

# WELCOME TO THE MIDLAND MASTERS ATHLETIC CLUB

## NEWSLETTER No.286 – Spring 2026



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**Inter Area Winners**

### Editor's Preamble

What a busy athletics winter it's been, with Road, Cross country and Handicap races taking part across the region. There has also been action indoors with the Pentathlon and 3000k in Cardiff and the Inter areas challenge most recently held at Lee Valley. All the results are in this edition. Joyces Quiz answers are included so you can check if you got them all correct. The President Elect has been named as Colin Palmer, and he will take over at the Track and Field Championships in June. There was some sad news too with the death of Elaine Mee who will be greatly missed. Good luck to those going to Torun.

## Results of the Turkey Trot 5-mile race 2025

The MMAC 5-mile road championship took place on 21 December at Aldersley Stadium in Wolverhampton. Although no turkeys were spotted competitors trotted through the mud at the top of the course.



MMAC 5-mile Road Championship 2025			
W35		M35	
Kelly Butler	1st	Kevin Oakes	1st
Sara Ellen	2nd	Scott Stokes	2nd
W50		M50	
Lynne Callaghan	1st	David Morrell	1st
Lucie Harris	2nd	Jamie Sircom	2nd
W60		M55	
Jude Glynn	1st	Steve McCann	1 <sup>st</sup>
W65		M60	
Penny Barber	1st	Rob Sheen	1st
		Philip Brayford	2nd
		Paramjit Hans	3rd
		M65	
		Gary Thompson	1st



## BRITISH MASTERS INDOOR PENTATHLON & 3000M CHAMPS

24<sup>TH</sup> JANUARY 2026 – NIAC, CARDIFF

### MIDLAND MASTERS MEDALISTS

EVENT	AGE GROUP	NAME	G/S/B	TIME/POINTS
3000m	W35	Sara Ellen	G	12.19.30
	W50	Lucie Tait-Harris	G	11.54.81
3000m	M40	Abayomi Adedimeji	S	10.20.44
	M40	Mitch Blundell	G	9.31.13
	M50	Jamie Sircom	G	14.54.67
3000m	M55	David Smith	S	10.59.58
	M55	Chris Nicoll	G	9.55.65
	M60	Paramjit Hans	G	14.08.48
3000m	M70	David Bedwell	S	11.57.99
	M70	David Oxland	G	11.57.88
Pentathlon	W45	Emma Oldham	G	2579
	W55	Branka Sukara-Fielding	G	2126
	W65	Susan Frisby	G	3669
	W65	Jill Roginski	S	3415
	M40	Jack Poxon	G	2406
	M45	John Bowden	G	1855
	M90	Tony Bowman	G	1679

## **Pentathlon – A Personal View** by Branka Fielding

As a present for my 55<sup>th</sup>, I decided to enrol in first Pentathlon ever. That was outdoors in 2024.

Having survived one pentathlon, I had an idea to enter an indoor competition.

I hoped that having a competition in January would make me more disciplined during the Christmas period.

However, there was too much temptation to resist. Who could say no to mince pies and wine.

Winter training for me is usually strength and conditioning to keep the body ticking over with limited opportunities to do high jump or hurdling.

As the date was getting closer, I seriously doubted my decision making.

The weather in January was genuinely awful everywhere, with Cardiff not being an exception. As we walked from the car park to the venue, we were nearly blown away. My husband, my greatest supporter, felt my nerves and commented: "At least it is indoors, so no need to worry about the wind and rain".

As soon as we arrived, I saw so many familiar faces and the excitement of the competition was in the air. As with an outdoor pentathlon, I was grateful that the first event was hurdles. The aim was just to finish it safely and in one piece. I actually got some rhythm in between the hurdles earning some valuable points with the time of 12.90.

Next event was high jump. I usually start with a low height to settle the nerves doing scissors jumps. For my second attempt I changed to Fosbury flop. It was closer, but still a failure. On reflection, I rushed my third attempt, which also resulted in a failure. So, my best for HJ was 1.14m, which for me is below par.

