Numbers collected on the day
 Registration from 10.00 am

Since 2017 MMAC has opened the Handicap at no extra cost to any runner aged 35 or over who has entered the GP Series or the February race. This is subject to the provision of handicapping data by 26 January on this or the Centurion entry form.

Unless you have already submitted a Centurion entry form and payment, please send the form below with £5 payable to Centurion RC (£6 if paid on the day).

This also allows entry into the Open Race with associated prizes.

COLIN SIMPSON MEMORIAL HANDICAP

11.00 am 4 FEBRUARY 2018
 At Chelmsley Wood

SURNAME M/F.....

FIRST NAME(S) Tel No.

ADDRESS

.....Email.....

UKA Club Age at 4.2.18.....

Best performance at or near 5M in last 12 months – DistanceTime

Entries to: MMAC Handicapper, c/o Adrian Lloyd, 24 The Crescent,
 Hampton in Arden, Solihull B92 0BP. acrllloyd@solcl.net

I declare that I am fit to enter the event as chosen above. I understand that I run at my own risk and that the organisers will in no way be held responsible for injury, accident. damage or loss incurred.

Signed Date

Round up of race walking performances by Midlands Masters Athletes

Horwich

There was an excellent turn out at Horwich again this year with a number of Midlands Masters athletes taking part. There were excellent victories for Mark Williams(M50), Peter Boszko (M65), Stuart Edgar(M45), Carolyn Dyll (W35), Ann Wheeler (W60), Julie Bellfield (W45) and Lynn Bellfield (W50) in their respective age groups. Ann Wheeler also won the age related trophy for the first time.

See attached results.

Attached results also for British Masters Track and Field

Attached results for the 20km BMAF road walk.

We had several athletes who travelled to Demark and they acquitted themselves very well.

W35 Carolyn Dyll 6th 5km track walk and 7th 10 km road walk – PB 59.46

W60 Ann Wheeler 6th 10 km road walk – 1st team

M65 Peter Boszko 4th 5km track walk and 4th 10 km road walk - 2nd Team

M65 Roger Mitchell 8th 5 km track walk and 7th 10km road walk – 2nd team

Many Thanks to Julie Bellfield

Midland Area Race Walking Association.

MIDLAND 20KM CHAMPIONSHIPS(MEN/Women)

INC.B.M.A.F. 20KM CHAMPIONSHIPS (MEN/WOMEN)

Science Park, Warwick University, Coventry. Sunday 9th July 2017.

Pos.	Name	Club	Time	Age Groups							
				40	45	50	55	60	65	70	80
1.	Francisco Reis	Thames Valley	1.49.28				1				
2.	Mark Williams	Birchfield H	1.58.48			1					
3.	Mark Culshaw	Ilford A.C.	2.08.46			2					
4.	Peter Boszko	Birchfield H	2.11.40						1		
5	John Borgas	Herts Phoenix	2.17.49							1	
6	John Constandinou	Birchfield H	2.17.56	1							
7.	Paul Hawkins	Stratford on Avon AC	2.18.13					1			
8	David Crompton	Lancs W.C.	2.20.06			3					
9	David Manning	Birchfield H	2.21.41						2		
10	Colin Vesty	Lancs W.C.	2.22.09			4					
11	Ian Torode	South West Vets	2.28.39					2			
12	Chris Flint	Surrey W.C.	2.29.00							2	
13	Sean Pender	Enfield & H	2.30.09					3			
14	Mark Byrne	Redcar RWC	2.38.14				2				
15	Norbert Will	N.I.M.A.A.	2.45.16								1
16	Ian Richards	Steyning A.C.	DQ								
17	Daniel King	Colchester H	DNF (10km – 48.25) (Guest)								
18	Arthur Thomson	Enfield & H	DNS								

