EMAC

eNews No.6

Welcome to the latest issue of an irregular publication designed to keep members in touch with what is going on.

It is ONLY circulated by email or accessible on the club website. If anyone wants a printed version then they are at liberty to print copies for themselves or others.

If you have anything to share with other members via this forum then please send submissions to the Editor, whose contact details appear later in this issue.

In this issue :

P 2	Committee and personnel news
P 3	"Home and Away" - some results
Pp 4 & 5	Road results and reports
Pp 6-9	Track & Field news and updates
Pp 10 & 11	Valedictions
P 12	Members in the Spotlight
Pp 13 & 14	Membership and Registration Information
P 15	Fixtures

Thanks to Brian Graves for photographs from T&F League and of featured members, and Andrew Stowe for Inter Area photo.

Contributions in the form of text or photographs always welcome. If you'd like an event that you've done featured, or a particular performance reported, please send in the appropriate information and it will be included in most cases.

Meanwhile, to stay informed :

- ***read this newsletter***
- ***regularly check the website,* www.evac.org.uk**
- ***be a friend on the club Facebook Page***

EMAC COMMITTEE—CONTACT INFORMATION

www.evac.org.uk

Chairman PETER DUHIG
peter@peterduhig.plus.com **chair@evac.org.uk**

Secretary & Website Administrator
MAURICE HEMINGWAY
sec@evac.org.uk

Treasurer
BRENDA RUSSELL
chelmscote@gmail.com

Membership Secretary
COURTNEY GUNN
evacmemsec@btinternet.com

Newsletter
CATH DUHIG
cath@peterduhig.plus.com
News@evac.org.uk

Track & Field Secretary, Road Running, & XC Secs
VACANT - Volunteers, please

DAVID BARNETT davidtfltours@aol.com SUE TAYLOR sue.taylor383@yahoo.co.uk

Please be aware that Peter Duhig, Chairman for most of the 26+ years he's been a Vet/Master, is definitely standing down at the next AGM (Feb 2017) ** See below.

Courtney Gunn, having overseen the transition of EMAC membership to being in line with the national On Track system, is also relinquishing his MemSec role. See Page 11.

Maurice Hemingway, who, as well as fulfilling the Secretary's role, has also been operating as i/c Road Running, is keen to pass on the batons of both his jobs to a new incumbent.

**** From The Chair :**
Dear All,
I am writing this from Spain, where it appears we will spending the next phase of our lives. Therefore I have to impress on all members that I will not, and cannot, continue to be Track & Field organiser, and EMAC Chairman anymore. If I offer to continue, people will let me. If I step back, then someone else has to come forward and do something to make it all continue.

Both the League and the Club have been something of pride to me of over the years. I enjoyed being Chairman and guiding (EVAC) EMAC into new areas, that were taken up and enjoyed. We had much success as well, challenging the biggest area clubs for their supremacy and at times winning. EMAC is now certainly considered a threat at any area match. Others look over their shoulders for us. We have had many champions, National & International. I like to think that the T&F League has helped these people to attain such heights. It was certainly hugely enjoyable to participate in, in those formative and halcyon years, and continues to be so, for the most part, today.

So, the time has come to thank people for their support and step back and see what happens. The odds on survival should be very favourable. A club with 6/700 plus members must have a couple of people willing to help perpetuate it? Mustn't it? That would appear to be the situation, but it also appears that the willingness to help make things happen is not as strong as it was in the past! Please prove me wrong.

I wish everyone in EMAC the very best of luck for the future (and that includes myself) as I am not leaving the club, just the administration. I look forward to seeing new enthusiastic blood coming forward and taking EMAC a notch further up the scale. We have a new name and striking new kit, so perhaps we can use that to help us end up the No1 Masters Area Club in Britain.