Moving on to the shot put gave me confidence where my best throw was 9.22m. This distance would have easily won the specialist Shot put competition in my age group.

As we moved on to the long jump, my tired legs could not produce more than 3.34m on the day.

800m is my nemesis and I hate it with a passion. During the break between long jump and 800m, I could not relax or rest at all. I was just so worried if I would be able to complete it.

One of the ladies from the same competition said at the start that she has decided not to run 800m but would have to start to validate her complete pentathlon score. She was on my outside, so as the gun went, she stopped after 10 meters. I have to admit, that I envied her at the time, but I never pulled out of the competition in my life. The three ladies who were inside my lane, started strong and were out of sight very quickly. My body was clearly showing dislike for 800m racing as I was just plodding along, not using my arms at all and was struggling to get air in my lungs. The support from others was amazing and I so wanted to make my legs go faster, but it felt like I was stuck in sand. The sound of the bell at the final lap for the last 200m was a relief and I managed to get over the line with 4.26.91 earning 62 points. I was just pleased it was all over.

Total pentathlon points of 2126 was better than my outdoor score. I finished 4<sup>th</sup> overall nationally. Still, it was first place for the Midlands Master's competition.

The best of all was seeing so many friends who are amazing athletes and inspiration to everyone, also making some new ones along the way.

## **President Elect**

Colin Palmer has now become President Elect.

Colin has been a member of MMAC since 2007. He has competed at several masters international events in the steeplechase but has focused more on officiating in recent years where he is highly graded.

He has been chief timekeeper for several years for the MMAC championships and has also officiated at many BMAF events.

He is in addition the Midlands and Southwest officials secretary and so plays a major role in ensuring that Midlands events take place.

Colin took a medal in the MMAC cross-country Championships earlier this year, which was presented by our current President Jane Pidgeon.

Colin will take over from Jane as President at the MMAC Championships in June at Nuneaton.



## MMAC Cross-Country Championship 2026 Results

This year's Cross Country Champs were held inside the MCAA championships at Mallory Park on the 24 January. The weather was sunny and the course muddy and under water in places. Most people seemed to enjoy the day and there was a friendly atmosphere around the grounds. Although there was a bit of a walk to the loos, at least they were permanent and not the usual Portaloo's. Some fantastic running and lots of medals awarded. The fastest MMAC female was Kelly Edwards and fastest MMAC male was Lee Gratton. Two spot prizes in memory of Adrian Lloyd were presented to Anne Kelsall and Scott Hastings.

MMAC CROSS COUNTRY CHAMPIONSHIPS 2026 RESULTS					
WOMEN 35+ & MEN 65+ - 8Km					
NAME	AGE GROUP	RACE FINISH	MMAC PLACE	TIME	
Elizabeth Watters	35	43	1	35.29	
Juliet Potter	40	15	1	31.36	
Jane Potter	40	19	2	32.22	
Emma Stevenson	40	21	3	32.33	
Kelly Edwards	45	10	1	30.40	
Catherine Charlton	45	52	2	36.26	
Paige Zhang-Gre	45	99	3	43.43	
Joanne Stocks	45	124	4	53.55	
Claire Martin	50	35	1	34.32	
Rowena Ockenden	50	86	2	41.28	
Mandy Vernon	55	50	1	36.14	
Sara Hewison	55	74	2	39.37	
Karen Griffiths	55	100	3	43.44	
Theresa Woolley	60	70	1	38.29	
Susan Kneill-Boxl	60	79	2	40.14	
Jude Glynn	60	102	3	43.48	
Sue Chicken	60	104	4	44.02	
Christine Bexton	65	114	1	48.40	
Anne Kelsall	65	120	2	50.22	
Mike Hayward	65	57	1	37.10	
Gary Thompson	65	73	2	39.00	
Richard Wilkinson	65	81	3	40.34	
Christine Bexton	65	114	1	48.40	
Anne Kelsall	65	120	2	50.22	
Kevin Spare	70	60	1	37.24	
Steven Hillman	70	95	2	43.07	
Graham Lamb	70	111	3	47.26	
Arthur Daley	75	77	1	40.01	

