



**MIDLAND COUNTIES  
ATHLETIC  
ASSOCIATION**

**ANNUAL REPORT**

**2017**

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## MCAA Chairman's Report 2016/2017

I am pleased to present the 2017 Annual Report of the Association and I am grateful to colleagues who have produced reports for inclusion.

I start on a sad note on December 2016 saw the passing of David Cropper O.B.E, my predecessor as Chairman of MCAA. David had also been Chairman of the AAA's. Both organisations are very grateful for the time and energy he gave in steering the then governing bodies.

We are grateful for support throughout 2016/17 from various sources. England Athletics for their continued grant towards running Area Championships. Derby Runner for the sponsorship of our Cross-Country Championships in 2017 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 athletes, coaches, officials and helpers for their continued support of our events.

Our thanks also go to the Track & Field League Secretary 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 Championships and Para World 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 and were grateful to receive the England/Area kit provided by England Athletics – 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 Olivia Larcombe as a new member of the office team in May.

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. We continue to have discussion within the other Areas and with England Athletics.

We are still continuing to have discussions with England Athletics concerning the future support and funding of the Association to ensure our viability in the coming years. We will monitor the Northern Athletics approach to funding using an affiliation scheme.

We thank all those who completed our survey. This showed strong support for Midland Counties to continue providing Area competition and support for an additional component of the EA affiliation fee going towards grassroots competition. Be assured that the Management Committee will be making this a key focus of their work during the coming year.

I have been extremely disappointed with UKA for the lack of guidance on organising the fixture calendar for next year. The first fixtures meeting was in February 2016, but the usual autumn meeting was not considered

by them to be essential. The numerous late changes and clashes show that this decision was a poor judgement call. As such, Midland Counties has been left with only one day at the Arena Birmingham (our thanks to Joan Durose of WIC2018 for securing this). We have, however, put an additional meeting into the HPC at Alexander Stadium for championship events.

At this AGM Colin Fox steps down as President and Lyn Orbell takes up this position for the next two years. We are very grateful to Colin for the work he has done for the Association, presenting medals at Championships, attending Management meetings and for his officiating at various events.

Richard Float is also stepping aside as Assistant Treasurer. Richard has been a stalwart of the Association and under his lead the Association has sound financial foundations. On a personal note, I am very grateful to the guidance and mentoring that Richard gave me when I became Chairman. Many thanks Richard.

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**

## **MCAA Hon. Secretary's Report 2016/2017**

This year has proven to be as eventful as 2016, with personnel changes in the middle of the year. Since October of 2016 until May of this year the office was down to just 2 full time employees and helped or hindered, depending on who you ask, by the Officers. Once again I must express my gratitude to Ian Clarke and Val Day for their seemingly never ending hard work and their constant nagging to ensure I did what was needed to help at least keep the Association afloat. I am very pleased to say that our newest member in the office, Miss Olivia Larcombe, has settled in very well and has quickly learned many aspects of the Association which has enabled her to provide the level of service everyone expects from our staff.

The funding arrangements between the Association and England Athletics continue to cause concern, despite Survey results indicating that athletes would be more than willing to pay an increased affiliation fee to EA to ensure the Areas would be funded in a very equitable manner. Meetings with EA and the Areas have resulted in no increase in funding and in fact over the next 3 to 4 years funding will be decreased significantly which will have extremely serious consequences to the Association.

The Indoor season this year did include 3 days at the Barclaycard Arena; two days for the Midland Championships and a single day for the Birmingham Games - both of which were oversubscribed in some events which forced us to close entries early. The two meetings at the High Performance Centre were well attended and an Inter-National level coach of some repute was totally amazed at the level and numbers involved in one of the days.

The Outdoor season meant 3 days of competition at the Pingles Stadium in Nuneaton - a single day for the Senior and Under 20 Championships, reduced from 2 days last year so that the clash with the County Schools competitions on the Saturday did not result in Officials being in short supply. This clash of fixtures continues to be of concern to both the County Schools and the Areas but does not seem to be seen in the same light by UKA. The U17, U15 and U13 Quadrathlon took place later this year due to the World Para Athletics Championships and IAAF World Championships. Once again Coventry Godiva held the MCAA 3000m Championships during their Godiva Classic meeting and Tipton hosted our 10000m Championships. Our thanks go to these two clubs. I would like to thank all of the staff in the Office and also at the Pingles Stadium for their help and support over the summer period.

Fixtures planning this year has yet again caused us problems. When I contacted UKA to determine when the autumn fixtures conference would be I was informed there would not be one this year. Subsequent to this I have met with Loughborough University and the 3 Areas have met with England Athletics to provide as full a set of fixtures as we can. The timings of the MCAA meetings at the Arena Birmingham are still not confirmed to date. There does seem to be a problem with this area of the sport which appears to get worse rather than better.

In an effort to try and gain access to more information about Officials in the Midlands and South West Tri-Region I sent a detailed argument to both England Athletics and UKA. Whilst England Athletics were sympathetic to the appeal UKA totally refused to allow any access to the information which competition providers require. To help overcome some of this I asked the Tri-Regional Secretary to send an email to all of the Officials in our Area asking if they wish to have their details registered with the Association to enable us to offer them the opportunity to officiate at our events. We have approximately 50 'new' sets of information and we will be ensuring that these officials receive availability requests from the Association.