EMAC HOME & AWAY

EMA Non Stadia Championships, Vila Real de San Antonio, Portugal

What these events lacked in organisational finesse (which was a lot) they made up for in location (lovely) as they retuned to this Algarve beach resort. A small number of EMAC members took part. From a personal point of view it was great to be able to spend time with and get to know the Hon Sec Maurice Hemingway and his wife, Pam. Up until now the main contact Pete and I had had with Maurice had been across the Committee table or on the other end of emails. Cath [Ed]

EMAC results from Portugal (as far as I could find from trawling through results)

10K racewalk	4th W60	Cath Duhig 64:47
	GB Team Bronze medal W50 with Ann Wheeler (MMAC) & Angela Martin (SCVAC)	
20K racewalk	2nd W60	Cath Duhig 2:20:04
10K	36th M60	Maurice Hemingway 44:49
	23rd M65	Peter Duhig 47:15 (+ in 4th M65 team)
Half Marathon	12th M35	Phil Martin 1:15:18 (3rd overall & 1st M35 GB finisher)
	13th M65	Tim Newton 1:36:33
	23rd M60	Maurice Hemingway 1:36:37
	36th M60	Eric Winstone 1:45:54
Cross Country	Phil was in the GB M35 team that placed 8th and was 1st GB team to finish.	
	Eric and Maurice were in M60 teams that placed 6th & 7th.	

BMAF Pentathlon, Horspath Road, Oxford

W50	1st	Monica Brown
W55	2nd	Penny Butcher
	3rd	Tessa Stephenson
W60	1st	Carole Filer (over 4000 points)
M45	1st	Gary Smith
M50	2nd	Stuart Howlett (photo right, his first ever multi events comp)
	4th	Geoff Pooley
	6th	Steve Mayfield
	7th	Paul Canning
	11th	David Lane
M60	2nd	Gerald Daniel

London Marathon 2016

Sophie Wilkinson, who was the winner of the ballot for the EVAC (as it was then) place, sent in this report on her day out :

I finished in 3:40:48 which I was really pleased with as I was aiming for under the Good For Age time for my age (3:50). I stuck with the 8min 35sec pacers for the first half, apart from a quick loo stop at 3 miles, then overtook them just past Tower Bridge so I knew I was going to be sub 3:45. My pacing worked well as the last three miles were the quickest of the race at around 7min 20secs. In retrospect I like to think I could have gone faster but I'm not sure I'd have agreed with that during the race!

I found the congestion the most challenging aspect as it was impossible to keep a line and in the last few miles people were stopping and walking dead in front of me, so it meant a lot of diversions.

I was injured for much of Jan and Feb so my training didn't really start until the last week in Feb. I had, and still have, an upper hamstring problem.

I'm really grateful for the EMAC entry - I'd never have got to have this experience otherwise and it was one of the most rewarding things I've ever done. I'm also grateful to all those who donated to help raise £800 for WWF and Mind.

I've entered for next year and hoping for a few mins off my time, but who knows?

[**On returning from a holiday trip to recover from her London efforts, Sophie lost her father. We would like to offer our condolences, and I thank her for submitting an article about her run on top of dealing with her loss. Ed.]

Not so much as Easter Bunny as a Mad March Hare:

Roving Reporter Maurice Hemingway ran in the World Half Marathon event at Cardiff on March 26th He reports that the weather so appalling that "for about one minute you couldn't see more than 30 metres because of the horizontal hailstones" and comments : "Nice event and course - on a different day!"

EMAC results :

Dan Doherty, Higham Harriers, 19M40 1:18:38
Simon Fell, Stamford Striders, M35 (168SM), 1:19:00
James Sadlier, Peterborough AC, M35 (394MS), 1:25:51
Mark Alderson, Stamford Striders, 141M40, 1:29:55
Maurice Hemingway, Riverside Runners, 9M60, 1:33:02
Christine Anthony, West Suffolk, 3W50 1:33:37

Eastern Masters Race Walk 2016

Moulton 5m - Sat 4 June 2016 — Report from Maurice Hemingway

As far as I can tell, five EMAC members took part in the Moulton 5m Race Walk on Saturday 4 June 2016 in a field of 47 participants. It was great walking weather with a very slight breeze and hazy sunshine in a bit of very pleasant, slightly rolling countryside, just a few miles East of Newmarket. This was my very first race walk and it proved to be a good, friendly introduction to the sport.

Personally I started off very steadily then, once I was over a third of the way round, gradually picked up the pace having been warned by doom-mongers that I would suffer all sorts of injuries and afflictions if I even took part. Given that I ran my fastest 10k for about four years the day after, I'm now not convinced that race walking and road running are that incompatible. I would say that it was an enjoyable experience and I am keen to take part again, in a low key event.

