

WELCOME TO THE MIDLAND MASTERS ATHLETIC CLUB

NEWSLETTER No.288 – Autumn 2026



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Editor’s Preamble

This edition rounds up the results from the track and field season with stories from Daegu and the Inter Area challenge. Also new kit ordering information, World record achievement details and ghost runners in the past! The seasons are turning from summer to Autumn signaling the athletic focus away from track to road and cross-country racing. The Presidents race walk will be in Coventry again and the Colin Simpson handicap is again part of the Centurion 2026-27 Grand Prix series. Good Luck to all those who compete over the next few months.

Inter Area results From Janelle, John and Paula

Sunday 6th August saw the England Masters AA Outdoor Inter Area Challenge in Yate. MMAC was one of the 8 teams competing for the three cups:

Men's

Women's and

Overall winners.

Last year the women managed to win their cup, so this year MMAC were going all out. Our team managers had done a sterling job of putting out a fantastic couple of teams. As is always the case, on the run up to the day there were a few injuries and changes to deal with but Janelle Quinn, John Bowden and Paula Williams had the support of some amazing athletes who stood in and stepped up to cover the gaps.



↑ Trophies galore ↑



It was tense all the way through the day and as usual it ended up being tight with the top three teams of SCVAC, VAC and MMAC until those last couple of field events and relays. For MMAC to come away with all three cups was a great result.

← M60 Men's relay team

There is a new women's cup as the previous one is full, that will be named the "Elaine Mee Trophy" in honour of our late Team manager. Elaine would have been very proud of her trophy especially with MMAC winning it on its debut outing. We have decided to award the old women's winner's trophy aka the Peggy Taylor Trophy to the athlete the team managers believe to have put in an outstanding performance at the inter area.

This year's Peggy Taylor Trophy goes to Ruth Bird.

Ruth took part in: pole vault, shot put, discus, 4x 100 relay and was even on YouTube the night before learning how to race walk - which she did, earning a second-place finish.

All our MMAC athletes were brilliant and Ruth's stand out determination and willingness to do anything just pipped the others to the trophy.

Thanks Ruth and all of the MMAC Team.

The results at the end of the day were as follows

WOMEN		# SHARE
Sort breakdown:		POINTS EVENT
1	MMAC	353
2	SCVAC	320
3	VAC	301
4	WMAL	236
5	EMAC	196
5	NMAC	196
7	SWVAC	126
8	SVHC	64
SCORED 57 OF 57 EVENTS		

MEN		# SHARE
Sort breakdown:		POINTS EVENT
1	MMAC	315
2	SCVAC	291
3	VAC	248
4	NMAC	230
5	WMAL	223
6	SWVAC	199
7	EMAC	197
8	SVHC	175
SCORED 57 OF 57 EVENTS		

COMBINED		# SHARE
Sort breakdown:		POINTS EVENT
1	MMAC	668
2	SCVAC	611
3	VAC	549
4	WMAL	459
5	NMAC	426
6	EMAC	393
7	SWVAC	325
8	SVHC	239
SCORED 114 OF 114 EVENTS		

MMAC Club Shop – Christmas Orders

Get your MMAC kit ready for Christmas!

The MMAC Club Shop will be open from 2nd–26th October for Christmas orders.

Our new MMAC club vest and crop top are now available, with the crop top proving particularly popular. Both feature our distinctive red-and-white club design and are ideal for training and competition.



MMAC CLUB SHOP
CHRISTMAS ORDERS
2nd – 26th OCTOBER

Our new club vest and crop top are now available – with the crop top proving very popular!

-  Order in time for Christmas
-  Full range and sizing information on the website
-  Collect from TAG Sportswear
-  MMAC can forward your items to you once they arrive.

Wear your MMAC colours with pride!

VISIT THE CLUB SHOP HERE:
tagsportswear.co.uk/product-category/clubs/midland-masters-athletic-club/

TRAIN | COMPETE | BELONG

 New club vest

 Popular new crop top

Order by 26th October for Christmas

You can choose to collect your order from TAG Sportswear, or MMAC can arrange for your items to be forwarded to you once they arrive.

