



MARCH 2023

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SAVE THE DAY!



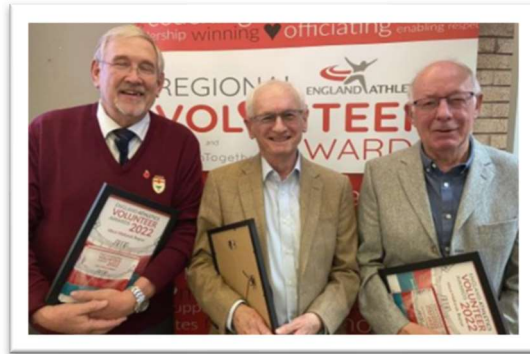
MAFEO will be celebrating its 40th Anniversary later this year. Make sure you keep the following day free to attend the AGM and Anniversary Conference.

Sunday 26th November 2023

More details to follow throughout the year.

CONGRATULATIONS!

The follow MAFEO members have all won England Athletics Volunteering Awards



Andy Hulse (pictured left) and Stewart Barnes (pictured right) were joint winners of the West Midlands Services to Athletics Award. Stewart then went on to win the National Award.



Lynda Plumpton won the East Midlands Inspiring Official Award



Stuart Paul won the West Midlands Inspiring Official Award and Fiona Hancock was the runner up in the same category.

Endurance Officiating by Yasmine Al Daftary



In January 2019 I was taken along to help at the Warwickshire and Worcestershire County cross country championships.

Little did I realise how much I would enjoy my day and that I would want to expand my officiating repertoire into endurance competitions.

I have very limited experience of actually taking part in cross country and road events and I was struggling to recall how the start and finish actually runs. At the county event I was given the duty of funnel steward with other officials and helpers. This role involves ensuring athletes keep moving down a finish funnel staying in finish order, which is actually harder than it sounds. Some athletes are tired and emotional, some are injured, some are keen to hold back for their teammates and some just want to leave the funnel and sit down!

After this event fellow MAFEO member Mary Hodges, suggested I go on the endurance officiating course and work towards becoming qualified. Unfortunately, due to the global pandemic, this was delayed until the spring of 2022.

Since this date I have had a very varied range of experiences at many different off-track events.

I must thank the many people who have helped and supported my journey, looking for a variety of opportunities to ensure I have a broad range of experiences and support for further progression.

Branching out into a new field of officiating has also meant the purchase and acquisition of a variety of new equipment such as a lap counter, a hooter (great for starting!), a high vis coat and a very warm hat!

At four cross country events this year I have been assistant referee which has involved working with the referee and learning about the safe and fair running of the competition. This was so interesting and a very good learning

opportunity. What do we do about tree roots, mud, water, tight turns, rabbit holes? The list of questions I had seemed endless and often the referees and I discussed the merits of different solutions to the same problems! We also had to warn and disqualify several athletes due to rule infringements, which can be quite testing.

At the Country Cross Country in December 2022, I was Chief Judge which involved looking after the team of officials responsible for the finish area. This is a busy competition and had 2 finish funnels active during a single race (unusual), which required double the officials and a rope controller who needed to be on the ball!

I have done many other roles including starting races, line judging, marshalling and recording times for the timekeepers. I have particularly enjoyed being a judge recorder which involves calling the bib numbers of the athletes coming through the funnel while your partner records them or vice versa. There is always a little competitive spirit between the recorder teams, hoping that we get all the numbers and in the right order!

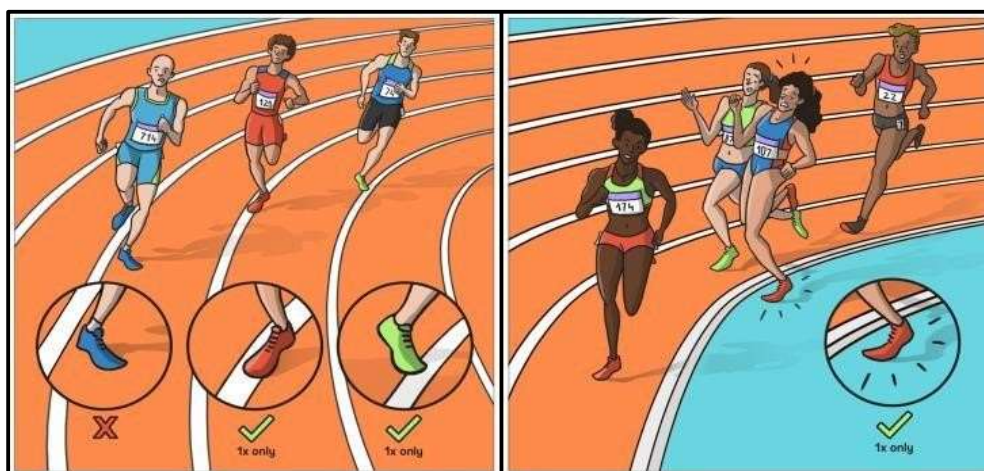
It hasn't just been a season of cross country officiating though. A fun experience was running registration for a large local 10k road race. This got extremely busy, very quickly and there was certainly an element of pressure to retrieving numbers for the big queue of runners. Once registration closed, I moved over to the finish to hand out the post-race goody bags and t-shirts. It was so nice to see the sense of achievement on the competitors faces and hear about their personal bests!

Overall off-track officiating is a lot of fun, I've been to some beautiful locations, worked with great people (most of whom are MAFEO members), filled my winter weekends and added a new line to my licence that reads Endurance Official Level 1!



REFRESH YOUR KNOWLEDGE (OR LEARN SOMETHING NEW!)

