

EMAC eNews

Newsletter for Eastern Masters Athletic Club
eNews No7 - Jan 2017



Cath Duhig leaving the Hillingdon track 2 Oct 2016 after a 10k event

EMAC AGM

The AGM will take place on Sunday 12 Feb at Lee Valley Athletics Centre after the Indoor Track & Field Championships.

Standing down are Peter Duhig (Chair), Maurice Hemingway (Secretary who has also been covering Road and XC), David Barnett and Cath Duhig (General Committee).

If you've ever felt you'd like to give something back to your area Masters club, this would be a good time to do so.

Hasta La Vista

This will be my last effort at producing an EMAC newsletter as Pete and I are shortly moving abroad and, although I could probably keep things afloat from a distance, it seems the time is right to give a few things up to someone else – and we have a volunteer, who is far more adept than I at publishing and probably keener than I have become of late to trawl through results and nag people for information and articles.

I intended this issue to come out before Xmas but the lack of content and response meant that just didn't happen. Ironically, the meatiest and best received issue since I started doing this newsletter was the one containing the most obituaries..... Maybe that was an omen.

So, many thanks to any of you who have contributed to any previous issues, especially Maureen McCarthy & Christine Anthony, who have always come up with information when asked, and to Maurice Hemingway for sorting out my battles with publishing technology so that something presentable has been available for circulation.

And welcome and all the best to Joe McGrath who will be your Editor for the foreseeable future. Please support him and make him think the effort is all worthwhile.

Cath

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Masters on the Move

Several of our members travelled halfway round the world to compete in the WMA T&F Championships in Perth, WA.



Two GB Paul Thompsons;
our writer is on the right

Here is an account of one of his races from distant member Paul Thompson (M50).

This was my first crack at a World Masters competition. I'd toyed with Lyon 2015 but figured I had a better chance of winning something as a newly minted M50. While this was my first World Masters I was acquainted with many competing thanks to Facebook, including the one set up for GB WMA competitors. In fact Facebook blurs the distinction between who we know and who we have actually met face to face. Due to posted pictures, many were already familiar.

It turned out the place we had booked to stay was barely 400 metres from the cross country course, so, ironically, come race day, having been resident in Floreat and running on or around the XC course for a few days, I was the local athlete with home advantage. By race day I knew the course – blade by blade of grass.

I did a lot of homework for this race – about the climate, the courses (for XC and half marathon, my other race) and competitors. If I could run sub-28 minutes it seemed I ought to be able to breach the top ten and be part of a three man medal winning Team GB. The only thing that might take the edge off performances was the weather. As it turned out sunburn was more a risk than heat exhaustion.

The race was at 1pm so I spent the morning trotting back and forth to the venue to cheer Team GB and Team USA then, finally, we were off. Two guys bolted, Bruce Graham (AUS) and Anders Dahl (SWE), both M50 – and within the first 600 metres they had built a 40 metre lead over David Sweeney (AUS, M55), with me a few metres further back. During the first lap the leading two held their advantage but did not build on it. I decided to work with Sweeney to close them down. I did much of the work but, hey, David was five years older than me so I felt I owed him.

The four of us were locked together for the second lap, Sweeney and I tucked behind Graham and Dahl. As we passed the start and finish areas I heard the commentator announce, "Paul Thompson, Great Britain, is just behind the leaders and looking comfortable". Indeed I

was and that just did not seem right – both in the illogical and inappropriate senses of the word. So on the third lap I decided to see whether I was in fact as comfortable as I appeared and took the lead: no point finishing second and wondering what might have been.

Once in the lead I only know one way to run: gradually turn the screw until such time as my challengers fall away, so I spent the next 3kms with three runners on my tail. No matter what pressure I applied I knew they were in the wings, but it felt amazing to be leading a world championship race. After a lifetime of running for clubs, including Kettering Town Harriers, school (Kettering Boys), town (Kettering), county (Northamptonshire), university (Warwick), and region (North of England), here I was wearing the colors of Team GB. While I've been away from the UK since 1998 and feel fully adjusted to life in the US, where I am likely to stay for good, the one country I wanted to run for was the one from whence I originally came, that shaped who I am, for better for worse.