MMAC CROSS COUNTRY CHAMPIONSHIPS 2026 RESULTS					
MEN 35 - 55 - 12Km					
NAME	AGE GROUP	RACE FINISH	MMAC PLACE	TIME	
Tom Shardlow	35	47	1	46.22	
Clark Roberts	35	51	2	46.31	
Matthew Hadlum	35	68	3	48.03	
Liam Kincaid	35	90	4	50.18	
Scott Hastings	35	98	5	50.56	
Ashley Wright	35	131	6	55.45	
Lee Gratton	40	5	1	39.55	
Christopher Patterson	40	26	2	43.53	
Robert Lindsay	40	66	3	47.59	
Waising Yip	40	132	4	55.47	
Martin Gittins	40	182	5	64.54	
Alastair Watson	45	10	1	40.39	
Matthew Blunden	45	28	2	44.10	
Jon Hart	45	64	3	47.37	
Gary Worrall	45	74	4	48.37	
Richard Francis	45	79	5	49.08	
Leigh James Marshall	45	101	6	51.10	
Samuel Katanda	45	103	7	51.25	
Niki Russell	45	106	8	51.41	
Jan Bailey	50	43	1	46.10	
Mark Williamson	50	121	2	53.58	
Chris Hurst	50	128	3	55.18	
Matthew Long	50	189	4	67.35	
Tim Hartley	55	49	1	46.27	
John Hunt	55	75	2	48.38	
Colin Palmer	55	107	3	51.55	
Keith Burgess	55	124	4	54.28	
Sean Rose	55	125	5	54.37	
David Lewis	55	137	6	56.41	
David Norman	55	157	7	59.45	



Chairman Lamb churning through chilly claggy mud and although starting a couple of minutes late still managed to collect a Cross-country medal.



## Joyces Quiz Answers

This year's Quiz raised £26,288, making a total of £326,449 over the last 29 years all going to MacMillan Cancer Support.

The winners are: 1st Prize (£35) Ian Moonie 2nd Prize (£20) Jane Westacott

Three Prize Draw winners picked from all entries (£10 M&S gift voucher): Sheila Evered, Margaret Shearing, Jenny Tongue

Thank you for all your entries, donations and support.

The answers below include some of the more popular alternative answers marked as correct. There were other alternative answers, not mentioned below, which were also given marks.

1.	Popular spaghetti accompaniment	Bolognese sauce <i>Parmesan cheese</i>
2.	German water perfume	Eau de Cologne
3.	Horse riding trousers	Jodhpurs
4.	Language we can't understand	Double Dutch <i>It's all Greek to me</i>
5.	Mexican toy dog	Chihuahua
6.	Displayed by the British in WWII	Dunkirk spirit
7.	A chess opening for black	Sicilian Defence
8.	A pine from the Isle of Man?	Douglas fir
9.	Roxie Hart musical	Chicago
10.	A fry-up to start the day	English breakfast
11.	21 shillings	Guinea
12.	Society of London barristers	Lincoln's Inn
13.	Scottish beef	Aberdeen Angus
14.	Midcal trousers	Capri pants
15.	Canvas container with drawstring	Duffel bag
16.	Flat round liquorice confectionery	Pontefract Cakes
17.	Horse trials in May	Badminton
18.	German dog that might be hot?	Frankfurter
19.	Elite credit card	American Express
20.	Beware of Greeks in this gift	Trojan Horse
21.	Graham Greene, seaside novel	Brighton Rock
22.	Poached on a bed of spinach	Eggs Florentine
23.	Headwear from Crimea	Balaclava
24.	Aromatic cocktail ingredient	Angostura Bitters
25.	Shipshape and ..	Bristol fashion
26.	5 line humorous rhyme	Limerick
27.	Gothic tale by Daphne du Maurier	Jamaica Inn
28.	M I X C V	Roman numerals
29.	'Huddersfield Ben' was this breed's father	Yorkshire Terrier
30.	Hand-made Cuban smokes	Havana cigars
31.	Provoked an American war	Boston tea party <i>Pearl Harbour</i>
32.	Information barrier in an organisation	Chinese wall
33.	London Borough fowl?	Brent geese
34.	Cooked US state?	Baked Alaska
35.	Dance craze in the 1920s	Charleston
36.	A blue orange liqueur	Curacao
37.	Derbyshire sweet delicacy	Bakewell tart
38.	The gun that won the West	Winchester rifle
39.	Blue and can be dolce	Gorgonzola
40.	Hard-wearing cotton twill	Denim <i>Chino</i>
41.	Magnesium sulphate	Epsom Salts
42.	Pulled out of a wine bottle	Cork
43.	Squares in marzipan	Battenburg cake
44.	You are here without a hat?	Ilkley Moor
45.	Bonding with the hostage takers	Stockholm syndrome
46.	Irish deep basin	Belfast sink
47.	French savoury tart with bacon	Quiche Lorraine

