



**MIDLAND COUNTIES
ATHLETIC
ASSOCIATION**

ANNUAL REPORT

2018

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MCAA Chairman's Report 2018

I am pleased to present the 2018 Annual Report of the Association and I am grateful to colleagues who have produced reports for inclusion.

We are again grateful for support throughout 2017/18 from various sources. England Athletics for their continued grant towards running Area Championships. Derby Runner for the sponsorship of our Cross Country Championships in 2018 and for the provision of an arch at the Road Relays. Athletics Direct for its continued sponsorship of the Track and Field League and Track and Field events. ECCA for providing a grant towards our team at the National Cross Country Championships and ERRA for providing a grant towards development in Road Running.

We continue to promote a number of Area Championships and open events in the various disciplines. Our thanks go to the clubs who assist in staging our endurance events. We are grateful to Nuneaton for staging our Outdoor Track & Field Championships. The difficulty in providing a full range of Indoor track events requiring a 200m track becomes greater each year when we are unable to use Arena Birmingham because of cost and availability. For 2019 we have one day for the City of Birmingham Games Open.

We continue to use the HPC at Alexander Stadium to stage Indoor events (and outdoor throws) despite escalating costs. It is sad that the Midlands is the only Area in the Country with no indoor 200m track – shame on Sport England and our Governing bodies for such a lack of provision for our athletes, putting them at a disadvantage.

Our thanks go to the athletes, coaches, officials and helpers for their continued support of our events.

Thanks must also go to the Track & Field League Committee and Divisional Secretaries for the hard work in providing a good structure of competition for the clubs.

Our congratulations go to Midland athletes who have represented England or the United Kingdom in international competition during this year, especially the World Indoor Championships and the Commonwealth Games (please see the list produced by Lyn Orbell of Athletes at the Major Championships).

We thank all athletes who represented the Midland Counties in various teams throughout the year, together with their team managers, coaches and support staff. The Areas are an important part of the competition pathway. England Athletics supported us and the other Areas to send a track and field team of U20's to the Welsh International where the athletes produced good results – the athletes being selected from winners at our U20 Track and Field Championships. With the support of ECCA and ERRA we were able to support Cross Country and Road Running teams to go to various events.

The Association is indebted to the volunteers across the Area who have given their time and energy to support athletics. We thank the Officers and Committees of the Association, Coaches, and Technical Officials, Club and County Officers and all supporters of the sport.

Again, my thanks and that of the Association go to our hard-working office staff for their contribution to the smooth running of the Association, especially in the support given to the various discipline committees. We welcomed Mrs Clarancia Meade as a new member of the office team.

With the awarding of the Commonwealth Games to Birmingham in 2022 our current office will be demolished in the autumn of 2019 to make way for the new stadium structure. The staff will be involved in a relocation to the back straight stand offices.

The Management Committee have met regularly throughout the year to conduct and oversee the business of the Association. The officers have also met on numerous occasions. I would like to thank my colleagues for all their hard work and the support they have given throughout the year, especially from November to February when I was dealing with a family illness and bereavement. We also thank our President, Lyn Orbell, for her attendance and presentation medals at our championships.

We continue to have discussion within the other Areas and with England Athletics concerning the future support and funding of the Association to ensure our viability in the coming years. Our survey did show strong support for Midland Counties to continue providing Area competition and an additional fee. We continue to press England Athletics to ADD a component to the EA affiliation fee going towards grassroots competition. Be assured that the Management Committee will continue to press for this while monitoring the progress of the Northern Athletics scheme.

Finally, on behalf of the Midland Counties AA, I wish you an early Seasons Greetings and best wishes for the New Year.

Geoff Durbin
Chairman
Midland Counties Athletic Association

MCAA Hon. Secretary's Report 2017/2018

2018 has been yet another year of change, innovation and problems in just about all aspects of the Association. The lack of information and unreliable timings that the World Championships at the Arena Birmingham meant that a great deal of time was spent by the Officers and the Office staff trying to establish the exact position regarding the availability of the stadium for the Midland Championships and Birmingham Games. The final decision was taken with regret that the Association was not able to offer any event time at the Arena due to a number of circumstances beyond our control. The burden of work on the Office staff was further increased by the departure of our latest employee. Yet again I must give huge thanks and express my great admiration for the professionalism of Mrs Val Day and Mr Ian Clarke for the way in which they ensured, that despite the less than ideal staffing level, the internal workings of the Association remained on track at all times. I am also glad to report that after reducing the large number of applicants for the vacant position, we were able to interview and make an appointment in the person of Mrs Clarancia Meade, who has brought a breath of fresh air along with a very professional and friendly work ethic.

Life is never simple and the introduction of the GDPR legislation in May of this year meant that we had to undertake an audit of our data and IT processes to ensure that we were compliant with the new law. Our systems are now fully encrypted and require extra hardware before being able to be used. We also undertook to produce a Data and Privacy Statement so that our Athletes, Parents, Carers, Coaches and employees are able to have confidence that we will safeguard all and any information we collect for the purposes of providing competition.

The welcome news that Birmingham had been awarded the Commonwealth Games in 2022 has given rise to some concerns regarding the position of the Association in the present and future Alexander Stadium. We are working with the City to ensure that we will have an office during the demolition and building of the new stadium, and have had a number of communications and meetings with this regard and we have been assured that there will be a place for the Association in any new Stadium. This is important so that we can plan for the transition and also to enable us to assure our valued employees of a continuing and active Association.

After a number of years working with Mr Simon Fennel we have made the decision to move our Competition Entry system over to the new England Athletics provided system. This means less work with regards to setting up and maintaining of the original system and we hope a lesser need to continually chase up a number of competitors who have continued to withhold payment until the last possible moment. We have also changed our conditions of entry such that non-payment before the entry closing date will invalidate any such entries. We are working towards the full implementation of the new system for the 2019 Indoor Season.

