

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.
APRIL/MAY 2010

"History matters to me because it is what we are built upon, and what makes to-day is what happened in the past"

CONTENTS:

- 2 Chair's Piece
- 3 World Indoor Championships
- 4/5 South of England/"National"
Cross-Country Championships
- 6/7 Chiltern League Champions again.
- 8 Bucks AA Championship
- 9 Inter Counties/English Schools Champs
- 10 "The boom in marathon running"
- 11 1981- the first London Marathon
- 12/13 MK Half-Marathon/ Mick Bromilow
writes about organising the race
- 14/15 South of England Road Relays
Jane Ovington in UK road rankings
Paul Erwood sets OU relay record
- 16 MK ladies veterans in UK top 50
- 17 Ursula Ghaleb writes about her 2009
'off-road' experiences.
The Sussex Stinger/Ray Hickman
- 18 2010 Indoor Rankings(male) and
Review by Jim Lawrence
- 19 2010 Indoor Rankings(female)
John & Harry's "Powderhall" sprint.....
- 20 "Life at Uni" Tom Comerford
Chasing the 1500m records???
- 21 The Brian Graves 70th birthday parlauf
1985 parlauf at the Radcliffe track
The inaugural Kilomathon
- 22 BMAF results/EVAC "in crisis"
John Skelton- "raceaholic"
- 23 Daniel Murphy wins GB Duathlon
Sam Ridgway- early season records
Club 125th anniversary
- 24 BACK PAGE/London Marathon etc results

FROM THE EDITOR

Welcome to our second edition for 2010. Not surprisingly this is very much an edition for the cross-country and road enthusiasts; track and field athletes, you will come next. Members are no doubt aware that we have not been receiving much in the way of publicity through the local press. We send in the reports but a lot of the time we seemed to be bracketed with angling and archery!!; very sad when one thinks back to how well our sport was covered.

The Citizen have a new sports team whom, in my opinion anyway, appear to have a very football bias. OK, the situation will hopefully improve in the summer. To this end I have put a lot of effort in this Newsletter to highlight what a fine Winter season we have had.

The Club is 125 years old this year – one of the oldest in the country and how many local sports clubs, if any, have that sort of legacy.

Good luck to everyone out there for summer 2010 and especially to our track and field teams for their forthcoming campaigns.

WOLVERTON ATHLETIC CLUB(1885)▶▶▶(1885)WOLVERTON ATHLETIC CLUB
MILTON KEYNES AC(1976)▶▶▶(1976)MILTON KEYNES AC
MARSHALL MKAC(2010)▶▶▶(2010)MARSHALL MKAC
=125 YEARS OLD! (see page 23)

Chair's piece

Track Season

The track season has arrived with many changes in our sport. This year for the first time we are holding joint county championships with Oxfordshire. The National Young Athletes' League has been restructured, and we are in Division 1 (South East) of the Midlands League this year. After narrowly failing to gain promotion, our youngsters are hoping for success in 2010.

Ian Stewart has joined Jackson Ryan as the team manager for the Men's A Team, and their ambition must be to qualify for the British League.

Can the women bounce back into Division 1 of the UK Women's League after demotion last year?

I wish all our teams, young and old, every success in the coming season. I also hope that you achieve your personal aspirations for 2010, at whatever level you compete.

Bucks Athletics Network

The new Bucks Athletics Network has been working closely with coaches in the county to determine how best they can be supported. We are expecting the results of the survey very shortly, which should help us identify gaps, assess educational needs and set up a mentoring system for those who want access to more experienced coaches.

We are also looking at a fund-raising event for the network: it is likely we will hold 5k and 10k races round Silverstone Race Track on Saturday 13 November.

Nike MK Half Marathon and Festival of Running

Thank you to everyone who helped with this year's event – the biggest yet. We could not hold the event without your help, and the profits from the race help to fund many of our other activities.

South of England Road Relays

Despite the decrease in club entries (probably due to the clash with several major half marathons, including Reading), we had an excellent day at the Open University, thanks in part to the excellent victory in a course record time by the Newham & Essex Beagles Men's Team that included Mo Farah, and the first ever team medals for our Senior Women in a South of England Championship. We had lots of helpers out on the day, just two weeks after the half marathon. Many thanks to everyone who turned out to help.

Sport MK Awards

The club had many nominations for awards at this annual event, held on Tuesday 27 April, and came away with six of the Awards:

Greg Rutherford, who broke the British Long Jump Record, won the Senior Men's Award for Achievement;

Kadi-Ann Thomas, who won medals at both 100m and 200m at last year's UK Championships, won the Senior Women's Award for Achievement.

Sam Taylor-Outridge, who won the English Schools' and the UK Schools' Games Javelin titles, and was 6th in the European Youth Olympic Festival, won the U18 Men's Award for Achievement.

Milford Callow, (pictured right) our long-serving president and head groundsman, who has been involved with the club for 55 years, has won the Award for Services to Sport.

Gabby Down, daughter of Terry Down, who won many medals last year, has won the Female Disability Award.

Last but not least, Marshall Milton Keynes AC, has won the Club of the Year Award, for the range of its many achievements last year.

Congratulations to all the award winners.

Charlie Fenton

Charlie has been training with the club for more than a year and has been competing as an Under 17 at Cross Country and on the Track. Because of Charlie's problems, he needs help in training. What we are looking for is a pool of athletes who might join a steady run (even modify what is already part of their training) to act as a buddy for Charlie no more than once a month. Charlie's mum is willing to pay £10 a session, if necessary, for someone to act as a buddy for Charlie. If you can help, please see David Millett.