England Athletics have just released preliminary details of a possible Officials Digital solution for competition providers and we have expressed our interest in this and await further developments.

I am still working with Simon Fennell to overcome difficulties with the On-Line Registration system and we hope this will be accomplished very shortly.

**Andrew Hulse**

**Hon. Secretary**

# Cross Country Annual Report 2016/17

## Midland Cross Country Relays

The 2016 Cross Country Relays were held at Aldersley stadium, Wolverhampton and included junior age groups for the first time for several years. This increased numbers from the fact that we had the extra races but we also saw increased numbers in every other category (Men / Women / Senior / Master).

## Midland 5 & 7 Mile Cross Country Championships

The event moved from Wolverhampton to Nottingham in 2016 and numbers remained pretty much the same.

## Midland Cross Country Championships

The 2017 Midland Cross Country Championships were once again held at Prestwold Hall, numbers competing were good and the venue is proving to be popular.

## Home Countries International

The Home Countries International was hosted in Wales and the Midlands sent full teams in all 4 races. Teams were selected from the Midland and National Championships. The majority of the team were driven down to South Wales by Colin Robinson the morning before and had the opportunity to look around Swansea for a few hours. The hotel, food and competition was of a good standard and all of the athletes were grateful for the opportunity to run at Margam Park.

Dates have been confirmed for the 2017/2018 season and I am now working on confirming the 2018/2019 season. Sponsorship with Derby Runner has continued.

Many thanks to John Skevington, Colin Thompson, Mick Robinson, Colin Robinson, John Muddeman, Wolverhampton & Bilston Athletics Club, Wreake and Soar Valley Athletics Club, Notts Athletics Club, Leicestershire Running Athletics Network, the English Cross Country Association and The Derby Runner.

## **Midlands Cross Country Relays – Aldersley Leisure Village, Wolverhampton – 22.10.16**

### **Masters Men (4 per team)**

1<sup>st</sup> Leicester Coritanian AC – 1h.32.48  
2<sup>nd</sup> Rugby and Northampton AC – 1h.34.02  
3<sup>rd</sup> Cannock & Stafford AC – 1h.35.59  
Fastest Leg – Stephen Marks (Rugby & Northampton AC) 22m.01

### **Senior Men (4 per team)**

1<sup>st</sup> Tipton Harriers – 1h.25.04  
2<sup>nd</sup> Notts AC – 1h.25.37  
3<sup>rd</sup> Coventry Godiva Harriers – 1h.26.06  
Fastest Leg – Alistair Smith (Coventry Godiva) 20m.54

### **U17 Men (3 per team)**

1<sup>st</sup> Cannock & Stafford AC – 32m.04  
2<sup>nd</sup> Notts AC – 32m.08  
3<sup>rd</sup> Wolverhampton & Bilston AC – 34m.07  
Fastest Leg – Joshua Ward (Cannock & Stafford) 20m.54

### **U15 Boys (3 per team)**

1<sup>st</sup> Wolverhampton & Bilston AC – 35m.00  
2<sup>nd</sup> City of Stoke AC – 35m.45  
3<sup>rd</sup> Tipton Harriers – 36m.07  
Fastest Leg – William Kay (Telford AC) 11m.11

### **U13 Boys (3 per team)**

1<sup>st</sup> City of Stoke AC – 36m.24  
2<sup>nd</sup> Halesowen A&CC – 36m.24  
3<sup>rd</sup> Rushcliffe AC – 36m.41  
Fastest Leg – Josh Robins (Bromsgrove & Redditch) 11m.31

**Masters Women (3 per team)**

1<sup>st</sup> Tipton Harriers – 1h.19.37

2<sup>nd</sup> Wolverhampton & Bilston AC – 1h.21.39

3<sup>rd</sup> Spa Striders – 1h.26.26

Fastest Leg – Mandy Vernon (Trentham RC) 25m.03

**Senior Women (3 per team)**

1<sup>st</sup> Telford AC – 1h.14.14

2<sup>nd</sup> Nuneaton Harriers – 1h.16.26

3<sup>rd</sup> B.R.A.T. – 1h.17.55

Fastest Leg – Claire Martin (Telford AC) 23m.22

**U17 Women (3 per team)**

1<sup>st</sup> Charnwood AC – 37m.43

2<sup>nd</sup> Wolverhampton & Bilston AC – 37m.57

3<sup>rd</sup> Tipton Harriers – 38m.55

Fastest Leg – Amelia Samuels (Wolverhampton & Bilston AC) 12m.10

**U15 Girls (3 per team)**

1<sup>st</sup> Charnwood AC – 36m.46

2<sup>nd</sup> Wreake & Soar Valley AC – 38m.26

3<sup>rd</sup> Wolverhampton & Bilston AC – 39m.08

Fastest Leg – Mia Atkinson (Charnwood AC) 11m.52

**U13 Girls (3 per team)**

1<sup>st</sup> Wolverhampton & Bilston AC (A) – 37m.20

2<sup>nd</sup> Wolverhampton & Bilston AC (B) – 38m.46

3<sup>rd</sup> Charnwood AC – 39m.40

Fastest Leg – Tess Ward (Wolverhampton & Bilston AC) 12m.04

**Midland Men's 7 Mile Cross Country – Bulwell Hall Park, Nottingham – 19.11.16**

1<sup>st</sup> Jack Gray (BRAT) 37m.31

2<sup>nd</sup> Joe Smith (Tipton Harriers) 38m.44

3<sup>rd</sup> Stuart Hawkes (Tipton Harriers) 38m.57

Teams – 1<sup>st</sup> Tipton Harriers 49, 2<sup>nd</sup> Cannock & Stafford 85, 3<sup>rd</sup> Hermitage Harriers RC 105