Women's 20km

1	Hannah Hunter	Manx Harriers	1.52.44 (Guest)								
2.	Maureen Noel	Belgrave Harriers	2.16.51			1					
3.	Ann Wheeler	Nuneaton Harriers	2.24.45					1			
4.	Julie Bellfield	Halesowen A.C.	DNF (10km – 64.07)								
5	Lynn Bellfield	Halesowen A.C.	DNF (10km – 69.22)								

Midland Championships (Men)

Individual – John Edgington Trophy

1 st .	Mark Williams	Birchfield Harriers
2 nd .	Peter Boszko	Birchfield Harrier
3 rd .	John Constandinou	Birchfield Harriers

Teams – Reg Gardner Trophy

1 st .	Birchfield Harriers
	(Williams, Boszko, Constandinou)

Midland Championships (Women)

Northampton Trophy – 1st.Ann Wheeler – Nuneaton Harriers.

BMAF Teams (Men)

1st. Birchfield Harriers – 6hrs 28mins 24secs (Williams, Boszko, Constandinou)

Glyn Jones

Midland Competition Secretary – 10th.July 2017.

battle with Childs pulling away over the final third of the race. Crane and Jennings finished within a second of each other.

Mixed 2000m

Posn	Athlete	AG	County (Schools)	Perf
1	Owen Bradshaw	U13B	South Yorkshire	11:46.0
2	Christian Hopper	U13B	London	12:01.7
3	Luca Cundey	U11B	South Yorkshire	12:06.3
4	Charlotte Wallis	U13G	Hampshire	12:19.6
5	Megan Packett	U13G	Hampshire	13:00.6
6	Lucy Walker	U13G	South Yorkshire	13:12.8
7	Elizabeth Pap	U13G	Warwickshire	13:16.5
8	Imogen Walker	U11G	South Yorkshire	14:15.0
9	Kenton Jennings	U13B	Surrey	14:51.3

Mixed 3000m

Posn	Athlete	AG	County (Schools)	Perf
1	George Wilkinson	U17M	Suffolk	16:17.8
2	Jack Childs	U15B	Kent	16:37.6
3	Matthew Crane	U17B	Kent	16:46.8
4	Abigail Jennings	U20W	Hampshire	16:47.6
5	Nicholas Hart	U15B	Hampshire	17:03.7
6	Isabelle Bridge	U17W	Kent	17:21.2
7	Lois Carty	U15G	Hampshire	18:03.0
8	Kai Cundey	U15B	South Yorkshire	18:10.9
9	Grace Whittingham	U15G	Kent	19:01.3
10	Hannah Hopper	U15G	London	19:21.0
11	Molly Meleady-Hanley	U15G	Derbyshire	19:44.7
12	Jacqueline Benson	U17W	Kent	20:00.4

Masters

British Masters 5km Championships, Horwich (Sat.18th Jun.)

Result only, no report received.

Men's 5km

Posn	Athlete	AG (Pos)	Club	Perf
1	Mark Williams	M50 (1)	Birchfield Harriers	26:05
2	Patrick Murphy	M55 (G)	Castletand Athletic Club	26:23
3	Adrian Edwards	M55 (1)	Lancashire Walking Club	28:03
4	Bill McFadden	M55 (2)	Scotia Race Walking Club	28:12
5	Peter Boszko	M65 (1)	Birchfield Harriers	28:23
6	Anthony Malone	M65 (2)	Lancashire Walking Club	29:29
7	Roger Michell	M65 (3)	Surrey Walking Club	29:32
8	John Constantinou	M40 (1)	Birchfield Harriers	29:49
9	Sean McMullin	M70 (G)	Mullingar Harriers	30:37
10	Peter Crahan	M60 (1)	Lancashire Walking Club	32:20
11	Ian Torode	M60 (2)	South West Veterans	33:22
12	Stuart Edgar	M45 (1)	Dudley & Stourbridge Hs	33:23
13	Simon Pugh	M55 (3)	Rotherham Harriers	33:27
14	Joe Hardy	M70 (1)	Lancashire Walking Club	33:35
15	John Crahan	M65 (4)	Lancashire Walking Club	33:36
16	Ian Hilditch	M75 (1)	Lancashire Walking Club	34:37
17	Sean Pender	M60 (3)	Enfield & Haringey AC	35:13
18	Phil McCullagh	M60 (4)	Lancashire Walking Club	36:30
19	Norbert Will	M80 (1)	Northern Ireland Masters	37:51
20	John Payn	M80 (2)	Lancashire Walking Club	39:59
21	Edwin Grocock	M90 (1)	C of Sheffield & Dearne	44:48