With less than a lap to go, a team mate, Ben Reynolds, a XC absentee concentrating on the 5000m and 10000m, shouted, "They're in single file!" I knew what this meant: they were hurting, at full stretch. But with around 600 metres to go Graham was clearly not hurting enough. He skipped past me. I jumped on his tail but he gapped me quickly. In the final straight he steadily pulled away. I sprinted for all I was worth to hold off Sweeney, someone I had to beat since he was in the older age group! I'm so ageist.

As well as this individual Silver success, Paul was joined by Simon Anderson and Bashir Hussain to secure Team Silver for GB. He went on to win Gold in the Half Marathon and another Team Silver.

EMAC had just over two dozen members at the World Masters Track & Field Championships in Perth, Australia, Oct 26 - Nov 6th, who between them brought home over 30 medals. Andrea Jenkins also broke a British Record in the W40 Throws Pentathlon. Many events were affected by the strong onshore winds that blew across the main stadia. These included Carole Filer's attempt on the W60 Heptathlon WR in which the High Jump competition was rendered near impossible. Those getting their hands on the bling included :

GOLD :

| | | |
|-----|-----------------|---------------------|
| M35 | Lawrence Harvey | TJ |
| W40 | Andrea Jenkins | TP |
| M50 | Stephen Whyte | WT & TP |
| M50 | Paul Thompson | HM |
| W60 | Carole Filer | 80mH, LJ & Hep |
| M65 | John Skelton | 10000m, 8kXC & team |
| W80 | Anne Martin | 2000m SC |

SILVER:

| | | |
|-----|----------------------|--------------------------|
| M35 | Lawrence Harvey | LJ |
| W40 | Andrea Jenkins | HT, WT |
| M40 | Paul Lockhart-Thomas | Mara Team |
| M45 | Adam Baker | Mara Team |
| M50 | Stephen Whyte | HT |
| M50 | Paul Thompson | 8kXC, & Team & HM & Team |
| W55 | Gaye Clarke | 4x100m (W35) |
| W60 | Carole Filer | 300mH |
| M65 | Peter Duhig | 4x400m |
| W75 | Betty Strace | 8kXC Team |
| W80 | Anne Martin | 800m & HT |

BRONZE:

| | | |
|-----|----------------|---------------------|
| M35 | Gavin Anderson | HM Team |
| W45 | Jo Newens | Marathon Team (W35) |
| W55 | Gaye Clarke | HJ(=) |
| W60 | Cath Duhig | 10kW, 20kW |
| W80 | Anne Martin | 1500m & TJ |

Road Running : Wolverton 5

The last race in the EMAC Championship series for 2016, the Wolverton 5, took place on Saturday 26 November in good conditions for running. There was a good turnout for the five mile race in Milton Keynes from EMAC with at least 38 members entered (several entered on the day but could not be recorded as EMAC members – see Championship News). Medals were handed out at the finish as soon as the results were available and the EMAC finishers were :