Club Membership Fees

To those of you who have already paid your membership fees for 2010, many thanks. Already more than 300 competing athletes have been registered with England Athletics. To those who haven't yet paid, could I urge you to sort this out quickly? You cannot be affiliated to England Athletics if you have not paid your membership fees, and you can't compete in county, area or national championships if you have not been affiliated.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

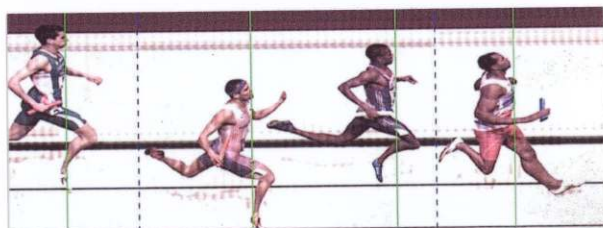
IAAF World Indoor Championships

Doha, Qatar, 12th - 14th March 2010

CHRIS CLARKE IS A MEMBER OF THE BRONZE MEDAL WINNING 4 x 400m RELAY TEAM BUT GREG RUTHERFORD JUST FAILS TO MAKE THE LONG JUMP FINAL

Greg Rutherford had earlier won the UK title jumping 7m94 and booked his seat on the plane for Doha. Competing in pool A he opened with 7m35 followed up with 7m80. Unfortunately a no jump in his final attempt which left him in 5th position with eight to qualify. Pool B produced more longer jumps with the final qualifier leaping 7m88 leaving Greg in 11th place overall. Jumping the same distance as Greg was the current Olympic champion, Irving Saladino (Panama)!

Chris Clarke ensured his place in the 4 x 400m relay squad with a 400m indoor PB of 47.14 winning the Birmingham Games. In Doha Chris ran the anchor leg in the qualifying heats but it was a very close run thing. With just the two heat winners plus the two fastest losers to qualify, the GB squad only just made it. In a very tough heat one the USA and Jamaican teams were well clear, the Dominican Republic were inspired to run a national record for 3rd place (3.06.30) ahead of GB (3.09.59). Chris, now at Loughborough University and coached by Nick Dakin, kept the Czech Republic (3.09.76) team at bay and ensured that they had a chance of a place in the final. The second heat was slower with Russia and Poland just out of the top two clocking 3.09.86.



(Chris, 2nd in this photo-finish photo holds off the Czechs in the heats)

Richard Buck was brought into the team for the final and ran the anchor leg with Chris moving back to run leg 3. Conrad Williams and Nigel Levine ran the first two legs keeping GB in the medal hunt but the USA team were way ahead and on course for gold. On leg two both the Jamaican and Bahamas runners pulled muscles and dropped out leaving GB with a good chance of a medal. Chris to quote AW "took over to have a senior GB debut to remember as he moved the team into second at one stage" His run gave Richard Buck every chance, the Belgians were looking good for the silver medals but Buck stormed away from the Dominicans to give GB the bronze medals with a time of 3.07.52.



(above: Chris, Conrad, Nigel and Richard)

DID YOU KNOW THAT

Doha's Aspire Dome, the venue for the World Indoors, is the largest indoor sporting facility of its kind in the world. Apart from the 200m track, it houses an Olympic-size swimming pool and diving area, a full-sized FIFA football pitch, 11 tennis courts, a gymnastics hall, 13 table tennis courts, eight fencing strips, two squash courts and a judo and karate studio.



ALL-TIME TOP TEN INDOOR MMKAC PERFORMANCES FOR THE 400m & LONG JUMP

400m

Rank	Name	Age	Time	Location	Year
1	Chris Clarke	M20	47.14	Birmingham	2010
2	Matt Douglas	M20	48.39	Birmingham	1994
3	Robert Fanning	M20	49.33	Birmingham	1998
4	Jim Aukett	MS	49.7	Cosford	1982
5	Rupert Gardner	M20	49.80	Birmingham	2002
6	Scott Herbert	MS	49.84	Birmingham	1997
7	Will Lambourne	M20	50.71	Loughboro'	2008
8	Craig Slater	M17	50.85	Birmingham	1994
9	Chris Duck	MS	51.39	Sheffield	2007
10	Adam Smith	M17	51.48	Lee Valley	2008

Long Jump

Rank	Name	Age	Distance	Location	Year
1	Greg Rutherford	MS	8.00m	Turin, Italy	2009
2	Scott Herbert	M17	6.90m	Cosford	1990
3	Matt Douglas	M20	6.73m	Glasgow	1993
4	James Wright	M20	6.61m	Lee Valley	2010
5	Tony McMurray	M20	6.60m	Cosford	1986
6	Harry Dalton	M17	6.55m	Sheffield	2009
7	Will Lambourne	M20	6.46m	Glasgow	2005
8	Daniel Leonard	MS	6.45m	Cardiff	2004
9	Dave Vidgen	M20	6.41m	Cosford	1993
10	Chris Duck	MS	6.15m	Sheffield	2006

- **SILVER MEDAL FOR SOPHIA CLIFFE(u13girls)**
- **8TH FOR BETH SWORDS(u17women)**
- **TOM COMERFORD LEADS HOME 11 SEN.MEN**

The "Southerns" returned to their traditional home at Parliament Hill, north London and after early morning frost there was an abundance of crunchy mud for the runners.

SECOND BEST EVER RUN FROM SOPHIA CLIFFE.