Extracted EMAC Results

Pos	Name	Time	Age
6	Steve Kemp	49:18	M55
12	John Borgars	52:16	M65
30	Paul Firmage	58:38	M60
35	Maurice Hemingway	59:14	M60
41*	Pamela Abbott	64:58	W50

The EMAC 10K Road Championships were incorporated into the Luton 10K, with the following receiving medals in their respective categories :

W40	Christine Lathwell	Stopsley Striders	G
M40	Simon Coombes	Leighton Buzzard AC	G
M45	Phil Martin	Bushfield Joggers	G
M55	David Gill	Warrington AC	G
	Keith McLellan	Luton AC	S
	Gerald Meah	EMAC	B
M60	Eric Winstone	Bushfield Joggers	G
M70	Glyn Smith	Cambridge & Coleridge AC	G
	Tony Riley	Stopsley Striders	B
M75	P.J. Hough	Stopsley Striders	G

Well done to everyone above. What a pity more categories weren't contended.

EAMA INTER AREA TRACK & FIELD CHALLENGE
SOLIHULL, JULY 17th

Gallant efforts by a valiant but depleted team of EMAC athletes, saw them place 4th overall in the annual outdoor Inter Area match. The women managed 3rd place, the men 5th, giving a combined outcome of 4th, which was impressive considering EMAC had no M70 athletes, just one W70, and smattering of 60+. Only three out of a possible seven relay teams could be mustered.

Thanks are due to Team Managers Tanya Daniels, Andrew Stowe, and Richard Phelan for doing their utmost to recruit participants before the day, and to Monica Brown, Tessa Stephenson, and Carole Filer for being hands on at the match when Tanya was unable to attend.

There were some significant absences from the teams due to people being committed elsewhere, but all the TMs did comment that their task would be far less onerous if people would just keep in touch, respond to emails and phone calls, and generally help out a bit more before the day.

It seems mean to single out any individual performances from such a day - results are available on the BMAF website and Power of 10 — but one cannot help but notice that in addition to winning the W60 200m, 400m and High Jump, and placing 2nd in the Long Jump, Carole Filer once again bit the bullet and put herself to the sword of the 1500m to gain the team points.

Thanks to all the teams for representing EMAC so well. And if you weren't there and could have been, as Delia once said, "Let's be having you!" for future representative events.

Teams :

Men		**Women**	
Richard Phelan	110H, TJ, PV	Monica Brown	80H, 100, HJ
Shane Jay	1500	Nicky Morgan	1500
John McGrath	1500	Lindsay Lister	1500, 400, 200
David Frampton	1500	Stephanie Paine	400, SP, LJ, JT
Dave Brown	400, 200	Carole Filer	1500, 400, 200, SP, LJ, HJ
Gary Butler	400	Pam Abbott	2000W, LJ
Ivars Licietis	400, 200	Heidi Nicholas	100, TJ
Peter Benedickter	100, 800	Yvonne Newton	100, 200
Steve Mayfield	100, 200	Trish Hill	100, SP
Tony Roberts	800	Corinne Nurse	800, HJ
Dave Bowker	2000W	Zoe Palmer	200
Andrew Stowe	3000	Tessa Stephenson	200, SP, DT
Colin Ridley	3000	Christine Lathwell	3000
John Skelton	3000	Helen Grant	3000
Andy Cohen-Wray	Relay	Andrea Jenkins	HT, DT
Gavin Fordham	DT, LJ, SP, TJ, PV, HJ	Judith Jagger	HT, HJ, DT
Dave Burrell	DT, HT	Jemma Eastwood	PV
Andrew Sinclair Linton	LJ, HJ		
Geoff Tyler	SP, LJ		
Michael Hausler	JT		

Apologies for anyone missed or erroneous information.

Track & Field League 2016

Potential finalists are :

NE (Men) = Ryston and West Norfolk
NW (Men) = Nene Valley Harriers and Peterborough
SE (Men) = Southend and Thurrock
SW (Men) = Bedford & County and Marshall Milton Keynes

NE (Women) = Ryston and Cambridge & Coleridge
NW (Women) = Wellingborough & District and Peterborough
SE (Women) = Loughton and Southend
SW (Women) = Fairlands Valley Spartans and Marshall Milton Keynes

Please remember, if a member has not competed in any of the league matches he/she cannot compete in the Final. Competing in the various Relays qualifies the athlete.