| Pos | Bib | Gun | Chip | Name | Age | Club |
|-----|-----|-------|-------|-------------------------|------|---------------------------|
| 13 | 38 | 26:37 | 26:32 | Simon Coombes | M40 | Leighton Buzzard AC |
| 21 | 126 | 27:33 | 27:28 | Phil Martin | M35 | Bushfield Joggers |
| 26 | 82 | 28:30 | 28:23 | Steve Herring | M 45 | Marshall Milton Keynes AC |
| 32 | 202 | 29:17 | 29:09 | Malcolm Tuff | M 50 | Ryston Runners AC |
| 41 | 66 | 29:48 | 29:40 | Andy Green | M50 | Team East Haddon |
| 47 | 180 | 30:11 | 30:04 | John Skelton | M65 | Marshall Milton Keynes AC |
| 53 | 197 | 30:39 | 30:34 | Philippa Taylor | F45 | Nene Valley Harriers |
| 59 | 162 | 31:16 | 31:06 | Ian Richardson | M50 | C&C AC |
| 68 | 107 | 31:47 | 31:38 | Simon Kirschner-Heavens | M35 | Marshall Milton Keynes AC |
| 74 | 167 | 32:54 | 32:46 | Brian Rogers | M60 | Ipswich Jaffa |
| 83 | 132 | 33:18 | 33:10 | Ron Mccullough | M70+ | Ipswich Jaffa |
| 84 | 136 | 33:31 | 33:25 | Keith Mclellan | M60 | Luton AC |
| 85 | 12 | 33:34 | 33:27 | Julia Austin | F50 | Vale of Aylesbury AC |
| 86 | 127 | 33:38 | 33:28 | Matthew Mason | M45 | Ely Runners |
| 89 | 11 | 33:51 | 33:43 | Christine Anthony | F50 | West Suffolk AC |
| 90 | 49 | 33:53 | 33:41 | Gail Duckworth | F60 | Leighton Buzzard AC |
| 101 | 79 | 34:39 | 34:26 | Maurice Hemingway | M60 | Riverside Runners |
| 111 | 137 | 35:07 | 34:58 | Gerald Meah | M55 | C&C AC |
| 122 | 220 | 36:19 | 36:06 | Eric Winstone | M65 | Bushfield Joggers |
| 125 | 156 | 36:27 | 36:19 | Lisa Pyatt | F35 | Ryston Runners AC |
| 156 | 32 | 39:13 | 39:00 | Nigel Bush | M65 | Biggleswade AC |
| 173 | 35 | 41:57 | 41:41 | Jeanette Cheetham | F50 | Bedford Harriers AC |
| 178 | 112 | 42:36 | 42:23 | Robert Lands | M55 | Bedford & County AC |
| 179 | 30 | 42:44 | 42:31 | Paul Brooks | M50 | Luton AC |
| 183 | 86 | 43:34 | 43:17 | Jacinta Horne | F50 | Bedford Harriers AC |
| 187 | 100 | 44:34 | 44:17 | Jacky Keenan | F65 | Bedford Harriers AC |
| 188 | 207 | 44:44 | 44:24 | Andrew Unsworth | M50 | C&C AC |
| 191 | 161 | 45:33 | 45:17 | Linda Rawlins | F45 | Werrington Joggers |
| 192 | 114 | 46:13 | 46:07 | Jim Lawrence | M60 | MMKAC |
| 205 | 163 | 50:07 | 49:45 | Karen Richardson | F50 | C&C AC |

There are also some photographs taken by Brian Graves which were published on the club website. Pictured here is Philippa Taylor of EMAC and Nene Valley Harriers, who, a W45, not only won her age group but was also first female in 30m 34s.



Road Running

EMAC has held a Road Championship most years and, whilst it is fairly low key compared to the T&F Championship etc, it is attracting more and more members to take part again. I had hoped to make the award for champion at the AGM but because I needed to use this eNews to communicate this (and ensure we had all the results in) this is not looking very likely.

The emerging results (ie all races excepting the Wolverton 5) have been published as the season unfolded and are on the Club website. Equally, straight after the race, the Wolverton 5 results were put on our website. Of course, we can only manage this for those members who entered in advance and indicated that they are EMAC members—it's just not practical to try to trawl through all the results to see if any of our members are listed. This works fine for the members who do enter in advance, but, as with these things, some members forget to enter, just don't get around to it, or their circumstances change and for races where there is an EOD possibility, manage to be there and take part.

For the 2016 Championship, and without any commitment for the future, I indicated on the website that any member who took part "at short notice" and isn't on the emerging results or the results list for Wolverton 5 on the club website (and published in this eNews) could contact me and I would add them for inclusion in the Championship. The Wolverton 5 results page indicated that I would keep the Championship list open for one week after publication of eNews. So check the lists and if your result is missing, then get in touch with me with the detail and I'll graft you in. But don't delay as there will be no further stay of execution.