GOOD TEAM PACKING FROM U15GIRLS

Sophia was always in the leading group of five(four of whom were Chiltern League runners) and into the final 500m she was pushing hard for victory and in the end only 5-seconds covered the first four with Sophia having to settle for silver, just 3-seconds down on Becca Croft(Windsor). Good debuts for Lucy Hacking(74th) and Amy Botham(79th). Emma Hunt won this title in 1999.

Jade Leggett(59th) led the u15's home to 16th in the team race. Emily Bousfield(77th), Gemma Childs(89th) and Fern Yull(134th) completed the team.

TEAM BEST FOR U17WOMEN

Beth Sword's fine 8th place was the third best individual placing in this age group and with Elle Roche(16th/8th best all-time), Jo Livesey(48th) and Rebecca Goyder-Smith(80th) they finished a club best team placing of 4th, and only 7-points off the bronze medals.

TANYA TAYLOR & LARA BROMILOW IMPROVE THEIR "MK BESTS"

Tanya improved from 27th two years ago for an excellent 13th place here. Lara finished 24th and moved up to no3 in the all-time rankings behind Linda Dewhurst(4th/1988) and Michelle Lee(18th/2003). Lauren Cripps improved nearly 50 places over her 2009 debut at Hillingdon with 89th at Parliament Hill.

CHAD LAMBERT RUNS TO 5TH BEST FOR THE M20's

On paper we must have had a great chance of M20team medals but on the day it was just Chad Lambert(18th) and Josh Lyman(78th) who ran. Chad's 18th is the 5th all-time best for this age group. Sadly only two younger men - Sam Redding placed 32nd in the M15 race(Josh Knight got badly spiked and had to retire) and then Ryan Burling finished 54th in the M17's.

GREAT RESPONSE FROM THE SENIOR MEN/11 FINIHERS AND NEW TEAM ALL-TIME BEST.

After Robby Taylor was the sole runner last year we had 12 runners on the start line in January. Unfortunately Robbie 'retired' on the final lap otherwise the men could have been only the fourth team to finish 12men.(last time was in 1990). Tom Comerford put in another superb run for his 48th place and with Marcin Fudalej(102nd) and Chris Hearn(125th) a decent team placing was on the cards. And so it transpired, Steve Herring(256), Ian Lamb(298) and Marcus Whelband(300) completed the scoring team that finished 15th, six places better than 21st from 1989 at Basingstoke. The team then was Kerry Hayes/30; Kevin Farmer/117; Ian Thompson/176; Gordon Faulds /213; Steve Haycock/311 and Tony McGuinness/334.

Completing the 2010 squad were Chris Mahon(373), Andrew Wasdell(389), Mike Burling(566), Ian Pheasey (586) and Paul Mason(621) 806 finishers..

At the sharp end Tom comes in at no 3 in the SEAA all-time rankings, Marcin is now 6th= and Chris Hearn 11th.



- 1- The famous start with the London backcloth
- 2- The u13girls with 500m remaining
- 3- Tom Comerford & Beth Swords
- 4- Marcus Whelband & Ian Lamb
- 5- Tanya Taylor(right)

"5" SEAA ALL-TIME TOP TENS

U13 GIRLS			
1	Emma Hunt	1999	Parliament Hill
2	Sophia Cliffe	2010	Parliament Hill
6	Amanda Child	1995	Parliament Hill
6	Lia Licetis	2002	Parliament Hill
10	Sarah Canvin	1993	Bedford
10	Michelle Jessop	1999	Parliament Hill
10	Charlie Gaspar	2001	Parliament Hill
12	Tanya Taylor	2003	Exmouth
12	Lucy Millett	2005	Parliament Hill
15	Hazel Greatbatch	1991	Oxford
U17 WOMEN			
3	Rosanne Iannone	1995	Parliament Hill
7	Carly Scott	1995	Parliament Hill
8	Beth Swords	2010	Parliament Hill
11	Hayley Griffin	1996	Parliament Hill
11	Tanya Taylor	2007	Holkham Hall
12	Sandra Davis	1983	High Wycombe
14	Charlie Gaspar	2005	Parliament Hill
16	Elle Roche	2010	Parliament Hill
17	Sophie Wilkins	2007	Holkham Hall
22	Kayleigh Docherty	2002	Parliament Hill
SENIOR WOMEN			
4	Linda Dewhurst	1988	Swindon
18	Michelle Lee	2003	Exmouth
24	Lara Bromilow	2010	Parliament Hill
25	Rita Quill	1992	Bournemouth
27	Carly Scott	2007	Holkham Hall
35	Janet Godliman	1981	Farnham
39	Jane Bird	1985	Ipswich
41	Claire Rooney	2005	Parliament Hill
41	Sarah Cox	2008	Parliament Hill
69	Kim McBride	2003	Exmouth
JUNIOR MEN			
3	Daryn Castle	2000	Parliament Hill
4	Tony Forrest	1995	Parliament Hill
5	Andrew McKenna	2000	Parliament Hill
9	Andy Whetstone	2005	Parliament Hill
18	Chad Lambert	2010	Parliament Hill
23	Gavin Wilcox	2005	Parliament Hill
24	Paul Wright	2003	Exmouth
34	Mark Booth	1982	Parliament Hill
36	Wayne Ridgway	2001	Parliament Hill
36	Robby Taylor	2005	Parliament Hill
SENIOR MEN			
13	Kerry Hayes	1990	Parliament Hill
40	Charles Herrington	1998	Parliament Hill
48	Tom Comerford	2010	Parliament Hill
50	Mick Bromilow	1976	Parliament Hill
62	Ian Thompson	1991	Portsmouth
102	Ian Van Lokven	2000	Parliament Hill
102	Marcin Fudalej	2010	Parliament Hill
104	Clive Owen	1981	Trent Park
112	Gerard Copps	1985	Trent Park
117	Kevin Farmer	1989	Basingstoke