Please visit the [MMAC Club Shop](#) for full ordering information, sizing and available items. [MMAC Club Shop – TAG Sportswear](#)

TAG describes the vest as a lightweight, breathable technical garment, with the crop top designed in the same fabric to give a matching club look.

Shop link: <https://tagsportswear.co.uk/product-category/clubs/midland-masters-athletic-club/>

Sizing link: <https://tagsportswear.co.uk/product-size-guide>

New Kit Review

The first noticeable difference is the red trim, the second is the horizontal line pattern. At first, I thought the lines were from how the fabric was woven, but it seems to be that there are small holes in the fabric, I assume for 'ventilation'. The vest supplied for review is a medium and it fits well so the sizing seems spot on.

I wore the vest on a workout to see how it felt and it passed with flying colours. No chafing or rubbing and to me it seems slightly lighter and certainly cooler than the old design, the fabric also wicks sweat away very well.

After washing and drying the vest retains its shape and size.

39 Degrees, 88% Humidity and Apparently, We Thought Running Was a Good Idea!

Midland Masters athletes take on the heat in Daegu, South Korea by Sara Ellen



Ready for action in Daegu — and smiling before the heat really kicked in!

There are some athletics trips where you arrive expecting great competition, new experiences and perhaps a little sightseeing. Then there are trips to Daegu, South Korea, where you step outside, discover it is 39°C with 88% humidity, and wonder whether you've accidentally entered an athletics competition or a survival challenge!

The Midland Masters athletes certainly had an experience to remember in Daegu.

Racing in the Heat

I lined up for the Women's 35 5000m final, which is tough enough under normal conditions without adding what felt like a giant outdoor sauna to the equation.

The first few laps were spent trying to convince myself that the heat wasn't really that bad. By the middle of the race, I had accepted defeat in that particular argument and was simply concentrating on keeping one foot in front of the other! Despite the extreme conditions, I was delighted to finish 5th. There may not have been a medal around my neck, but crossing that finish line felt like a pretty significant achievement.

At that point, my main ambition was no longer running faster — it was finding shade, water and, ideally, an air-conditioning unit!

Fantastic Midland Performances

There were some excellent performances from our fellow Midland Masters athletes too.

Paramjit Hans took on the Men's V65 800m and produced a fantastic season's best. Running an 800m in these conditions is impressive enough, but producing his best performance of the season while doing it makes the achievement even more notable.

The 800m is painful enough without Mother Nature turning the thermostat up to maximum!



Peter Ball tackles the Men's 3km Steeplechase.

Steeplechase in the Sauna

Peter Ball tackled the Men's 3km Steeplechase, proving that apparently running 3km in 39°C wasn't challenging enough, so he decided to add barriers and a water jump!

Peter put in a fantastic performance and narrowly missed out on a medal, finishing 4th.

Memories to Take Home

It was a fantastic experience competing in Daegu and a real reminder of what Masters athletics is all about — challenging ourselves, supporting each other and occasionally questioning our sanity!

We came to Korea to race. We raced. We sweated. A lot. And most importantly, we all came home with some fantastic memories.

Maybe next time we'll choose somewhere a little cooler...



Paramjit Hans in the Men's V65 800m

MMAC T&F 2026 Championships record

The W35 discus record was broken by Emma Beardmore with a distance of 35.19m. Congratulations Emma and apologies for missing your achievement in the last newsletter.

World Record! And by an all-MMAC team of four. By David Oxland

In what could be a unique record, a team consisting only of MMAC members successfully broke a World Record on 15 Aug 2026. This took place at a Midlands event commemorating Edgar Nicholls (MMAC) and officiated by Edgar's widow, Irene, into the bargain!

Derek Jackson and David Oxland were already holders of the M70 4 by 800m relay outdoor and indoor records, run in 2022-23 with the help of four men from the North and South of the Midlands.