Maurice Hemingway (hemingway@one-name.org)

London Marathon Place 2017

Each year, by virtue of being affiliated to England Athletics, EMAC receives a "club place" in the London Marathon as do all affiliated clubs. The number of places offered is dependent upon the number of first claim members that we have and because we have fewer than 50, we get one place offered to allocate as we wish.

In my time as Club Secretary we have sought members to indicate that they would like to receive it and then draw a name at random. This last year I modified that slightly in that for once I decided that if any of our First Claim members wanted the place, the draw would be amongst them as it is they who qualify EMAC for the place. I said that if no First Claim members applied, then the draw would be opened up to any member who was interested. For the 2017 place, we didn't get that far as First Claim Members did apply and the lucky winner was announced on Boxing Day on the club website. That winner was Joyce Crawford, W45, who will use the race as part of her build up towards attempting to attain Centurion status at the 2017 qualifying event in August in Bury St Edmunds

I am stepping down as Secretary and Road Race Secretary and so the new team will be allocating the place in future. If any members have an innovative, interesting method of allocation, I'm sure the team would like to hear it.

'TIS THE SEASON TO BE SQUELCHING.....

MUDLARKS

A brief word, first, from Maureen McCarthy :

Finally had a race I am really pleased with, that went well from start to finish. I came 1st W50, 3rd W45 and was 5th overall, in the Eastern Athletic Association XC Champs & Eastern Masters XC Championships. My club mate Christine secured 2nd W50. We could have done without the freezing cold splash pool, that we had to run through twice. Think I'm getting back on form.

Maureen has since changed age groups. We look forward to hearing of her further adventures and successes.



Eastern Masters AC XC Champs Results

(part of EAA XC Champs) at Keysoe, Saturday 21 Nov 2016

| | | | | | | | |
|-----|-----|--------------------------|-------|-----|-----|-----------------------------|-------|
| M35 | 1st | James Sadlier PAC | 49:40 | W35 | 1st | Wendy Perkins PAC | 29:04 |
| M40 | 1st | Tyrone Farrer Hunts A | 46:57 | W45 | 1st | Anna Folland Bed H | 24:39 |
| | 2nd | Martin Hewetson Bure VAC | 48:36 | | 2nd | Sally Cartwright Bed H | 25:05 |
| M45 | 1st | Spencer Goodall CoNAC | 44:11 | W50 | 1st | Maureen McCarthy W Suffolk | 25:36 |
| | 2nd | Steve Hall PAC | 48:55 | | 2nd | Christine Anthony W Suffolk | 26:28 |
| | 3rd | Gary Finch Bed H | 51:44 | | 3rd | Sally Johnson Bed H | 30:27 |
| | 4th | Calvin Hemmings Bed C | 53:43 | W55 | 1st | Pauline Stocker Hunts AC | 31:59 |
| | 5th | Matthew Mason Ely R | 56:22 | W60 | 1st | Nora Haggart Beds H | 29:55 |
| M50 | 1st | Andrew Leach NHRR | 43:29 | | | | |
| | 2nd | Stephen Howard Ely R | 52:16 | | | | |
| M55 | 1st | Paul Jeggo Springfield S | 51:02 | | | | |
| | 2nd | Derek Darnell Hunts AC | 57:39 | | | | |

If anyone missed out on their medal could they please contact me - I think I got most of you!

Courtney

| | | | |
|-----|-----|------------------------------|-------|
| M60 | 1st | Brian Rogers Ipswich J | 24:38 |
| | 2nd | Jonathan Haynes Bishops S AC | 24:54 |
| M65 | 1st | Tim Newton Ipswich J | 27:35 |
| M75 | 1st | Mike Rosbrook Hadleigh H | 35:17 |

Warm Weather Training Break

Christine Anthony and her super fit family went on a post Christmas break :

As a family this Christmas we decided to break the mould and book ourselves a week of almost guaranteed sunshine and blue skies with the option of the odd cycle, swim, run or just simple relaxation. So, after seeing advertisements for Club la Santa in the athletics magazines, we thought that this resort on the North East coast of Lanzarote might be just the thing.