"NATIONAL" CROSS-COUNTRY CHAMPIONSHIPS, ROUNDHAY PARK, LEEDS

27 Feb. 2010

Senior Men

123	Tom Comerford	43:03
238	Chris Hearn	45:06
642	Ross Threlfall	50:56
1428	finished	

M20

58	Chad Lambert	36:37
204	finished	

M15

69	Sam Redding	15:14
387	finished	

Senior Women

178	Sophie Wright	35:19
186	Lauren Cripps	35:34
543	finished	

F17

19	Elle Roche	19:42
189	finished	

F15

26	Jasmine Finlay	15:18
97	Emily Bousfield	16:08
139	Gemma Childs	16:39
360	finished	

F13

13	Sophia Cliffe	12:45
417	finished	



Two superb runs from Sophia Cliffe and Tom Comerford take them to the top echelons of the all-time bests from the "National"

Sophia, after her silver medal at the "Southerns", 13th at Leeds was another outstanding performance and from a huge field of 417 runners. Ahead of Sophia in this age group for MMKAC are Charlie Gaspar and Abby Roskilly, 2nd and 7th respectively at Durham in 2001. Good to see Jasmine Finlay running well in the u15's after her DNF at Parliament Hill. 26th position is the 7th equal best in this age-group, sharing this with Elle Roche who placed 26th at Parliament Hill last year.

Elle moved up to the u17's this year and another very consistent run at Leeds saw her finish 19th, 4th best on the MMKAC rankings, sandwiched between Rosanne Iannone and Carly Scott (17th and 20th respectively at Luton in 1995). In the senior ladies race our two finishers have both had a very solid cross-country season but on this occasion Sophie got the better of Lauren for the first time this year.

Tom Comerford led the senior men home at Alton Towers in 2007, 197th from a field of 1244. At Leeds his 123rd position came from a field of 1428. Only Kerry Hayes has bettered this finishing place, 54th at Epsom in 1989 and then 44th at Luton in 1995. Chris Hearn, too, has had a very good cross-country season and he finished it with his best "National" performance, ten places better than at Parliament Hill in 2006.

Of the two other young men representing MMKAC, Sam Redding's 69th placing has only been bettered by Danny Murphy (61st/2008). We have had some excellent performances in the M20 races at the "National" - at the sharp end - Andrew McKenna 5th at Stowe in 2000 and Tony Forrest 9th at Havant in 1997 are the "leaders". Chad Lambert, himself, is no stranger to the sharp end - he was bronze medallist in the u13 race at Birmingham in 2005. Chad has had a huge season for MK with some fine Chiltern League performances (ever-present and first M20 overall plus his 18th at the "Southerns"). In his first season as an M20 his 58th position is the 7th best "all-time" - next year??

DIVISION ONE CHILTERN LEAGUE CHAMPIONS FOR THE 11TH TIME IN 13 YEARS

At the final match at Wing on 13 February we overturned Bedford's lead of 169pts and swept to a comfortable victory on the day for an overall winning margin of 280pts. Thanks to all of you who represented the Club throughout the season - this is the only event where all the various age groups compete TOGETHER.

No less than 131 athletes represented the Club and from this total there were 76 males and 55 female over the five match series. From the males there were 56 senior/junior/veteran men whilst the senior/veteran ladies saw 24 competitors throughout the season.

ON THE PODIUM

- Senior Men 1st Tom Comerford
- Junior Men 1st Chad Lambert
- Under 17 Women 2nd Mel Wood
- Under 15 Boys 2nd Sam Redding
- Over 45 Women 3rd Diane Baldwin
- Over 55 Women 3rd Ursula Ghaleb
- Under 17 Women 3rd Beth Swords
- Over 60 Men 3rd Kelvin Smith

- AND THREE LADIES JUST MISSING OUT WITH 4th PLACES- Lara Bromilow(Senior), Elle Roche(F17) and Sophia Cliffe(F13).

- OVERALL TEAM WINS FOR THE SENIOR MEN & U17/20 WOMEN,

- THE SENIOR LADIES WERE SECOND TO BEDFORD WHILST THE U20MEN WERE VERY NARROWLY BEATEN BY WINDSOR.

- AND A FINE INDIVIDUAL WIN FOR TOM COMERFORD IN THE FINAL MATCH AT WING

Previous individual senior men winners

Mick Bromilow was our first senior male at Banbury in January 1977, albeit in Division Two. Simon Rayner became the first Division One winner at Windsor in October 1982 but it was seven years before the next one. Kerry Hayes won at Brickhill Woods in January 1989 and then had back to back victories in October of that year at Oxford and Brickhill Woods. Kerry repeated this feat in October 1990 at Oxford and Kingsbury. His fifth and final win came at Watford in October 1994. Eight years later Richard Nifah won at Watford in October 2002.

FINAL LEAGUE TABLE

	ON THE DAY		OVERALL	
1	Milton Keynes 2034	1	Milton Keynes 11506	
2	Bedford & Co. 1588	2	Bedford & Co. 11221	
3	Chiltern Harriers 1561	3	Chiltern Harriers 9443	
4	Harrow 1519	4	Harrow 8954	
5	Windsor SE&H 1314	5	Windsor SE & H. 895	
6	Silson Joggers 1154	6	Vale of Aylesbury 726	
7	Vale of Aylesbury 1037	7	Oxford City 7188	
8	Headington 1009	8	Luton 7046	
9	Bracknell 983	9	Bracknell 6776	
10	Oxford 944	10	Headington 5976	
11	Luton 917	11	Silson Joggers 5858	
12	Tring R. Club 897	12	Watford 5561	
13	Watford 794	13	Tring Running C. 4973	
14	Dacorum & Tring 620	14	Dacorum & Tring 3771	

Tring Running Club and Dacorum & Tring are relegated to Division 2 whilst Leighton Buzzard and Gade Valley are promoted.



on the podium.....

