

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.
JANUARY 2010

"Life is a promise; fulfill it." *Mother Theresa*

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MATCH OF THE DAY

MMKAC v
BEDFORD

THE FINAL CHILTERN CROSS-
COUNTRY LEAGUE MATCH IS AT
WING ON SATURDAY 13 FEBRUARY

CAN WE OVERTURN BEDFORD'S
SLENDER LEAD OF 169pts AND
REGAIN THE LEAGUE TITLE?

SUPPORT YOUR CLUB - IT'S AS NEAR
A HOME FIXTURE AS YOU WILL GET,
AND IT'S FREE!!

Chair's piece

Bucks Athletics Network

At the start of a New Year it is important to reflect on where we are as a club and where we would like to be. There were a number of developments last year which will benefit the club and the sport. For example, four clubs in the county (Chiltern Harriers, Marshall Milton Keynes, Vale of Aylesbury and Wycombe Phoenix) have got together to form the Bucks Athletic Network ("More Bucks") in a three-year project designed to raise the profile of the sport (by allowing each club to recruit a part-time paid coach who will work with local schools), increase recruitment (of athletes coaches and officials) and to improve coaching standards (by encouraging collaboration between clubs). I recently signed off the contract with England Athletics on behalf of the Network that will bring £95k in additional funding for the county over three years.

Athletics 365

There is another initiative that is about to get off the ground called "Athletics 365" which is designed to give a structured introduction to basic athletics skills for young athletes. David Millett attended the recent launch, and it was expected that we would be one of a small number of clubs selected to pilot this new scheme. However, things have gone quiet on this initiative over the last few weeks.

National Junior League

I had hoped that the Bucks Network collaboration would also have resulted in a county team for the National Junior League (for Under 20s) that would be able to compete at the highest level. Unfortunately some clubs in the Network are not able to commit to this for 2010 and we shall have to try again next year. In the meantime, I canvassed support within the club for the NJL over the Christmas holiday period, and only three U20 athletes indicated that they wished to compete for the club in this league. Given the problems we had last year in getting a team out we have decided to withdraw from the NJL and to seek alternative competition for these athletes, possibly within the London inter-club challenge series which includes specific events for U20s.

Nike MK Half Marathon and Festival of Running

The Nike MK Half Marathon takes place on Sunday 7 March, starting at 10am. The increased popularity of the event (with almost 4000 entries last year) means that the Open University is not able to cope with the numbers. After consultation with MK Council and Thames Valley Police we have created a new course that starts and finishes on Avebury Boulevard, just outside the XScape Building. We have also broadened the scope of the event by including a 10km race, a 5km fun run and a 4-person corporate challenge relay event for business teams over the half marathon course. The first three miles of the 10km/Half Marathon course will be on grid roads (the V7 and H9), closed to traffic, before joining the course used in previous years. The 10km runners will separate from the half marathon runners just before 5 miles to make their way back to the city centre. Marshalling this course will stretch the club's resources. With limited help from the police on the day we will need well over 100 people to help marshal the courses, man the feeding stations, and help officiate at the start and finish. For club members, there is the satisfaction of organising a superb event (possibly the largest mass participation event in the history of Milton Keynes) which

will raise a lot of money for local charities. Another benefit for the club is that a significant proportion of the profits from the race will be used by the club, for example, to subsidise transport costs and to pay for officials and coaches to attend courses. Last year the club's income from the race was about £14k. I'm told that this year's entries are up about 500 so far, compared with the same stage last year, which means we are likely to exceed 5000 entries.

Please volunteer to help with this event. I am putting out a separate letter, with a return slip, which you can bring along to training, or send in with your membership renewal form. If you are under 18 you can help, for example, at the feeding stations or at the finish. If you are over 18 as an athlete, a parent or a friend, please let us know that you are available, and how you are able to help. All helpers will be given a free lunch and a T-shirt.

South of England Road Relays

The Club is again hosting the South of England Men's 12-stage and Women's 6-stage Road Relay Championships at the Open University in Milton Keynes on Sunday 21 March, with the men starting at noon and the women starting at 1pm. This attracts many of the best runners from the South of England. In the past we've had Olympic Silver-medallist Sonia O'Sullivan, Liz and Hayley Yelling and Mo Farah taking part. The course goes round Caldecotte Lake and, of course, we will be looking for marshals to ensure we get another spectacular event.

National Hockey Stadium

Last year I reported that we were hoping to inherit one of the stands from the National Hockey Stadium when it was demolished at the end of 2009. We had several discussions with MK Council and English Partnerships to see if this was feasible. However, the bottom line was that the Demolition Contractors would only transfer and re-erect the stand at Stantonbury for a fee of approximately £150k. Unfortunately, we do not have access to this kind of money at this time and, if we did, it would be more likely that we would build a new stand.

Club Membership Fees

The New Year is also the time when Club Subscriptions are renewed. I have enclosed with this newsletter a printout of the information that we hold for you on our database. To renew your subscription it is only necessary to amend this form, correcting any inaccurate information, and return it to the Membership Secretary with your subscription. The subscription levels have not increased this year (thanks to the income we received from the Nike MK Half Marathon). Last year England Athletics made it a requirement that only registered athletes could be entered for championship events and this year it will almost certainly extend this requirement to cover league competition. The Club will only register athletes (at £5 per head) if they have paid their membership fees. Please don't delay in sending your fees to the membership secretary. One of the worst things you can ask a volunteer to do is chase after people for unpaid fees. There are discounts for those who pay before the end of February.

Happy New Year.

Mick Bromilow (mick.bromilow@mkac.org.uk)

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



Bucks Sport Awards 2009

27 NOVEMBER 2009

❑ **MILFORD CALLOW WINS THE "UNSUNG HERO" AWARD**

❑ **JIM LAWRENCE SHORTLISTED IN THE "VOLUNTEER OF THE YEAR CATEGORY"**

MMKAC have been successful in winning awards at the Bucks Sport Awards in recent years, Mick Bromilow, Brian Graves and Jack Kee have been on the podium 2007/2008. Last year Milford was shortlisted but Jack Kee won. However success in 2009 but he had to share it with two others - John Wilford (Maxwell Swim Club) and Chris Peterson (Bucks CC Football Club).. Iwan Thomas presented the awards - still the GB 400m record holder with a time of 44.36 set in 1997.

Top photo shows Milford (centre) with the other joint winners plus, Iwan Thomas (L) and Lt.Col Simon Wilkinson (R) representing the award sponsors, Bucks Ambassadors. Second photo shows Jim and Jeanette Lawrence taking the opportunity to get photographed with one of his Jim's 400m heroes.



Team MK won the "Team of the Year" award.
More details on www.buckssport.org

TONY KOCKELBERGH RETIRES AS CLUB TREASURER

Running Career with MKAC

Tony joined MKAC in 1994 and made an immediate impact with his distance running exploits. During that year he ran 2:45.02 on the London Marathon, 79.06 in the Roding Valley Half-Marathon, 60.28 in the Bedford 10 and 28.50 in the Wolverton 5. Tony continued to run fast marathon times and his best performances between 1994-2002 are:

1994	M40	2.45.02	London
1995	M40	2.43.49	London
1996	M40	2.50.36	London
1997	M45	2.51.42	London
1998	M45	2.51.00	New York
1999	M45	3.02.58	New York
2001	M45	3.09.08	New York
2002	M50	3.12.06	New York

His other personal bests were,

5miles (28.48/Wolverton 5/1995)

10km (38.34/Bearbrook/1997)

10miles (60.82/Bedford/1994)

Half-Marathon (78.56/Stroud/1995)

Treasurer from 1997 to 2009

Tony took over as Treasurer from Ian Russell in November 1997 when our turnover was £30,000. A far cry from the current £200,000 plus. Tony must be thanked most sincerely for all his work with the Club over his lengthy tenure of 12 years. There have been lots of changes in our sport in recent years not least the sponsorship from Marshalls.

At the AGM last November, Alec Walliker was elected to this important position on the club committee giving us a reliable continuity.

Thanks again Tony for all your work with MMKAC

PRIDE OF MILTON KEYNES AWARDS

Jim McKellar was nominated in the "Older Achiever" category and attended a dinner at Stadium MK on 3 December. He was beaten to the title here by the lady, Doreen Adcock (a swimming instructor), who went on to eventually win the "Unsung Hero" category at the BBC Sports Personality of the Year awards evening. However Jim took the opportunity to collect monies for the Help the Heroes charity and the photograph shows Jim getting the Mayor (Ewan Henderson) to pass over a tenner!



A review of the last decade

2000

2001



WINTER

The first MKAC runner into the millennium?

On 2 January John Hamilton was first home for the club and also first M45 in the Pitsford Half-Marathon(83.21).

BUCKS AA CROSS-COUNTRY CHAMPIONSHIPS

We hosted this event in Brickhill Woods. The Senior Men won the team title and county champions were Abby Roskilly(u13),Pepe Nanci (u13),Emma Hunt(u15),Wayne Ridgway(u17) & Chris Hearn(u20).

SOUTH OF ENGLAND XC CHAMPIONSHIPS

At Parliament Hill, Daryn Castle won bronze in the u20 race whilst Kirsten Berryman,Laura Hunt,Charlie Gaspar & Jordan James won u13team bronze.

CHILTERN CROSS-COUNTRY LEAGUE

MKAC easily won their third consecutive team title from Windsor after the final match at Warden Hills, Luton

HIGH JUMP RECORD

Daniel Leonard became the club's first 2m high jumper competing indoors in Birmingham.

NATIONAL CROSS-COUNTRY CHAMPS- STOWE SCHOOL

Andrew McKenna, 5th in the u20 race led the team(Daryn Castle, Martin Broderick & Chris Hearn) to team bronze. Emma Hunt also placed 5th – here in the u15girls race.



(Andrew,Daryn,Chris & Martin)

LONDON MARATHON

Katrina White set a ladies club record of 2:54.37, Ian Russell(2:49.41) was first man home.

SUMMER

MATT DOUGLAS AT THE SYDNEY OLYMPICS

Matt represented Great Britain in the 400mHurdles. He ran 49.62 in his heat and then 49.53 for 6th place in his semi-final.

How did our track & field teams fare?

- | | |
|--|---|
| • Southern Men's League "A"(Div 1) | 24 th |
| • Southern Men's League "B"(Div 6) | 3 rd |
| • Southern Women's League(Div 2) | 7 th |
| • National Junior League(South Premier) | 6 th |
| • National Young Athletes-Girls(Premier6) | 3 rd |
| • National Young Athletes-Boys(South.Prem) | 10 th |
| • Eastern Young Athletes League | 8 th |
| • EYAL "top 8" Cup Final | 2 nd |
| • Eastern Veterans League | -2 nd place for both men & women |

U17 SOUTH OF ENGLAND CHAMPS

Golds for Daniel Leonard(HJ/1m95) and Faith Cripps (Heptathlon/3952pts).

BRITISH MASTERS CHAMPS

Golds for Jack Kee(M60),Hammer & Discus and Barry Hardwick (M50)5km & 10km walks.

AAA U15 CHAMPS

Emma Hunt won bronze in the 1500m(4.43.14)

MK 10KM & MK HALF MARATHON

Andrew McKenna ran 31.45 for 4th place in the 10km whilst Charles Herrington won the Half-Marathon(70.10).

AUTUMN

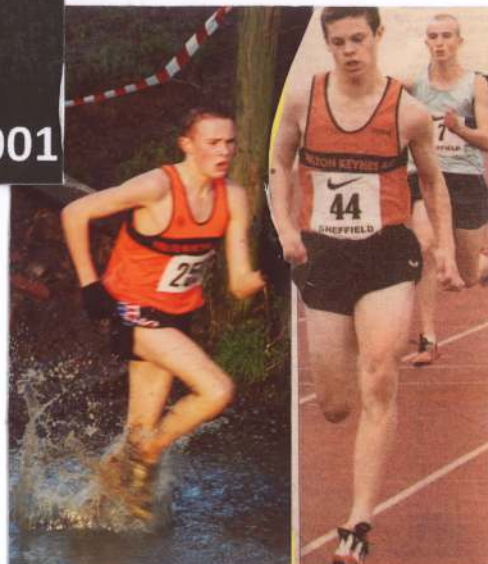
SOUTH OF ENGLAND AA RELAYS

Gold for the u15girls (Kayleigh Docherty/Michelle Jessop/Emma Hunt.

WOLVERTON FIVE 242 finishers. Best MK performance came from Linda Dewhurst winning the F35 prize clocking 30.55.

CHILTERN LEAGUE

Three wins out of three and on our way to another league title.



(Andrew Whetstone on his way to M15gold at Wing/Craig Pickering win the AAA u15 100mtitle at Sheffield)

WINTER

BUCKS AA CROSS-COUNTRY CHAMPIONSHIPS- WING

Seven out of nine team golds and also seven individual golds.

NATIONAL CROSS-COUNTRY CHAMPIONSHIPS-DURHAM

Charlie Gaspar ran to the silver medal in the u13girls race and led Abby Roskilly(7th) and Kirsten Berryman(28th) to the bronze medals.