In line with our efforts to streamline and update our systems we have worked with Simon Fennel to implement an online Officials Portal where new officials can register and then in conjunction with existing officials indicate their availability for our forthcoming competitions, both Open Events and Championships. This system went live in mid October this year and will continue to develop to allow our advisory groups to allocate appointments online with the minimum of time being needed, along with the ability to receive any withdrawals and the new appointments very quickly. We will continue to monitor this and with the feedback of the users make any needed improvements.

We are also working with the Track and Field League Committee to find ways of improving athlete and Club experience in all areas of the competition, and are looking at possible funding sources for provision of electronic timing and results systems.

Once again, I must express my gratitude to all the office personnel for putting up with my continuing demands upon their time and patience.

Andrew Hulse
Hon. Secretary
Midland Counties Athletic Association

Cross Country Annual Report 2017/18

The MCCA sent teams to three fixtures during the 17/18 season.

Liverpool XC which hosted the Euro trials.

The Easy Kit Cross Cup in Belgium.

The Home Countries international at Nottingham.

Liverpool Euro Trials

Five senior men and one junior man were selected to represent the Midlands at the prestigious Liverpool Cross Challenge, at Sefton Park on the 25th November. The Liverpool race forms part of the British Cross Country League and is used as the selection race for the European Cross Country Championships.

Liverpool greeted the Midlands athletes with a mix of rain, hail and of course, plenty of mud. It was a true British cross country that would push all athletes to the limit.

The 8km Junior Men's race was marked by a high-quality field and a strong early pace. It was Birchfield Harrier Will Richardson who bravely took out the pace, leading after the first large lap by around 20m from a chasing group of four. Richardson tenaciously held his early pace, only being pipped by Leicester athlete Ben Dijkstra, who closed the gap and strode out to win the race in style; a sensational one-two for athletes from Midlands clubs.

Tom Mortimer, the Midland's sole junior representative, ran a strong race to finish 11th. Tom stuck with the chasing pack for much of the race, before fading slightly in the closing stages.

By the time the Senior Men's race came around, the already tough course had become somewhat of a mud bath; the running became less graceful and more 'slog' with every mud churning footstep.

Graham Rush (Cheltenham) was the first counter for the Midlands. Graham enjoyed a duel with Stoke AC athlete Alex Brecker. Alex eventually pulled away, finishing strongly to sneak inside the top 20, whilst Graham finished off a great race to come home in 23rd.

Jack Gray was the Midland's second counter, and after losing his shoe early on, managed to work from around 150th to eventually finish in 45th. 20-year-old Shaun Evans of Royal Sutton Coldfield made a big impact on his senior debut for the Midlands. Shaun judged the early pace well, running through the field to finish in 54th. Shaun was the Midland's third counter and finished top 20 as an under 23 in only his first year in the age group.

Building on his recent good form, Jack Millar of Bristol had a strong start and maintained his position, battling through the mud to finish in an excellent 67th. Fresh out of a strong run at the Midland 7 Mile Championships Tipton Harrier Peter Brookes was the Midland's fifth counter. A road runner by trade, the conditions were not ideal for Peter. Despite this, Peter pushed throughout the race and finished in 102nd. Peter assures me he is looking forward to breaking his 10k PB at Telford in December.

All in all, it was a good day out for the Midlands with the Junior Men's race providing the icing on the cake. The Seniors will hope to replicate the success of the Junior athletes with top 10 finishes in the National and Inter-Counties Cross Country Championships respectively, as well as the exciting prospect of European races on the horizon.

Belgium

On the 10th February we headed out to Belgium for the Easy Kit Cross Cup. Travel, hotel and race entry were all arranged by Ben Woolnough of Jamin sports. We travelled with the England team and were made to feel very welcome. If we were to go abroad again, I'd strongly advise that we contact Ben to arrange it and tag along with the England team. Everything ran to clockwork and there wasn't anything that could have been any better. We took 4 men and 3 ladies. I had allocated 4 ladies, but we didn't have enough to take up this fantastic opportunity. Jack Gray who was initially selected for the Midlands finally got his England call up on the Monday before the race.

The Men consisted of:

Danny Hallam - Wreake and Soar Valley

Alastair Watson - Notts AC

Patrick Roddy - Kenilworth

Alex Hampson - Cambridge and Coleridge U20 domestic athlete

Ladies:-

Lori Handbury - Notts AC

Eleanor Fowler - Nuneaton

Lucy Holt - Notts AC 1st year Senior

The course was a typical European spectator course and I think the men ran about 6 laps and the ladies 4. The competition was very good for all of those who ran and offered something that none of them had experienced before. Danny Hallam and Lori Handbury stuck out as athletes to keep an eye out for in the future as they both continue to improve. Their presence at the race will only benefit them favourably in their quest to gain international selection.

Nottingham HCI

The following men's report on the home countries international match last month has been produced by Jack Gray.

Home International Cross Country, Wollaton Park Nottingham. On Saturday 24th March, a team of four senior men competed for the Midlands in the Home International Cross Country. The finale of the Cross Country season took place at the appropriately grand Wollaton Park in Nottingham.

Notts AC hosted the match on behalf of the ECCA; the slick organisation and brilliant course showed that Midlands clubs are as good at officiating as their runners are in spikes.

The Home International is a team contest between the four home nations of the UK, with teams from the Midlands, North and East also competing. With only three to score per team, the field is small but of the highest quality, meaning there is nowhere to hide!

Race Report

While most runners had already thrown their muddy spikes into the garage to fester and be forgotten, Alastair Watson (Notts), Joe Smith (Tipton Harriers), Daniel Hallam (Wreake and Soar Valley) and Jack Gray (Cambridge and Coleridge AC) prepared to take on the mud for one last time.

After a cold and wet winter, a dank mild day was a pleasant surprise for all concerned. The 10km course was made up of 5 compact yet gruelling laps, which saw the men climb the infamous Wollaton Hill fifteen times.

The task was daunting, but the thought of team success, and the chance of beating Scotland and Wales, meant the Midlands quartet were eager to attack the race. Evidence of this hunger became immediately apparent as Watson and Gray positioned themselves in the leading pack from the gun.