- 1- Tom Comerford and Chad Lambert lead the early charge at Wing
- 2- Mel Wood and Elle Roche in the early mix of the U17 women
- 3- Sam Redding leads down the hill at Wing
- 4- Kelvin Smith & Ursula Ghaleb

**ATHLETES WHO
QUALIFIED FOR OVERALL
CHILTERN LEAGUE
POSITIONS
(ran in at least four races)**

SENIOR MEN	pts.
1 Tom Comerford	678
6 Chris Hearn	647
16 Ross Threlfall	462
19 Ryan James	447
24 Andrew Wasdell	402
31 Neil Gosling	239
32 Nick Washington	222
U20MEN	
1 Chad Lambert	681
5 Sam Deathe	618
M40	
16 Robin Dowswell	441
17 Chris Mahon	412
27 Sam James	253
33 Mark Childs	126
40 Danny Wood	36
M50	
7 Mike Burling	266
12 Dave Findel-Hawkins	183
13 Terry Down	179
M60	
3 Kelvin Smith	209
M17	
13 Ryan Burling	107
20 Matt Malcolm	74
M15	
2 Sam Redding	177
17 Steve Cox	114
22 Tom Cox	90
31 Charlie Fenton	31
M13	
6 Toby Herdman-Smith	159
7 Louis Clarke	158
18 Harry Morton	117

SENIOR WOMEN	pts.
4 Lara Bromilow	286
5 Tanya Taylor	271
7 Sophie Gibbens	258
10 Lauren Cripps	215
11 Sophie Wright	200
F45	
3 Diane Baldwin	147
F55	
3 Ursula Ghaleb	33
F17	
2 Mel Wood	117
3 Beth Swords	107
4 Elle Roche	103
12 Jessica Sweeney	58
F15	
13 Jade Leggett	144
21 Emily Bousfield	98
F13	
4 Sophia Cliffe	236
14 Lucy Hacking	189
17 Amy Botham	176
F11	
23 Sophie Botham	137

THEY RAN IN ALL FIVE MATCHES

SENIOR MEN	U17 MEN	SENIOR WOMEN
Chad Lambert	Matt Malcolm	Lara Bromilow
Chris Hearn	U15 BOYS	Sophie Wright
Ross Threlfall	Sam Redding	U17 WOMEN
Chris Mahon	U13 BOYS	Mel Wood
Mike Burling	Toby Herdman-Smith	Elle Roche
Neil Gosling	Harry Morton	U13 GIRLS
Kelvin Smith		Lucy Hacking
Dave Findel-Hawkins		Amy Botham



ACTION FROM WING
1-Toby Herdman-Smith & Louis Clarke head the u13 race/Jo Livesey
2-Gemma Childs & Emily Bousfield/Josh Knight
3-Mark Childs/Wendy Webber /Sam Deathe&Josh Lyman

BUCKS XC CHAMPS

HELD AT STOPSLEY, LUTON, 20 FEBRUARY

- SENIOR MEN'S TEAM WIN FOR THE 22ND TIME SINCE 1976
- SENIOR LADIES TEAM WIN, BUT ONLY FOR THE 4TH TIME SINCE 1996. LARA BROMILOW RETAINED HER INDIVIDUAL TITLE
- U17WOMEN'S TITLE FOR BETH SWORDS AND U15BOYS FOR SAM REDDING

These Championships, held jointly with Bedfordshire, were originally scheduled for 9 January at High Wycombe but were postponed due to the inclement weather. Very few County Championships survived that day. Bedfordshire AA kindly stepped to host them on a new date. Unfortunately the change was not too popular, a week before the "National", half-term holidays etc.,

SENIOR/JUNIOR/VETERAN MEN

Chad Lambert stormed to victory in the U20 race over 9km (once up and down the hill) with Josh Lyman second. Kelvin Smith won the M60 title over a 4km course. The remainder of the field – just 23!!!! faced 13km with two steep climbs. A quick glance at the colours around the first lap gave us lots of confidence for a team win – defending champions, Chiltern Harriers, GOLDGonly had five runners whilst Aylesbury just had the necessary six. We had seven!

Chris Hearn, with the leaders for the first of the two laps, battled very hard for his bronze medal. Up the final hill he was in 4th place but a strong finish in the final 800m saw him move up to the bronze. The remainder of the team rose to the occasion and with Steve Herring (6th/3rd M40/0), Marcus Whelband (10th), Ryan James (12th), Chris Mahon (15th) and then the all-important sixth scorer, Neil Gosling (20th). And for good measure Dave Findel-Hawkins (22nd/2nd M50) kept an eye on the runners ahead. Dave is a veteran of our first ever team win back in 1976 and has run in every County Championship since!!!