**Midland Women's 5 Mile Cross Country – Bulwell Hall Park, Nottingham – 19.11.16**

1<sup>st</sup> Jane Potter (Charnwood AC) 29m.56

2<sup>nd</sup> Juliet Potter (Charnwood AC) 30m.07

3<sup>rd</sup> Anne Holyland (Wreake Runners) 30m.49

Teams – 1<sup>st</sup> Tipton Harriers 61, 2<sup>nd</sup> Corby AC 92, 3<sup>rd</sup> Hermitage Harriers RC 106

**Midland Cross Country Championships – Wollaton Park, Nottingham – 28.01.17****Senior Men**

1<sup>st</sup> Alexander Brecker (City of Stoke AC) 49m.02

Teams – 1<sup>st</sup> Notts AC 86, 2<sup>nd</sup> Birchfield Harriers 115, 3<sup>rd</sup> Tipton Harriers 134

**Senior Women**

1<sup>st</sup> Juliet Potter (Charnwood AC) 32m.12

Teams – 1<sup>st</sup> Birchfield Harriers 37, 2<sup>nd</sup> Charnwood 72, 3<sup>rd</sup> Notts AC 94

**U20 Men**

1<sup>st</sup> Thomas Mortimer (Stroud & District AC) 29m.06

Teams – 1<sup>st</sup> Leicester Coritanian 90

**U20 Women**

1<sup>st</sup> Lucy Holt (Notts AC) 18m.49

Teams – 1<sup>st</sup> Notts AC 29, 2<sup>nd</sup> Saffron AC 42, 3<sup>rd</sup> Royal Sutton Coldfield AC 48

**U17 Men**

1<sup>st</sup> Joseph Pollard (Charnwood AC) 18m.27

Teams – 1<sup>st</sup> Charnwood AC 21, 2<sup>nd</sup> Rugby & Northampton AC 61, 3<sup>rd</sup> Coventry Godiva 120

**U17 Women**

1<sup>st</sup> Libby Coleman (Sutton-in-Ashfield Harriers & AC) 18m.37

Teams – 1<sup>st</sup> Halesowen ACC 27, 2<sup>nd</sup> Charnwood AC 47, 3<sup>rd</sup> Saffron AC 61

#### **U15 Boys**

1<sup>st</sup> Adam Caulfield (Rugby and Northampton AC) 12m.58

Teams – 1<sup>st</sup> Charnwood AC 75, 2<sup>nd</sup> Rugby & Northampton AC 91, 3<sup>rd</sup> Birchfield Harriers 99

#### **U15 Girls**

1<sup>st</sup> Anna Smith (Newark AC) 14m.31

Teams – 1<sup>st</sup> Charnwood AC 35, 2<sup>nd</sup> Westbury Harriers 73, 3<sup>rd</sup> Rugby & Northampton AC 106

#### **U13 Boys**

1<sup>st</sup> Sam Mannings (Halesowen ACC) 12m.32

Teams – 1<sup>st</sup> Bristol & West AC 65, 2<sup>nd</sup> Rushcliffe AC 89, 3<sup>rd</sup> City of Stoke AC 92

#### **U13 Girls**

1<sup>st</sup> Lily Saxon (Solihull & Small Heath Athletic Club) 13m.06

Teams – 1<sup>st</sup> Wreake and Soar Valley AC 74, 2<sup>nd</sup> Rugby & Northampton AC 104, 3<sup>rd</sup> Coventry Godiva 127

### **Home Counties Cross Country – Margam Park, Wales – 25.03.17**

Midland Counties 4<sup>th</sup> Team Overall (1<sup>st</sup> England, 2<sup>nd</sup> Scotland, 3<sup>rd</sup> Wales)

#### **Senior Men**

##### Team 3<sup>rd</sup>

3<sup>rd</sup> Jack Gray (BRAT)

10<sup>th</sup> Linton Taylor (Newark AC)

17<sup>th</sup> Patrick Roddy (Kenilworth Runners)

18<sup>th</sup> Simon Myatt (Trentham RC)

#### **Senior Women**

##### Team 4<sup>th</sup>

2<sup>nd</sup> Jane Potter (Charnwood AC)

16<sup>th</sup> Rebecca Hall (Nuneaton Harriers)

17<sup>th</sup> Polly Keen (Nuneaton Harriers)

19<sup>th</sup> Molly Brown (BRAT)

#### **Junior Men (U20)**

##### Team 7<sup>th</sup>

15<sup>th</sup> Shaun Evans (Royal Sutton Coldfield AC)

18<sup>th</sup> Oliver Paulin (Coventry Godiva)

22<sup>nd</sup> James McCrae (Nene Valley Harriers)

28<sup>th</sup> Alex Riley (Mansfield Harriers)

#### **Junior Women (U20)**

##### Team 4<sup>th</sup>

11<sup>th</sup> Lucy Holt (Notts AC)

13<sup>th</sup> Fian Sweeney (Birchfield Harriers)

16<sup>th</sup> Georgina Curry (Royal Sutton Coldfield AC)

22<sup>nd</sup> Dani Rowlinson (Wolverhampton & Bilston AC)

### **Marti Whitehouse**

#### **Chairman**

#### **MCAA Cross Country**



# Midland Womens Cross Country League 2016/17

The Midland Womens Cross Country League is open to all Affiliated Clubs, within the Midland Counties Competition area.