The eventual winner, Adam Hickey (England), made a decisive break on lap 3 and built a commanding lead however, 2nd to 6th positions were hard fought. Amongst those vying for the podium were Huck of England, Douglas of Scotland and Watson and Gray of the Midlands. In the end Watson and Gray battled over a sprint finish for 5th and 6th with Gray coming out on top, both hot on the heels of the England team.

Danny Hallam finished off a truly excellent season on the mud with a strong 11th place. Although not feeling 100% Hallam's rallying performance was testament to the camaraderie amongst the team. Joe Smith built on a season that went from strength to strength with an excellent 13th overall, notably taking several international scalps.

The gutsy performances from all four runners meant exhaustion quickly turned into elation as the Midlands were confirmed as second team behind England, brilliantly beating the other home nations and regions.

In the Junior race Shaun Evans ran a strong race to finish first counter, just as he was in 2017. Conor Smith fresh from his Welsh Championships victory, finished in 16th and 2nd scorer. Alex Hampson battled through a stitch in the early stages, but rallied in the final laps of the 8km race to finish an impressive 22nd. Overall the Midlands team came an impressive 4th place and all were a testament to the vest in the higher level of competition that the HCI has to offer. One thing is certain, these lads will not go missing when they are promoted to the senior ranks.

Season Summary

Overall, it's been a great season for Cross Country running in the Midlands, where strong regional rivalries and trips away as a team have seen impressive performances on the national and international stage.

None of this would have been possible without the hard work and commitment of team manager Marti Whitehouse, who is stepping down from her role after three years of excellent work. Thank you Marti for your dedication and passion.

Summary of Results

Midlands Team Silver (22 points)

Seniors

5th Jack Gray

6th Alistair Watson

11th Daniel Hallam

13th Joe Smith

Juniors

4th Team (48 points)

10th Shaun Evans

16th Connor Smith

22nd Alex Hampson

36th Oliver Freer

Ladies

7th Lori Handbury

10th Polly Keen

17th Lucy Holt

18th Katie Allen

Midlands 4th team

Junior

11th Lily Higgins

13th Rebecca Twandochleb

20th Georgia Curry

25th Amber Owens

Midlands team 6th

Marti Whitehouse

Chairman

MCAA Cross Country Association

Midlands Cross Country Relays, Aldersley Leisure Village, Wolverhampton 2017/2018

The Cross Country season began with our Cross Country Relays held again at Aldersley Stadium with grateful thanks to hosts Wolverhampton and Bilston AC for providing an excellent course and marshals.

We held Young Athletes relays for the second time, numbers were still low in some age groups. Hopefully they will increase next year.

The Midland 5 x 7 Mile Championships were held last year at Bulwell Park, Nottingham. Thanks to the host club Notts AC for putting the event on and providing marshals. It is a popular course with the athletes and spectators. Entries continue to remain stable.

Our Midland Championships were at a popular venue, Wollaton Park, Nottingham, hosted by Notts AC in their usual professional way. We were very grateful to them for all they do for Midlands Cross Country. The only downside was the weather, which was torrential rain for most of the day. Thanks to all officials and marshals for putting up with such difficult conditions.

The Midlands Womens Cross County League was again a success with even greater numbers. Finding venues is now a bigger problem. Many thanks to the organising committee and to all host clubs. Northbrook AC, Massey Ferguson AC, Stratford-on-Avon AC, Kings Heath RC, Wolverhampton and Bilston AC. Thanks also to the core workers, Becky Freeman, Sarah Bland, Mary Hodges, Mary Williams and Stewart Barnes for all they do for the League.

2017/2018 Results for Midland Cross Country Relays – Wolverhampton – 21.10.17

Senior Womens 3 Stage

1 st	Nuneaton H	1.13.04	Eleanor Fowler 24.16, Katherine Hodgson 25.08, Polly Keen 23.40
2 nd	B.R.A.T.S	1.15.16	
3 rd	Tipton H	1.18.27	
Fastest Lap: Molly Brown (BRAT) 23.32			

Womens Masters 3 Stage

1 st	Telford AC	1.15.05	Claire Martin 23.38, Michele Clarks 24.16, Rachel Coupe 27.11
2 nd	Staffs Moorlands	1.18.47	
3 rd	W & B AC	1.21.17	
Fastest Lap: Claire Martin (Telford AC) 23.38			

Senior Men 4 Stage

1 st	Tipton H (A)	1.23.03	Martin Williams 20.53, Joe Smith 20.11, Jonathan Cater 21.38. Peter Brookes 20.21
2 nd	Cheltenham & CH	1.27.01	
3 rd	C & S AC	1.27.02	
1 st B Team Tipton H 1.26.03 Fastest Lap: Joe Smith (Tipton H) 20.11			

Masters Men 4 Stage

1 st	Leic Coritanian AC	1.30.21	Gordon Lee 22.03, Chris Southam 22.42, David Pearce 23.32 Ludovic Renov 22.04
2 nd	R & N AC	1.32.09	
3 rd	C & S AC	1.33.39	
Fastest Lap: Gordon Lee (Leic) 22.03			

U13 Boys 3 Stage

1 st	W & B AC	35.49	Lee Hallam 12.04, Tyler Hawley 11.53, Dominic Jones 11.52
2 nd	Cheltenham R C	37.05	
3 rd	Halesowen C & AC	38.21	
1 st B Team W & B AC 37.58			
Fastest Lap: Finnan Robins (B & R AC) 11.34			

U13 Girls 3 Stage

1 st	Charnwood AC	38.40	Rachel Newport 13.01, Grace-Rose Walters 13.06, Lucy Morrison 12.33
2 nd	City of Stoke	38.59	
3 rd	Tipton H	39.43	
Fastest Lap: Aria Aberley-Barker (Stoke) 12.19			