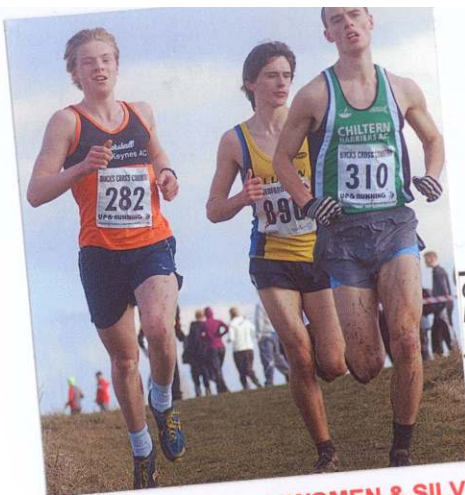


Above: Marcus, Steve, Chris M, Chris H, Ryan & Neil
Below: Sophie, Lara & Lauren



SENIOR/VETERAN WOMEN

Lara Bromilow easily retained her senior title around a 6km course and with Sophie Gibbens (2nd) returning to racing after injury and Lauren Cripps (4th) a very comfortable team victory was achieved. Sophie Wright placed 7th and Diane Baldwin (10th and first F45). Just 13 overall in the field, mind you, Beds only had 9!



Chad Lambert on his way to M20 gold, alongside senior winner Matt Bennett (Chiltern H)

GOLD FOR U17WOMEN & SILVER FOR U13GIRLS

Beth Swords stormed to her first County title and with Mel Wood taking silver and Jessica Sweeney 7th it was an easy team victory for them. Amy Botham was just 1/10th off the bronze medal for the u13's and with Lucy Hacking (7th) and Hannah Selvey (10th) they took team silver behind Chiltern H. Sadly we only had two u15's (but likewise no other club had 3 runners) and in a strong finish Gemma Childs overtook Jade Leggett to claim silver by 5-seconds from Jade.



U13's starts



GOLD FOR SAM REDDING & SILVER FOR TONY HERDMAN-SMITH

Sam comfortably won the u15boys title, Josh Knight placed 5th and Steve Cox 11th. Toby was 2/10th off gold for the u13boys and Harrington Morton ran well to hold onto his 4th place.



Sam Redding on his way to gold

INTER-COUNTIES XC CHAMPS

BIRMINGHAM, 13 MARCH

- ❑ **MAGNIFICENT TEAM WIN FOR BUCKINGHAMSHIRE U17 LADIES**
- ❑ **BRONZE MEDAL FOR MEL WOOD**
- ❑ **23 MMKAC ATHLETES IN THE 60 STRONG COUNTY TEAM**



MMKAC provided three of the winning team and the picture above (from Dominic Swords) shows Beth Swords(23rd), Elle Roche(29th) and then Maryse Haynes(Wycombe PH/43rd) and Mel Wood(3rd) on the right. Their team victory was a close run thing - Bucks scored 98pts, Surrey 102 and Hampshire 106. Last year this same quartet picked up the silver medals in the U15 Championships.

Congratulations to all the club members who represented their County. This is one of the toughest cross-country championships bearing in mind that each County can only run a maximum of 9 athletes.

	Senior Women		Senior Men
104	Lara Bromilow	98	Tom Comerford
117	Sophie Gibbens	170	Chris Hearn 285 finished Team 19 th
141	Tanya Taylor		
218	Lauren Cripps 265 finished Team 24 th	42	Chad Lambert
	Under 17 Women	64	Sam Deathe
3	Melanie Wood	100	Matt Eager 190 finished Team 15 th
23	Beth Swords		
29	Elle Roche		Under 17 Men
99	Jo Livesey 265 finished Team 1 st	175	Matthew Malcolm 261 finished Team 19 th
	Under 15 Girls		Under 15 Boys
88	Jade Leggett	203	Sam Redding 297 finished Team 22 nd
201	Emily Bousfield		
209	Gemma Childs 297 finished Team 33 rd	124	Toby Herdman -Smith
	Under 13 Girls	143	Louis Clarke
173	Amy Botham 305 finished Team 14 th	220	Harry Morton 295 finished Team 17 th

Aviva ESAA English Schools' National Cross Country Championship

Heaton Park, Manchester
Saturday 20th March 2010

→→ **ENGLISH SCHOOLS INTERNATIONAL VEST FOR BETH SWORDS**

→→ **BRONZE MEDALS FOR BUCKS JUNIOR GIRLS TEAM**

→→ **12 MMKAC YOUNGTERS REPRESENT THEIR COUNTY TEAM**

Beth Swords(representing Oxfordshire Schools) finished a brilliant 6th in the Intermediate Girls race and promptly found herself in the English Schools team for the Home Countries International the following week at Truro, Cornwall. She follows in the footsteps of Sandra Davis(1982), Emma Hunt(2000), Tanya Taylor(2005 & 2006), and Danny Murphy(2008) who been awarded this accolade.

The Bucks Junior Girls won the team bronze medals with Jasmine Finlay and Sophia Cliffe part of the six strong squad.

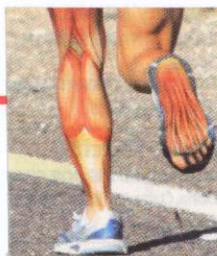
	Junior Girls
33	Jasmine Finlay
74	Sophia Cliffe
271	Fern Yull
	339 finished
	Team
3	Buckinghamshire
	Inter Boys
114	Matt Malcolm
247	Sam Redding
	324 finished
	Inter Girls
6	Beth Swords
21	Melanie Wood
41	Elle Roche
103	Jade Leggett
	334 finished
	Team
5	Buckinghamshire
	Senior Boys
51	Chad Lambert
199	Sam Deathe
	304 finished
	Senior Girls
133	Jessica Sweeney
	277 finished

**BETH SWORDS,
REPRESENTING THE
ENGLISH SCHOOLS
TEAM, PLACES 7TH IN
THE HOME COUNTRIES
INTERNATIONAL**



Beth, pictured above (no 6), proudly wearing England colours. The event was held at Truro, Cornwall on 27th March. In the Intermediate Girls race, England had a clean sweep of the first 8 places! Team-wise Ireland finished second ahead of Wales and Scotland.

the boom in marathon running?