During the 2016/17 season a total of 640 different athletes from 45 different clubs took part in the league. The competition is run over four races, three of which were held in conjunction with the Birmingham & District Invitation Cross Country League and one was a stand-alone race hosted by Wolverhampton & Bilston.

(Thank you to Birmingham & District Invitation Cross Country League for their continued support of the league and Leamington C & A C, Stratford Athletics Club, Wolverhampton & Bilston and Kenilworth for hosting races)

In addition to the promotion of the sport the league is also dedicated to the development of Officials and to this end the league operates an Assistant Referee role and requires all clubs to provide at least 2 Officials/Helpers per season.

Whilst there is only one race at each venue, two divisions operate within that race to offer an incentive to smaller clubs: -

Details of the results for the 2016/17 season are listed below: -

Race 1	Newbold Comyn	373 Finishers
Race 2	Welcombe Hills	355
Race 3	Aldersley Stadium	368
Race 4	Warwick University	348

## **Division 1**

Birchfield	109 points
Loughborough Students	215
Birmingham Runners & Tri	298

## **Division 1 Individual**

Tessa Clarke	15	Senior	Wolves & Bilston AC
Molly Browne	19	Senior	BRAT
Eleanor Fowler	31	Masters	Nuneaton Harriers

## **Division 1 Masters**

Spa Striders	123 points
Tipton Harriers	143
Kenilworth	154

## **Division 1 Masters Individual**

Eleanor Fowler	5	Masters	Nuneaton Harriers
Sarah Rose	6	Masters	Kenilworth Runners
Helen Talbot	7	Masters	Nuneaton Harriers

## **Division 2 Masters**

Solihull & Small Heath	187 points
Northbrook AC	221
Leamington C & AC	224

## **Division 2**

Cannock & Stafford	225 points
Leamington C & AC	309
Bournville Harriers	673

## **Division 2 Individual**

Georgia Curry	9	Junior	Royal Sutton Coldfield AC
Alice Burnhope	11	Junior	Cannock & Stafford AC
Emily Monk	17	Senior	Halesowen A&CC

**Division 2 Masters Individual**

Katy Barden	28	Masters	Bromsgrove & Redditch AC
Paula Gowing	29	Masters	Solihull & SHAC
Jenny Jeeves	40	Masters	Leamington C&AC

**Juniors Individual (both divisions combined)**

Division 2	Georgia Curry	9	Junior	Royal Sutton Coldfield AC
Division 2	Alice Burnhope	11	Junior	Cannock & Stafford AC
Division 1	Dani Rowlinson	44	Junior	Wolverhampton & Bilston AC

**Mary J Hodges**

**Chairman**

**Midland Women's Cross Country League**

## Midland Race Walking Report 2017

This year has seen the level of competition improve in standard, however, the numbers of competitors does not appear to have increased greatly. Some athletes who had taken a break have returned, but some others have had to cope with injuries which have kept them out of competition for most of the year. We wish them a speedy recovery to enable them to return to our competitions.

On the Officials scene, our Judges and Officials Secretary, Bob Wheeler, had taken an active lead in negotiations with UKA to ensure that the progression pathway for officials in Race Walking is workable. A report on an agreed way forward is to be presented to the RWA General Committee for adoption on 7th October. This matter was referred to the Rules and Officials Sub-Committee for discussion at a meeting at the end of November.

A session to introduce new officials at Level One is proposed for later this year, and it is hoped that this will be supported by many potential officials, and those who to date have acted in a voluntary position, to enable them to obtain an officials licence and to progress through the gradings as they wish.

Without the core of officials who turn out regularly for all our championships and open events in the Midlands it would not be possible to stage these events. As Honorary Secretary, I would like to extend my personal thanks, and those from the Midland Area Association for all their efforts.

On a financial note, the Association has still not decided how best to utilise the allocated portion of the Cecil Gittins legacy, therefore it rests in the account. We have a reasonably healthy balance, but as most of our events return either a small deficit or a very tiny surplus, care still needs to be taken to ensure that the Association remains in such a position as to finance these events. It has been agreed that for the proposed Officials' course, any deficit will be covered by the Association, however, should sufficient numbers show an interest this should not prove necessary.

For this year, I have had the privilege to be the National RWA President, an honour, and one which I have enjoyed immensely.

Our President for 2017, Peter Boszko, has been asked to present medals at many events over the year and it is good to note that the position is regarded as an important one and that organisers of events have thought it appropriate to ask him to do these Presentations.

Lastly, the athletes who continue to compete in this sport of race walking are to be congratulated on their achievements, some participated in events not before attempted. An example being Hardeep Minhas in the 100 miles, together with the several athletes who competed in the Masters events at Aarhus with very good results, and the younger generation who are going from strength to strength in their progress through the age groups. We would wish them all well and encourage them to continue to compete and improve. Young senior athletes are at present not numerous, however, the opportunities for competition in major games are good and these athletes should be encouraged to continue in the sport and to progress to national representation. We realise that many find exam times are stressful, but we would hope that competition and training continue to be part of their regime for the foreseeable future.