CHILTERN CROSS-COUNTRY LEAGUE

Another overall League victory for us, but closer this time, just 200pts over Harrow. MK ladies won the overall female team shield.

LONDON MARATHON

Ian Russell(2:44.31) just held off Ben De Klerk(2:44.36) whilst Margaret Swithenby finished 2nd F50 overall(3:18.53).

SUMMER

AAA CHAMPS

U15 100m 1 Craig Pickering(11.00)

U17 400mH 1 Rupert Gardner(54.98)

U17 100m 12 Kadi-Ann Thomas(12.11)

SOUTH OF ENGLAND CHAMPS

Golds for: Faith Cripps(F20LJ/5m49); Kadi-Ann Thomas (F17100m/12.14) & Craig Pickering(M15200m/23.52)

How did our track & field teams fare?

- | | |
|--|--|
| • Southern Men's League"A"(Div 3) | 16 th |
| • Southern Men's League"B"(Div 4west) | 16 th |
| • Southern Women's League (Div 2) | 3 rd (promotion) |
| • National Junior League-Girls(Prem.5) | 4 th |
| • National Junior League-Boys(South Prem.) | 6 th |
| • Eastern Young Athletes League | 2 nd |
| • Eastern Young Athletes League Cup Final | 2 nd |
| • Eastern Veterans League: | women(3 rd), men(4 th) |

DONCASTER 24HOUR RACE

Dave Findel-Hawkins – 24 hours(117miles257yd)
100miles(19hours37min)

MK 10KM

Neil Ovington was first MK runner home(10th/35.12) from a field of 310.

AAA & ENGLISH SCHOOLS MULTI-EVENTS CHAMPS

Pepe Nanci won gold in the u15 pentathlon at both these championships.

BRITISH MASTERS 5KM CHAMPS

The trio of Terry Laybourn, Brian Daniells & John Greenall won the M60 team trophy. MK hosted the event at the Open University.

AUTUMN

SOUTH OF ENGLAND AA RELAYS

Team bronze for u13boys(Matt Young,Steve Tuttle,Duncan Taylor & Tom Nightingale)

WOLVERTON FIVE

292 finishers this year with Kevin Farmer first local home, 22nd clocking 26.40. Sarah Cox was first MK lady(32.38).

CHILTERN CROSS-COUNTRY LEAGUE - After winning at Watford and Oxford, Bedford just beat MK in our home fixture in Brickhill Woods. However the team took a 600pt+ lead into 2002.

AND 2002
A very busy
and
successful 10
days in mid-
September

20TH TOUR OF MILTON KEYNES

Kevin Farmer won his fifth TOUR title from Martin McPheat and Mick Kelly. Di Knight took a 51-second lead into the final day in the ladies race but Rosemary Muston turned it round to win by just 2-seconds!!

Sam Kirkpatrick completed his 20th consecutive TOUR



"The TOUR ladies"

EASTERN VETERANS TRACK & FIELD FINAL-7 Sept.

Held, as usual at Bedford, the MK ladies took silver behind City of Norwich whilst the men had to settle for bronze behind Bedford and Chelmsford.

MK ladies head for the
National League !!!

After finishing third in Division One of the Southern Women's League (Radley Ladies were the champions), the MKAC ladies were invited to take part in the qualifying match for entry into the UK Women's League. Held at Cannock on 14 September the final results were:

1 Milton Keynes	224
2 Radley Ladies	218
3 Cannock & Stafford	183
4 Hull	151
5 Deeside	132
6 Blackpool	125

Glorious double for Eastern Young Athletes

Firstly the Eastern Young Athletes team won the League title:

Top three-

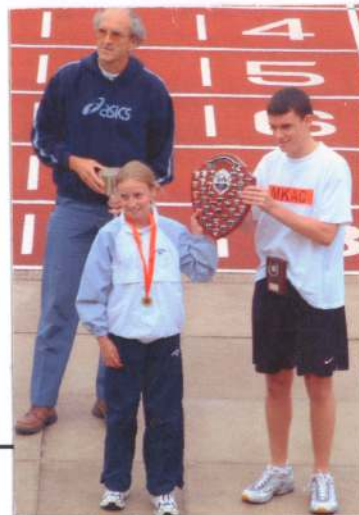
1 Milton Keynes	19pt(1838 match pts)
2 Basildon	19pt(1750 match pts)
3 Chelmsford	16pt

AND

On 15th September they won the top eight cup final at Bedford:

1 Milton Keynes	730pt.
2 Basildon	659
3 Stevenage	658

Team captains, Tanya Taylor and Kyle Bennett with the league trophy.



BRITISH MASTERS WEIGHTS PENTATHLON CHAMPIONSHIPS

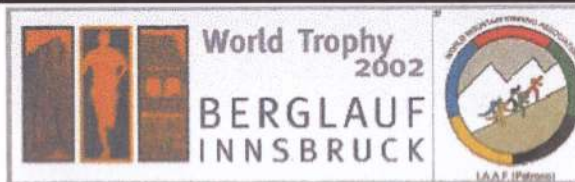
Held at Ashford, Kent on 15 September, Jack Kee won the M60m title:(HT/46.63m),(SP/10.02m),(DT/40.01m),(JT/27.19m),(Wt/17.42 m),scoring 3914pts.

NATIONAL JUNIOR LEAGUE SOUTHERN PREMIER QUALIFYING MATCH

(Hendon 15 September)

1 Milton Keynes	262
2 Basingstoke	252
3 Croydon	235
4 Cheltenham	225
5 Ashford	218
6 Oxford City	170

MK winners included Craig Pickering (100m/10.8), Phil Winfield(800m/1.57.3), Rupert Gardner(400mH/54.0) & Alex Quinn(2kmSC/6.24.5).



Competing in Austria, Dave Findel-Hawkins led the MKAC team in the open race held prior to the International race at the annual World Mountain Running Championships. Over a course of 12km and a climb of 1200m, Dave placed 101st in 1:25.58, Chas Kendall was next in, 132nd(1:31.00) and then Brian Graves, in his 13th "World Cup" race clocked 2:02.29(192nd).

LAKE DISTRICT MOUNTAIN TRIAL

Andy Sutton competed in the 50th running of this event finishing 20th with a time of 5hr44min.

ROBIN HOOD MARATHON(Nottingham)

Ian Russell(3:11.24) & Les Turton(3:19.51)



HIGHLIGHTS FROM 2003

TRIUMPH FOR LADIES IN UK LEAGUE

A quite incredible inaugural season for the ladies. Not only did they survive their first season in the National League, they gained promotion to Division 3, but only just! Two third places and a second gave them 19 league points, the same as Havering but MK had 516 match points to the Essex clubs' 513. This gave them second place in Division 4 behind champions Peterborough.



The ladies team after the final match at Peterborough



DEBUT IN THE ROUND NORFOLK RELAY

Our team of 17 completed the 190mile course in a time of 23hours36.42, 20th overall from 32 finishers and 2nd of the 6th debutant clubs.

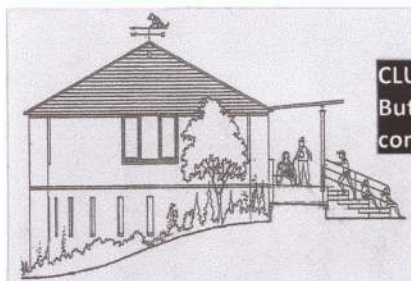
Photo:

Team manager, Martin McPheat starts the team from Kings Lynn



SOUTHERN MEN'S LEAGUE TEAM BACK TO DIV 1

MKAC finished second to Victoria Park Harriers in Division Two to gain promotion and a return to Division One.



CLUB HOUSE PLANS FINALISED
But building work will not commence until late 2004

JOEY DUCK –unbeaten in 42 races throughout the year!!!!

The Indoor Scene

Joey won 11 races including double UK u15 championship golds. Over 60m and 200m she clocked 7.78 and 25.08 respectively, the latter time moving her to no 6 in the UK all-time rankings.

Through the Summer

Joey's 31 victories included winning both the South of England and UK titles at the 100m and 200m. At the former event Joey clocked 11.79 to go 2nd on the UK all-time rankings and for good measure she won the English Schools 200m title in 24.06, the 6th best ever time. AND found time to represent the Club in the SWL and NYAL.

(right: Joey wins the 100m in the SWL at Stantonbury)



3rd IAAF World Youth Championships 9–13 July 2003

Sherbrooke

CRAIG PICKERING AND KADI-ANN THOMAS REPRESENT GREAT BRITAIN IN THE WORLD YOUTH GAMES IN CANADA

Both athletes reached their respective 100m finals. Craig took bronze(10.85) in his whilst Kadi-Ann placed sixth in her final(11.74).

KADI-ANN THEN WENT ON TO WIN A SILVER MEDAL AT THE EUROPEAN U20CHAMPIONSHIPS. SHE RAN THE SECOND LEG FOR THE 4 X 100M RELAY TEAM WHICH CLOCKED 44.81



LONDON MARATHON,
Club record for Michelle Lee(2:43.41) and
Rosemary Muston(3:32.02) is first W55

SOME OTHER NOTABLE PERFORMANCES FROM 2003

- CHILTERN CROSS-COUNTRY LEAGUE – our 6th consecutive team victory.
- SOUTH OF ENGLAND XC CHAMPS- 6th place for the ladies team at Exmouth.
- NATIONAL XC CHAMPS- 9th place for Andy Whetstone in the u17 men's race at Parliament Hill.
- EASTERN VETS XC – hosted in Campbell Park and a team win for the men and third place for the ladies.
- WORLD MASTERS T&F CHAMPS- Puerto Rico Silver medal for Jan Lawson in the F50 80mHurdles(13.61)
- BUCKS AA T&F CHAMPIONSHIPS
58 golds and 16 Championship Bests.
- MK 10km – 432 Finishers
Ian Van Lokven is first MK man and first M40(33.36)
- GREG RUTHERFORD OVER 7metres
Greg won the Bucks Schools Champs with a club record of 7m04.
- EVAC T&F FINAL- GOLD FOR THE LADIES whilst the men have to settle the bronze medals.
- 302 finishers in the WOLVERTON FIVE -
Alex Bowden is first MK runner, 12th in 25.42. Sarah Cox took the second ladies prize(31.33). Ian Russell is first M50(28.29).

ANNUAL GENERAL MEETING

FOR 2009/10

TUESDAY 19th NOVEMBER 2009

1 ELECTION OF OFFICIALS FOR 2009/10

The following were elected:

Chair	Mick Bromilow
Vice Chair	Jo Benham
Secretary	Emma Beardmore
Treasurer	Alec Walliker
Coaching Secretary	Jim Bennett
Cross-Country Sec	Jackson Ryan
Road Race Secretary	Julie Dalzell
Ladies Secretary	Jo Benham
Track & Field Sec.	Jim Lawrence
Fixtures Secretary	Jim Lawrence
Officials Secretary	Julia Gibbens
Membership Sec.	Peter Scott
Ladies Rep.	Jan Hardcastle
Development Officer	John Seed
Equipment Officer	Peter Hall
Vets Secretary(summer)	Jim Lawrence
Vets Secretary(winter)	Dave Barrett
Track Liaison Officer	Jack Kee
Press Officer	Ian Russell
Newsletter Editor	Brian Graves
Young Athletes Rep	vacant
Young Athletes Rep	vacant
Committee Members:	Ian Stewart, Gordon Fallow, David Millet & Nick Washington.

- Tony Kockelbergh retired as Treasurer after a tenure of twelve years. Alec Walliker was elected to this post.
- Jo Benham takes over from Jackson Ryan as Vice Chair.

2

MARSHALL MILTON KEYNES ATHLETIC CLUB

INCOME & EXPENDITURE ACCOUNT

year ended to Sept 2009

INCOME	Adjustments	
	This Year	Last Year
Subscriptions	27540	22624
Track Management Fee	21455	38048
Events	18312	12211
Awards eve (gross)	0	0
Grant / Award	10350	22741
Club Kit	882	920
Salary Contrib	0	0
Kitchen	3663	
Other Income	1852	3042
Bank Interest	946	328
Total Income	84999	99913

EXPENDITURE

Travel Expenses (gross)	9614	8746
Equipment	12669	26238
Capital Projects	0	43538
Grounds Maintenance	1784	440
Sportshall	3543	6135
Newsletter/Magazine	3746	4203
Coaches expenses	27	542
Coaches courses	1584	2043
Trophies	793	984
Entry Fees	1868	1337
Affiliation fees	2875	2775
Events expenses	0	0
Awards Evenings (gross)	500	89
Club Kit	0	0
Track Fee	241	106
Athlete Sponsorship	7800	9520
Marshall Disbursements	2224	2923
Salaries	1142	1893
Admin Expenses	2566	1930
Other	2072	3407
Total Expenditure	55048	116847
SURPLUS / DEFICIT FOR THE MONTH	29951	-16934

BALANCE SHEET at 30 September 2009

CURRENT ASSETS

Bank Accounts		
Capital reserve		0
Club/Soc Reserve	35127	23665
Current Account	41211	22722
LIABILITIES	-13250	-10000
NET ASSETS	63088	36387

Represented by:

GENERAL FUND

Balance brought forward	46387	63321
Surplus/Deficit for the Year	29951	-16934
Accrued liabilities	-13250	-10000
Balance carried forward	63088	36387

COMPETITION LICENCE

Club members should have one of these, sent out by England Athletics last Spring. More and more event organisers are asking for an athletes' unique Registration Number. Check with Mick Bromilow if you did not receive your licence.