Just four marathoners in 1977

BRITISH MARATHON RANKING LIST 1977

"868 ranked in 1975, 1224 in 1976 and now 1441 in 1977. There is no doubt that the world-wide boom in marathon running has spread to Britain. As well as quantity, the quality is improving with 30% more runners beating 3 hours than two years ago."

This was the lead in a small booklet produced reviewing the "1977 marathon season" With just 25 marathons listed in 1977 of which there were only 15 on mainland Britain it was not too an onerous task to list EVERYONE who ran a marathon in 1977. Imagine that now!

The following is the list of marathons on mainland GB during 1977 with the number of starters noted.

Race Name	Venue	No.	Date
Duchy of Cornwall	Lands End/Redruth	55	03-Apr
"Chippindale"	Huddersfield, Yorks	76	10-Apr
AAA Champs	Rugby	84	07-May
Isle of Wight	Ryde	223	21-May
"Poly"	Windsor	122	11-Jun
Sandbach	Sandbach, Cheshire	158	19-Jun
Scottish AAA	Edinburgh	66	25-Jun
Road Runners Club	Milton Keynes	242	09-Jul
"Milk Race"	Preston/Morecombe	100	06-Aug
Welsh AAA	Newport, Gwent	63	20-Aug
Midland AAA Champs	Rugby	100	04-Sep
Rotherham	Rotherham, Yorks	115	18-Sep
Masters & Maidens	Guildford	266	09-Oct
"Unigate"	Harlow, Essex	262	22-Oct
Barnsley	Barnsley, Yorks	327	04-Dec

The booklet lists all the 1441 marathon finishers from 1977. It was headed by Chris Stewart (Bournemouth) who had run 2:13.57 in New York. Best time in the UK was by Ian Thompson (Luton) with 2:14.32 winning the "Poly" marathon. There were 26 men sub 2.20 and 679 sub 3 hours(47.1%).

Ian Thompson burst on the scene in 1974 winning both the Commonwealth Games marathon in Christchurch(NZ) with 2:09.12 and the European title in Rome(2:13.2). Thompson went on to win the AAA /Olympic Trials marathon held in MK in May 1980 clocking 2:14.0. The three lap course including the long ascent of Heelands Hill from Stacey Bushes.....but that's another story.

The 1977 rankings were rather inflated by the "Masters & Maidens" marathon set up by the Surrey group of the Long Distance Walkers Association. The criteria to compete was that you had not broken 3-hours, were an over 40 man or a female. Many strong walkers/joggers took the opportunity to run on tarmac but it was no fun run – a hilly course around Guildford including a long climb up to the Hogs Back on the A31 – I know as I made my road marathon debut the previous year clocking 3.27ish. I had very little idea of pace judgement, went off too fast and suffered badly on the hills in the closing stages. Still it was part of the learning curve and I was not alone in making the transition from a long distance walking background to road marathons.

oooooooooooooooooooooooooooooooooooooooo

Brian Graves set the ball rolling at the Isle of Wight race in May. Again poor pace judgement (32.50 at 5miles) and the nature of the course (not many flat bits and plenty of undulations, said the locals) saw him take almost an hour to do the last 6-miles and not helped by the sun on your back. He finished in 3:27.07. 53 retirements from 223 starters.

Next off were Mick Bromilow, Dave Faulkner and Brian competing in the Milton Keynes Marathon (9 July) which incorporated the Road Runners Club Championships. Starting and finishing from Stantonbury Leisure Centre it was a three lap course which included Linford Lane down to Woolstone, Willen Lake and the Railway Walk. On a hot day Dave was the sole finisher with 3:17.09 just outside his club record 3:16.04 set in 1976. Both Mick and Brian retired after two laps (17miles) The race winner was an East German, Bernd Arnhold who clocked 2:19.57.

With just eight marathons remaining in the UK, Brian was determined to get a good one in and decided to aim for the Barnsley to be held on 4 December. Dave Findel-Hawkins and Alasdair Gibson were doing some long Sunday runs in Brickhill Woods with Brian and so decided to make their marathon debuts at Barnsley. On an 'out and back' course your reporter achieved his sub3hour aim finishing in 2:57.11. Alasdair finished with 3:22.21 and Dave 3:23.05. The problem here was a generally downhill first 5 miles which was then reversed for final five as one began to tire.

The rankings showed Brian at no 633, Dave F at 979, Alasdair at 1022 and DFH at 1032. Whereas Brian has remained static, DFH improved his best marathon down to 2:38.43 by 1989 and Alasdair ran 2:47.14 a year later.

Ten marathoners in 1978

DFH and myself plus Johnny Brookes ran the Poly in June. The former duo ran together for 20 or so miles before Dave charged away to smash his PB with 2:52.12. Brian followed in 3:03.16. In those days the race finished on the old Windsor track, I can remember arriving at the track just on 3-hours but then had about 600m to run around the track before the finish. Johnny Brookes was well pleased with his 3:15.05. Running legend Dave Bedford, a good mate of Johnny, accompanied him for almost 20-miles before pushing, I can remember him storming by Dave and myself as he ran the last 6miles in 34mins for a 2:45 clocking.