Women's 5km

Posn	Athlete	AG (Pos)	Club	Perf
1	Sinead McConnell	W45 (G)	Finn Valley Athletic Club	28:32
2	Carolyn Dyall	W35 (1)	Nuneaton Harriers	28:50
3	Penelope Cummings	W40 (1)	Aldershot Farnham & Dist.	29:02
4	Ann Wheeler	W60 (1)	Nuneaton Harriers	30:44
5	Julie Bellfield	W45 (1)	Halesowen Athletic Club	30:48
6	Fiona Bishop	W55 (1)	Woking Athletic Club	32:07
7	Lynne Bellfield	W50 (1)	Halesowen Athletic Club	33:17
8	Irene Pike	W65 (1)	Lancashire Walking Club	33:50
9	Anne Gormley	W50 (G)	Donore Harriers	35:57
10	Andrea Lennon	W75 (1)	Lancashire Walking Club	42:10

British Masters Track & Field Championships, Alexander Stadium, Birmingham (Sat. 24th/Sun. 25th Jun.)

In the men's 3000m M50 winner Mark Williams was the quickest with 14:46.59 ahead of M65 champion Ian Richards who clocked 14:59.02. Mark returned on the second day to complete the double winning the 5000m in 25:50.77. In the women's races Nuneaton's Carolyn Dyall (W35) also completed the double recording 16:34.43 for the 3000m ahead of M40 Penelope Cummings and 28:33.36 in the 5000m ahead of Loughton's Melanie Peddle. Others to strike double gold were; Lynn Bellfield (W50), Fiona Bishop (W55), Ann Wheeler (W60), Ian Torode (M60) and Norbert Will (M80).

Men's 3000m (M50 – M70) – Sat. 24th Jun.

Posn	Athlete	AG (Pos)	Club	Perf
1	Mark Williams	M50 (1)	Birchfield Harriers	14:46.59
2	Ian Richards	M65 (1)	Steyning Athletic Club	14:59.02
3	Roger Michell	M65 (2)	Surrey Walking Club	17:01.97
4	Ken Bobbett	M70 (1)	Hillingdon Athletic Club	18:28.95
5	Ian Torode	M60 (1)	South West Veterans	18:59.58
6	Paul Hawkins	M60 (2)	Stratford-upon-Avon AC	19:06.67
7	John Borgars	M70 (2)	Loughton Athletic Club	19:13.61
8	Keith Palmer	M50 (2)	Southend-on-Sea AC	19:24.67
9	Mariusz Siankowski	M50 (3)	Poland	19:33.22
10	Trevor Taylor	M70 (3)	Redcar Race Walking Club	20:12.69
11	David Fall	M70 (4)	Birchfield Harriers	22:52.90

Women's + M75 – M85 3000m – Sat. 24th Jun.