48.	A spinach beet	Swiss chard <i>Chard</i>
49.	Stinging marine invertebrate	Portuguese man-of-war
50.	Horse, no taller than 42 inches	Shetland ponies
51.	Shortbread that sounds Austrian	Viennese Whirls <i>Linzer cookie</i>
52.	Help bison to fly?	Buffalo wings <i>Buffalo Airways</i>
53.	South American rodent pet	Guinea pig <i>Chinchilla</i>
54.	German woodland cake?	Black Forest gateau
55.	The only white cliff flatfish?	Dover sole
56.	Rivalry match within a geographical area	Local Derby
57.	Cakes in washing vessel?	Bath buns
58.	Edward 8th's classic knot	Windsor tie
59.	Spice from French Guiana	Cayenne pepper
60.	Degree that includes a work placement	Sandwich course
61.	A brimless felt hat	Fez
62.	From 'Gorge'ous Somerset?	Cheddar cheese
63.	Paper sleeve from Philippine hemp	Manila envelope
64.	Pleasant cookie?	Nice Biscuit
65.	A lawnmower and draught horse	Suffolk Punch <i>Clydesdale</i>
66.	Poultry, war torn capital city	Chicken Kiev / Kyiv
67.	Porcelain	China
68.	Pongo and Perdita	Dalmatian dogs
69.	Comes in a ball with red wax coat	Edam
70.	Common tick-borne illness	Lyme disease
71.	Wine twice distilled in oak	Cognac
72.	Set sail in the Mayflower	English Separatists <i>Plymouth Pilgrims William Bradford</i>
73.	Traditional Scottish food	Cullen skink <i>Arbroath smokies Dundee cake</i>
74.	The race that stops the Australian nation	Melbourne Cup
75.	Embroidery stitch for a single dot	French knot
76.	Vanilla flavoured dessert topping	Chantilly cream <i>Crème Anglaise</i>
77.	Keeps broken bones in place	Plaster of Paris
78.	They don't vote for Christmas	Turkeys
79.	Brand of dark chocolate	Bournville
80.	Complete meal for the tin miners	Cornish pasty
81.	The oldest annual one is in Boston	Marathon
82.	Emergency food carried by mountaineers	Kendal mint cake
83.	New Zealand capital footwear	Wellington boots
84.	Burgundy sauce from Titania's fairy?	Dijon mustard
85.	"Nothing more can be done"	Goodnight Vienna
86.	Vodka, ginger beer in a copper cup	Moscow Mule
87.	Classy university closed-lace footwear	Oxford brogues
88.	Holey Swiss product used in fondue	Emmental cheese
89.	Chemical red dye and a bloody battle	Magenta
90.	Ended WW1	Treaty of Versailles
91.	Share the cost of a meal	Go Dutch <i>Split</i>

92.	Fermented condiment containing anchovies	Worcestershire sauce
93.	Black organic gemstone	Whitby jet
94.	Capsicums from Galicia	Padron peppers
95.	School where a sport was invented	Rugby
96.	Bakestones or pics	Welsh cakes
97.	Public school untidy food?	Eton mess
98.	The black cab	Hackney carriage <i>London taxi</i>
99.	Created by Colonel Sanders	Kentucky Fried Chicken
100.	Robin Hood's colour	Lincoln Green <i>Sherwood Green</i>