ENGLAND ATHLETICS

COMPETITION LICENCE

Registration Number:

Club name: Marshall Milton Keynes AC

Date Of Birth:

Member's name:

2009/10

THE 45TH WOLVERTON FIVE

28 NOVEMBER

315 finishers/71 "no-shows"

I received 310 pre-entries and we took 76 on the day. This gave a total of 386 but with just 315 starters it meant a no-show total of 71! Whilst we had 375 finishers in 2008 the 2009 total was just short of the race average of 325. The runners were very fortunate that the strong winds that prevailed in the morning had died down - anyone who may have seen us trying to erect the club tent around 10.00am would have thought that it looked like a potential U-Tube hit!

Great team win for the MMKAC men

Up front Adam Bowden(Harrow), last years' winner was involved in a much tougher race this year with Owain Matthews(Bedford and winner of the 40th race in 2004), but used his track speed to win by just 4-seconds. Marcin Fudalej, second in the two previous races, had to settle for 4th on this occasion(25.28) but was given a tough battle by Tom Comerford(25.32). This latter time moves Tom up from 17th to 11th in the MK all-time rankings for this course. With Paul Erwood 9th for another pb of 25.53 this gave MK three finishers in the top ten for the first time and a very convincing team victory.

Team wins for the veterans teams

The ladies saw the return of Imogen Thornburgh(33.17) after recently giving birth to her first child and with Julie Dalzell(33.38) and Deb Hindmarch(35.57) they beat Bedford Harriers by some 2-mins. The men were led home by Richard Ashton, 14th with a time of 26.40 and 2nd M40 on the day) - but who is Richard? A few vibes going round the following day and we find some track form from 20-years ago: 800m(1.49.4) and 1500m(3.47.1) representing Newham & Essex Beagles. Robin Dowsell (30.38) and Chris Mahon(40.42) completed the vets trio who narrowly beat Harrow by just 23-secs. Jo Benham was first MK lady(32.44) and with Imogen and Julie comprised the ladies team that took second place behind Rugby/Northampton. Jane Lee was another lady competing after giving birth to a son for Andrew.

12 vets in top six category places

Sharon Edghill(37.34) was 6th F45 and Ursula Ghaleb(41.08), 3rd F55. For the men Mike Burling(32.59) placed 5th M50, John Skelton(31.15), Ian Russell(32.38) & Dave Findel-Hawkins(34.11) were 2nd, 4th & 6th M55's, Kelvin Smith(34.32), Jim Miller(34.42) & Paul Toombs(34.44) were 4th, 5th & 6th M60's, Brian Daniells(36.58) won the M65 category whilst Jim McKellar(46.52) & Milford Callow(47.50) were 3rd & 4th M70's.

A few Wolverton "Five" stats

68 MMKAC members finished. Overall 51 runners broke 30mins (Robby Taylor was the man on exactly 30mins). Percentage-wise this is 16.2 %, about average for our race these days. The average for the first three years(1991-3) was 49%.

On the old course around Wolverton our largest field was 517 in 1981. The winner then was Ian Stewart (now, of course coaching with Jim Bennett) with a time of 23.24. There were 282 breaking 30mins (54.5%). Ian was representing Invicta AC whilst at university in Kent. Tony Simmons was 2nd(23.31) and Mike Gratton 3rd(23.32). Gerard Copps was first MK runner, 31st in 25.02.

AND MANY MANY THANKS

Terry Laybourn again ensured we had a good spread of course marshalls. Adrian Cox, Jim Miller and Jim Morrison helped with course set up on the day, Mick Bromilow organised the results with Julie Dalzell and Fi-Han Bromilow assisting him at the registration. Nick Folwell was i/c at the finish and John How was race referee. Brian Graves looked after the entries whilst Jackson Ryan was again Race Director. Thanks again to **everyone** who helped both pre-race and on the day.



- 1-The Start: Josh Lyman(75), Adam Bowden(1), Tom Comerford(182), Marcin Fudalej(2).
- 2-Paul Bonds leads Steve Green & Matt Clarke.
- 3-Terry Downs(16), Adrian Maidment(61), Lauren Cripps, R.
- 4-Sophie Wright leads Paul Toombs.
- 5-Jo Benham, first MK lady.



MEN			
Tony Forrest	M20	24.09	1995
Richard Nifah	MS	24.13	2002
Ian Thompson	MS	24.33	1991
Marcin Fudalej	MS	24.40	2008
Andy McKenna	MS	24.43	2002
Daryn Castle	MS	24.51	2004
Charles Herrington	MS	25.00	1998
John Crouch	MS	25.03	1992
Ray Crabbe	MS	25.04	1992
Alex Bowden	MS	25.09	2004
Tom Comerford	MS	25.32	2009
Kevin Farmer	MS	25.42	1991
Paul Erwood	MS	25.53	2009
Paul Fisher	M17	26.00	1994
Andy Harris	MS	26.01	1994
Ian Van Lokven	M40	26.08	1998
Mick Kelly	MS	26.14	1992
Andy Whetstone	MS	26.15	2007
Nigel Fenwick	MS	26.17	1991
Chris Hearn	MS	26.17	2003

WOMEN			
Linda Dewhurst	F35	27.57	1993
Rita Quill	FS	28.22	1992
Michelle Lee	FS	29.14	2002
Vicky Pincombe	FS	29.39	2004
Claire Rooney	F35	30.30	2004
Kinga Keresztes	F20	30.45	2004
Kim McBride	FS	30.56	2005
Imogen Thornburgh	FS	30.58	2002
Sarah Cox	FS	31.33	2003
Diane Baldwin	FS	31.40	1991
Jo Benham	FS	31.54	2006
Julie Dalzell	F40	32.13	2007
Lauren Licietis	FS	32.27	2008
Tanya Taylor	F17	32.28	2005
Lyn Jolley	FS	32.42	1995
Trudy Green	F35	32.54	2004
Margaret Swithenby	F45	32.55	1991
Kerry Farmer	FS	33.09	2002
Charlie Gaspar	F20	33.15	2005
Katrina White	FS	33.17	1998

TOP TWENTY MK TIMES FROM THE WILLEN COURSE (first run in 1991)

2009 five mile rankings
Not surprisingly the Willen race has injected a good number of times to enhance the 2009 rankings. 12 further men inside 30mins and 8 ladies inside 37mins.

MEN 2009 sub 30mins.

Marcin Fudalej	MS	25.28	Willen
Tom Comerford	MS	25.32	Willen
Paul Erwood	MS	25.53	Willen
Richard Ashton	M40	26.40	Willen
Chris Hearn	MS	26.45	Willen
Chad Lambert	M20	27.11	Willen
Stephen Green	MS	27.12	Willen
Paul Bond	MS	27.45	Willen
Steve Herring	M40	28.21	Harborough
Sam Bradley	MS	28.55	Willen
Ryan James	MS	28.56	Willen
Andrew Wasdell	MS	29.38	Banbury
Ross Mackenzie	MS	29.44	Willen
Ross Threfall	MS	29.50	Willen

LADIES 2009-leading 10

Jo Benham	FS	32.44	Willen
Imogen Norton	F35	33.17	Willen
Julie Dalzell	F40	33.38	Willen
Sarah Cox	FS	33.50	Blisworth
Lauren Cripps	FS	34.11	Willen
Leah Williams	FS	34.40	Willen
Sophie Wright	FS	34.56	Willen
Diane Baldwin	F50	35.52	Banbury
Deborah Hindmarch	F50	35.57	Willen
Sarah Layton	FS	36.51	Willen



More action from the 2009 Wolverton "5"
Clockwise- Phil Feist/Chas Herbert & Ed Hill/Sophie Wright & Paul Toombs/Jane Lee/Chris Mahon/Ash Voralia

Tom Blackman Rottneest Marathon Australia 2009.

Alli Ratcliffe writes:

Can you believe I have been living in Perth now for 5 years – how time flies !! Well this story is about my nephew Tom, who starting running last year when he came to visit us in Perth and decided that he would like to do the most popular race in Perth – the City 2 Surf, a Half Marathon, he arrived 3 weeks before the event and so we quickly set to work training and although a little underdone, myself and Tom completed it in 2hrs 09 mins, I was so proud of him.....then he got the bug.

Returning to England Tom got in touch with Brian Graves and has not looked back since, completing the Edinburgh Marathon in 5hrs 19mins and 58 secs, A very hard and hot day, but an extremely good achievement. After recovering from that event Tom had he's goal set on a Marathon in Perth, He asked me about the Rottneest Marathon, one I have done for the past few years and always said never again, but keep returning back to have another go !!!

Rottneest is an small Island just off the coast of Perth, absolutely beautiful, very scenic, crystal clear waters and very HILLY. All the family had booked to go over for the weekend so it seems the perfect opportunity for Tom to visit the Island and experience an Aussie marathon.

The day's forecast was a mere 28 degrees !!!! the race starts at 6.00am and meanders around part of the Island 4 times. Tom was very nervous on the start line and just before 6.00am the Bagpipes start playing and then the race starts, Tom had a very comfortable first lap, I cycled around to certain parts to spur him on, his first lap was steady and he looked great going into the second lap, and then into the third lap. The effect of the Aussie heat started to wear Tom down a bit, but knowing he was on his final lap, gave him the determination to keep moving forward until..... a nice little snake, called a dugite, dangerously venomous, appeared on the footpath a few metres in front of him, he suddenly bolted back up the course the **WRONG WAY** ! I had to clear the way and he then returned and sprinted past in what would have been a record 100 metres time !!!

Finally just before the last major hill, Tom is given a dollar and tradition is that he takes it up the hill where the bagpiper is playing and places the coin in the bucket next to her, which is meant to be a good luck myth, that the runner will arrived to the finish unscathed.

And Tom did, in an amazing time of 4hrs 52 mins 10 secs, very tired and emotional as all his family were there to cheer him through the finish line. He also knocked a massive 27 mins off his previous marathon. A wonderful achievement ! And a very proud Aunt



Alli supports Tom along the course.



ESAA English Schools' Cross Country Cup 2009

OUSEDALE SCHOOL TAKE THE BRONZE MEDALS IN THE FINAL AT NEWQUAY, CORNWALL

Some 850 schools entered the 2009 EVENT. Ousedale School (albeit packed with MMKAC members) started their journey to Cornwall on 7 October at Wendover where they finished second to Aylesbury High School. Jasmine Finlay and Jade Leggett were the first two past the post backed up well by Emily Bousfield(10th) & Loren Keighley(11th).

And so on to the Regional Final at Lincroft School, Oakley, Beds held on 14 November. Aylesbury High School again won but Ousedale took second place to qualify for the final. Here it was Jade Leggett(3rd), Gemma Childs(7th), Loren Keighley(19th) & Emily Bousfield(20th).

The final was held on 5 December (a clash with the Chiltern League at Slough). Jasmine Finlay was back for her team and won the individual bronze medal and with Jade Leggett(13th), Gemma Childs(34th) and Emily Bousfield(56th) they scored 106pts, the same as Penair School, Truro but the latter had their fourth scorer in ahead of Emily so took the silver medals. Loren Keighley finished 64th on the day. Guildford High School won the gold medals.



Jasmine, Jade, Gemma & Emily (here seen in MMKAC colours)

VALE OF AYLESBURY 5KM/BOXING DAY

13 MMKAC members ran in this long-standing Boxing Day race and there were some excellent local results. Tom Comerford(15.44) and Paul Erwood(15.55) were 2nd and 3rd overall. Eliot Winter placed 5th and first M20(16.17), Ryan Burling just made the top 10 and placed 2nd M17(17.06). Steve Herring was 3rd M40(17.54) and then in 19th place came Mel Wood, running 18.19 and 2nd female overall. Jade Leggett recorded 20.44 to win the F15 prize. In the junior race over 800 there was a win for Sophia Cliffe(3.20).