**Ann Perry**  
**Secretary**  
**Midland Area Race Walking Association**

## **MCAA Road Running Report 2016/2017**

The 12 Stage Road Relays remained in the same format having all long legs in the first 4 stages and the introduction of long legs for the Womens 6 stage. This produced closer racing in the Mens event and an earlier finishing time for all. There was a larger team entry in both Male & Female relays from the previous year. We introduced a single lap 5km race to the program this year for the Under 15 & 17 age groups which were well received with 63 entries. Next year we will increase this to take in the under 13 age group and also introduce a team element to it.

The Autumn Combined Relays were again all on one day and produced a very large entry, which was up on the previous year over all age groups. With the large numbers this made the leg changeovers very congested and caused some confusion with the incoming and outgoing runners.

Both the Spring and Autumn relays produced some close competition throughout the age groups. We continue to send teams to represent the Midland Counties in Inter Area road matches, and we must thank our team managers for their work in selecting the teams and managing them at the events.

This year saw the introduction of 2 more events to the Road Running League - now a series of seven races, with three to score from to identify an overall Midlands male and female Road Running champion.

**Ian Clarke**  
**Chairman**  
**MCAA Road Running Committee**

## **Midlands 6 and 4 Stage AUTUMN Road Relay Championships – 24.09.16**

### **Master Men's 6 stage**

1st Charnwood AC – 2h.03.53  
2nd Hermitage Harriers – 2h.04.42  
3rd Rugby & Northampton AC – 2h.05.02  
Fastest Leg – Mark Couldwell (Charnwood AC) 19m.18

### **Senior Men's 6 stage**

1st Bristol And West AC – 1h.49.45  
2nd Cheltenham & County Harriers – 1h.50.19  
3rd Birchfield Harriers – 1h.53.18  
Fastest Leg – Richard Peters (Bristol & West AC) 17m.21 / Graham Rush (Cheltenham & County Harriers) 17m.21

### **Senior Women's 4 stage**

1st Birchfield Harriers 'A' – 59m.48  
2nd Charnwood AC – 1h.01.02  
3rd Birchfield Harriers 'B' – 1h.03.52  
Fastest Leg – Laura Whittle (Royal Sutton Coldfield AC) 14m.24

### **U17 Men**

1st Rugby & Northampton AC 38m.04  
2nd Charnwood AC 38m.32  
3rd Cannock & Stafford AC 38m.38  
Fastest Leg – Joshua Lay (Rugby & Northampton AC) 12m.13

### **U17 Women**

1st Halesowen ACC 44m.03  
2nd Bristol And West AC 44m.30  
3rd Charnwood AC 45m.25  
Fastest Leg – Abigail Saker (Halesowen ACC) 14m.17

### **U15 Boys**

1st North Somerset AC 39m.26  
2nd Charnwood AC 39m.39  
3rd Westbury Harriers 41m.21  
Fastest Leg – Adam Saulbraddock (Wolverhampton & Bilston AC) 12m.51

### **U15 Girls**

1st Charnwood AC 43m.44  
2nd Wreake And Soar Valley AC 45m.32  
3rd Stroud & District AC 45m.45  
Fastest Leg – Lily Winfield (Heanor Run) 14m.02

### **U13 Boys**

1st Bristol And West AC 43m.21  
2nd Saffron Athletics Club 43m.55  
3rd City of Stoke AC 44m.39  
Fastest Leg – Lachlan Finch (Saffron Athletics Club) 13m.35

### **U13 Girls**

1st Wreake And Soar Valley AC 45m.34  
2nd Birchfield Harriers 46m.53  
3rd Saffron Athletics Club 47m.06  
Fastest Leg – Amy Harland (Birchfield Harriers) 14m.04

## **Midlands 6 and 12 Stage SPRING Road Relay Championships – 25.03.17**

### **Senior Men's 12 stage**

1st Bristol & West AC – 3h.54.50  
2nd Notts AC – 3h.56.24  
3rd Cheltenham & County Harriers – 3h.59.27  
Fastest Long Leg – Graham Rush (Cheltenham & County Harriers) 26m.04  
Fastest Short Leg – Owain Jones (Bristol & West AC) 15m.32

### **Senior Women's 6 stage**

1st Birchfield Harriers – 2h.14.11  
2nd Bristol & West AC – 2h.24.07  
3rd Notts AC – 2h.25.42  
Fastest Long Leg – Laura Jane Day (Notts AC) 30m.32  
Fastest Short Leg – Chloe Richardson (Birchfield Harriers) 17m.24

### **Midlands 5k (U17/U15) Championships – 25.03.17**

#### **U17 Men**

1st Callum Abberley (Burton AC) 16m.15  
2nd Matthew Chronicle (Rugby & Northampton AC) 16m.47  
3rd Jacob Droogmans (Newcastle Staffs AC) 17m.14

#### **U17 Women**

1st Abigail Saker (Halesowen AC) 18m.40  
2nd Emily Negus (Nuneaton Harriers) 19m.35  
3rd Amy Mijovic-Couldwell (Bromsgrove & Redditch AC) 19m.36

#### **U15 Boys**

1st Samuel Roberts (City Of Sheffield And Dearne AC) 16m.27  
2nd Kieran Coleman Smith (Nuneaton Harriers) 16m.56  
3rd Lewis Nagington (Newcastle Staffs AC) 17m.14