We are encouraged by all your entries and correspondence you send us and are pleased that you have enjoyed taking part. Work is now underway on an idea for our final quiz, due out later in the year and we hope you will take part again. This will be the 30th fundraising quiz we have produced, and our theme will be "Over and Out". As the saying goes "All good things must come to an end"

You can donate online at <https://www.justgiving.com/page/joyces-quiz-29> OR via BACS transfer (please give your name in the reference) Name of business account is Joyces Quiz Sort code 20-05-06 Account number 73315223

## Colin Simpson Handicap Results

The Colin Simpson Memorial 5-mile Handicap was hosted by Centurion Running Club at Babbs Mill Nature Reserve, Solihull on 1<sup>st</sup> February. A dull day but the rain held off. The handicap is based on improving on your PB 5-mile time in the last year giving everyone an equal chance of winning depending on their performance on the day. Handicapping was organised by Irene Nicholls and the prizes were presented by Margaret Simpson.

The winner of the Colin Simpson Memorial Handicap Trophy was our own Graham Lamb.

MMAC COLIN SIMPSON MEMORIAL 5 MLE HANDICAP RACE RESULTS											
					Age	5M	H/Ca	Race	Actual	H/Cap	H/Cap
15		Ruth	Hallett	Northbrook AC	W5	60.00	37.0	32	51.39	14.39	1
18		Alan	Marshall	Knowle &	M6	52.47	29.4	26	46.12	16.15	2
28	M	Graha	Lamb	Burton AC	M7	48.00	25.0	23	42.08	17.08	3
15	M	Ian	Watkins	MMAC	M7	45.00	22.0	21	41.11	19.11	4
12	M	Theres	Woolley	Centurion RC	W6	39.00	16.0	13	36.46	20.46	5
16		David	Rose	Knowle &	M3	35.00	12.0	5	33.06	21.06	6
15	M	Gary	Thompson	Centurion RC	M6	36.00	13.0	8	34.43	21.43	7
20		Orland	Corea	Unatt	M5	29.33	6.33	3	28.17	21.44	8
11		Simon	Gilson	Centurion RC	M3	38.00	15.0	14	37.04	22.04	9
12		Ellis	Thornton	Centurion RC	M5	37.00	14.0	10	36.11	22.11	10
27	M	Susan	Kneill-Boxley	Cannock &	W5	38.00	15.0	15	37.13	22.13	11
15		Rob	Richardson	Northbrook AC	M5	35.00	12.0	7	34.20	22.20	12
27	M	Martin	Wilkinson	MMAC	M6	39.00	16.0	17	38.29	22.29	13
24		Nigel	Roberts	Unatt	M5	36.00	13.0	9	35.38	22.38	14
16		Eleano	Davies	Sphinx AC	W5	33.41	10.4	6	33.29	22.48	15
19		Sergio	Torija	Sphinx AC	M3	28.00	5.00	1	27.52	22.52	16
18		Siobha	Cotter	Knowle &	W6	41.10	18.1	22	41.14	23.04	17
23		Matthe	Hathrell	Northbrook AC	M3	28.40	5.40	4	28.53	23.13	18
10		Clare	Colquhoun	Centurion RC	W5	50.00	27.0	31	50.25	23.25	19
21		Cath	Fenn	Northbrook AC	W5	42.33	19.3	24	42.59	23.26	20
11		Stuart	McCullagh	Centurion RC	M4	36.00	13.0	12	36.31	23.31	21
18		Steven	Dunsby	BRAT	M4	27.30	4.30	2	28.02	23.32	22
16		Spence	Davies	Northbrook AC	M5	39.39	16.3	20	40.28	23.49	23
11		Peter	Thomas	Centurion RC	M5	38.00	15.0	18	38.49	23.49	24
24		David	Manning-	Unatt	M5	42.00	19.0	25	43.01	24.01	25
10		Sally-	Tully	Sphinx AC	W4	60.00	37.0	33	61.09	24.09	26
27	M	Roger	Simpson	MMAC	M7	45.00	22.0	27	46.30	24.30	27
15		Julie	Cozens	Northbrook AC	W6	47.00	24.0	29	48.39	24.39	28
14	M	Chris	McCann	Centurion RC	M5	36.15	13.1	16	37.55	24.40	29
15	M	Dean	Bateman	MMAC	M4	34.00	11.0	11	36.18	25.18	30
12		Michae	Price	Centurion RC	M6	46.00	23.0	30	48.51	25.51	31
18		Lee	Newark	Northbrook AC	M5	36.00	13.0	19	38.55	25.55	32
12		Paul	Cooper	Centurion RC	M5	42.25	19.2	28	47.11	27.46	33