U15 Boys 3 Stage

1 st	W & R AC	33.35	Oliver Mason 11.16, Oscar Hamilton Russell 11.13, Daniel Steventon-Box 11.06
2 nd	Halesowen A & CC	35.00	
3 rd	Telford AC	35.01	
Fastest Lap: William Kay (Telford AC) 10.29			

U15 Girls 3 Stage

1 st	W & R AC	37.28	Emilie Bullock 11.56, Ruby Richards 12.51, Becky Loundes 12.41
2 nd	Charnwood AC	38.46	
3 rd	B & R AC	38.47	
Fastest Lap: Emilie Bullock (W & B) 11.56			

U17 Mens 3 Stage

1 st	Notts AC	32.41	Milan Campion 10.22, Alex Irvine 11.17, Matthew Barnes 11.02
2 nd	Telford AC	34.54	
3 rd	W & B AC	36.05	
Fastest Lap: Milan Campion (Notts) 10.22			

U17 Women 3 Stage

1 st	B & R AC	37.52	Beth Sykes 11.51, Anna Nicod 12.56, Ellen Bowen 13.05
2 nd	W & B AC	39.19	
3 rd	Charnwood AC	39.48	
Fastest Lap: Beth Sykes (B &R) 11.51			

MCAA 7/5m Road and Cross Country Champs & Inter-Counties – Bulwell Hall Park Notts, 18.11.17

Womens 5 Mile

1 st	Anne Holyland (Charnwood AC)	28.45
2 nd	Alison Lavender (Oswestry Olympians)	28.54
3 rd	Lucy Holt (Notts AC)	29.47

Teams

1 st	Notts AC	50 (3.6.16.25)
2 nd	Hermitage H.R.C	54 (7.11.17.19)
3 rd	Bournville H	95 (13.15.33.34)

Inter-Counties Teams

1 st	Leicestershire	36 (1.7.11.17)
2 nd	Staffordshire	52 (3.4.5.40)
3 rd	Nottinghamshire	53 (6.8.16.23)

Mens 7 Mile

1 st	Alastair Watson (Notts AC)	34.31
2 nd	Peter Brookes (Tipton H)	35.04
3 rd	Chris Perrin (C & S AC)	35.44

Teams

1 st	Tipton H	57 (3.6.7.11.12.18)
2 nd	Notts AC	62 (1.5.8.10.17.21)
3 rd	Hermitage H.R.C	139 (9.13.16.22.35.44)

Inter-Counties Teams

1 st	Staffordshire	29 (4.6.7.12)
2 nd	Nottinghamshire	34 (1.8.10.15)
3 rd	Leicestershire	43 (5.9.13.16)

Midland Cross Country Champs – Wollaton Park Notts – 27.1.18

U13 Girls

1 st	Beth Rawlinson	Wenlock Olympians	12.06
2 nd	Amelia Crispin	Newark AC	12.11
3 rd	Jessmine Hughes	Notts AC	12.18

Teams

1 st	Rugby & Northampton AC	53 (5.7.19.22)
2 nd	Charnwood AC	78 (13.17.23.25)
3 rd	Wreake & Soar Valley AC	84 (7.8.15.26.35)

U13 Boys

1 st	Gianni Loska	City of Stoke AC	11.08
2 nd	Alex Adams	Stratford-on-Avon AC	11.17
3 rd	Daniel Galloway	Bridgnorth AC	11.26

Teams

1 st	Bromsgrove & Redditch	60 (9.13.18.20)
2 nd	Rugby & Northampton AC	102 (11.17.30.44)
3 rd	Birchfield H	107 (14.19.23.51)

U15 Girls

1 st	Maya Todd-McIntyre	Rushcliffe AC	15.16
2 nd	Lizzy Edge	Rushcliffe AC	15.20
3 rd	Georgina Campbell	Stratford-on-Avon AC	15.45
Teams			
1 st	Wreake and Soar Valley AC	49 (5.9.13.22)	
2 nd	Rushcliff AC	49 (1.2.20.26)	
3 rd	Westbury H	50 (4.8.15.23)	

U15 Boys

1 st	William Kay	Telford AC	13.33
2 nd	Liam Rawlings	Oswestry Olympians	13.41
3 rd	James Wardle	Rushcliffe AC	13.47
Teams			
1 st	Charnwood AC	48 (5.6.17.20)	
2 nd	Wreake & Soar Valley	94 (8.18.26.42)	
3 rd	Birchfield H	122 (12.13.19.78)	

U17 Women

1 st	Libby Coleman	Mansfield H	18.47
2 nd	Emily Williams	Kettering TH	19.06
3 rd	Mia Atkinson	Charnwood AC	19.50
Teams			
1 st	Charnwood AC	16 (3.6.7)	
2 nd	Mansfield H	20 (1.5.14)	
3 rd	B & R AC	36 (4.8.24)	

U17 Men

1 st	Connor Bentley	City of Stoke AC	20.34
2 nd	Luke Duffy	Mansfield H	20.47
3 rd	Oliver Rouse	Charnwood AC	20.49
Teams			
1 st	Charnwood AC	31 (3.7.10.11)	
2 nd	R & N AC	53 (4.9.18.22)	
3 rd	Notts AC	76 (12.14.15.35)	

U20 Women

1 st	Olivia Mathias	Newark AC	23.50
2 nd	Lily Higgins	Halesowen ARCC	24.43
3 rd	Georgia Curry	RSC AC	24.56
Teams			
1 st	Newcastle Staff AC	42 (8.14.20)	
2 nd	C & S AC	51 (11.17.23)	
3 rd	Kettering Town H	65 (12.25.28)	

U20 Men

1 st	Thomas Mortimer	Stroud & Dist AC	26.27
2 nd	Joseph Pollard	Charnwood AC	27.20
3 rd	Hugh Sadler	Bristol & West AC	27.26
Teams			
1 st	Charnwood AC	60 (2.11.14.33)	
2 nd	Stroud & Dist AC	82 (1.19.28.34)	
3 rd	R & N AC	98 (13.23.27.35)	