A number of League records have been broken (one LR=) already. Here is a list so far :

Event / Age Cat	Athlete Name	RDAge	Club	Result	Venue	Date
Pole Vault M50-59	Paul Oakes	63	Ryston Runners AC	2.70	King's Lynn	04/05/2016
1km Walk (W)	Cath Duhig	61	Ryston Runners AC	05:59.0	King's Lynn	04/05/2016
1km Walk (M)	James Skinner	41	Stamford Striders	05:24.3	St Ives	04/05/2016
1km Walk (M)	Rodney Dunn	63	Peterborough AC	05:44.2	St Ives	04/05/2016
1km Walk (W)	Margaret Skinner	36	Stamford Striders	05:22.4	St Ives	04/05/2016
Shot W50-59 (3Kg)	Judith Jagger	55	Peterborough AC	9.23	St Ives	04/05/2016
Hammer M60-69 (5Kg)	Malcolm Fenton	60	Tendring/Ipswich Harriers	46.06	Thurrock	04/05/2016
Shot M60-69 (5Kg)	Geoff Tyler	67	Chelmsford AC	11.39	Thurrock	04/05/2016
400m M50-59	Ivars Licietis	60	Marshall Milton Keynes AC	62.4	Sandy	04/05/2016
3000m W50-59	Gill Fullen	51	Bedford Harriers	11:01.5	Sandy	04/05/2016
1km Walk	Diane Baldwin	59	Marshall Milton Keynes AC	05:40.0	Sandy	04/05/2016
1km Walk	Sally Cartwright	48	Bedford Harriers	05:41.3	Sandy	04/05/2016
Pole Vault W35-49	Jemma Eastwood	37	Bedford & County AC	3.20	Sandy	04/05/2016
Relay 4x1 W50+			Fairlands Valley Spartans	68.1	Sandy	04/05/2016
High Jump M60+	Paul Oakes	62	Ryston Runners AC	1.35	Kings Lynn	03/06/2015
Relay 4x2 M50+			West Norfolk AC	01:59.1	Cambridge	01/06/2016
1K5m Walk (M)	Mark Preskett	41	Fleet Street Runners	08:19.1	Chelmsford	01/06/2016
1K5m Walk (W)	Sally Cartwright	49	Bedford Harriers	08:50.6	Bedford	01/06/2016
Relay 4x2 W50+			Fairlands Valley Spartans	02:23.8	Bedford	01/06/2016
800m W60+	Yuko Gordon	65	Fairlands Valley Spartans	03:00.9	Milton Keynes	06/07/2016
Relay 4x4 W50+			Fairlands Valley Spartans	05:32.1	Milton Keynes	06/07/2016

TRACK	EVENT	AGE GROUP
10:35	400mH	M35-49, M50-59
10:50	400mH	W35-49,
11:00	1500m	M35-49, M50-59,
11:20	1500m	W35-49, W50-59,
11:45	200m	M35-49, M50-59, M60+
11:55	200m	W35-49, W50-59, W60+
12:05	2k Walk	M35-60+ (x2)
12:20	2k Walk	W35-60+ (x2)
12:35	800m	M35-49, M50-59, M60+
12:50	800m	W35-49, W50-59, W60+
13:00	**Lunch**	
13:45	3000m	M35-49, M50-59, M60+
14:00	3000m	W35-49, W50-59, W60+
14:25	400m	M35-49, M50-59
14:45	400m	W35-49, W50-59
15:00	100m	M35-49, M50-59, M60+
15:30	2248 Relay	M35-49, M50-59
15:30	100m	W35-49, W50-59, W60+
15:45	2248 Relay	W35-49, W50-59
16:00	**Prize Giving**	

FIELD	EVENT	AGE GROUP
11:00	HT	M35-49, M50-59, M60+
11:00	LJ	W35-49, W50-59, W60+
11:30	LJ	M35-49, M50-59,
11:30	HT	W35-49, W50-59,
12:00	DT	M35-49, M50-59,
12:00	TJ	W35-49, W50-59,
12:30	TJ	M35-49, M50-59, M60+
12:30	DT	W35-49, W50-59 W60+
13:00	**Lunch**	
13:30	SP	M35-49, M50-59,
13:30	HJ	W35-49, W50-59, W60+
14:00	HJ	M35-49, M50-59, M60+
14:00	SP	W35-49, W50-59,
14:30	PV	M35-49
14:30	JT	W50-59, W60+
15:00	JT	M50-59, M60+
15:00	PV	W35-49
16:00	**Prize Giving**	

Provisional

League Final Timetable

It is subject to modification by those running the match.