## MIDLAND MASTERS ATHLETIC CLUB

### 54<sup>th</sup> ANNUAL GENERAL MEETING

**21<sup>st</sup> April 2026 7.30 pm**

Via Zoom - details to follow

#### **Agenda**

- 1 Apologies
- 2 Minutes of AGM 2025
- 3 Matters arising
- 4 Chairman's report
- 5 Presentation of accounts and Treasurer's report
- 6 Secretary's report
- 7 Election of President
- 8 Election of officers for 2026/2027
- 9 Fixtures for 2026/2027
- 10 Date of next meeting TBA (April 2027)

#### **Current committee 2025/2026:**

President: Jane Pidgeon  
President elect: Colin Palmer  
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: Wendy Kane  
Asst. T&F Secretary: Vacant  
Road & CC Secretary: Kelly Butler  
Officials Secretary: Wendy Kane  
Media website: Sue Kneill-Boxley  
Records Co-ordinator: Irene Nicholls  
Committee Members: Irene Nicholls, Marcia Smedley, Mick Smedley  
Newsletter Editor: Jill Lamb  
Asst. Editor: Vacant

Delegates:  
MCAA: Rita Brownlie  
EMAA: Irene Nicolls, Graham Lamb  
BMAF: Graham Lamb

Team Managers:  
CC International: Chris Mason  
Inter-area T&F: Paula Williams, Janelle Quinn, John Bowden  
MVT&FL: Matt Long  
Welfare Officers: Jill Lamb, Martin Wilkinson

## Inter area Challenge Results

This year's Challenge took place at Lee Valley on the 14 March. MMAC team managers were Paula Williams, Janelle Quinn and John Bowden. The team wore red ribbons as a memorial to Elaine Mee as she had been a Team manager for many years.

The women's team won by 3 points **CONGRATULATIONS**. The men's team were 2<sup>nd</sup> behind SCVAC. MMAC took the second place in the combined results.

Winning performances

Paula Williams W50 shot -13.13m, & W50 60m -8.64, Susan Frisby W65 Hurdles – 1023s, Carolyn Derbyshire W45 2000k walk – 11:30.81, Joanne Willoughby W60 60m – 8.95 & W60 LJ – 4.16, Derek Jackson M70+ 800m – 2:47.91. Paul Wright M40 800m – 1:56.56, Linsi Scottow W40nTJ – 9.97, Dean Richardson M50 1500m – 4:10.60, Morris Fox M60 Shot – 14.33, Paul Wright M40 800m – 1:56.56.

(Apologies if I missed anyone)

**Fabulous performances from all those athletes who competed as every point counted, thank you.**

### Men's Team results

Team:	Southern Counties Veterans AC	Midland Masters AC	Eastern Masters AC	Veterans AC	Welsh Masters Athletics Ltd	Scottish Veteran Harriers Club	Northern Masters AC	South West Veterans AC
<b>Total:</b>	<b>245.50</b>	<b>228</b>	<b>223</b>	<b>201</b>	<b>165</b>	<b>135.50</b>	<b>99</b>	<b>65</b>

### Women's Team Results

Team:	Midland Masters AC	Southern Counties Veterans AC	Veterans AC	Welsh Masters Athletics Ltd	Eastern Masters AC	Northern Masters AC	South West Veterans AC	Scottish Veteran Harriers Club
<b>Total:</b>	<b>236</b>	<b>233</b>	<b>210.50</b>	<b>189.50</b>	<b>182</b>	<b>180.50</b>	<b>118.50</b>	<b>29</b>