Senior Women

1 st	Katie Holt	City of Stoke AC	30.00
2 nd	Juliet Potter	Charnwood AC	30.13
3 rd	Jane Potter	Charnwood AC	31.02
Teams			
1 st	Charnwood AC	30 (2.3.4.21)	
2 nd	Bristol & West AC	75 (14.16.22.23)	
3 rd	Notts AC	111 (5.20.40.46)	

Senior Men

1 st	Alex Breker	City of Stoke AC	40.09
2 nd	Jack Gray	Cambridge & Coleridge	40.36
3 rd	Danny Hallam	Wreake & Soar Valley	40.58
Teams			
1 st	Notts AC	116 (5.8.18.19.28.38)	
2 nd	Birchfield H	128 (7.11.15.20.36.39)	
3 rd	Tipton H	159(10.16.17.31.33.52)	

Rita Brownlie
Hon. Secretary
Midland Cross Country Association

Midlands Womens Cross Country League Results – 2017/2018

Senior Teams

Division 1		
1 st	Birchfield H	103 (37.25.24.17)
2 nd	Birmingham UNI	150 (47.20.29.54)
3 rd	Loughborough UNI	235 (38.44.39.114)
Division 2		
1 st	Cheltenham & CH	221 (60.37.79.45)
2 nd	CLC Striders	429 (98.99.126.106)
3 rd	Black Pear Joggers	457 (88.87.129.153)

Masters Teams

Division 1		
1 st	Leamington C & AC	49 (17.10.14.8)
2 nd	Kenilworth RC	182 (39.30.49.64)
3 rd	Spa Striders	207 (48.48.61.50)
Division 2		
1 st	Telford AC	95 (12.36.32.15)
2 nd	CLC Striders	185 (47.48.55.35)
3 rd	Trentham RC	228 (61.54.33.80)

Individuals – Seniors

Division 1			
1 st	Chloe Richardson	Birchfield H	6
2 nd	Molly Browne	BRAT	17
3 rd	Susannah Monk Justine Anthony	Loughborough UNI	18
Division 2			
1 st	Sally Hogan	B & R	7
2 nd	Susannah Davies	Tipton	11
3 rd	Sophie Booth	Black Pear Joggers	13

Individuals - Masters

Division 1			
1 st	Kelly Edwards	LEAM	4
2 nd	Helen Talbot	NH	7
3 rd	Monica Williamson	LEAM	11
Division 2			
1 st	Jane Evans	Knowle & Dorridge AC	4
2 nd	Michelle Clarke	Telford AC	5
3 rd	Rachel Coupe Katherine Holden Fee MayCock	Telford AC Tipton H Chelt	14

Juniors

1 st	Bryony Gunn	Birchfield H	6
2 nd	Jessica Keene	Birmingham UNI	9
3 rd	Louisa Whittingham	Birmingham UNI	10

Representative Teams

10.02.18 Belgium Easy Kit Cross Cup

Men

Danny Hallam	Wreake & Soar Valley	12
Alistair Watson	Notts Ac	19
Patrick Roddy	Kenilworth RC	83
Alex Hampson	Kenilworth RC U/20	33

Women

Lori Handbury	Notts AC	24
Eleanor Fowler	Nun AC	34
Lucy Holt	Notts AC	98

24.03.18 - Home Countries International - Notts

Senior Men: Jack Gray 5th

Team 2nd Alistair Watson 6th
22 Points Danil Hallam 11th
Joe Smith 13th

Junior Men: Shaun Evans 10th

Team 4th Connor Smith 16th
48 Points Alex Hampson 22nd
Oliver Freer 36th

Senior Ladies: Lori Handbury 7th

4th Team Polly Keen 10th
Lucy Holt 17th
Katie Allen 18th

Junior Ladies: Lily Higgins 11th

Rebecca Twandochleb 13th
Georgia Curry 20th
Amber Owens 25th

Rita Brownlie

Hon. Secretary

Midland Women's Cross Country League

MCAA Road Running Report 2017/2018

The Midland 12 & 6 Stage Road Relays & 5k Age Group races were held on 17th March on a weekend when the weather cancelled several events.

We were fortunate to get through the day without a weather disruption to the relays, although by the end of the day the whole area had a covering of snow. Thank you to all who braved the very cold conditions, athletes and officials alike.

65 Men teams entered the 12 Stage and 64 Women the 6 Stage. In the 5k the Age Group races had an entry of 76, which was lower than anticipated due to the clash with English Schools XC as we had to rearrange our date due to the park not being available on our original date.

The Autumn Combined Relays which were again all on the one day produced a very large entry. It was up on the previous year in the Seniors and slightly down in the Age Groups. With the large numbers this always makes the leg changeovers very congested with the incoming and outgoing runners.

The Spring and Autumn Relays continue to produce close competition throughout the age groups.

The winning Relay teams are shown elsewhere in the annual report.

We continue to send teams to represent the Midland Counties in Inter Area road matches, and this year saw the introduction of a half marathon Inter Area at Peterborough as well as the usual 10k matches. We must thank our team Managers for their work in selecting the teams and managing them at the events. This year we have seen the Mens team manager change hands with Marti Whitehouse stepping down from the role. We are grateful for all the hard work done to select athletes to compete at these matches and their management on the day. We wish the new Men's team manager Keith Brackstone all the best as he takes over from Marti.

The Road Running League which has been running for the last two years, will be discontinued because the anticipated take up of athletes entering the league races has not materialised. We will be reintroducing the Midlands 10k Championships back into the road programme and discussions are taking place to determine the best event to host this championship.