If you can see something constructive on which to comment please do so directly to the organisers, please NOT by whingeing on Facebook!

Future of the T&F League 2017

A message from Courtney :

There is no doubt that the Track & Field League is the jewel in the crown of competition within our growing EMAC membership. You just need to look at the membership in the year we didn't have a T&F League. Rather than sit back on our laurels we need to look at what will be required for 2017.

Peter Duhig will be retiring from EMAC and I am not prepared to run the programme on my own. We need some willing volunteers to form a committee that can undertake whatever is required to form next year's various divisions.

Are the current Divisional Secretaries willing to assist in addition to their current roles – in which they are doing a sterling job organising and keeping the matches running? No committee meetings would be necessary (but helpful). Most/all of the correspondence can be conducted online. We need more clubs to participate, hopefully enabling divisional restructuring, possibly less travel? We are already the envy of BMAF. Let's keep it that way!

EMAC TRACK & FIELD CHAMPIONSHIPS

WHEN?	**SUNDAY 3rd SEPTEMBER**
WHERE?	Biggleswade AC track—Sandy Upper School, Engayne Road, Sandy, Beds SG19 1BL
WHO?	Organised by Luton AC for all Master Athletes in the usual 5 year age bands. Guests from other BMAF clubs welcome.
WHAT?	100m, 200m, 400m, 800m, 1500m, 3000m, 2000m Walk 80mH, 100mH, 110mH, 300mH, 400mH, HJ, LJ, PV, TJ, DT, HT, JT, SP
HOW?	Via the BMAF website www.bmaf.org.uk Member log in Select EMAC Championships
	1st event £7; subsequent events £3
	Registration/number collection on the day.
	Held under UKA/WMA rules

Medals will be awarded to those achieving the required standard.
EMAC is using the same standards as SCVAC.

See the website for details.

Obituaries

Since the last eMag was published we have learned of the deaths of Alasdair Ross (not EMAC but a well known, hard-working, and popular athlete, aged 63, from pancreatic cancer), Barry Wallman (long-serving administrator and official with Cambridge County AA, aged 74), Peter Dancer, and David Blyth, ex-RAF and prolific participant, aged 96.

There follow two tributes to David :

DAVID BLYTH - IN MEMORIAM

Kindly submitted by Dave Ainsworth, ex- RAF and Editor of "Essex Walker" newsletter.

I attended Dave Blyth's Memorial Service in Cambridge today , following a brief cremation service. The Service was well attended, with some old RAF types present. An Order of Service had pictures of him with an Argyll & Sutherland Highlanders cap on, and another running in his RAF Coltishall days - as always with handkerchief wound around his left hand.

He was illegitimate and christened **McPail Davidson Barker Blyth**. Later in life, when he realised he'd no wish to have such names, he had himself re-christened as **David Blyth**. His parents went their ways soon after he was born, meaning he was brought up in an orphanage and also with foster parents. While in the orphanage [He was a “Coram Boy” , which will mean something to some of our readers—Ed] he learnt to play musical instruments, and joined the Argyll & Sutherland Highlanders as a 14 year-old boy soldier, playing the cornet in one of their bands.

The 1939/45 War saw his life change forever as the Argyll & Sutherland Highlanders were sent to defend Singapore when the Japanese threatened. Things didn't go well and David was captured, having a terrible time in POW Camps including spells on the death railway in Burma and at some time near the River Kwai. On demob he went to Scotland but failed to settle in a number of civilian jobs before joining the RAF in the mid-50s. He was happiest at RAF Duxford and was a member of the RAF Duxford Association until his death aged 96. He was at RAF Coltishall in the late 60s before being posted to Akroti - then returning to RAF Coltishall as a Sergeant Armourer.

He'd excelled at racing cycling & swimming, not taking up running until aged 47, then going on to complete 32 marathons, including the first London in 1981. He took up horse riding, shooting and fencing as he wanted to do well at the Modern Pentathlon, and was in an RAF Coltishall trio which won the Inter-Station Modern Pentathlon in the late 60s. His diary showed he completed 63,000 miles running in both training and racing. One year his swimming distance exceeded 90 miles. Dave was tough!