TOP TEN MALE & FEMALE ALL-TIME 5KM ROAD RANKINGS

1 Kerry Hayes	MS	14.42	Chesham	1989
2 Marcin Fudalej	MS	14.54	London	2009
3 Chas. Herrington	MS	15.15	Bedford	1999
4 John Crouch	MS	15.31	Harrow	1993
5 Ian Thompson	MS	15.34	Bath	1994
6 Paul Fisher	M20	15.34	Barnsley	1997
7 Tom Comerford	MS	15.44	Aylesbury	2009
8 Tony Forrest	M20	15.51	Barnsley	1994
9 Paul Erwood	MS	15.55	Aylesbury	2009
10 Ian Van Lokven	M45	16.06	Cranfield	2003

1 Vicky Pincombe	FS	16.49	Cranfield	2003
2 Rita Quill	FS	17.16	Charndon	1997
3 Michelle Lee	FS	17.34	Willen	2006
4 Jane Preen	F35	17.35	Marston	2007
5 Imo. Thormburgh	FS	17.53	Blisworth	2007
6 Linda Dewhurst	F40	18.11	Blisworth	2000
7 Mel Wood	F17	18.19	Aylesbury	2009
8 Jo Benham	FS	19.16	Cranfield	2006
9 Kim McBride	FS	19.27	Luton	2004
10 Rosanne Iannone	F20	19.27	Silverstone	1996

The weekend of 24/25 October

OMM

SECOND PLACE FOR ANDY SUTTON IN THE "ORIGINAL MOUNTAIN MARATHON

Andy Sutton joined forces with Simon Barnett (Tring AC) to take part in the 2009 Original Mountain Marathon – a 2 day mountain orienteering race for pairs, held this year around the Elan Valley area in mid-Wales over the weekend of 24/25 October. Competing in the 'Short Score' class they had 5 hours on the first day and 4 on the second to find their way to as many controls as possible.

The duo lay in 5th place after day 1 out of almost 200 teams, despite struggling with the energy-sapping bogs and the odd navigational mistake, which meant a sprint for the finish with only 9 seconds to spare. They were out for 4:59.51 after visiting 9 controls which gave them a score of 235pts. After enduring a windy overnight camp they had a stronger second day and pulled up to second place, beaten only by a pair containing the recently crowned World Masters orienteering champion. They scored 215pts, third overall on the day and finishing well inside their 4hour time limit (3:26.07). Their final tally of 450pts was also equalled by the third placed pair but Andy and Simon had a faster overall time – 8:25.58 to 8:33.56

AND:



WASHINGTON, USA

Julie McPheat, 7022(4:15.41) Martin McPheat, 13570(4:55.13)
21176 finished.



1231 Dave Barratt(2:03.29)
1374 Peter O'Sullivan(2:07.32)



Portsmouth(10miles)
224 Chris Worton(67.23)

FENLAND 10

Wisbech,(10 miles)
188 Di Gill(83.31)

the rotary

Blenheim 10k

Woodstock (Oxfordshire)
146, Julia Brennan(49.33)

THE BEACHY HEAD MARATHON(24th)



DI Farmer writes:

This event, formerly known as The Seven Sisters, is a pretty iconic race, attracting runners from all over the country. It starts and ends in Eastbourne, and the first incline is a very steep ascent up onto the South Downs made even more scrappy this year by very low cloud and lots of rain preceding the race start.

Runners, walkers and joggers are all colour coded according to the time they think they can make it round it, but with over 3500 feet of ascent, and some seriously slippery downhill, more people than normal appeared to have mis-calculated their finish time. The organisers don't like walkers to set off before the 9 am official start time, as the course is not marshalled at that stage, and walkers can block up narrow paths which inhibit the fast runners from tearing through. But of course people had allegedly set off from 6.30 on, so it was interesting to be overtaking slower people whilst negotiating tricky surfaces made very slippery by the weather.

I'm not quite sure why I'd entered in the first place - I think I had a plan to walk it, and enjoy the awesome views en route. I hadn't thought that walking 26 miles would prove to be any issue, especially after our ladies team success in the TrailWalker100km a year ago - so "training" for it hadn't entered my mind ! I did actually take an extra night off the week before - but mainly because I'd got back from work very late that evening then on Friday it suddenly dawned on me - I'm doing a marathon, it's possibly one of the most challenging on the calendar and I've not trained for it aaargh !!

Oh well, look on the bright side - it's 5 minutes walk to the start, which can't be bad - I bought some gels, and Saturday morning checked the weather. Teeming rain, heavy SW winds forecast (check out of window - yes both definitely happening) and my normal view of the Downs was obscured by very, very low cloud !! 10 minutes straight up hill at the start - bemused by people running by me - then up onto the South Downs proper, and what the hell, I might as well jog the flats (what there are of them), then maniacal manoeuvres on the downhill sections and power walk the hills - yep that will do as a strategy !!

It was tempting to linger in the checkpoints which offered a selection of nibbles from mars bars and bananas to hot soup and sausage rolls, oh and the pub in Littleton looked sooo tempting as I passed by but by now my competitive streak was creeping out. I'd exchanged the potential to slow walk it in the time allowed of 9 hours, for a hope that I might come in around 6 if I could keep the running going to some degree, and finally I set off from the beautiful Cuckmere Valley to attack those wicked Seven Sisters and Beachy Head, thinking my time just had to begin with a 5!

I've walked the Seven Sisters before and there aren't really words to do them justice - but trying to use my fell running skipping technique to motor the down sections in between them was starting to get very dodgy with throbbing thighs some 9 more ascents later including the never ending march up Beachy Head, and you finally have a long down hill cruise and eventually see the Finish banner come into sight. My technique was working as I overtook lots of people on that final downhill section and once off the final very steep last 50 metres which by now was like an ice rink, put in a Usain Bolt like sprint on the final section of tarmac to reach the Finish in 5 hours 18 minutes

Now to all you practiced marathon runners that may not sound too impressive - but I don't think I can quite do the conditions on the day justice really - awful, foul, words don't really do it justice! And as for going about it the way I did - well totally stupid springs to mind; but if you're looking for a race that's relatively cheap, very social, and which would normally have stunning views in all directions, in our newest National Park - then give it a try. But get your entries in very early because it's always oversubscribed within a short time of the ad's going out.

2009 WORLD MERIT RANKINGS

Long Jump:

10th GREG RUTHERFORD 8m30

Seven mmkac athletes in uk top 12

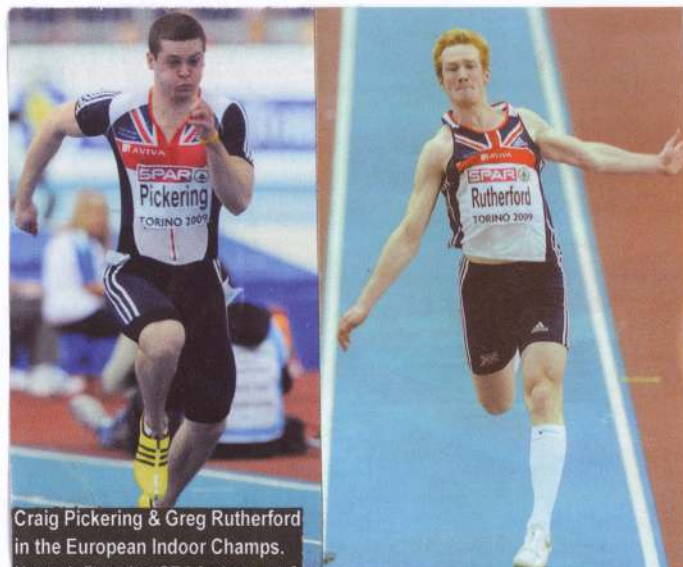
2009 UK MERIT RANKINGS - MEN

Javelin	1 st MERVYN LUCKWELL	81m05
Long Jump	2 nd GREG RUTHERFORD	8m30
100m	4 th CRAIG PICKERING	10.22
400m	8 th CHRIS CLARKE	45.59

2009 UK MERIT RANKINGS - WOMEN

400mHurdles	5 th HANNAH DOUGLAS	57.50
100m	6 th KADI-ANN THOMAS	11.46
200m	7 th JOEY DUCK	23.57
100m	12 th JOEY DUCK	11.60

Note: these merit rankings are based on "head to head" performances and numbers of appearances at major meetings. Greg Rutherford(8m30 and a UK RECORD) actually jumped further than Chris Tomlinson(8m23) but to quote AW - "Rutherford was shaded for the top spot by Tomlinson with whom he went 2-2 but the latter had more top competitions" Mervyn Luckwell moves to no 1 after 2nd last year and 3rd in 2007.



Craig Pickering & Greg Rutherford in the European Indoor Champs. Hannah Douglas(SEAA champs) & Joey Duck (UKWAL)



MMKAC ATHLETES IN UK TOP 50

Lists compiled by Jim Lawrence

Senior Women					
100m	8 Kadi-Ann Thomas	11.46	w+2.0	Birmingham	10-Jul
	13 Joey Duck	F23 11.60	w+1.3	Bedford	03-May
200m	11 Joey Duck	F23 23.5		Birmingham	06-Jun
		23.57	w -0.1	Bedford	31-May
	14 Kadi-Ann Thomas	23.62	w+0.5	Birmingham	12-Jul
300m	2 Joey Duck	F23 38.10		Loughborough	17-May
400m	20 Joey Duck	F23 54.78		Hendon	01-Aug
5000m	48 Lara Bromilow	17.30.69		Bedford	24-May
100m H	40 Chloe Whalley	F20 14.57	w +1.1	Birmingham	18-Jul
	41 Hannah Douglas	14.6		Milton Keynes	09-May
400m H	6 Hannah Douglas	57.50		Birmingham	11-Jul
	41 Chloe Whalley	F20 63.40		Bedford	28-Jun
2000m S/c	35 Rachel Pearson	F23 7.44.3		Milton Keynes	09-May
	37 Sophie Gibbens	7.47.34		Edinburgh	04-Jul
3000m S/c	21 Sophie Gibbens	12.11.79		Cardiff	15-Aug
Pole Vault	14 Rachel Gibbens	3.80m i		Lee Valley	01-Feb
	28= Jenny Truelove	3.62m i		Manchester -SC	17-Jan
Discus	16 Emma Beales	F35 44.08m		Solihull	16-Aug
Hammer	36 Sadie Watts	47.08m		Milton Keynes	09-May

Senior Men					
100m	7 Craig Pickering	10.22	w +0.5	Leverkusen, Germ	31-Jul
		10.08	w +2.1	Ostrava, Czech	17-Jun
	26= Greg Rutherford	10.48	w+0.9	Sheffield	07-Jun
200m	16 Chris Clarke	M20 21.11 i		Sheffield	15-Feb
		21.25	w-0.1	Slovakia	06-Sep
400m	5 Chris Clarke	M20 45.59		Novi Sad, Serbia	24-Jul
3000m	23 Marcin Fudalej	8.12.02		Solihull	18-Jul
10000m	33 Marcin Fudalej	30.30.53		Birmingham	10-Jul
Long Jump	1 Greg Rutherford	8.30m		Berlin, Germany	20-Aug
Javelin	1 Mervyn Luckwell	81.05m		Paris, France	01-Mar
	45 Michael Cox	M23 59.40m		Reading	26-Apr



Rachel Gibbens & Sophie Gibbens competing in the SEAA Champs: Chris Clarke wins the UK u20 Champs/Javelin stars- Sam Taylor-Outridge & Mervyn Luckwell

Page 13 girls in UK top 50



Action from the NYAL match at Stantonbury last July: Katie James (u17 300m); Kayleigh Presswell (u15 discus); Jade Leggett(u15 1500m) and Jasmine Finlay (u15 1500m).
Note: in the previous Newsletter I credited Jasmine with a slower time than that listed here, but still no 4.