#### **U15 Girls**

1st Jess Humphreys (Wrekin College Triathlon Club) 19m.13  
2nd Lily Winfield (Heanor Running Club) 19m.29  
3rd Hollie Gamble (Wreake And Soar Valley AC) 19m.34

### **Swansea Bay 10K – 18.09.16**

#### **Senior Men**

##### Team 3<sup>rd</sup>

7<sup>th</sup> Tom Merson (Bristol & West AC) 31m.00  
17<sup>th</sup> Oliver Mott (Cheltenham & County Harriers) 32m.14  
22<sup>nd</sup> Matt Williams (Notts AC) 32m.51  
24<sup>th</sup> Jack Millar (Bristol & West AC) 32m.53

#### **Senior Women**

##### Team 1<sup>st</sup>

1<sup>st</sup> Katrina Wootton (Coventry Godiva) 32m.54  
3<sup>rd</sup> Rachel Felton (Shaftsbury Barnet) 34m.11  
4<sup>th</sup> Ruth Barnes (Avon Valley Runners) 34m.34

### **Leeds Abbey Dash 10K – 06.11.16**

#### **Senior Men**

##### Team 3<sup>rd</sup>

3<sup>rd</sup> Graham Rush (Cheltenham & County Harriers) 29m.16  
9<sup>th</sup> Dan Studley (Bristol & West AC) 29m.40  
19<sup>th</sup> Phil Wylie (Cheltenham & County Harriers) 30m.23  
20<sup>th</sup> Ben Westhenry (Bristol & West AC) 30m.26

#### **Senior Women**

##### Team 2<sup>nd</sup>

4<sup>th</sup> Jenny Spink (Bristol & West AC) 33m.34  
14<sup>th</sup> Ruth Barnes (Avon Valley Runners) 34m.51  
17<sup>th</sup> Laura Day (Notts AC) 35m.03

### **Telford 10K – 11.12.16**

#### **Senior Men**

##### Team 1<sup>st</sup>

6<sup>th</sup> Doug Musson (Notts AC) 29m.35  
13<sup>th</sup> John Beattie (Newham & Essex Beagles) 29m.51

15<sup>th</sup> Kevin Seaward (Cardiff AAC) 29m.55  
21<sup>st</sup> Toby Spencer (Coventry Godiva) 30m.04

**Senior Women**

Team 2<sup>nd</sup>

5<sup>th</sup> Juliet Potter (Charnwood AC) 34m.22  
7<sup>th</sup> Claire Martin (Telford AC) 34m.50  
13<sup>th</sup> Anne Holyland (Wreake Runners) 35m.49

**Trafford 10K – 05.03.17**

**Senior Men**

Team 2<sup>nd</sup>

4<sup>th</sup> Matthew Clowes (Cardiff AAC) 29m.41  
13<sup>th</sup> John Beattie (Newham & Essex Beagles) 30m.09  
37<sup>th</sup> Jacob Allen (Rugby & Northampton) 30m.59  
42<sup>nd</sup> Toby Spencer (Coventry Godiva Harriers) 31m.02

**Senior Women**

Team 2<sup>nd</sup>

7<sup>th</sup> Laura Jane Smith (Notts AC) 35m.00  
9<sup>th</sup> Nicole Roberts (Birchfield Harriers) 35m.42  
16<sup>th</sup> Tessa Clarke (Wolverhampton & Bilston AC) 36m.24

**Rita Brownlie**

**Secretary**

**MCAA Road Running Committee**

## **MCAA Track and Field Secretary Report 2017**

The Indoor season in 2017 was made up of 2 indoor events at the HPC at the Alexander Stadium, and 2 events at the Barclaycard Arena this year.

1<sup>st</sup> Open – there were a total of 601 entries for events from 401 athletes of all ages, with Field events including outdoor throws on Sunday 14<sup>th</sup> January and sprints, sprint hurdles and outdoor throws on Sunday 15<sup>th</sup> January. These numbers are an increase of 20% in the number of events being entered and a 10% increase in the number of athletes.

Midland Championships – 8/9<sup>th</sup> February 2017 –Barclaycard Arena Birmingham - there were a total of 1,037 entries for events from 681 athletes

Birmingham Games (Open) – 16<sup>th</sup> February 2017 there were a total of 1,002 entries for events from 624 athletes

3rd Open – 22/23<sup>rd</sup> March 2017 there were 809 entries from 551 athletes with field events including outdoor throws on Saturday 22<sup>nd</sup> February and sprints, indoor and outdoor distances, and outdoor throws on Sunday 23<sup>rd</sup> February.

Every competition during the Indoor Season saw an increase in numbers of events entered and the number of athletes who competed. Unfortunately this increase did result in the early closure of some individual events, but these decisions were taken purely on the safety and practicality of running the events in the time we had available.

The Outdoor season saw a return to the new venue of last year the Pingles Stadium in Nuneaton. Both the Senior and Junior Championships were held there. We would once again like to thank Nick Wilson and his team at the venue for all their hard work in enabling these Championships to succeed.

The Senior and U20 Championships were held on 1 day this year. This was to try and overcome the shortage of officials for both this event and the County Schools on the Saturday, which is a recurring problem on the Fixtures Calendar which we highlight to no avail each year. With a total of 495 entries for events from 363 athletes, with a full programme of events rather squashed into the one day. I would like to assure the Hammer throwers that they will not be starting at 9.30 am next year.