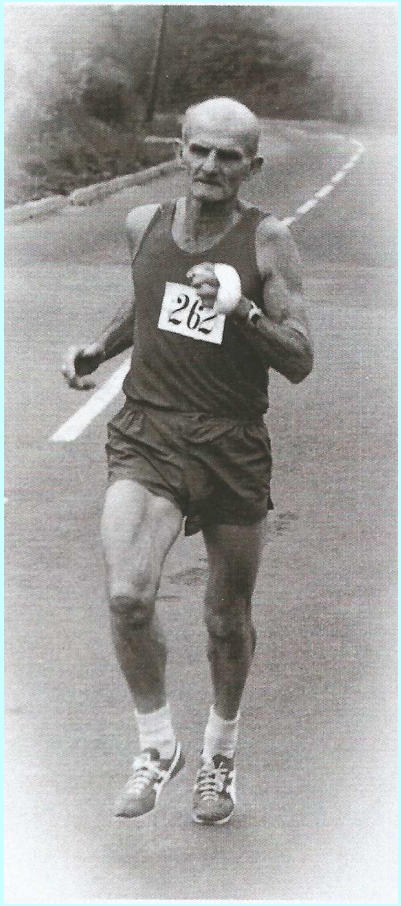
He belonged to Cambridge & Coleridge AC and also Eastern Vets and was President for Life of the Eastern Cross Country League. When aged 95 Dave bought his first ever TV set and mobile phone!

Speakers at the Memorial Service were his nephew Michael Ashfield (on behalf of the family), John Caldicott (on behalf of The Old Coram Association), and David Kennett (on behalf of the Armed Forces.). Mr. Caldicott recalled that last year The Old Coram Association held a reception in the Houses of Parliament, where Dave - aged 95 - had given a wonderful speech.

Despite bad experiences in Singapore, Dave was posted back there in his RAF career, but he didn't complain, as Dave never complained about anything! He'd married the daughter of a Foster Parent, but it ended early and sadly as his wife suffered a fatal brain clot - Dave was never to marry again.

This Memorial Service ended with Pipe Major Sloan (in full traditional Scottish attire) of the 1st Battalion

Black Watch playing "Flowers Of The Forest". How does one get a Scots piper to come so far from where his Regiment is based? Easy - he's seconded on Recruitment Office Duties in Cambridge City Centre and was close by. I'm glad I went as it was so uplifting to hear so much about a truly lovely man who is so easy to remember. Indeed it was mentioned he was Captain of RAF Coltishall's cross-country team in the late 60s.



A former RAF race walker from the 60s/70s, octogenarian (and ex-Hon. EVAC Newsletter Editor) Chief Technician Tony Challis, who now resides in a Care Home in the next street to this church, attended David's memorial service with his wife Barbara.

Tony penned and sent in his own thoughts on David:

David Blyth. 1919 -2016

On 27 June my wife and I attended the Celebration Service at Saint Andrews Church, Chesterton, following David's committal at Cambridge Crematorium. The service took the form of stories about his life and his time in an orphanage to his last days. These were given by friends who knew about his Army Service and his time in the RAF as well as his running career. There were a good number of people present, but I would have liked to have seen a few more from EVAC and Cambridge runners.

I had known Dave a good number of years and had interviewed him for the EVAC mag**, but I didn't know he was brought up in an orphanage or that he was once married.
The Service concluded with the Pipe Major of the 1st Battalion of the Black Watch playing 'Flowers of the Forest', a very emotional feeling.

** Ex EVAC Mag Editor Tony asks if anyone has a copy of the issue containing this interview stashed away anywhere as he would love to borrow it for a re-read. He can be contacted via the current Editor.

Rob Lands informed us of the death of Peter Dancer (photo, right) and wrote thus :

One of our valued club coaches Pete Dancer died a few weeks ago (66). I am sure Pete was an EVAC member for much of his 25 years as a vet. The chapel was packed for his funeral, as was the foyer and the area outside the foyer. Pete was a valued coach and friend, and Gavin Fordham's uncle

Members in the Spotlight

Brian Graves has sent in a couple of brief athlete profiles. It's always nice to be able to put faces and achievements to names. If anyone else would like to submit something similar, about themselves or a clubmate, it will be gratefully received and included in future issues of this newsletter.

John Skelton(M65)

- 2nd M65 in the BMAF 5km road race at Horwich (19 June) with 19:05, 2nd ranked in UK this year
- 38:57 in the Milton Keynes 10km road race on 28 June; 4th in UK rankings this year to-date.
- 38:05.51 in the EMAC 10,000m track race at Sandy on 6 July, leading UK track time for M65 to date.
- 2nd M60 in the Inter-area match, 3000m with 10:44.54.