Under 23 Women					
100m	2	Joey Duck	11.60	Bedford	03-May
200m	1	Joey Duck	23.5	Birmingham	06-Jun
			23.57	Bedford	31-May
300m	1	Joey Duck	38.10	Loughborough	17-May
400m	6	Joey Duck	54.78	Hendon	01-Aug
2000m S/c	12	Rachel Pearson	7.44.3	Milton Keynes	09-May
Discus	24	Emma Beardmore	33.43m	Biggleswade	04-Aug
	25	Nikki McSweeney	32.92m	Milton Keynes	09-May
Hammer	20	Emma Beardmore	37.51m	Peterborough	25-Apr
Under 23 Men					
3000m	38	Tom Comerford	8.37.54	Watford	01-Jul
Pole Vault	25	Will Lambourne	4.00m	Milton Keynes	16-May
Long Jump	44	Will Lambourne	6.67m	Kingston	02-May
Triple Jump	37	Clint Grabs	13.05m	Kingston	02-May
Shot	30	Lee Wigglesworth	12.08m	Chelmsford	11-Jul
Discus	29	Will Lambourne	37.43m	Worthing	27-Jun
Javelin	13	Michael Cox	59.40m	Reading	26-Apr
Under 20 Women					
400m	13	Sophie Wilkins	56.37	Bedford	25-May
100m Hur	11	Chloe Whalley	14.57	Birmingham	18-Jul
400m Hur	10	Chloe Whalley	63.40	Bedford	28-Jun
Hammer	8	Sadie Watts	47.08m	Milton Keynes	24-May
Heptathlon	4	Sophie Wilkins	4704	Stoke	5/6 Sep
	8	Chloe Whalley	4485	Manchester	8/9 Aug
Under 20 Men					
200m	1	Chris Clarke	21.11 i	Sheffield	15-Feb
			21.25	Slovakia	06-Sep
400m	1	Chris Clarke	45.59	Novi Sad, Serbia	24-Jul
800m	43	Matt Willmott	1.54.40	Stretford	04-Aug
1500m	46	Matt Willmott	3.56.56	Watford	29-Jul
	47	Sam Deathe	3.56.66	Sheffield	11-Jul
	50	Chad Lambert	3.56.80	Sheffield	11-Jul
400m Hur	30	Adam Smith	56.0	Kingston	02-May
2000m S/c	11	Eliot Winter	6.07.51	Twickenham	03-Jun
3000m S/c	22	Eliot Winter	9.58.2	Milton Keynes	16-May
Hammer(6kg)	13	Sam Ridgway	54.97m	Hull	10-Oct
	40	Iain Lawrence	42.08m	Milton Keynes	09-Aug
Javelin	14	Sam Taylor-Outridge(M17)	56.84m	Reading	26-Apr
	46	Laurent Stephenson	49.03m	Peterborough	31-Aug
Under 17 Women					
300m	35	Katie James	41.2	Corby	13-Jun
400m	15	Melanie Wood	58.43	Watford	29-Jul
	32	Katie James	59.7	Watford	10-Apr
800m	8	Melanie Wood	2.09.24	Stretford	27-Jun
	43	Beth Swords	2.15.88	Stretford	06-Jun
1500m	4	Melanie Wood	4.25.83	Watford	15-Jul
	16	Beth Swords	4.33.96	Watford	13-Jun
	31	Elle Roche	4.39.78	Watford	12-Aug
3000m	18	Elle Roche	10.05.53	Sheffield	11-Jul
	19	Beth Swords	10.07.05	Manchester	10-Jun
300mHurd.	31	Devon Byrne	46.9	Wycombe	13-Jun
Heptathlon	26	Devon Byrne	3924	Bedford	19-20 Sep
Under 17 Men					
High Jump	12	Liam Hutton	1.92m	Birmingham	20-Jun
Long Jump	18	Harry Dalton	6.55m i	Sheffield	07-Mar
			6.34m	Milton Keynes	16-May
Discus	19	Sam Ridgway	42.35m	Wycombe	13-Jun
	41	Sam Taylor-Outridge	39.65m	Wycombe	13-Jun
Hammer	4	Sam Ridgway	61.08m	Watford	12-Aug
	41	Sam Taylor-Outridge	46.57m	Perivale	03-May
Javelin	2	Sam Taylor-Outridge	66.93m	Cardiff	06-Sep
Octathlon	20	Harry Dalton	4369	Oxford	27-28 Jun
	21	Liam Hutton	4293	Bedford	26-27 Sep
	24	Sam Comerford	4262	Oxford	27-28 Jun
Under 15 Girls					
800m	8	Jasmine Finlay	2.15.57	Watford	29-Jul
1500m	4	Jasmine Finlay	4.38.42	Watford	15-Jul
3000m	46	Jade Leggett	11.13.02	Birmingham Un	22-Apr
Shot	39	Kayleigh Presswell	10.00m	Milton Keynes	06-Sep
Discus	17	Kayleigh Presswell	30.07m	Sheffield	10-Jul
Under 15 Boys					
1500m	7	Sam Redding	4.11.48	Sheffield	10-Jul
3000m	5	Sam Redding	9.15.48	Watford	23-Sep
Pole Vault	26	Hayden Byrne	2.85m	Kingston	21-Jun
Shot	47	Lewis Barnes	12.28m	Watford	30-Aug
Hammer	26	Richard Goldsworthy	37.64m	Oxford	30-Aug
Javelin	44	Ben Pointon	41.44m	Peterborough	31-Aug
Under 13 Girls					
200m	50	Mel Brammer	28.2	Oxford	24-May
600m	30	Sophia Cliffe	1.50.7	Milton Keynes	09-Aug
High Jump	45	Nicole Whitchurch	1.40m	Milton Keynes	06-Sep
Discus	26	Sam Grover	22.48m	Kingston	26-Jul
Under 13 Boys					
100m	11	Daniel Oderinde	12.4	Milton Keynes	19-Jul
200m	15	Daniel Oderinde	26.1	Kingston	21-May
Long Jump	41	Daniel Oderinde	4.78m	Kingston	21-Jun

MMKAC MALE VETERAN ATHLETES IN UK TOP 25 RANKINGS FOR 2009

Compiled by Jim Lawrence

Notes: Jim has a listing for everyone who is in the top 60 which is intended for the club web-site. A similar list for females is being prepared. *Second-claim athletes in italics*

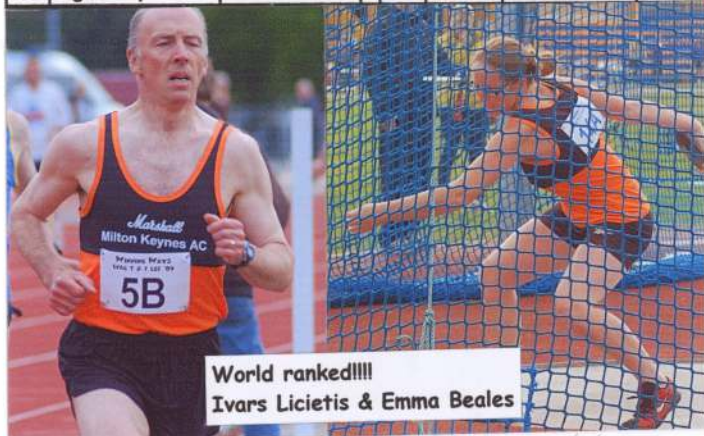
MMKAC VETERAN ATHLETES IN **WORLD** RANKINGS



100m				
21 Andy Smith	M45	12.3	Milton Keynes	
21 Brian Slaughter	M50	12.7	Worthing	
200m				
20 Ivars Licietis	M50	25.9	Welwyn GC	M50 REC
400m				
6 Ivars Licietis	M50	55.6	Hillingdon	M50 REC
13 Brian Slaughter	M50	56.9	Worthing	
800m				
12 Ivars Licietis	M50	2.14.5	Birmingham	M50 REC
14 Brian Slaughter	M50	2.15.1	Brighton	
17 Ron Winter	M60	2.55.36	Watford	
1500m				
17 Ron Winter	M60	6.12.9	Sandy	
3000m				
16 Ian Russell	M55	10.54.8	Milton Keynes	
5000m				
11 Ian Russell	M55	18.35.5	Bedford	
17 Ron Winter	M60	25.01.7	Ware	M60 REC
10000m				
21 Brian Slaughter	M50	44.14.15	Holland	
100mHurdles				
4 Brian Slaughter	M50	16.0	Kingston	
400mHurdles				
2 Brian Slaughter	M50	63.1	Finland	
3000m S/Chase				
2 Ian Russell	M55	12.26.9	Bedford	
5 Brian Slaughter	M50	12.37.18	Holland	
6 Carl Baldwin	M55	14.30.5	Hemel Hemp.	
10000mwalk				
2 Mark Wall	M50	53.42.79	Tamworth	
5 Bob Austin	M60	69.52.46	Tamworth	M60 REC
High Jump				
5= Brian Slaughter	M50	1.55m	Holland	
7= Carl Baldwin	M55	1.40m	Ware	M55 REC
Pole Vault				
6 Charles Preston	M40	3.60m	Milton Keynes	
3 Brian Slaughter	M50	3.20m	Birmingham	M55 REC
9 Carl Baldwin	M55	2.65m	Milton Keynes	
Long Jump				
7 Brian Slaughter	M50	5.43m	Kingston	M55 REC
7 Carl Baldwin	M55	4.58m	Hemel Hemp.	
Triple Jump				
9 Brian Slaughter	M50	10.63m	Crawley	M55 REC
9 Carl Baldwin	M55	9.59m	Bedford	
19 Andy Smith	M45	8.31m	Milton Keynes	
19 Andy Harrison	M50	7.99m	Milton Keynes	
Shot(6kg)				
6 Brian Slaughter	M50	12.08m(i)	Lee Valley	M50 REC
18 David Goldsworthy	M50	10.72m	Bedford	
13 Carl Baldwin	M55	9.60m	Sandy	
22 Rick Townsend	M55	7.66m	Milton Keynes	
Shot(5kg)				
20 Charlie Edwards	M60	9.76m	Bedford	
22 Jack Kee	M65	8.77m	Biggleswade	
Shot(4kg)				
4 Jack Kee	M70	10.06m	Milton Keynes	M70 REC
Discus(2kg)				
23 Al Nesbit	M40	34.55m	Chelmsford	
Discus(1.5kg)				
9 Brian Slaughter	M50	37.78m	Finland	
22 John Turner	M50	32.35m	Ewell	
14 Carl Baldwin	M55	26.87m	Milton Keynes	
Discus(1kg)				
7 Jack Kee	M65	34.19m	Biggleswade	
3 Jack Kee	M70	31.19m	Milton Keynes	
Hammer(7.26kg)				
16 Al Nesbit	M40	39.97m	Milton Keynes	
Hammer(6kg)				
10 Brian Slaughter	M50	31.22m	Holland	
17 Carl Baldwin	M55	27.74m	Bedford	
Hammer(5kg)				
2 Jack Kee	M65	41.13m	Lee Valley	
24 Charlie Edwards	M60	22.59m	Bedford	
Hammer(4kg)				
1 Jack Kee	M70	46.12m	Milton Keynes	M70 REC
Javelin(700gm)				
8 Ian Stephenson	M50	39.25m	Peterborough	
12 Brian Slaughter	M50	37.25m	Oxford	
23 John Turner	M50	31.01m	Ewell	
Javelin(600gm)				
24 Charlie Edwards	M60	25.28m	Milton Keynes	
Javelin(500gm)				
10 Jack Kee	M70	21.68m	Milton Keynes	M70 REC

Male					
25th	400m	Ivars Licietis	M50	55.6	Hillingdon 01-Aug
12th	400m Hurd.(2'9")	Brian Slaughter	# M50	63.10	Lahti, Finland 28-Jul
8th	Hammer (4kg)	Jack Kee	M70	46.12m	Milton Keynes 21-Jun
4th	Weight(7.26kg)	Jack Kee	M70	18.01m	Birmingham 05-Jul

Female					
15th	Discus	Emma Beales	F35	44.08m	Solihull 15-Aug
26th	High Jump	Jan Hardcastle	F50	1.30m	Oxford 12-Sep



World ranked!!!!
Ivars Licietis & Emma Beales



UK ranked: clockwise- Ron Winter, Andy Smith, Ian Russell & Al Nesbit competing in the EVAC final at Bedford.

MMKAC VETERAN ATHLETES IN WORLD RANKINGS

Jim Lawrence continues to dig deep with the veterans world rankings and has come up with the following: Unfortunately he cannot yet find a definitive ranking for Brian Slaughter's Pentathlon and Decathlon.

MMKAC ATHLETES IN WORLD MULTI-EVENTS RANKINGS

1ST	Double Decathlon	Brian Slaughter	M50	13,446 pts	Delft, Holland	12-13 Sep
??	Pentathlon	Brian Slaughter	M50	3262 pts	Oxford	17-May
??	Decathlon	Brian Slaughter	M50	6818 pts	Lahti, Finland	27-28 Jul
15th	Weights Pentathlon	Jack Kee	M70	4020 pts	Stoke	05-Dec
1ST	Hammer Pentathlon	Jack Kee	M70	247.5m	Stoke	14-Nov



Jack Kee in action with the heavy hammer

EASTERN VETS TRACK & FIELD LEAGUE

League composition is currently being sorted out. Provisional date for the final is 5 September. After a gap of a few years it is hoped to re-introduce a Track and Field Championships at Norwich on 26 September.



CLUB BALLOT

The lucky five drawn out of the hat on 15 December were:
 Julie McPheat Chris Worton Chris Cahill
 John Wilcox & Terry Down.
 Commiserations to Tom Blackman, Chris Herman & Les Turton

London Marathon Coach Reservations, Sunday 25 April 2010

Depart: 5:45am MK Central Police Station (Witan Gate)
Arrive: approx 8:00am Greenwich Park, Blackheath, London
Return: 16:30pm (sharp) Haymarket, adjacent to National Gallery

Fare: Free to MMKAC paid up members 2010.
 Non-Members (all welcome) £14.

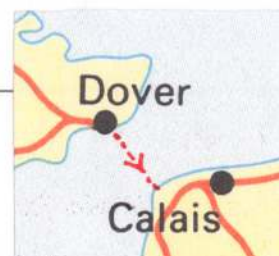
To reserve a seat: send cheque made out to MMKAC, addressed to Jim McKellar, 3 Innes Court, Grange Farm, Milton Keynes, MK8 0NQ.

Contact details: E-Mail: j.r.mckellar@btinternet.com
 Telephone: 01908 504538
 Mobile (for emergency on the day): *07951282618*

Note: you will not be able to board without your boarding number. This will be issued the week prior to departure when you E-Mail to confirm your booking.

Ever wanted to swim the Channel?