The U17, U15 and U13 Quadrathlon Championships were also held over 2 days with 688 entries for events from 419 athletes. There was a full programme of events on both days with the slightly modified U13 Boys Quadrathlon being held on Saturday 19<sup>th</sup> and the Girls U13 Quadrathlon held on Sunday 20<sup>th</sup> August.

The 3000m Senior and U20 Championships were hosted by Coventry Godiva AC as part of their Godiva Classic event on 12/13<sup>th</sup> August, where Daniel Owen ran a time of 8:31.34 to beat last years' winner Jonathan Goringe in the Senior Men's race. The U20 Men's title was won by Joseph Tuffin in a time of 8:48.00.

The 10000m Senior Championships were hosted by Tipton AC as part of their Open Event on 26<sup>th</sup> August, where Daniel Owen ran a PB of 31:41:4 to win the event and take the 3000m and 10000m double The Senior Women's race was won by Jennifer Nesbitt in a time of 9:29.17 and the U20's title went to Abigail Stalker in a time of 11:09.76.

We would like to thank Coventry and Tipton for hosting these events.

I would like to thank all the athletes, coaches and officials who have worked so hard to make the events a success and those in the MCAA Office for all their work in the organisation of the events.

**Rachel Hulse**  
**Secretary**  
**MCAA Track and Field**



# MCAA Track & Field League Chairman's Report 2017

The season starts at the AGM which is where the presentation of the shields to each of the six league divisional winners takes place. It is also where the dates of competition will be decided and who will be hosting. Last year's AGM did not get off to a good start as trophies were not returned to enable last season's winners to receive their shields. Please do your utmost to get them returned on time.

It is important that if you cannot attend the AGM, you send in your apologies along with your abilities to host. We cannot be in the same position as last season as we need clubs to share out the responsibility of hosting - even if it is a shared effort.

Having said that the season itself went much more smoothly than the previous season where fixtures were shared out evenly without clubs having to host two matches.

The only real problem was with registration of athletes in the first match, apart from that there were not many issues.

In the 24 matches which took place throughout the season, only five of them had a full complement of officials, which is two better than last year, but still something that every club should try to improve on.

We have made one or two small changes over the last two seasons which have helped avoid some of the disputes we get through the course of a season, however we still have a small number of issues with athletes not being registered on time. This is always going to cost your clubs valuable points so please be diligent on this point.

Congratulations to all League winners and teams who gained promotion – Abingdon, Tipton and Burton gaining back to back promotions.

- 1) Bristol & West / Yate
- 2) Cheltenham & County Harriers
- 3) Abingdon AC
- 4) Gloucester AC
- 5) Stratford-On-Avon AC
- 6) Sutton in Ashfield H & AC

I would like to finish off by thanking all the clubs & officials who have taken part throughout the season and a special thanks to the committee and office alike for ensuring another successful season.

**Colin Thompson**  
**Chairman**  
**MCAA Track & Field League**

# Midland Track and Field League Secretary Report 2017

2017 track and field season has now drawn to a close and I hope that everyone had an enjoyable and satisfying season. Earlier problems with registration have eased slightly this year and hopefully these problems will reduce further as everyone becomes used to the system.

40 teams took part in the League with some good competition and closely contested matches. Over the season athletes were able to meet old friends and make new ones. League competition is very different from Championship competition as the athlete is working to support and promote the Club that gives them a platform for their athletic ability. Athletes were introduced to events they may not have contemplated but had the ability to perform well at. Overall everyone appeared to enjoy themselves and were considerate and respectful to officials, helpers and other athletes.

Our thanks must be given to the Staff of the Midland Office, in particular Ian Clarke and Val Day who managed the Office for most of 2017 by themselves. I would like to welcome Olivia Larcombe who has recently joined the staff.

The main problems for 2017 involved provision of officials, the standard of stadium and equipment and clash of fixtures. The officials pool is ageing with smaller and smaller groups available for league meetings and over use from the many fixtures. Chief officials have the sole responsibility for declaring that a venue and equipment are safe to use. This can only add to pressure and reluctance to take on these important roles.

Stadium are no longer certificated and as a result many are not maintained to any standard. It was noted at one time that a new system would be introduced but this has not happened.

I understand that Councils have less and less money to spend on anything that is not an essential service and little money seems to be available from our governing body to maintain existing premises. I'm afraid the same is true for equipment. Several events had to be cancelled during 2017 throughout the League because equipment was unsafe. Let's hope that our governing bodies take note and consider some action.

Competition in Divisions was continuous throughout the season. For most teams the final position was not decided until the last meeting but this is what makes the league competition exciting and successful.

## **DIVISIONAL TROPHIES**

Division 1 – Bristol & West/Yate

Division 2 – Cheltenham & County AC

Division 3 – Abingdon AC

Division 4 – Gloucester AC

Division 5 – Stratford on Avon AC

Division 6 – Sutton in Ashfield H & AC

I am waiting for the bottom 2 teams in Division 6, Banbury Harriers and Forest of Dean AC, to confirm they will still be competing in 2018.