The original planned team for the M75 outdoor 4 by 800m relay record attempt included a runner from the South East, but unfortunately, he had to retire owing to some serious medical treatment and so Derek and David added David Jones and Malcolm Weir to their squad resulting in all four members of the final squad being MMAC members.

Communication by email between the team members had gone on for at least half a year although the squad had never met up together until the day of the race. A team of M65 runners also took part in the Edgar Nicholls 4 by 800m relay race at Redditch and they broke the British and European records but fell short of a very demanding World Record, which had recently been broken by a team of Canadians.

At least three of the M75 squad had been suffering from injuries or at the very least niggles beforehand and David O was walking with a limp! However, David J ran out of his skin to break 3 minutes on the first leg and Malcom Weir (aged nearly 80!) then ran superbly to put the team up with the required half way split. David O managed a creditable split given his problems, although about 8 seconds slower than his recent British Record, and the ever-reliable Derek, team captain, ran a great anchor leg of 2:48, proving he is back on form after some injury problems this year. The official time was 11:34.42 which took around 14 seconds off the World Record quite recently run by Australians.



Christine Kilkenny, one of the UK's long-distance pioneers

Until April 1975, British women were limited to race distances of no more than 6000 metres (just under 4 miles). MMAC member Katie Holmes has published a book, *Rulebreakers and Ghost Runners*, about the women who challenged the outdated rules by crashing men's races, running unofficially. One of these women was Christine Kilkenny (née Readdy), also a MMAC member. This excerpt from the book is part of Christine's story.

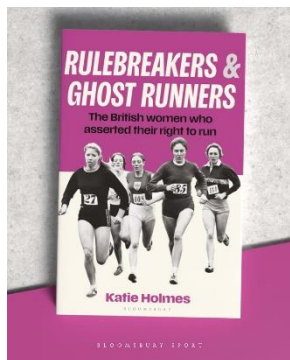
On Sunday 10 March, 1974, a few dozen runners huddled together near the start line of the Milford 21-mile cross-country race at Cannock Chase in Staffordshire. The open expanse of the common afforded them no shelter from the biting, cold wind. Among them stood one of the best cross-country runners in the West Midlands, a small figure with dark, wavy hair. She had no right to be there. It was a men's race. Christine Readdy was a 21-year-old trainee teacher from Stafford. She'd won a cross-country race the day before and, earlier that winter, she'd become the Staffordshire cross-country champion. Not only was Christine breaking the rules by running in a men's race, but she was also about to attempt to run 17 miles further than the longest women's cross-country race in the calendar.



As the pack of runners set off over the common, the unremitting wind lashed their faces with showers of sleet. A small group of men pulled away. Christine was running well in the main pack of men and feeling confident. This was her home turf, where she did her long runs of 10 to 15 miles on Sundays. At the 10-mile point, Christine was well up in the field. Here the course entered a switchback of sharp, 100-foot climbs on loose sandy paths. On this tough four-mile section, the runners were forced to slow their pace. Christine realised she was too cold to carry on. While dropping out of the race was a disappointment, it wasn't a failure. Several men dropped out,

too, and Christine had proved she was tough enough to take on the course. Confident she would be able to finish under better conditions; Christine told the local paper so. And, in 1976, she returned to the race and finished it.

I was keen to interview Christine because she ran in some of the first official women's races. I wasn't sure how to find her, but when I discovered her married name was Kilkenny, I realised that we were both members of Midland Masters AC and I asked the chair if he would connect us. When I interviewed Christine in 2024, when she was 71, she told me she was still active in athletics but was taking an enforced break from running due to an injury. As we talked, she revealed that she had been a ghost runner in many men's races in the 1970s.



In August 1975, after the rules had changed to allow women to race long-distance, Christine won the second official road race for women, the Barnsley 6 miles. In April 1976, she became the first British woman to run a marathon in under 3 hours when she won the Feltham Ladies Marathon in 2:50:55. Christine's time placed her ninth in the world all-time list.