Ian Clarke
Chairman
MCAA Road Running Committee

MCAA Road Results 2017/2018

MCAA Road Relays 23.9.17 6/4 Stages and Young Athletes 3 Stages

Senior Men

1 st	Bristol & West Ac	1.48.33
2 nd	Cheltenham & CH	1.49.05
3 rd	Birchfield H	1.50.09
Fastest Leg Graham Rush (Chelt) 17.35		

Masters Men

1 st	Leicester Coritanian AC	2.01.38
2 nd	Tipton H	2.03.34
3 rd	Wolverhampton & Bilston AC	2.05.30
Fastest Leg Mark Couldwell (Charnwood) 19.17		

Senior Women

1 st	Birchfield H	1.00.39
2 nd	Cheltenham & CH	1.02.09
3 rd	Bristol & West AC	1.04.19
Fastest Leg Rebecca Straw (Birchfield H) 14.43		

U13 Girls

1 st	Wreake & Soar Valley AC	46.36
2 nd	Birchfield H	46.42
3 rd	Charnwood AC	47.03
Fastest Leg Amy Harland (Birchfield H) 14.16		

U13 Boys

1 st	Birchfield H	39.57
2 nd	Wreake & Soar Valley AC	40.10
3 rd	Taunton AC	40.18
Fastest Leg Ryan Shields (Birchfield H) 12.38		

U17 Women

1 st	Charnwood AC	44.34
2 nd	Stroud & Dist AC	45.46
3 rd	Bromsgrove & Redditch	45.57
Fastest Leg Mia Atkinson (Charnwood) 14.23		

U17 Men

1 st	Notts AC	37.41
2 nd	Charnwood AC	37.44
3 rd	Cannock & Stafford AC	38.4
Fastest Leg Christopher McLeod (Solihull & Small Heath AC) 11.56		

ERRA National Road Relays 07.10.17

Senior Men 1st Midland Team 5th Bristol & West AC 1.47.59

3rd Fastest Graham Rush 17.16

Senior Women 1st Midland Team 4th Birchfield H 1.00.23

U13 Girls 5th Wreake & Soar Valley AC 45.50

2nd Fastest Elsie Robinson (Saffron AC) 14.14

U13 Boys 7th Saffron AC 42.46

2nd Fastest Andrew Jeavons (Worc) 13.17

MCAA Road Relays 17.03.18 12/6 Stages + YA Races

Senior Men

1 st	Bristol & West AC	4.02.05
2 nd	Birchfield H	4.02.21
3 rd	Cheltenham CH	4.03.58
Fastest Long Leg William Richardson (Birchfield) 26.41		
Fastest Short Leg William Christopher (B & W) 15.55		

Senior Women

1 st	Birchfield H	2.14.27
2 nd	Bristol & West AC	2.20.57
3 rd	Cheltenham & CH	2.23.24
Fastest Long Leg Danielle Hodgkinson (Birchfield) 30.23		
Fastest Short Leg Sara Treacy (Birchfield) 17.46		

U13 Boys Race

1st Thomas Dornan (W&B) 19.34

1st Team Telford AC 15(2.5.8)

U13 Girls Race

1st Keriann Huxkley (Halesowen) 20.36

1st Team Halesowen C & AC 6(1.2.3)

U15 Boys Race

1st Roman Watson – Quilter Wreake & Soar

1st Team W & B AC 15(2.5.8)

U15 Girls Race

1st Louise Hackett W & B 21.00

U17 Mens Race

1st Zac Minchin (Sparkhill H) 18.51

U17 Womens Race

1st Lucy Evans (W & B AC) 21.34

ERRA Road Relay & Y/A Races 14.4.18

Mens 12 Stage: 7th Team Bristol & West AC 4.24.17

Womens 6 Stage: 5th Team Birchfield H 2.16.20

3rd Fastest Short Leg Julia Cooke Birchfield H 17.24

U17 Men: 1st George Beardmore (Worcester AC) 16.19

2nd Matthew Chronicle R & N) 16.48

U17 Women: 3rd Gina Rawlinson (W&B) 20.43

2nd Team W & B AC (14)

U15 Boys: 2nd Team Birchfield H (31)

Inter Area Matches Road Report

Women - Leeds Nov 2017 – 3rd Team

Eleanor Davis	B&W	34.15
Laura Jane Smith	Notts	34.32
Lucy Holt	Notts	37.07
Sarah Mackness	Notts	38.30

Women - Telford 10k Jan 7th, 2018 – 2nd Team

Eleanor Davis	B&W	34.15
Laura Jane Smith	Notts	34.32
Lucy Holt	Notts	37.07
Sarah Mackness	Notts	38.30

Men - Leeds Nov 2017 – 2nd Team

Alistair Watson	Notts	13 th 29.56
Phil Beastall		16 th 30.03
Graham Rush	Chelt	17 th 30.06
Dan Owen		43 rd 31.23

Men - Telford 10K Jan 7th, 2018 – 1st Team

Matt Clowes	B&W	29.40
Alistair Watson	Notts	30.18
Stuart Hawkesbury		31.48
Dan Owen		32.02

Rita Brownlie
Hon. Secretary
MCAA Road Running Committee

Midland Race Walking Report 2018

With World Championships in London and the Commonwealth Games in Australia, this year has seen the profile of race walking more in the public eye than previously, mainly due to efforts by Tom Bosworth who has used his appearances at these events to talk about and show the discipline in a positive light.

From a Midlands viewpoint, the year has been busy and all Championship events have taken place, with good results being achieved at all distances. It must however, be mentioned that again the numbers of entries are slightly down on previous years. Also, of major concern is the lack of new officials coming on stream and the fear is that without younger officials, there could come a situation where an event is cancelled as existing officials feel unable to turn out week after week to cover events. The area has initiated some courses and several new judges are now hopefully covering the requisite number of events to complete their upgrading to the next level. This is a promising position to be in and should be welcomed and supported. Allowing Level 1 officials to cover meetings, under the supervision of a Level 3 or 4 Judge is vital to ensure a continuing number of good officials to enable all our events to take place with the proper level of cover. At present on occasion, records broken would not be ratified due to the requisite number of qualified officials not being in attendance at the race meeting.

On the financial side, the Association is in a healthy position, with most of this years' events coming in at break even or showing just a slight deficit. Thanks must go to the clubs who arrange venues for events without the incurring of hire charges. Also, thanks must go to officials who consider Midland events to be local and therefore not claiming travel expenses. Those that do claim expenses are thanked for keeping these to a minimum.