Flights were ridiculously cheap in January so we flew out on the day after New Year. We were instantly amazed by the warmth and the blue skies as soon as we stepped of the plane. After picking up our hire car - the budget option turned out to be a rather small Fiat 500 - we drove the 20km across the island to the resort. The roads in Lanzarote are very easy to drive, little traffic and well signed, though our little car did struggle a bit on the hills. The scenery in Lanzarote is very different from the greenness of England. Dark soils, volcanic lava fields and various volcanoes dominate the landscape making it a very interesting island to drive or cycle around.

On arrival at the resort we were instantly curious to investigate the so-called 'world class' facilities: three 50m open air swimming pools (warm), a wonderful blue running track, numerous tennis courts, plus other racquet courts, a water sports area, bike area and various other areas designed for yoga, relaxation, stretching, dance etc. There was even aerial yoga, which happens in very comfortable suspended hammocks. All this and more was included in our price. There seemed to be something for everyone. There is a huge variety of people at Club la Santa, from elite sports men and women and international clubs to families of three generations of many nationalities all enjoying the same facilities. We happened to be swimming one morning and realised that the rather speedy, fit-looking Spaniard in the lane next to ours was in fact Javier Gomez, the Brownlee brothers' main rival in the Triathlon. I did wonder why the man dressed in a Spanish tracksuit walking up and down the poolside was looking at our swimming attempts rather despairingly.

Throughout the week we got the opportunity to run in organised groups (various different min/km paces were offered), try out Time Trial bikes around the Lanzarote Ironman routes, get coaching in different swimming techniques, take part in a triathlon, play some racquet sports, go out in a kayak, walk around a volcano, hang upside down in aerial yoga and also just enjoy people watching. By the end of the week we were all pretty exhausted, Fitter? Not sure. But definitely refreshed from the effects of some winter sun, blue skies, and change of scene, and I can now do a tumble turn in the swimming pool!



What Christine omitted to mention is that she won her category in the triathlon competition staged during her family's stay at Club La Santa.

GOOD NEWS?

It has been announced that Richard Bowker will succeed Ed Warner as Chairman, UKA. He joins the Board as Non Executive Director this January and takes over officially in Jan 2018. Warner retires next September. Bowker is currently a Non-Executive Director of London Marathon Events and a former Group Chief Executive of National Express. Bowker is on record as saying, "I look forward to working with everyone involved in athletics in the UK at every level."

That comment has definitely been noted by the BMAF!



Upcoming Events

[See EMAC website for current information and more detail plus links to enter](#)

| | |
|-------------------|--|
| 12 Feb 2017 | EMAC Indoor Championships — Lee Valley (also South of England & VAC Champs) Followed by AGM |
| 12 Feb 2017 | BMAF Indoor Pentathlon Championships 2017 |
| 26 Feb 2017 | EAMA Indoor Track & Field Inter Area Challenge 2017 |
| 26 Feb 2017 | BMAF 10m Road Champs — Maryport |
| 11-12 Mar 2017 | BMAF Indoor T&F and Winter Throws Champs 2017 |
| 18 Mar 2017 | BMAF Cross Country Champs—Liverpool |
| 19-25 Mar 2017 | World Masters Indoor T&F Champs — Daegu, South Korea |
| 9 Apr 2017 | BMAF 10k Road Champs 2017—Gravesend |
| 20 May 2017 | BMAF Road Relay Championships—Birmingham |
| 24-25 June 2017 | BMAF Track & Field Champs—Alexander Stadium, Birmingham |
| 27 Jul-6 Aug 2017 | European Masters T&F Champs — Aarhus, Denmark |

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