CHANGES TO RULES ABOUT LANE INFRINGEMENTS from 1st NOVEMBER 2021 (TR 17.3 / 17.4)



The athlete on the left has stepped wholly over the line on his left and no part of the foot is in contact with the line. Therefore, he would be disqualified. In the case of the other two athletes, some part of the foot remains in contact with the line on their left, so they would not be disqualified. However, if they did this a second time, either in the same race, or in subsequent rounds, they would be disqualified.

The same rule applies in relay races, even if the second offence is committed by a different member of the team.

In this case, the athlete in blue has been forced to take a step inside the kerb, as a result of being jostled by another athlete. Therefore, she would not be disqualified. Provided of course that the Referee was satisfied that jostling had taken place.

If an athlete voluntarily takes one step inside the kerb (i.e., there is no jostling) then the athlete has committed a first infringement and, as above left, would be subject to disqualification for any second infringement.

However, if the Referee believes that the athlete's actions have given them a "material advantage", they may still disqualify for a first infringement.

Notification: After a first infringement an "L" should appear next to the athlete's name on the result sheet and on the start list for any subsequent rounds. However, we recognise that at lower-level domestic competition, the results system may not always be sophisticated enough to enable this to happen. Therefore, Referees will seek to speak to athletes as soon as possible after the race, to warn them.

The Life of an Infield Spotter

by Ruth Hickinbotham

I first started Officiating for my club, King's Heath RC at the Cross Country League, and through this jumped at an opportunity to shadow a Track & Field Indoor event a year later. Very quickly after Covid sent us into lockdown, I made use of my contacts and was able to get onto the Field as soon as events started up. As Covid had shut my business down, athletics gave me something to focus on and probably saved my Summer. I gained my Level 2 Field qualification in Summer 2022.

Being an Official has given me the opportunity to volunteer at two major events in the past six months. First at the Birmingham 2022 Commonwealth Games, assisting in the Post Event Room, a truly awesome experience. The second as an In Field Spotter at The UK Athletics Indoor Championships.

The In Field Spotter role involves feeding event updates to the announcer team, this could be starting heights for vertical jumps, athlete retirements etc. I learnt a lot as I was sat right in the centre of the action, experiencing how a National televised event is run, the technology, working with presenters and TV, national level athletes and using a radio for the first time. I even found myself in the middle of a Pole Vault jump off which was also new to our Team Lead.

One big difference was having a full quota of officials. At regional level, we are often short of officials, so we have to multitask and operate under pressure to get the event done efficiently, accurately, and safely. At the Nationals I felt a different pressure, feeling nervous to be 'on show' and at the same time excited to be working at a high-profile event.

I have met so many people during my journey, made lots of great friends, had some fun and many laughs. I have a lot of people to thank for their guidance as prior to Covid I knew little of the rules and procedures as my only experience of Track & Field was as a spectator.

I am really looking forward to working at the new Alexander Stadium in 2023 and seeing it buzzing again. I am particularly excited about supporting young athletes who will have the opportunity to compete at such a fantastic venue.

ATHLETICS TRIVIA QUIZ

1. In which Midlands town would you find the Pingles Stadium?
2. Which Midlands Athletics club does the hurdler Andy Pozzi compete for?
3. In the women's outdoor heptathlon, what is the last field event the athletes participate in?
4. Whose mile time recorded at the Bislett Stadium in 1985 is still the British Record (as of March 2023)
5. In what year were the World Indoor Athletics Championships first held in Birmingham?
6. Who is this Olympic Champion who competed for Wolverhampton & Bilston?



7. As of March 2023, what is the metric height of the Men's Outdoor High Jump World Record?
8. How far is the marathon race (either metric or imperial)?
9. As of March 2023, what is the longest standing women's World Record?
10. In which city is this iconic stadium which has hosted both the Olympic Games in 1936 and World Athletics Championships in 2009?



Your MAFEO Committee Members 2022 – 2023

Chairman - Kenny Ebanks (Chairman@mafeo.net)

Vice-Chairman - Fiona Hancock

Hon. Secretary - Derek Prince (HonSecretary@mafeo.net)

Membership Secretary - Maureen Bullen

Hon. Treasurer - Yasmine Al-Daftary (HonTreasurer@mafeo.net)

Margaret Afford, Stuart Paul, Andrew Hulse, Stewart Barnes, Maggie Murphy, Noel McKakly, Jack Lambert, Derek Redfern, Barry Parker, Chris Blyth

Committee Meeting Dates 2023

Wednesday 29th March

Wednesday 28th June (maybe Monday 26th June)

Wednesday 27th September

Proposed AGM: Sunday 26th November.

If you have any issues you wish to be raised at a committee meeting, please let us know.

ATHLETICS TRIVIA QUIZ ANSWERS

1. Nuneaton
2. Stratford upon Avon AC
3. Javelin
4. Steve Cram
5. 2003
6. Tessa Sanderson
7. 2.45m
8. 26 miles 385 yards or 42.195km
9. 800m (1:53.28 set in 1983 by Jamila Kratochvilova)
10. Berlin



MAFEO STOCK PRICE LIST

MAFEO clipboard	£5
Landscape weather writer by Paperdry	£20
Portrait weather writer by Weatherwriter	£30
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Small (A5) band	£2.50
Pens	£1.80
Pen Refills	£1.20
Rule books	£5.50
MAFEO Mug	£4.50

Should you wish to order please email:

mafeopayments@gmail.com

NEXT NEWSLETTER – AUTUMN 2023

If you have any suggestions for articles or information you wish to share with other MAFEO members in the next newsletter, either pass it on in person to a member of the committee or email it to

Chairman@mafeo.net.

AND FINALLY...

Do you recognise our MAFEO member who is a top-class speed bouncer?



Caption Competition



Send your suggestions to HonSecretary@mafeo.net