Asks Jacquie Maycock



Well it was something I was interested in as a teenager when I spent numerous hours swimming in chlorine infested waters training for galas and life-saving competitions. I never however got round to it. So when I received an email from Diabetes UK last year about swimming the Channel as part of a team of 6 in a relay, it didn't take me long to make up my mind and go for it. Last September I went down to Dover for the first training/fact finding weekend. We had to do 3 swims in the sheltered harbour area the longest one being about 2.4km. No wetsuits were allowed and they even frowned when I wore my tri-suit for the first dip but I was thinking, the more of my skin I could have covered the better! The water was freezing but the sun was shining and for two of the swims the water was lovely and calm. Anyway I put my name forward and now I will be attempting this challenge between the 9th and 16th August this year depending on the tides etc.

We all have to swim one hour each and there are very strict rules about not touching the boat if you need a quick bite to eat or drink and then it is 5 hours to rest, eat and throw up although not necessarily in that order! Apparently sea sickness will be harder to bare than the swimming, which will include coping with jelly fish, sand eels and of course some bloody big boats/tankers. How long will it take I have been asked? Well it is like the proverbial piece of string, it will depend on how fast we swim and how rough the sea is etc. So how many times will I have to enter the water.....I reckon at least 2 or 3.

As you can guess, being that this challenge is for a charity, I have to raise some funds. A minimum of £950. I know we have just had Christmas and are still in the realms of a credit crunch but if you are able to sponsor me I would be extremely grateful.

You can either pop a cheque in the post to me at 24, Melton, Stantonbury, MK14 6BH - (made payable to Diabetes UK) or you can go on the following site and complete a payment online.

<http://www.diabeteschallenge.org.uk/challenge/jacquiemaycock-channelswim2010>

My next training weekends are in May and July so I will let you know how it all goes later in the year.

2009 ROAD RANKINGS

These are now on the Club Web Site



Leading male and female performances:

5km:	Marcin Fudelj(14.54)	Mel Wood(18.19)
5m:	Marcin Fudelj(25.28)	Jo Benham(32.44)
10km	Marcin Fudelj(32.17)	Jane Preen(36.29)
10m	Steve Herring(58.19)	Jane Preen(62.43)
HalfM.	Marcin Fudelj(69.02)	Jane Preen(80.14)
Mar.	Steve Herring(2:46.31)	Jane Preen(2:54.05)

CHILTERN CROSS-COUNTRY LEAGUE - MATCH 3, SLOUGH (5 December)

A WIN FOR HOST CLUB WINDSOR BUT
MMKAC STILL HEAD THE LEAGUE TABLE.

THANKS FOR ALL WHO MADE THE LONGEST
JOURNEY IN THE 2009/2010 CAMPAIGN

	ON THE DAY			OVERALL	
1	Windsor SE&H	2298	1	Milton Keynes	7628
2	Milton Keynes	2172	2	Bedford & County	7449
3	Bedford & County	2168	3	Windsor SE&H	6454
4	Chiltern Harriers	1745	4	Chiltern Harriers	6204
5	Harrow	1682	5	Harrow	6038
6	Vale of Aylesbury	1323	6	Vale of Aylesbury	5246
7	Oxford City	1252	7	Oxford City	5084
8	Watford	1181	8	Bracknell	4957
9	Luton	1132	9	Luton	4955
10	Headington	1064	10	Watford	4249
11	Bracknell	1044	11	Headington	4136
12	Silson Joggers	988	12	Silson Joggers	3755
13	Tring Running C.	952	13	Tring Running C.	3395
14	Dacorum & Tring	508	14	Dacorum & Tring	2472

We had 65 runners competing, including no less than 32 senior men from their field of 169. Marcin Fudalej made his Chiltern League debut for us and continued his close rivalry with Tom Comerford and finishing a superb 4th and 5th they led the men (scoring ten closing at 65th) to victory. Likewise the senior ladies stormed to victory with their scoring team in the top 8! - Lara Bromilow(3rd), Carly Scott(5th), Tanya Taylor(6th) and Sophie Gibbens(8th).

Looking at the younger age groups, the clash with the English School XC cup in Newquay decimated the U15girls team and it was left to the U17/20's as the only complete team- Beth Swords(4th) led them home this time with Mel Wood(5th), Elle Roche(7th) and Zoe Frankland(17th). Best supported male juniors were the U15's with Sam Redding an excellent third chased by Steve Cox(24), Tom Cox(27) and Josh Knight(32).



1-Mel Wood, Beth Swords and Elle Roche chase Emily Wallbank: 2-Sam Redding comes through for his 3rd place: 3-Amy Botham (U13G): 4-Fern Yull & Vicky Ashley fly the flag for the U15girls



Leading seniors: Marcin Fudalej & Tom Comerford/Tanya Taylor & Carly Scott.
Left: Mike Burling leads Neil Gosling. Barry Hearn advised Neil to hang on to Mike's back for as long as possible; if hes you do the same, but not sure about the signals!!!!!!



CHILTERN CROSS-COUNTRY LEAGUE - MATCH 4 (Shuttleworth Park, Jan.16, 2010)

**A WIN FOR HOST CLUB BEDFORD WHO
NOW HOLD A NARROW LEAD GOING INTO
THE FINAL MATCH AT WING ON 13 FEB.**

	ON THE DAY			OVERALL	
1	Bedford & County	2187	1	Bedford & County	9636
2	Milton Keynes	1839	2	Milton Keynes	9467
3	Chiltern Harriers	1680	3	Chiltern Harriers	7884
4	Harrow	1398	4	Windsor SE & H	7581
5	Vale of Aylesbury	1243	5	Harrow	7436
6	Oxford City	1213	6	Vale of Aylesbury	6489
7	Luton	1174	7	Oxford City	6297
8	Windsor SE & H	1127	8	Luton	6129
9	Silson Joggers	949	9	Bracknell	5793
10	Bracknell	836	10	Headington	4970
11	Headington	834	11	Silson Joggers	4704
12	Tring R. C	685	12	Watford	4675
13	Dacorum & Tring	680	13	Tring Running C.	4080
14	Watford	426	14	Dacorum & Tring	3152

We had 64 runners competing at this fixture with 29 senior men from their field of 152. A great second place for Tom Comerford who also leads the senior men's category in the overall series. And with seasons bests from Chad Lambert(10th) and Chris Hearn(13th) the men had a good start in the team race. Unfortunately we had a bit a blip as it was over 2mins before Steve Herring(37th) closed in. After that they piled in and our scoring team of ten was completed in 58th place.

Dave Findel-Hawkins completed his 131st Chiltern League race; he made his debut back in 1976. The men lead their category going into the final fixture so all to play for, as they say.

The senior ladies welcomed new signing Nicki Gooderham from Brunel University (and previously City of Norwich AC) and she was soon challenging for a place in the scoring team. AND there was the shock news filtering through that Carly Scott has decided to retire. Tanya Taylor(7th) repeated her good form from Slough to close up on Lara Bromilow(6th) and with Sophie Gibbens(8th) just pipping Nicki(8th) the ladies were only 10pts down on Bedford who had another 1-2-3 at the head of the field.

For the first time this season we had a complete U13Boys team with Toby Herdman-Smith leading them home with a best 8th place. Sam Redding put in another strong finish for the U15's and a season's best 2nd position and a full team again. Mel Wood and Beth Swords are now 2-2 in the U17's, whilst both Jade Leggett(11th) and Sophia Cliffe(3rd) put in their best runs this season for the U15/U13's respectively.

at the sharp end.....

Tom Comerford chases eventual winner Darren Deed/Chad Lambert on his way to his season's best/chasing Nicola Sykes..Lara Bromilow and new signing Nicki Gooderham



Chris Nicholson leads Robin Dowswell/ Martin McPheat leads Sam James/ and that duo again.....





club cross-country championships: ~ male winners



club cross-country championships: ~ young female winners

Girls

U11-Natasha Finlay(2nd);Lauren Murphy(1st);Sophie Botham(3rd)
 U13-Sophia Cliffe(1st);Lucy Hacking(3rd);Amy Botham(2nd)
 U15-Jade Leggett(1st);Emily Bousfield(2nd);Loren Keighley(3rd)

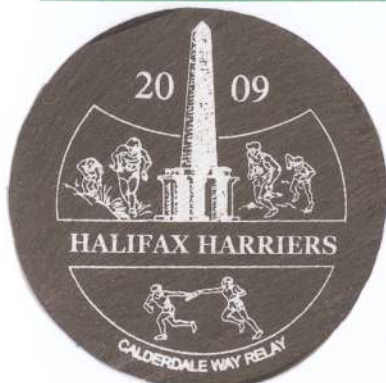
Boys/Men

U13-Harry Morton(2nd);Toby Herdman-Smith(1st);Owen Seamark(3rd)
 U15-Josh Knight(2nd);Sam Redding(1st);Steve Cox(3rd)
 U17-Ryan Burling(1st) & Matt Malcolm(2nd)
 U20/Seniors- Chad Lambert(U20)/
 Chris Hearn(3rd);Tom Comerford(1st);Ross Threlfall(3rd)
 Vets-Kelvin Smith(M60);Steve Herring(M40);Mike Burling(M50)

Other female medallists:

U17:1-Beth Swords/2-Me Wood/3-Elle Roche
 Seniors:1-Lara Bromilow/2-Tanya Taylor/3-Sophie Gibbens
 F45-Deb Hindmarch F55-Ursula Ghaleb

THE 2009 CALDERDALE RELAY



Ablely organised yet again by Richard Pownall, we got two teams round the 50mile Calderdale Relay course, but with a difference this time. We put out an "A" team but the "B"s became a mixed team for the first time – so another piece of club history. Maria Calleia & Jacquie Maycock(leg2), Julie Dalzell & Anick Valapinee(leg4) and Julia Brennan & Leah Williams(leg5) all enjoyed themselves(in their own ways) and you can read an account of leg 4 by Julie).

As nearly always with relays, especially with the distance to travel in mind, the projected teams that Richard proposed were changed numerous times. However on the day the "A" team of Robin Dowswell & Steve Ratcliff(1); Les Turton & Ian Pheasey (2); Ray Hickman & Richard Pownall(3); Andy Sutton & Kevin Farmer(4); Alasdair Gibson & Dave Findel-Hawkins(5) and Chris Mahon & Richard Pavey(6) finished 47th from the field of 120 with a time of 7:36.08.

The mixed team were two runners short with the last minute changes so Steve Ratcliff and Ray Hickman ran leg 6 for them. Earlier Jim Miller & Robbie Macpherson ran leg 1 and Brian Graves & Jim Morrison leg 3 for a final position of 110th. (10:26.45). BUT what might have happened on leg 4.....read on

JULIE DALZELL'S CALDERDALE STORY

When Anick asked me if I wanted to partner her in the Calderdale relay I was a little apprehensive as I knew that both of us had extremely limited navigational skills in the car with a SatNav let alone out on the Yorkshire hills! When it came to the weekend of the 12/13 December and neither of us had seen never mind looked at a map of our route and all we had between us was a dodgy compass that DFF had lent me ('you can borrow this one Jules, it doesn't work very well anyway!') and 2 referee whistles from Bertie, Anick's husband I thought that we might be in a bit of trouble....

Finding Calderdale was no problem, it was the Scout Hut that took 2 hours to locate and Scout Hut?? I thought the email said 'Scout Hut Hotel' or 'Scout Hut B&B', I didn't realise it was a real actual Scout Hut and then there was no TV which meant no "Strictly Come Dancing" and there were bunk beds! Things got a lot better when we did the recce of half of our leg with Andy Sutton in the afternoon, the countryside was beautiful and the scenery amazing, shame we didn't take a bit more notice of the actual route...And then when we got back to the Scout Hut there was no hot water for a shower.....and still nobody had turned up with a TV.

After a muddy, very dark hike to the local pub and back and a fantastic (very cheap) pub meal we all had a team photo (once Jim Miller had arrived after watching his beloved Chelsea) and looked at the maps (well everybody except me and Anick looked at the maps) and then we all went to bed in the bunk beds just like the Waltons..

Everybody was up and off to the start of their relay legs in the morning on a bright but very cold day, Anick and I had a plan with Kevin Farmer to drop his car at the finish of leg 4 and then go in Anick's car to the start of this leg., Kevin would be starting earlier than us but we had plenty of time..... famous last words. I couldn't read the map and Anick's SatNav ran out of battery so after driving around for a while I then drove Kevin's car with Kevin reading the map. Kev's new speedy boy racer car had a blacked out rear screen and this together with the panic that was starting to set in about getting Kevin to the start in time meant we got to the end of leg 4 to drop off the car and only then realised that Anick wasn't with us!

Oh dear...So back in the car and a mad dash over to Leg 4 where Kevin was a few minutes late for his start and Anick nowhere to be seen! 10min later still no Anick, the mass start for Leg 4 all went off. Brian and Jim came in for the handover but still no Anick, it was freezing by then and still no Anick....