Yuko Gordon (W65)

Competes for Fairlands Valley in the track & field league. Her first claim club is North Herts.

The photograph is of her enroute to breaking the league W60 record over 800m with a time of 3:00.9 at Milton Keynes on 6 July.

On the roads this year Yuko has run three very fast times for her age group:

- 4 May Silverstone 10K 42:46 2nd on UK all-time rankings
- 7 May Victoria Park 5m 35:57 4th on UK all-time rankings
- 18 May Wroxham 5K 21:01 3rd on UK all-time rankings

****Of himself, Brian tells us: "Ursula Ghaleb and myself are working towards the World Masters Mountain Running Champs in Italy at the end of August. It's over a year since my accident and pleased to say that, at the moment, my legs are OK."

We are pleased to hear that Brian, and look forward to report and pictures from the event.

Membership Secretary's Updates:

Important news first:
Because of other commitments, I will be stepping down as MemSec from 1st January 2017. This is to give the new MemSec an opportunity to get to know the ropes in time for the membership renewals nearer to 1st April (new membership season). During January and February some members start to renew so some hands-on familiarisation will be available.

Although I will be on hand to give guidance to whoever takes over, in the unlikely event that no one wishes to take on the role, I will **NOT** continue as MemSec. Peter Kennedy (BMAF IT Mgr) will also be available with any technical support required.

What does it entail?
With the introduction of on-line registration and renewal (through BMAF OpenTrack) most of the work is done electronically. The new or renewing member undertakes the bulk of the initial work: personal details, interests, club details, EA details and BMAF details. If all this data is in order (member's responsibility) the MemSec's role is to validate their data and change their account from 'Pending' to 'Confirmed'. Payment can be made on-line using Stripe (similar to PayPal) or they can pay via Inter-bank transfer or by good old fashioned cheque.

Although it is not essential, some understanding of Excel will help. I use Excel mainly to create management reports for interested parties, for example, Race Directors, who may want a list of members and their paid up status! OpenTrack has its own set of reports which are available to approved individuals.

If you are interested in taking on this extremely interesting and rewarding role please make contact with myself or Peter Duhig, as early as you can.

Action from the EMAC League, Sandy, 4th May :M35 3000m. From left to right :
Simon Coombes (Bedford & Co)
Adam Mills (Bedford H)
Mark Ryall (MMKAC)
Craig Halsey (FVS)

Mark won this race in his EVAC debut clocking 9:00, just short of the league record set by Keith McLellan (Luton) with 8:55.9 in 1997.

A bit about BMAF OpenTrack
(extracted from a memo written by Peter Kennedy to MemSecs)

We are now coming up to 6 months since Reportlab won a contract for the development of grassroots athletics technology and open data in the UK and across Europe from the European Community FINODEX project. They are now trying to win a second tranche of funding.

We made a decision last November to give up on England Athletics providing something we could use. Instead, we persuaded Reportlab to take us on as a major customer at short notice, based on their FINODEX funding from the European Community and what we pay them in commission on the online payments. This doesn't go anywhere near covering the costs of all the development work we would like to have; nevertheless, we managed to get a replacement system into action in time to handle the entries for all the indoor championships and the large number of membership renewals that come in January. We achieved this in part by accepting a less polished system initially, with some functionality missing. Much of the latter is covered by manual efforts by Alex Rowe and myself and extra work by yourselves [MemSecs]. We are still expecting them to extend the membership renewal and competition entry processes, as well as effecting a long list of other big and small changes.

Peter Kennedy (BMAF IT Manager)

UKA Registration Checks

UKA introduced the following rules in April 2016 :

- Any affiliated Club accepting a Second Claim or "First Claim other" member as a competing athlete must satisfy itself that the athlete is already registered with his/her National Association.
- All competitions under the rules of UKA and Domestic Competitions held under IAAF Rules are confined to eligible athletes as defined by these rules. All athletes in Age Groups covered by these Rules (Age Group Under 13 upwards) must be registered with their National Association and comply with their terms and conditions including payment.
- Athletes will be disqualified when competing in events with a UKA permit if they are not currently registered to a National Association. Registration is not mandatory for any non-competing members and overseas-resident guest competitors in these events