Rulebreakers and Ghost Runners: the British women who asserted their right to run by Katie Holmes is published by Bloomsbury Sport. Available in hardback online and from bookshops and some libraries (also in audiobook and Kindle/PDF formats).

Katie Holmes, @RunYoung50, email: katie@runyoung50.co.uk

Notice of Annual General Meeting on Saturday 28th November 2026 at 11:00am by Zoom.

Notice is hereby given that the Annual General Meeting of the British Masters Athletic Federation will take place on Saturday 28th November 2026.

The meeting will be held on "Zoom" and joining details will be circulated later.

The agenda for the meeting will be circulated at a later date.

Any items for the agenda should be submitted before 29th October 2026 via email to agm2026@bmaf.org.uk.



MMAC Vets team are looking for a new manager for 2027



Thanks go to departing manager Matt Long for how well the team has grown in 2026. MMAC are currently paired with Droitwich in the South division of the Midland Track and Field Veterans league. There are four midweek evening matches and a full day Cup final in September. The manager has to organise the team and submit a team declaration before each match. If you'd like to take on the role please get in touch.

MMAC members selected for International Cross-Country

The selection race took part at Betley near Crewe on the 26 September 2026 and a good number of MMAC athletes were selected from that race to compete for England in the British & Irish Masters Cross Country International Dublin on 14 November 2026.

Big congratulations to all of the MMAC athletes who gained selection to the team because all successfully navigated the trial race and were spared reliance on selection via a selector discretionary place. There are also a high number of MMAC athletes amongst the reserves who may yet go to Dublin. Again, all earned their places through the trial race.

Selected MMAC athletes, M35, Ben Robinson, Richard De Camps and Jonathan Read. M40, Lee Gratton, David Awde. M45, Jon Hart. M50 Jamie Arnold. M65, Peter Knight, M70, David Bedwell. M75, Ron Cattle, Arthur Daley W35 Rachael Bourne, Nia Nokes, W40 Gemma Steel, Katie Latham, W45, Juliet Potter, Donna Sherwin. W50, Claire Martin. W55 Joanne Stanfield, W60, Clare Jolliffe, W65, Monica Williamson, Sian Davies.

Hopefully we missed no-one. All successful athletes have been notified about their selection

Fixtures

Date	Event	Entry
24 Oct 2026	British Masters Cross Country Relay Championships Oxford	Via Open track Closes 10 Oct
25 Oct 2026	President's race walk Coventry	See page 8 for entry details
14 Nov 2026	British & Irish Masters Cross Country International 2026 Dublin	By selection
29 Nov 2026	British Masters 5k Road Championships Battersea, London	Entries full
23 Jan 2027	Indoor Pentathlon, 3000m and Open events Cardiff	Advance notice
7 Feb 2027	Colin Simpson Handicap, Babbs Mill, Birmingham Details: https://centurionrc.org.uk/grand-prix-2026-27	Entry form: https://forms.office.com/r/hb6ZPSLMFq
20-21 Feb 2027	BMAF Indoor Champs Glasgow	Advance notice
6-7 March 2027	BMAF Winter Throws Oxford	Advance notice
8-26 March	World Masters Athletics Championships Florida, USA	Advance notice
15-18 April 2027	European Masters Off-Road Running Championships (EMORRC) Murcia, Spain	Advance notice
10-12 June 2027	World Masters Mountain Running Champs Klosters, Switzerland	Advance notice
11-22 Aug 2027	European Masters Athletics Stadia (Track & Field) Championships (EMACS) Jyvaskyla, Finland	Advance notice
31 Oct	European Masters Athletic Marathon Championships (EMAMRC) Luzern, Switzerland	Advance notice

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

Acknowledgements

Thanks to all the people who supplied articles for the newsletter.