And then she turned up as I knew she would, wheel spun up to the kerb, jumped out of her car (newly crashed into a Calderdale brick wall), a quick pee in the hedge and pinning our numbers on as we ran to the start we were off....with not a bloody clue where we were going....



Above :Robin & Steve after leg 1;Les & Ian after leg 2:left: Kevin & Andy start leg 4; below: Julia & Leah waiting to start leg 5 AND Anick & Jules experiencing the delights of the Yorkshire countryside!!



Well we had a brilliant run, loved it, the views were amazing, Anick took photos, we had a chat with a woman walking her dog who put us back on route and although we did try to read the map and remember the recce that we did with Andy it was a mammoth 2hrs and 44min before we made it to the end (compared with Andy and Kevin's 1:24). Poor Kevin, Andy and his wife were freezing waiting for us (although just recompense for the cold showers and blacked out window I thought!) and they dropped us at our car and got off home, where most of the other two teams were headed by then after a very enjoyable 2 team finish successful Calderdale relay!

After driving two laps of Rochdale and one of Halifax we found the M1 and a bag of jelly babies in the car and set off home, both agreeing that the event was one of the best we had done, especially for scenery and route but that if we were asked back next year (and I did moan quite a lot so may not be!) we would make sure that we recce the route properly and would try to run the fastest ladies time for Leg 4! We were quite fast though and Anick has 3 new points on her driving licence and a fine to prove it – whoopsie.....

Anick wants to go back to see all of her new friends that she met, asking for directions when she was driving around Calderdale for hours trying to find the start of Leg 4. We will also be staying in a B&B (near to the pub) that has baths, hot water and a TV, as "Strictly Come Dancing" will be back on by then.....

SOUTHERN MEN'S LEAGUE

by Jim Lawrence

A REVIEW OF THE DECADE

2000 A HURDLE TOO FAR

The SML A team were back in Division One for the first time in a decade. Manager Jim McKenna had steered the team as last year's undefeated champions in Div. Two. A wonderful achievement. Unfortunately Div. One proved too much of a hurdle to sustain.

Athletes who turned out for 5 of the 6 matches included Mark Russell, Andrew McKenna & Daryn Castle. There wasn't enough consistency and unfortunately a full team could not be put together for the last match at Hastings. So the final league position was 24th and because of the 'no show', league rules meant relegation to Division Three.

2001 HARD TO HANDLE

No replacement manager came forward to replace Jim Mc (who resigned) it was decided that the B team manager's Terry Burbidge & Jim Lawrence would control both teams along with help from Jack Kee. As things went much to our surprise we did struggle in Div. 3.

Scott Herbert won the opening 200m in a blistering 22.0 but would not run the 200m later on. There were two wins for Chris James in the Hammer & Shot. Only one point separated us from a win against hosts Bedford which was a real shame. Oli Mytton had a superb double victory in the 800m & 1500m at Eton in match 2. Neil Ovington won the 5000m at Sutton whilst our top Triple Jumper Steve Gordon excelled in 6 different events. Hemel Hempstead next up and a win for M60 Jack Kee in the Hammer whilst we had the debut in the Javelin of U17 Mervyn Luckwell.

Onto Oxford for the last match. A very young Craig Pickering (in one of his rare appearances for us) competing against Jason Gardener no less. Andrew McKenna scored double tops in the 1500m & 5000m. We had an excellent team spirit and battled to 2nd place against the hosts and eventual Div 3 Champions Oxford. We were perilously close to relegation but this match turned it round for us. Final league position of 16th.

2002 EXCELLENT START – PROMOTION ALREADY

Jim Lawrence stayed on and sought out the vast experience of Barry Hearn to manage the A team alongside him whilst Terry Burbidge went back to manage the B team. What a brilliant start for the club!! A double team victory. Surely the first time in the club's history that this has happened. Two wins for Phil Winfield (800m & 1500m) emerging as the hero on this occasion.

Then it was the turn of the West Country. There was 12 athletes who travelled down to Par in Cornwall. What an unforgettable weekend. Scott Herbert shared the then club 100m record of 10.7. A superb 2nd place just losing out to the hosts. Looking back at Barry's report of this match I quote 'in what was potentially the 'make or break' match of the season. I feel this was the meeting that won us promotion.'

The ever consistent Ben Jones won the Hammer at all 6 matches A team victory at Tonbridge got us up to a final league position of 3rd which of course meant we were promoted.

2003 RUNNERS-UP IN DIVISION TWO

Division Two it was this year then. Mervyn Luckwell had three wins in the Javelin, Shot & Discus at our home fixture. Mervyn was "man of the match" and completed all 6 matches. What a fantastic servant to the SML he proved to be over the decade.

A close 2nd place at Haringey and this was perhaps the match when Chris Hearn established himself as a major player in the team. A very young Andy Whetstone also started to emerge as a force to reckon with for the future.

Another 2nd place at heat soaked Battersea saw U17 Greg Rutherford winning the Long Jump in his debut for the A team. Phil Winfield cementing his place also as a high quality performer over 800m. Phil later on that year broke the club record.

Team victories at both Tooting and Bury St. Edmunds and then on to sunny Portsmouth for the final match against the league leaders Victoria Park & Tower Hamlets. All round superb team performances and with our wonderful 4 x 400m relay guys once again rounding off the afternoon with a victory it was another great day, a win for the team, second place in the league and back to Division One.

2004 BEST IS NUMBER 7

A memorable season back in the top flight. Double wins in the Hammer from Ben Jones & Keiran Mason. Double sprint wins for Craig Pickering. A fantastic experience in Exeter was up next. We managed to get a team together and with the willingness of the athletes, we filled in all of the slots.

Phil Winfield and Sam Bradley put together a 800m double at Ashford and 2nd team placing whilst next up at Woking brought us the same result. Gavin Wilcox and Ross Threlfall both did a 5000m & Steeplechase double. Haringey for the last match saw Greg Rutherford breakthrough with a 10.69 100m clocking. Lots of superb all round performances from Clint Grabs, Chris Duck & Mervyn helped us to a comfortable team victory. This brought us up to 7th place in the table, our second best ever position in Div.1.

2005 HIGHER AND HIGHER

After a disastrous start at Peterborough we managed to pull off a miraculous recovery for the rest of the season. Ben Jones & Mark Roberson pulled off wins in the Hammer all season. Mervyn Luckwell was undefeated in the Javelin at every match.

The Exeter fixture was described in the local press as "the performance of the season". That was a fantastic overall team victory with an inform Clint Grabs & Franklin Ocran. We won the final match at Luton which saw the debut of a young Chris Clarke. He duly won the 100m & 200m & also contributed to a 4 x 100m victory (surely a first for the club!) and a fantastic High Jump (2.07m) record from Daniel Leonard. MKAC finished 6th in the league which equalled the best ever performance by the club.

2006 THIRD AND SO NEAR

What a season. A season full of statistics. Helped by points machine multi-eventer Will Lambourne over the season we scored 160 out of 180 points at our home victory. Both relay teams winning on the same day- Had to be a first for the club surely! The two K's McConnell & Mason helped to contribute 39 out of 40 points available in the throws at Ware. Only 13 athlete's available for Guildford but what a 13. Backs against the wall they all performed magnificently. They won by just one point!

This all contributed to the team finishing 3rd in the league, which was the best ever finish by MMKAC in the SML Div One.

We qualified for the British Athletics League promotion match but unfortunately we had lots of absentees due to injuries and holidays. A valiant effort by the lads. Mention must go to Andy Whetstone who cut short his holiday and duly won the 1500m with yet again one of his trade mark sprint finishes 150m out.

2007 MIXED EMOTIONS

At the end of the last season Barry Hearn and Jim Lawrence both resigned as A team managers. I went back to help manage the B team with Terry Burbidge. Meanwhile Jackson Ryan took over the reins of A team manager. Jackson was our main track judge under Barry and Jim's time and his taking over was to instil some continuity to our ongoing success. It was though to prove a tall order. We struggled most of the summer mainly due to injuries and holidays.

This was of course the year when our track was being re-laid and was not ready until our home fixture in July. We did however score a magnificent win that day which pulled us safely out of the relegation zone. So still in Div One but ending in 18th place.

2008 HOLD ON

We had another Javelin sensation this year, Michael Cox contributed with many wins. Paul Erwood joined us and performed majestically over the middle distance events. We had another unfortunate summer of injuries and struggled to get a full team out for Yeovil. 22nd place in the league; very close to the relegation zone.

2009 THE LONG RUN

Marcin Fudalej started to establish himself over the longer distances track wise. Long and Triple Jump doubles from Franklin Ocran. Wins for Gavin Wilcox over 800m at Kingston. We won our home match with wins from Tom Comerford (1500m), Charles Preston (Pole Vault), Michael Cox (Jav) & Marcin (5000m). Adam Smith started to breakthrough over the 400m hurdles.

So a very much better season. 14th in the league. The 6th consecutive season in Division One, our longest unbroken run in the top echelon.

I have tried to highlight the last decade of our Southern Men's League (A team) and have mentioned as many athletes as possible who perhaps have contributed the most or have made a real impact. A decade of "ups & downs" But I remember the good times. They were brilliant. I enjoyed every minute of my involvement. Particularly the away days – Newquay, Exeter and Portsmouth.

I hope that all our senior men track & field athletes will offer and put forward their services to compete for the SML this summer as I feel that we could and should go on to greater heights. We have some real talent out there, so let's use it.

RUNNING LONDON MARATHON FOR WILLEN HOSPICE

~ Sharon Edghill

I have been running for Milton Keynes Athletic Club for one year now and have got to know some great people, who have so much running experience to share. I am running the London Marathon for Willen Hospice, as they helped me with my recovery from cancer. I ran my first Marathon last year and raised £3,890 for the Hospice. Like so many runners, for the first two weeks after finishing, I said I would never run one again! A week later I had changed my mind and this year, I am more excited than I was first time! I am raising funds to go towards the outstanding work the Hospice provides to all their many patients.



Having battled with cancer, through chemotherapy and surgery, having major organs removed and learning to live life differently, makes you reflect on your life and running has become my passion. It has transformed me inside and out, without it I would not have been able to have made other achievements in my life. I am believed to be the first known patient with a Mitrofanoff Neo-bladder to have ever run a Marathon and hope to inspire others that they too can achieve things they never thought possible!

My training programme has started and have planned to run the St Albans 10 miler, Watford ½ marathon, MK ½ marathon and the Oakley 20 miler. I ran Bedford ½ in December 09, in a PB time of 1hr 42mins, having now completed seven ½ marathons. I appreciate all the support I receive from my fellow club members during training and at races.

With the help of my family/friends I am arranging a fundraising Charity Party at David Lloyd Gym, MK on Saturday 20th March 2010 from 5pm to 9pm. The event will include a disco, buffet, raffle and appearances from local celebrities! – So come along and have a fantastic time! Further details of the event and the hospice can be found on www.justgiving.com/Sharon-Edghill

I read an interesting article recently about cancer – “Even when exercise fails to prevent cancer, exercise helps to slow, halt and even reverse its growth & spread. Patients who regularly exercise have a much greater chance of surviving many types of cancer”. The most important fact of all is “Cancer is significantly less likely to return in cancer survivors who exercise”. I hope that I have been able to demonstrate that to others and inspire other patients with my recovery and determination, encouraging those with cancer to have hope of achieving their dream.

a profile of Marcin Fudalej



Marcin was born in 1976 in Ostrowiec, southern Poland. His father and grandfather were both ardent all the year round swimmers but Marcin, although a competent swimmer did not fancy following in their footsteps. He played football and volleyball at school and then, at the age of 11, he won a 1km race which kick-started a running career.

By the age of 17 he was winning area cross-country races and two years later he finished 6th in the Polish National Cross-Country Champs and straight onto the track he clocked 1.59 for 800m. He was hoping to study Law but did not quite get the necessary qualifications and so went on to Krakow University to study Sports Science. After a year of 'easy university life' he got back into athletics and was down to 1.55/800m and 3.56/1500m. Aged 21 he was Polish u23 champion with times of 3.43.37/1/48/40 and finished 4th in the senior championships. He ran 2.20.67 for 1000m, the 27th best in the world in 1998.

Injury curtailed 1999 which unfortunately stopped him getting into the training squad for Sydney 2000 but by 2002 he had his times down to 1.48.05/3.42.40 and won Polish international vests v Russia and Czechoslovakia and competed in Malmö, Sweden in the Baltic Championships. 2003 was a good year to an extent. Marcin improved his 1500m PB down to 3.41.90 but needed sub 3:40 to qualify for the 2004 Olympic training squad. He had run this time in training and in Poznań ran unofficially 3.38.71 but the time was never ratified due to a fault in the electronic time-keeping.

A serious achilles injury curtailed activity in 2005 and in 2006 he moved to the UK with the aim of improving his Sports Science background. In fact it was straight to Milton Keynes.