Fellow Officers and members of the Committee have worked tirelessly during the year to ensure that the Association is well run and that events can go ahead in a proper manner, my personal thanks go to all of them for their work.

After a long trail of paper, the Bank has notified me this week that the new Treasurer is now on their files, which after 11 months is more than welcome. We welcome Peter Boszko to this job, and hope he continues in the role for some time.

In view of changes in the way in which the Association is governed, a new Constitution is being presented to the Annual General Meeting for acceptance.

Ann Perry
Hon. Secretary
Midland Area Race Walking Association

MCAA Track and Field Secretary Report 2018

During the year we provided competition experiences for 1182 individual athletes ranging from U13's to Masters 60+. We had 12 days of competition indoors and out in sunshine, rain, snow and just about everything in between. I must indicate our gratitude to all the athletes, parents, carers, relatives, Officials, and all the other volunteers without whom none of this would have been possible.

The indoor season provided us with two big challenges this year, firstly whether we were going to be able to hold at least one event in the Arena Birmingham just before the World Indoor Championships and secondly the weather in the form of snow! Unfortunately, due to a number of different things all coming together we were unable to get into the Arena Birmingham, probably for the best as the Arena was not actually ready for competition on the day we had hope to be there.

The 1st and 2nd Open events went smoothly as usual with nearly 90% of all those who entered on line turning up to compete, 95% of the events were inside in the warm, but the hardy throwing fraternity braved the cold and the wind and rain to provide a series of good competitions.

The Midland Indoor Championships were held at the High Performance Centre at the Alexander Stadium which meant we could not provide any Track events other than 60m and 60m Hurdles. There were 61 races held during the day made up of heats, semi-finals and finals. The Field athletes had all the usual indoor events with the exception of the Shot Put. At this point we would like to thank Loughborough University for hosting the Shot Championship event during one of their Open events. We were unable to hold the U13 Quadrathlon events this year, however we have plans in place to use the results of the 2019 indoor Open events to create a League Table to find the best boy and girl Quadrathletes.

The 3rd Open saw the unusually bad weather disrupt the weekend, so much so it caused the cancellation / postponement of the second day as it was decided that it would be too dangerous for many of the athletes and Officials to attempt to travel to and from the event. After consulting with those athletes who would have been competing we managed to re-arrange the day for the following Sunday. Fortunately, the weather was much kinder, and the event was well attended. Thanks to all those who supported the event without whom it would not have been possible to put on in such a short time.

The Outdoor season saw the Senior and U20 Championships held at the Pingles Stadium. There was a slight increase over 2017, with nearly 400 competitors signing up for over 500 events. Once again, the Field athletes began at 9.30am to allow it to fit in the 16 events in a single day. The track saw 2 new Championship best performances.

The U17, U15 and U13 Quadrathlon Championship was also held at the Pingles Stadium in Nuneaton where we had 2 days of good competition, and saw 2 new Championship best performances on the track and one in the Field. The weather was rather windy at times which did not help with times or distances in many events.

I would like to thank all the Officials and other Volunteers who have helped in the organisation and running of the events during the year and especially the MCAA Office staff and Nick Wilson and his staff at the Pingles Stadium.

Rachel Hulse
Competition Secretary
MCAA Track and Field

Midland Track and Field League Secretary Report 2018

The 2018 track and field season has now ended. I hope everyone who took part had an enjoyable season and was given the opportunity to improve their chosen discipline and perhaps develop other disciplines.

The League continues to provide a platform for athletes, officials and supporters to work together for the betterment of each other, improve respect for each other and maintain a camaraderie which is so prevalent to this League and important to the sport.

The registration of athletes caused only a small problem during 2018 as most clubs and athletes are now aware of the system. Most of the difficulties appear to be related to time elements, as the new registration year begins in April and the Leagues first meetings are in May. However, easing of the rules for the first meeting appears to have overcome this problem to a great extent.

We are still suffering from a lack of officials, particularly of the required levels. This has been exacerbated by the health and safety regulations for throws. The sudden introduction of the new regulations was particularly difficult to deal with, but everyone made a valiant effort to meet them, which only demonstrated our desire to protect those people taking part in athletics.

I understand that more robust and direct instructions will be issued in late October and everyone will be made aware of stadia throwing areas that comply with IAAF regulations. Others will be made aware of the adjustments required to make their throwing areas comply.

The new instructions were more difficult to deal with because most stadia are owned by Local Authorities. The old chestnut of having “no money” and “not a Statutory Service” continues to raise its head and unfortunately reflects life and most Authorities approach to athletics.

Having said all of the above, competition throughout the season was continuous with most Divisional winners not being finalised until the last match.

DIVISIONAL TROPHIES

DIV 1 BIRCHFIELD HARRIERS
DIV2 CANNOCK AND STAFFORD AC
DIV 3 GLOUCESTER
DIV4 STRATFORD ON AVON AC
DIV5 CHARNWOOD AC
DIV6 NEWCASTLE AC

2 Mens League records were broken:

400 HURDLES SEAMUS DERBYSHIRE STOKE AC 51.9 SECS
4 X 100 RELAY BIRCHFIELD HARRIERS. 41.96 SECS

No teams have resigned from the League, but I am still waiting for the bottom 2 teams from Division 6, Tamworth “B” and Forest of Dean, to confirm that they will still be competing in 2019.

As stated at last years AGM we have secured the ability to use the same dates for competition as the Southern Leagues for our 2019 matches in order to avoid some clashes. Some of the dates are not viable and some may still clash with other fixtures, but we do now have a little more flexibility.

The clubs taking part in the Midland Track and Field League have expressed how much they appreciate the competition provided and how it addresses athletes needs. However, there is a need to move forward and adjust the competition to provide a modern approach to athletics whilst still meeting the requirements of all clubs.

The committee are meeting to discuss improvements, and these will then be put before the AGM. I hope all clubs will be represented so that a full and open discussion can take place with a view to implementing any changes in 2019.