Thanks also to the photographers; Emma Hooinshead, Sara Ellen, Matt Long, Katie Holmes, Mr&Mrs Jackson, Paula Williams

Contact Details

Editor – Jill Lamb – jillchlamb@aol.com

MMAC website - [Midland Masters Athletic Club | Official MMAC Website](#)

Chairman – Graham Lamb – grahamlamb@gmail.com

This year's winter league races will be held on the following dates: -

- 1) Sunday 25th.October 2026 – Coventry (Warwick University Science Park) President's race walk
- 2) Sunday 22nd. November 2026. – Stourport Sports Club.
- 3) Sunday 6th.December 2026. – Coventry (Warwick University Science Park)

The Winter league series will be judged as 'B' race category.

Entry fees are as follows:

Competitors – 18yrs & over - £8.00 only per entry which includes 50p R.W.A. Levy per meeting

Competitors – Under 18yrs & over 12yrs – £5.00 per entry and which includes 50p R.W.A. Levy per meeting

Competitors – Under 12yrs - £2.00 per race.

I am requesting that all clubs try to ensure that even if a member is only intending to compete in either one or two races in the series, that he or she is entered on the attached entry form. This will enable a race number to be issued at the outset, rather than on the day of the race and so prevent a late minute rush for an allocation of a race number.

Your co-operation in helping avoid this problem does not occur before races, would be much appreciated.

Please note:

Both the 5km and 10km distances will start at the same time.

Volunteers as Marshals are significantly required for all three meetings.

Entry fees may be paid either by cheque (payable to Midland Area RWA) or by Bank Transfer.

Details: Account Name – Race Walking Association Midland Area.

Sort Code – 54-21-13

Acc.No. 01013130

Ref – Wlge 2025.

Cash payments should be avoided please if at all possible.

Entries please by Wednesday 21stOctober 2026

Regarding the 2nd Series at Stourport Sports Club, please do not encroach onto the cycle circuit before 12noon as the circuit has only been booked from 1

Each entrant will only pay for what each series they compete in.

Basically, I need to put race numbers to names save last minute panic.

I accept they may be the odd late entry but would wish to avoid if at all possible.

Please also ensure that the athletes' competition/registration number is included on the entry form.

If I can assist with directions to either of the venues then please contact me for details.

Start Times – 1st.Series at Coventry.

(Registration etc at Coventry Godiva Clubhouse)

12.30pm – 5km/10km (Men & Women & U/18's)

1.15pm - 1km (Boys and Girls U/12yrs)

1.15pm - 2km (Boys and Girls U/14yrs)

1.15pm - 3km (Boys and Girls U/16yrs)

(Please note Car Park Fee is £2.50p All day at weekends. No parking on the course please.)

Start times for 3rd Series at Coventry will start at 12noon for the 5km/10km.

Any YAG entries will start at 12.45pm.

Glyn Jones Competition Secretary.

54 Ridge Street, Wollaston, Stourbridge, West Midlands DY8 4QF

(Tel.No.01384 371733)

e-mail glyn.jones6@blueyonder.co.uk

Start Times – 2nd Series at Stourport Sports Club.

1pm – 5km/10km (Men & Women & U/18's)

1.45pm - 1km (Boys & Girls U/11yrs)

1.45pm - 2km (Boys & Girls U/13yrs)

1.45pm - 3km (Boys & Girls U/15yrs)

Midland Area RWA

Midland Winter League Series 2026

Entry Form.

25th October 2026, 22nd November 2026, 6th December 2026.

Name.....Surname.....

Address.....

.....

.....

Post Code.....

Telephone Number.....

e-mail address.....

Date of Birth..... Gender(M/F).....

EA Affiliated Club.....

Competition Licence Number.....

I wish to enter (please tick) 10km M [] 10km W [] 5km M [] 5km W [] 5km U/18 []

Under 16 Girls 3km [] Under 16 Boys 3km []

Under 14 Girls 2km [] Under 14 Boys 2km []

Under 12 Boys 1km [] Under 12 Girls 1km []

Declaration: I agree to abide by UKA rules and accept that neither the race organisers, partner organisations nor sponsors will be held responsible for any injury or illness nor damage to or loss of property resulting from this event. (Parent to sign if athlete under 15)

Signed..... Date.....

(Please expand the entry form if necessary)