He burst on the MK athletics scene in 2007 by first placing 5th in the NSPCC half-marathon clocking 75.58, then 2nd in both the Wolverton '5'(25.11) and Bedford Half-Marathon(70.41). In 2008, after working a night-shift, he arrived at the OU for the MK Half-Marathon just prior to the race and went on to win in 71.03. His club debut over 10km resulted in 3rd place in the MK 10km(33.56) and two half-marathons in the Autumn. Firstly clocking 70.49 in the Great North Run and then 2nd again at Bedford(68.52). A sign of things to come for 2009 saw Marcin run 15.18.6 in a SML 5000m at Mile End.

Marcin improved four club track records last summer. First off was the 5000m at Manchester (14.18.68), then the 1500m (3.47.120 at Stretford, followed by the 10,000m (30.33.53) in the UK championships at Birmingham. Finally at Solihull he clocked 8.12.02 for the 3000m.

At the end of the year he placed 4th in the Wolverton '5'(25.28) and then made his Chiltern League debut at Slough finishing a fine 4th.

He continues to work in the fitness industry as a Rehab Gym Manager, a Personal Trainer and teaches Pilates.



CARLY SCOTT "RETIRES"

Sean O'Sullivan broke this news to me at Shuttleworth and as a result wished to put a few words together to thank Carly for all her support to the Club since 1991.....

I received a phone call from Carly on 13th January to tell me that she has called it a day with her athletics, with her busy life style finding time to do the training to achieve her high standards was getting too much and leading to a sense of demotivation. After a 10 minute chat where I wished her all the best for the future I was left saddened and empty, we have just lost pound for pound one of the most committed athletes this club has ever known.

She has been with us since the age of 12 and has given us nearly 20 years service. I first came across Carly when she was 16 at the time I was an assistant coach to Jim McKenna, but it was when I became a Team Manager that we developed a great friendship which still lasts today. Carly was 19 when the Southern Women's League team had just been relegated to Division 3. I made Carly team captain and we went on to win all 6 matches and the Divisional title. But it was her commitment which made me so proud of her, she regularly competed in 5 events 400m,400h,P/V,L/J,800/1500/3K plus relays, any combination and the relays.

Many years later when I come back into team management my first job was to put Carly back in charge. This time it was Division 3 of the UK Women's League and yes, yet again she helped steer us to promotion, and then just missed out the next year in Division 2.

She was a great track runner very good at road relays even though in her own admission she hated cross/country she managed a first place in a Chiltern league race, yes we have lost a great Athlete.

In every club there is always an athlete who is always there, tackles anything, she will be greatly missed by my fellow athlete's and by the Club. I wish Carly all the best with her horse riding which was her other love, plus all the great work she does with handicapped children in teaching them to ride.

So long Carly you will be greatly missed.



Carly on road, track and country - 2009

Left, competing in the SEAA 6-stage relays at the OU, top R: 1500m in the UKWAL at Birmingham and right – SEAA cross-country championships at Hayes.

On the roads

Carly raced sparingly on the roads. As a 16-year old she ran the 1995 Wolverton 5 in 34.13. Next year Carly improved to 33.14 in the Blisworth 5 and later clocked 41.32 in the Weedon 10km. Moving on the 2003 Carly ran 30.53 in the Blisworth 5, the 10th best time in the club all-time rankings for this distance. As a youngster she ran in the Southern road relays champs at Aldershot and in 1994, along with Rosanne Iannone and Jo Benham placed 4th in the U17 race. As a senior Carly ran in a number of our successful teams in the SEAA relays from the OU and this picture was taken at the 2009 event.

Early years

Carly joined MKAC in 1991 and looking through the records it seems she made her debut at Peterborough in an EYAL match where she ran 5.45.0 for the 1500m. She then got stuck into cross-country country representing the U13's in the now defunct Southern Womens Lge XC and Icknield XC. Probably her best run was 13th place in the Amphill trophy. Early 1992 saw Carly make her "big-time" debut in the 'Southern' xc at Bournemouth finishing 29th and helping the team to 4th place.

Moving to the winter of 1993 Carly ran in the 'National' at Luton, 96th in the U15's, just 10 places down on Jo Benham and previously 34th in the 'southern' at Bedford. Huge improvements came in 1994- 12th at Parliament Hill for the 'southerns' and then a long trip to Blackburn for the 'Nationals' where she placed 28th. On the track, now an U17, Carly was a member of the EYAL "double" team – league 2 and plate trophy winners and then won bronze in the South of England 3000m champs(11.03.42). On the country Carly finished 4th at Amphill, in the days of the infamous "break-heart" hill.

Track PB's over 19 years

		400m	800m	1500m	3000m
u13	1991			5.45.0	
u15	1992		2.39.7	5.18.1	
	1993		2.34.3	5.03.4	
u17	1994		2.30.2	5.02.6	10.40.5
	1995		2.28.5	4.56.5	10.28.9
u20	1996		2.27.4	5.07.6	11.06.8
	1997		2.24.0	4.54.2	10.25.0
senior	1998		2.22.3	4.54.0	11.02.2
	1999	68.3	2.25.7	5.07.2	11.06.1
	2000	(visiting Australia)			
	2001		2.26.1	5.13.5	11.26.3
	2002	62.8	2.19.02	4.46.69	10.39.8
	2003	60.5	2.12.6	4.32.89	10.19.9
	2004	61.7	2.15.1	4.39.27	11.10.7
	2005		2.20.4	4.50.1	
	2006	63.6	2.19.45	4.48.4	
	2007	62.6	2.18.0	4.44.0	
	2008	(visiting Canada)			
	2009		2.21.0	4.49.25	



Track PB's/Club Rankings

As can be seen from the above 2003, was a golden year for Carly setting all her track PB's and also coincided with the club entering the UK Women's League. Her 800m and 1500m times are both the second best in the senior rankings, whilst she places no 7 over 3000m.

Cross-country

Over 1997 and 1998 Carly had two superb runs in the U20 'Southern's' at Parliament Hill. 7th in 1997 and then 20th a year later. Carly took the individual silver medal after the 1999/2000 Chiltern League season. The 2003 'Southern's' were held at Exmouth and MKAC had their best team position of 6th with Carly 2nd scorer(28th).

Chiltern gold followed in 2003/4. Another silver in 2006/7 but the highlight here was a fine individual victory in the match at Luton. Individual bronze followed in 2007/8.



CARLY'S VEST

SEE STORY



SOUTH OF ENGLAND AA INDOOR CHAMPIONSHIPS,

LEE VALLEY, 10 Jan/ 16&17 Jan.

10-Jan	Under 20 Men	
400m heat	5 Adrian Horne	56.31
800m heat	1 Eliot Winter	1:58.98 Q
800m Final	5 Eliot Winter	2:07.19
	Under 17 Men	
400m heat	5 Lloyd Martin	57.35
400m heat	6 Thomas Purton	57.92
	Senior Women	
400m heat	5 Chloe Whalley	61.74
	Under 17 Women	
300m heat	2 Katie James	44.06 Q
300m Semi	3 Katie James	42.17 q
300m Final	5 Katie James	42.16
Pentathlon	1 Devon Byrne	2885pt
	9 Elizabeth Read	2004pt
	Under 15 Girls	
300m heat	2 Alice Nicholls	44.07 Q
300m Final	6 Alice Nicholls	45.8
Pentathlon	5 Nicole Whitchurch	1969pt
16/17 Jan	Senior Men	
1500m heat	1 Paul Erwood	3:59.52 Q
	3 Matt Willmott	4:03.30
1500m Final	2 Paul Erwood	4:05.20
	Under 20 Men	
1500m heat	1 Sam Deathe	4:09.68 Q
	4 Eliot Winter	4:10.16 Q
1500m Final	4 Sam Deathe	4:01.60
	7 Eliot Winter	4:09.35
Long Jump	5 James Wright	6.61m
	Under 17 Men	
Triple Jump	3 Chuko Cribb	12.93m
	Senior Women	
60mH heat	3 Chloe Whalley	9.36
Pole Vault	1 Rachel Gibbens	3.60m
	Under 17 Women	
200m heat	5 Elizabeth Read	29.41
1500m Final	1 Melanie Wood	4:48.40
	Under 15 Girls	
60m heat	4 Melody Brammer	8.91
200m heat	3 Alice Nicholls	28.12 q
200m Semi	3 Alice Nicholls	27.99 Q
200m Final	Alice Nicholls	dns

AGE GROUP CLUB RECORDS

Pentathlon details

Under 17 Women	60mH	HJ	SP	LJ	800m	Total
Devon Byrne	10.00	1.42m	8.96m	4.65m	2:28.57	2885
Elizabeth Read	10.98	1.36m	5.60m	4.43m	3:03.12	2004
Under 15 Girls						
Nicole Whitchurch	10.91	1.35m	6.18m	3.93m	2:58.07	1969

GOLDS FOR DEVON BYRNE, RACHEL GIBBENS & MEL WOOD

Club age group records went to Chloe Whalley, Alice Nicholls, Paul Erwood and Sam Deathe. Over 1500m Paul Erwood(3:59.52) just clipped Andrew Whetstone's best of 4.00.37 from 2006 whilst Sam(4:01.60) took 2-seconds off Paul Fisher's M20 record from 1996. Matt Willmott's 4.03.50 places him 5th in the all-time rankings.

For the ladies Devon Byrne's pentathlon total of 2885pts places her 3rd in the F17 all-time rankings behind Catherine Goddard(3340) and Sophie Wilkins(2984). Katie James improved her 300m time from 2009(43.02) closer(42.16) to the club F17 record of 42.03 set by Kayleigh Maher in 2001.

Jim Lawrence will round-up the 2009/2010 indoor season in the next Newsletter



On the podium –

1-Devon Byrne(2885pts) flanked by Holly Pattie-Belleli(Woodford Green/2785) & Annie Waghorn(Medway & Maidstone/2703).
2-Dan Clorley(Luton/4.04.94), Paul Erwood(4.05.20) & Ian Williamson(Camb/4.05.27)



Carly's last lap

(extract from the press story August 2003)

The final UK Women's League Division 4 match was always going to be tough. With two to be promoted, Peterborough, top of the league and with the final match at home, were firm favourites. Behind them were Havering, Radley and Milton Keynes in that order, but the points were so close that, whoever finished second on the day would join Peterborough in Division 3. There was some confusion as to whether Milton Keynes had to just beat Havering or whether they need to beat them by two points. It turned out that due to an error by the scorers at the previous match it was sufficient just to finish ahead.....

.....The 4x400m relay is the last event on the programme. Milton Keynes had to beat Havering, with another team in between, in order to win promotion. Sarah Cox led off for Milton Keynes and Stoke charged off in front of the field. At 300m the Radley runner had a Mary Decker-Slaney moment, tripped from behind to go sprawling onto the ground. Sarah had to step onto the infield to avoid falling over her, but battled on to finish 10m behind the Havering runner. Michelle Jessop ran a blinder on the second leg, coming home third behind a distant Stoke and a rampant Peterborough, with Havering 8m behind. On the third leg, Peterborough charged after and caught the Stoke runner, and Charlotte Beckett also gained on Stoke while keeping Havering 10m behind.

The last leg was run by Carly Scott, to give her more time to recover from the 1500m, according to Team Manager, Jim McKenna. The task was simple: she had to catch the Stoke runner and hope that Havering did not catch her as well. With 250m to go Carly caught the Stoke runner and went straight past. At the same time, Havering had closed up to within 5m of Carly. At the 200m mark the Stoke runner suddenly came back to life, and started sprinting after Carly, passing her round the bend – this was definitely not in the script. The Havering athlete had gone off a little too hard and could not raise any more in the final 100m. Carly came back again in the home straight, with both women charging for the line. Carly got there just ahead of the Stoke athlete to finish second (to Peterborough) by the thickness of a vest. Milton Keynes and Stoke were given the same time, with Havering less than two seconds down in fourth place.



SUNDAY 7th MARCH, 10.00am

- THE CLUB EARN A SUBSTANTIAL AMOUNT TO PROVIDE THE MARSHALLS ETC FOR THIS RACE
- WITH A NEW START IN THE CITY CENTRE AND ROAD CLOSURES WE CAN EXPECT SOME 5000+ RUNNERS
- TO MAKE THE RACE AS EFFICIENT AS WE WOULD LIKE, YOUR HELP IS NEEDED
- PLEASE CONTACT JACKSON RYAN (07717027218) IF YOU CAN ASSIST

MILTON KEYNES PARKS RUN

A FREE TIMED 5KM RUN EVERY SATURDAY,
9.00AM FROM WILLEN LAKE

<http://www.parkrun.org.uk/miltonkeynes>

John Skelton(20.07) and Hazel Carr(30.48) ran in the inaugural race on 16 January.

- **2010 SUBSCRIPTIONS ARE NOW DUE.**
- **A RENEWAL FORM IS ENCLOSED WITH YOUR NEWSLETTER.**

BUCKS/BEDS CROSS-COUNTRY
CHAMPIONSHIPS

may

BE HELD AT WIGMORE VALLEY, LUTON
(Chiltern League match 2 venue)

On SATURDAY 20 FEBRUARY

WATCH THIS SPACE



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