I would like to thank all those who took part and supported the League in 2018 and wish them an enjoyable and successful 2019.

Iris Morris
Secretary
MCAA Track & Field League

MIDLAND ATHLETES AT MAJOR GAMES 2018

MIDLAND ATHLETES AT MAJOR GAMES 2018 WORLD INDOORS BIRMINGHAM

Tamara Armoush	3000m	Birchfield Harriers (representing Jordan)	
Meghan Beesley	4 x 400m	Birchfield Harriers	Silver
Elliot Giles	800m	Birchfield Harriers	
David King	60m Hurdles	City of Plymouth	
Efekemo Okoro	4 x 400m	Birchfield Harriers	
Andrew Pozzi	60m Hurdles	Stratford on Avon AC	Gold

COMMONWEALTH GAMES GOLD COAST AUSTRALIA

James Arnott T47	100m	City of Plymouth	Gold
Meghan Beesley	400m Hurdles	Birchfield Harriers	
Lucy Bryan	Pole Vault	Bristol & West AC	7th
Emily Diamond	400m/4 x 400m	Bristol & West AC	4 th in Relay
Elliot Giles	800m	Birchfield Harriers	
Sophie Hahn MBE T38	100m	Charnwood AC	1st
Katrina Hart T38	100m	Birchfield Harriers	6 th
Matthew Hudson-Smith	400m/4 x 400m	Birchfield Harriers	
David King	110m Hurdles	City of Plymouth	
Sarah McDonald	1500m	Birchfield Harriers	8 th
Bethan Partridge	High Jump	Birchfield Harriers	8 th
Andrew Pozzi	110m Hurdles	Stratford on Avon AC	6 th
Jazmin Sawyers	Long Jump	City of Stoke AC	7 th
Daphne Schragger T35	100m	Bristol & West AC	5 th
Katie Stainton	Heptathlon	Birchfield Harriers	DNF
Rachel Wallader	Shot	Windsor, Slough Eton & H	6 th
Melissa Courtney	1500m/5000m	Poole AC	3 rd / 9 th

EUROPEAN CHAMPIONSHIPS BERLIN

Meghan Beesley	400m Hurdles	Birchfield Harriers	Bronze
Lucy Bryan	Pole Vault	Bristol & West AC	
Emily Diamond	4 x 400m	Bristol & West AC	
Eden Francis	Discus	Leicester Coritania	DNC
Elliot Giles	800m	Birchfield Harriers	
Matthew Hudson-Smith	400m/4 x 400m	Birchfield Harriers	Gold/Silver
David King	110m Hurdles	City of Plymouth	
Ashleigh Nelson	4 x 100m	City of Stoke AC	
Andrew Pozzi	110m Hurdles	Stratford on Avon AC	6 th
Jazmin Sawyers	Long Jump	City of Stoke AC	4 th
Feron Sayers	Long Jump	Birchfield Harriers	9 th
Alice Wright	10000m	Worcester AC	6 th

EUROPEAN JUNIORS FINLAND

Kaie Chambers-Brown	4 x 100m	Birchfield Harriers	
Ellis Greatrex	4 x 400m	Birchfield Harriers	Bronze
Charles Hilliard	4 x 400m	Birchfield Harriers	
Adrian Leeson	4 x 400m	Rugby & Northampton	
Tom Mortimer	5000m	Stroud AC	16 th

EUROPEAN U18's HUNGARY

Lewis Byng	Shot	Stratford on Avon AC	7 th
Cassie-Ann Pemberton	100m	Birchfield Harriers	4 th
Jordan Ricketts	110m Hurdles	Birchfield Harriers	7 th
Emily Williams	1500m	Kettering Harriers	2 nd

PARA EUROPEANS BERLIN

Kare Adenegan T34	100m/800m	Coventry Godiva Harriers	1 st /2 nd
James Arnott T47	100m/200m	City of Plymouth	4 th /4 th
Sally Brown T47	100m/200m/400m	Charnwood AC	5 th /4 th /2 nd
Dan Greaves F64	Discus	Charnwood AC	1 st
Kylie Grimes T51	Club Throw	Coventry Godiva Harriers	3 rd
Sophie Hahn MBE T38	100m/200m/4 x 100m	Charnwood AC	1 st /1 st /1 st
Luke Nuttall T46	1500m	Charnwood AC	5 th
Javaughn Parks T36	100m/200m	Birchfield Harriers	5 th /5 th
Stef Reid T64/F64	200m/Long Jump	Charnwood AC	4 th /3 rd
Ben Rowlings T34	100m/400m/800m	Coventry Godiva Harriers	8 th /6 th /2 nd
Luke Sinnott T6/F6	200m/Long Jump	Bournemouth AC	3 rd /4 th
Laura Sugar T44	100m/200m	Birchfield Harriers	3 rd /3 rd
Richard Whitehead T61	200m	Southwell	1 st
Thomas Young T38	100m/200m	Charnwood AC	1 st /1 st

CEREBRAL PALSY WORLD CHAMPIONSHIPS BARCELONA

Charlie Denman RR3	100/200/400/800RR	Coventry Godiva H	2 nd /3 rd /1 st /3 rd
Muninder Hayer RR1	100/200/800/RR	Royal Sutton Coldfield	4 th /4 th /2 nd
Leanna Horne F31	Club Throw	Bromsgrove & Redditch AC	1 st
Joel James T34	400/800/1500WC	Coventry Godiva H	-/6 th /3 rd
Philippa Mannings T35	100m/200m	North Somerset	6 th /5 th
Thomas Stamp T35	100m/200m	South Glos	2 nd /2 nd
Thomas Talbot RR2	100/200/400/800RR	Lincoln Wellington	6 th /4 th /4 th /2 nd
Tyrone Williams F37	Shot/Discus/Javelin	Birchfield Harriers	6 th /5 th /3 rd
Nathan Blackie	100m/200m/400m/800m/1500m	Poole AC	2 nd /3 rd /2 nd /3 rd /2 nd



VISIT OUR WEBSITE AT

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