These rules do not apply to those competing solely in road/fell/trail individual races, but they already had the obligation to pay a £2 supplement if unattached or a member of a registered club but not registered with their National Association, and this rule will now be more strictly enforced by race promoters.
The BMAF area clubs will shortly enforce these rules as follows:

- A new member without a first claim club must start the process of choosing a first claim club and obtaining UKA registration if they are intending to compete in BMAF national or area club cross-country or track and field events with UKA permits. They will need to maintain this registration on annual basis for as long as they are competing. UKA registration is done via EA, WA, SA or ANI depending which national athletics association their first claim club is registered with.
- Online entry to BMAF national or area club cross-country, track & field, or race walking competitions with a UKA permit will be blocked unless the athlete is logged as UKA registered in the Opentrack database. Registration information for EA and WA registered athletes comes in real time from the EA database. SA and ANI are providing us with a list of their registered athletes each month but we can update this information for any athlete who sends us evidence that they have recently registered.

- You will be able to see your UKA registration status in Section E of your personal data in OpenTrack, updated to the latest information received, and if the status is Red or Amber you may need to take action before you can enter the competition of your choice.

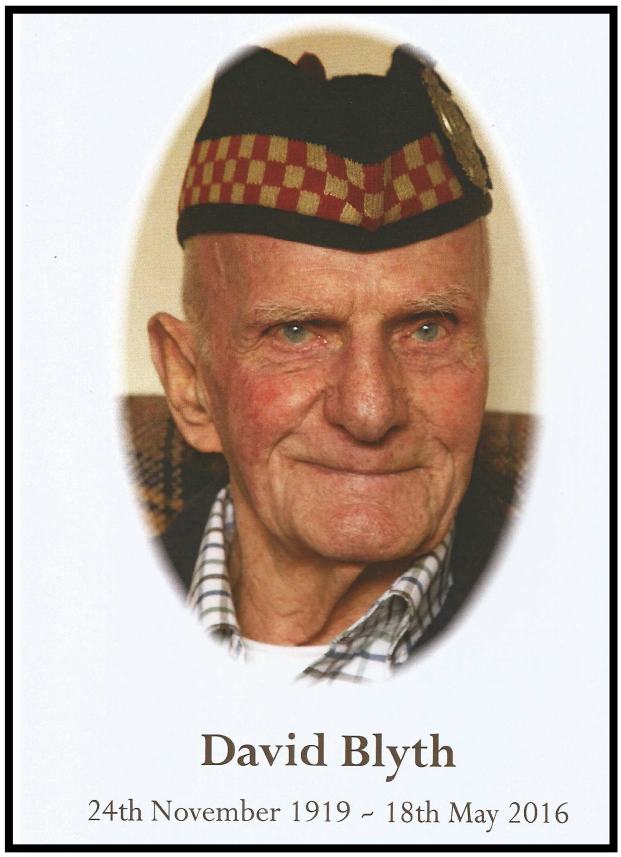
Coming up

Date	Event	Venue	Entries close
2016			
AUG 4	BMAF Marathon Champs	Isle of Man	
SEPT 3	EMAC Track & Field Champs	Biggleswade	
SEPT 11	EMAC T&F League Final	Bedford	
SEPT 11	International 10K	Cardiff	Selection
SEPT17/18	BMAF T&F Champs	Alexander Stadium, Birmingham	
SEPT 24	BMAF Inter Area XC Challenge	Wimbledon Common	
OCT 9	BMAF Half Marathon Champs	Glasgow	
OCT 26– NOV 6	WAMA Track & Field Champs	Perth, Australia	
OCT 30	Fenland 10**	West Walton, Wisbech	
NOV 12	British & Irish XC International	Glasgow	Selection ##
	## Contact Maurice Hemingway for consideration for selection		
NOV 26	Wolverton 5 miles **	Milton Keynes	

** = races in EMAF Road Race Series

Details of all these events and how to enter are on the EMAC Website **www.evac.org.uk**
Entries to ALL national and international championships have to be made
via the online portal, instructions for which are also linked on the EMAC website
or on the BMAF website

W60 20K Race Walk Podium, EMA Non-Stadia Champs, Portugal
Cath Duhig (silver)
with Spanish team mates
Aurora Ordas (gold) and
Maria José Briz (bronze)



David Blyth

24th November 1919 ~ 18th May 2016

Eight of the Inter Area Women's Team at Solihull, plus a ringer.
Note Carole "Rent-a-Team" Filer 4th from right with her age backwards on her vest.