Posn	Athlete	AG (Pos)	Club	Perf
1	Carolyn Dyall	W35 (1)	Nuneaton Harriers	16:34.43
2	Penelope Cummings	W40 (1)	Horne Hill Harriers	16:47.89
3	Ann Wheeler	W60 (1)	Nuneaton Harriers	17:29.40
4	Wendy Kane	W45 (1)	Notts Athletic Club	17:43.67
5	Julie Bellfield	W45 (2)	Halesowen Athletic Club	17:51.69
6	Lynn Bellfield	W50 (1)	Halesowen Athletic Club	19:04.70
7	Lesley Hall	W60 (2)	Ashford Athletic Club	19:13.65
8	Fiona Bishop	W55 (1)	Woking Athletic Club	20:02.27
9	Helen Hall	W50 (2)	Stockton Striders	21:09.78
10	Norbert Will	M80 (1)	Northern Ireland Masters	21:18.01
11	Douglas Milson	M75 (1)	Hillingdon Athletic Club	21:31.87
12	Ron Stewart	M75 (2)	North Shields Poly AC	23:27.54
13	David Carney	M75 (3)	Bromsgrove & Redditch	24:03.85
14	Jean Taylor	W70 (1)	Redcar Race Walking Club	25:58.45
	James Farrar	M85	Northern Veterans	DQ

Mixed 5000m – Sun. 25th Jun.

Posn	Athlete	AG (Pos)	Club	Perf
1	Mark Williams	M50 (1)	Birchfield Harriers	25:50.77
2	Peter Boszko	M65 (1)	Birchfield Harriers	28:02.29
3	Carolyn Dyall	W35 (1)	Nuneaton Harriers	28:33.36
4	Roger Michell	M65 (2)	Surrey Walking Club	28:48.87
5	Melanie Peddle	W45 (1)	Loughton Athletic Club	29:55.70
6	Julie Bellfield	W45 (2)	Halesowen Athletic Club	30:09.37
7	Ann Wheeler	W60 (1)	Nuneaton Harriers	30:39.87
8	Wendy Kane	W45 (3)	Notts Athletic Club	31:58.81
9	Lesley Hall	W60 (2)	Ashford Athletic Club	32:14.96
10	Ian Torode	M60 (1)	South West Veterans	32:19.65
11	Lynn Bellfield	W50 (1)	Halesowen Athletic Club	32:27.93
12	Ron Penfold	M75 (1)	Steyning Athletic Club	32:32.35
13	Paul Hawkins	M60 (2)	Stratford-upon-Avon AC	32:32.80
14	Simon Le Mere	M55 (1)	Southend-on-Sea AC	33:26.32
15	John Borgars	M70 (1)	Loughton Athletic Club	33:30.63
16	Fiona Bishop	W55 (1)	Woking Athletic Club	34:01.59
17	Susan Barnett	W65 (1)	Eastern Masters	35:09.76
18	Trevor Taylor	M70 (2)	Redcar Race Walking Club	35:17.34
19	Helen Hall	W50 (2)	Stockton Striders	35:32.42
20	Norbert Will	M80 (1)	Northern Ireland Masters	36:59.20
21	David Fall	M70 (3)	Birchfield Harriers	39:15.21
22	Ron Stewart	M75 (2)	North Shields Poly AC	41:17.09
	Jean Taylor	W70	Redcar Race Walking Club	DQ

MMAC won the Midlands Veterans' Cup Final Group C combined men and women trophy on Sunday at Tamworth AC.

Tony Porter Once again led the MMAC Track and Field Team to victory in the the Midlands Veterans' Cup Final Group C.

The team Consisted of the following athletes:

Karen Addis, Ruth Bird, Ann Gray, Margot Griffiths Matt Adcock, Shaun Bond, Mark Ince, Adrian Lloyd, Kirtley Robbins, David Russell, Paul Shackleton, Perris Wilkins.

And not to forget the vital role played by our officials: Fiona Hancock, Eric and Pam Horwill, Bob Wheeler

Also, Dave Russell won the male athlete trophy for the Midlands Veterans' Track and Field League South Division, so hearty congratulations to him.

Photos courtesy Tony Porter and Adrian Llyod.



The coveted T&F Cup Final Cup



Paul Shackleton in action at the Cup Final



Man of the match Dave Russell if full competitive mode