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

**Iris Morris**

**Secretary**

**MCAA Track & Field League**

## MIDLAND ATHLETES AT MAJOR GAMES 2017

### European Indoor Championships

David King	City of Plymouth	60m Hurdles	(Heat 6th)
Sarah McDonald	Birchfield Harriers	1500m	6th
Andy Pozzi	Stratford-upon-Avon	60m Hurdles	<b>GOLD</b>
Jazmin Sawyers	City of Stoke AC	Long Jump	6th

### European U23 Championships

Lucy Bryan	Bristol & West AC	Pole Vault	<b>BRONZE</b>
Kyle de Escofet	Birchfield Harriers	4x100m	<b>SILVER</b>
Alex George	Birchfield Harriers	5000m	
Yasmin Miller	Derby	100m Hurdles	4 <sup>th</sup>
Jennifer Nesbitt	Worcester	10'000m	6 <sup>th</sup>
Katie Stainton	Birchfield Harriers	Heptathlon	7 <sup>th</sup>
Diani Walker	Birchfield Harriers	4x100m	

### Commonwealth Youth Games

Anna Burt	Team Bath	800m	<b>SILVER</b>
Seamus Derbyshire	City of Stoke AC	400m Hurdles	<b>SILVER</b>
Luke Duffy	Mansfield	1500m	<b>BRONZE</b>
Joshua Faulds	Rugby & Northampton	400m Hurdles	Finalist
Joshua Faulds	Rugby & Northampton	Mixed 4x400m	<b>SILVER</b>
Joshua Lay	Rugby & Northampton	1500m	<b>SILVER</b>
Jack Sumners	Stratford-upon-Avon	110m Hurdles	<b>SILVER</b>

### European U20 Championships

Gina Akpe-Moses	Birchfield Harriers	100m	<b>GOLD</b>
Tom Gale	Team Bath/Bristol & West	High Jump	<b>BRONZE</b>
Joel Khan	Worcester	High Jump	(Qualifier 8 <sup>th</sup> )
Joel Leon Benitez	Notts	Pole Vault	Finalist
Sophie Yorke	Cheltenham	100m Hurdles	5 <sup>th</sup>

### World ParaAthletics Championships

Kare Adenegan	T34	Coventry	100m Wheelchair	<b>SILVER</b>
Kare Adenegan	T34	Coventry	400m Wheelchair	<b>BRONZE</b>
Kare Adenegan	T34	Coventry	800m Wheelchair	<b>BRONZE</b>
Olivia Breen	T38/F38	City of Portsmouth	100m	4 <sup>th</sup>
Olivia Breen	T38/F38	City of Portsmouth	Long Jump	<b>GOLD</b>
Mickey Bushell	T53	Birchfield Harriers	100m Wheelchair	<b>SILVER</b>
Sophie Hahn	T38	Charnwood	100m	<b>GOLD</b>
Sophie Hahn	T38	Charnwood	200m	<b>GOLD</b>
Sophie Kamlish	T44	Team Bath/Bristol & West	100m	<b>GOLD</b>
Jonny Peacock	T44	Charnwood	100m	<b>GOLD</b>
Ben Rowlings	T34	Coventry	400m Wheelchair	5 <sup>th</sup>
Ben Rowlings	T34	Coventry	800m Wheelchair	6 <sup>th</sup>
Laura Sugar	T44	Birchfield Harriers	100m	5 <sup>th</sup>
Laura Sugar	T44	Birchfield Harriers	200m	(Heat 2 <sup>nd</sup> )

### World Athletics Championships

Tamara Armoush	Birchfield Harriers	1500m	(Heat 14 <sup>th</sup> )
Emily Diamond	Bristol & West	400m	(Heat 5 <sup>th</sup> )
Emily Diamond	Bristol & West	4x400m	<b>SILVER</b>
Elliot Giles	Birchfield Harriers	800m	(Semi 6 <sup>th</sup> )

Matthew Hudson-Smith	Birchfield Harriers	400m	(Semi 4 <sup>th</sup> )
Matthew Hudson-Smith	Birchfield Harriers	4x400m	<b>BRONZE</b>
David Lima	BRAT	100m	(Heat 7 <sup>th</sup> )
David Lima	BRAT	200m	(Semi 4 <sup>th</sup> )
Sarah McDonald	Birchfield Harriers	1500m	(Semi 9 <sup>th</sup> )
Andrew Pozzi	Stratford-Upon-Avon	110m Hurdles	(Semi 4 <sup>th</sup> )
Danny Talbot	Birchfield Harriers	200m	6 <sup>th</sup>

#### European 10,000m Cup

Graham Rush	Cheltenham	10,000m	13 <sup>th</sup>
Katrina Wootton	Coventry	10'000m	11 <sup>th</sup> (First Brit)

#### World Relays

Theo Campbell	Birchfield Harriers	4x400m	<b>SILVER</b>
Emily Diamond	Bristol & West	4x400m	4 <sup>th</sup>
Jarryd Dunn	Birchfield Harriers	4x400m	<b>SILVER</b>
Matthew Hudson-Smith	Birchfield Harriers	4x400m	<b>SILVER</b>
Daniel Talbot	Birchfield Harriers	4x100m	Finalist

#### World University Games

Jennifer Nesbitt	Worcester	10'000m	5 <sup>th</sup>
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**VISIT OUR WEBSITE AT**

**[www.midlandathletics.org.uk](http://www.midlandathletics.org.uk)**

**Midland Counties Athletic Association  
Alexander Stadium  
Walsall Road  
Perry Barr  
Birmingham  
B42 2LR  
0121 344 4201**

**Email: [administration@mcaa.org.uk](mailto:administration@mcaa.org.uk)**