### Combined Team's Results

Team:	Southern Counties Veterans AC	Midland Masters AC	Veterans AC	Eastern Masters AC	Welsh Masters Athletics Ltd	Northern Masters AC	South West Veterans AC	Scottish Veteran Harriers Club
<b>Total:</b>	<b>478.50</b>	<b>464</b>	<b>411.50</b>	<b>405</b>	<b>354.50</b>	<b>279.50</b>	<b>183.50</b>	<b>164.50</b>

This year's competition saw some new WA rules come into place, in the 800m the new break line was after the second bend in the first leg of the race. Also, the new 400m rules of only using the four outside lanes for a 400m race were used.

The women's w35-49 hurdles used the w40-49 heights and distances.



## Obituary

### Elaine Mee

Elaine was a long-standing member of MMAC as an athlete, official, committee member and most memorably as the Inter Areas team manager. There are too many lovely comments on Facebook to reproduce here but they showed how respected she was and how much she will be missed.

#### Tribute by Matt Long

I had the privilege of working with Elaine for several years in my role as Men's Team Manager for the annual inter area challenge matches. Whilst on paper these only occur twice a year- ordinarily at Lee Valley in the winter for the indoors and then again in the summer perhaps in Nuneaton for the outdoor variant, in terms of planning its a 12-month job, meaning I got to speak to Elaine most weeks. Its testament to her dedication and diligence that as soon as the indoor fixture was over within a few short weeks somehow Elaine would have almost finished planning and team selection for the outdoor fixture! I'd call her up and find myself being mildly rebuked with her saying, "Haven't you even started your selections? - I finished mine weeks ago!". In her later years due to health and family commitments Elaine understandably didn't travel to Lee Valley but empowered her team captains most notably Carolyn Derbyshire and Paula Williams to lead by example on the day itself and this meant that on a couple of occasions I'd have the pleasure of buzzing her just after the final results had been announced. Usually, we'd won and when she picked up the phone I could hear the joy and relief in her voice when final confirmation of what she'd been following all day on our Facebook page was confirmed to her. A lack of physical presence did not mean a lack of passion. It was a real treat to get to work with her for the outdoor variant of the inter areas as she would be there as the venue was normally Midland based and it was at these times I witnessed firsthand her interpersonal skills and I will cherish the memory of the photos I have with her smiling with her team. She was also up for the proverbial laugh and ribbed me endlessly about my love for retro athletics gear. Like any volunteer, I suspect she will be missed more in her absence. What I will carry with me most is her resilience in the face of the critique that any team manager is bound to face by those not selected or those who sometimes feel 'things could have been done better'. Elaine did take feedback onboard but never seemed to let anything dampen her enthusiasm- in a culture of short termism her longevity lasted in an unforgiving role. She was a stalwart of our club whose contribution will last for years to come. We were privileged to have met her acquaintance.



## Fixtures

Date	Event	Entry
26 Mar - 02 Apr 2026	European Masters Athletics Championships Indoor (Track & Field) - Torun	Entries closed
30 Apr - 03 May 2026	European Masters Athletics Championships Non-Stadia - Italy	Via Open track Entries close 10 April
30 May 2026	British Masters Championships - Throws Pentathlon, 10,000m, 1 Mile, Open Events, Horspath Road, Oxford	Advance notice
6-7 June	Masters British Masters Combined Events Ormskirk	TBA
7 June 2026	British Masters Half Marathon Dumfries	Advance notice
28 June 2026	British Masters 30k Multi-Terrain Championships Gravesend	Via Open Track
5 July 2026	British Masters Championships Pentathlon, 5000m, Open Events	Advanced notice

22 Aug - 03 Sept 2026	World Masters Athletics Stadia (Track & Field) Championships, Daegu, S.Korea	Advance notice
11-13 Sept 2026	British Masters Track & Field Championships Moorways Derby	Advanced notice

For more details see: [Competitions - BMAF - British Masters Athletic Federation](#)

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**Acknowledgements**

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