



Midland Counties Endurance Newsletter

June 2009

Welcome to the endurance newsletter, this newsletter comes to you as a club member, athlete, official or maybe just someone who would like something different and challenging to read.

The newsletter is intended to keep you up to date on forthcoming events, venues and dates, what and who the committees are, latest news for our band of officials and a plea for more help.

Firstly, a few introductions to people, for those of you who do not know them, what they have done for our sport and what they are doing now.

MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION

The Cross Country Committee is headed up by Chairman Mick Robinson along with President Edwin Toft, Secretary Rita Brownlie, Finance Officer Bill Adcocks, Officials Co-ordinator Graham Heeley and club representatives. A number of members of the committee represent the Midlands on the English Cross Country Association, and play a very active role, which includes the co-ordination of the hosting the National Championships every three years.

The Committee is responsible for the promotions of a number of cross country events which include the Championships held in January, Relays in October, Midland Men 7/Ladies 5 in November and the four Women's League races.

Over the last few years a Junior Team, both male and female, has travelled to Belfast for the Belfast International with excellent results. This year the Midlands took top places in both races.

The committee meets six times a year, at the Midland Counties Offices, Perry Barr, with the AGM on 14th September this year. Club representatives are invited to attend the AGM and two general meetings, the dates are as follows, so please ensure your club is represented, especially in these times of change within our sport.

- Cross Country AGM Monday 14th September, 2009
- General Cross Country Meeting Monday 19th October, 2009
- General Cross Country Meeting Monday 11th January 2010
- General Cross Country Meeting Monday 8th February 2010

All clubs are encouraged to attend the England Cross Country AGM on Saturday 15th May 2010. It is your club's chance to have a say in what happens about English cross country!



MIDLAND COUNTIES ROAD RUNNING ASSOCIATION

Dave McNamee is Chairman of the Road Running Committee.

Dave started his involvement with athletics in 1971 when he was 19 and moved from Scotland to Cheltenham at the start of his working life. He joined the local Harriers as a runner but became more involved as a volunteer, club administrator and later official about 10 years later, combining competition with administration in his early athletics career. Since the mid-1990s however, he became more actively involved with Midland road running and cross country organisation and has been a consistent road race and cross country event organiser for several years before becoming the Chairman of the Midland Road Running committee.

The MCCA Road Running Committee consists of a Chairman, Honorary Secretary (Rita Brownlie), and various nominated persons who have a committed interest in furthering the progress and development of road running in the Midlands area. These persons include Bill Adcocks, Mike Doyle, Norma Blaine and Geoff Durbin, our current Midland Chairman (as ex-officio). Phil Holland - the Midlands region Race Measurement Secretary - also sits on the committee but also performs his race measurement duties for other road running related bodies.

The Committee meets approximately 2 to 3 times a year depending on circumstances and one of its main remits is to prepare for and promote the 3 sets of annual Road Relay Championships for MCAA affiliated Clubs in Sutton Park – the Senior 12 stage men, Masters and Ladies 6 stage in the Spring, the Senior 6 stage men and Ladies 4 stage and young athletes relays in the Autumn.

The Committee also hopes to promote an annual individual road race championship every year depending on which suitable events are happening in the Midlands area.

The Committee is also responsible for raising and sending teams (men & women) to compete in Inter Area Road Matches (usual distance 10k) against similar teams from the North, South and Wales. There are usually 4 of these matches in a year. Any Club with an athlete who is deserving of a place should contact the Midlands Office on 0121 344 4201 or athletics@mcaa.org.uk

The Committee will also happily admit that it is getting a "little bit long in the tooth" and would welcome some new, younger, fresh blood to inject more modern views and opinions of the Midland road running scene into its makeup and outlook. We do need younger members on the road running committee to face the future !



FIXTURES

2009

- 19th September Midland Men's 6 & Women's 4 Stage Road Relays
Sutton Park
- 20th September Midland Young Athletes Road Relays Sutton Park
- 3rd October Midland Cross Country Relays Wolverhampton
(Open)
- 17th October National Men's 6 Stage & Women's Sutton Park
4 Stage Road Relays
- 18th October National Young Athletes Road Relays Sutton Park
- 24th October Midland Women's Cross Country League Senneleys
Park
- 31st October National Cross Country Relays Mansfield
- 28th November Midland 7/Ladies 5 (Open) Halesowen
- 5th December Midland Women's Cross Country League - NBA

2010

- 16th January Midland Women's Cross Country League - NBA
- 30th January Midland Cross Country Champs Stafford
- 13th February Midland Women's Cross Country League - NBA
- 27th February National Cross Country Champs Leeds
- 20th March Midland 12 stage Men & 6 stage Ladies &
Masters Road Relays at Sutton Park
- 10th April National 12 stage Men & 6 stage Ladies
Road Relays at Sutton Park

Entry forms will be sent out to club secretaries approximately 4 weeks before the event and will be available on the Midland Counties website www.midlandathletics.org.uk If your club's contact has changed or you are not receiving the forms directly, please let the office know.

Situations Vacant



<i>Job Title:</i>	<i>Endurance Official</i>
<i>Salary:</i>	<i>Tea/Coffee and a food allowance</i>
<i>Benefits:</i>	<i>Dedicated parking space at most events, polo shirt</i>
<i>Qualities Required:</i>	<i>Enjoyment of endurance events</i>
<i>Qualifications Required:</i>	<i>On the job training provided, dedicated training course and CRB check</i>
<i>Closing date for applications</i>	<i>No date fixed</i>
<i>Date of interviews</i>	<i>When are you free</i>

We are always looking for people to join the band of endurance officials so if you are interested or know some else who may be interested please do not hesitate to contact Graham Heeley or Bill Adcocks via the Midland Office or speak to another official who will be more than happy to put your name forward.

OFFICIALS AVAILABILITY

At the beginning of July availability letters for the Cross Country and Road Running will be sent out.

These will need to be returned by the 31st July when the selections will be made in to save both time and postage in the future, availability forms will be sent to those officials who wish to offer their services to officiate at both Road & Cross Country events.

If you have not received an availability form by the beginning of the second week of July then please contact the MCAA office and if your name is not on the distribution list then it will be added.

Bill Adcocks & Graham Heeley.