Personal drinks

In those days with relatively few competitors it was possible to have your own personal drink put out at feeding stations. A favourite then was flat coke with a little salt added – no glamour drinks 30-years ago! You bought a can of coke, opened it and left it overnight. And what to put it in so as not to get spilt- I can recall 'nicking' a British Rail drinks carton that had a lid on it – desperate measures then, no such things as small water bottles.

Five of us ran the MK marathon with four making their debuts over this distance. Alan Green was first back, but only just. Going off a bit too fast he was inside 2-hours at 20miles and suffered badly for the final 6 to finish in 2:57.27. Unknowingly Brian Graves had closed him down to finish in 2:59.12 (his warm-down for a Bob Graham attempt the following weekend). Dick Crabbe was next(3:02.53) and then Tom Webb(3:06.33) and Ian Taylor(3:17.00). Howard Pattinson (3:20.20 and Milford Callow(3:56.26) finished the "Masters & Maidens" and finally Keith Peel travelled up to Barnsley for a 3:03.03 finishing time.

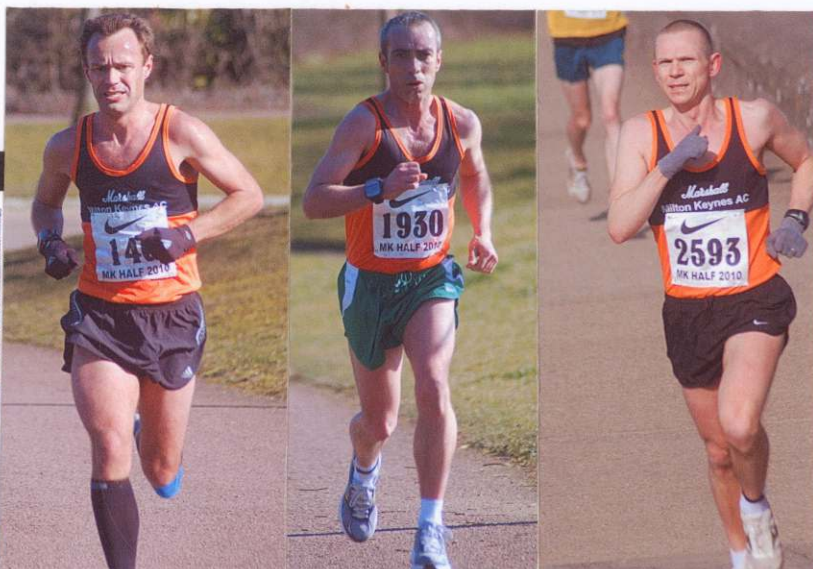
Again this year was a learning curve for many of the MK runners. Alan got it right next year at MK clocking 2:45.29 as did Dick improving to 2:52 50 in the same race. Tom ran 2:43.43 at Sandbach in 1980 whilst Howard ran 2:43.49 in the first London in 1981.

A favourite Tuesday night training run

One of our Tuesday nights training runs was the "Castlethorpe 10"- quite a tough hilly route - from the Radcliffe School(our HQ then), through Haversham and then down and up to Castlethorpe, up past the Navigation pub, through Cosgrove and then Stony Stratford High Street before a final burn-up along the main road back to the School.about 65mins as I recall.



7th MARCH 2010



3243 half-marathon finishers this year, an increase of just over 200 from 2009, plus 330 in the 10km meant some 3600 pairs of feet pounded the City roads and Redways. It certainly looked an impressive sight as the half marathon field snaked it's way along Avebury Boulevard outside the X-Scape. Three miles plus of closed roads ensured the field could settle down before hitting the Redway system etc., The downside here was that the faster runners were soon running into backs of the slower 10km runners; if there is more than one race next year the start time for the 10km must be reviewed. My personal opinion, giving the huge drain on club resources, is that we should just concentrate on the half-marathon.

Mick Bromilow and Jackson Ryan shouldered a sizeable burden as the main MMKAC links with the race organisers. So grateful thanks to them and to each and everyone from MMKAC who assisted on the day. The Club should eventually receive a five figure sum as payment for all the hard work that you put in.

Up front there was a close duel between Neil Addison (Shaftesbury/Barnet) and the Vale of Aylesbury's Anuradha Cooray. The latter ran a couple of 2:16 marathons in 2004/5 representing Sri Lanka whilst Addison'd PB is 66.49 from 2007. It was the Shaftesbury man who had the stronger finish and went on to win in 68.54, 10-seconds ahead of his rival.

At the sharp end for MMKAC, Paul Bond ran in isolation for much of the race and stuck in well for 7th place and PB of 73.35. A few weeks earlier Paul had improved his PB down to 74.00 when placing 9th in the Brighton Half. Steve Herring set a M40 PB of 76.16 for 15th overall and taking the first M40 prize. PB's also for the next two men home, Marcus Whelband, 27th/78.19 and Daniel Webber 42nd/80.14.

Looking at the club all-time bests, Steve set his PB way back in 1986 with 73.25 as a precocious 16-year old in one of the MK half-marathon variants and is no 27 in the all-time male rankings, Paul moves up to no30.

The overall ladies winner was Diana Lobacevske who hails from Lithuania but now runs in the Leicester area. She ran 2:35 in the Venice Marathon last year. Jane Ovington was first MMKAC lady (83.37), 5th overall and 3rd F35. PB from Wendy Webber(95.45), followed by Jules Datzell(97.07/5th F40) and then Di Farmer who was first F50 clocking 97.42 Ursula Ghaleb placed 3rd F55, just outside her PB with 119.57- last runner inside 2-hours!

In the male age group categories John Skelton continued his run of good form to not only win the M55 race but his time of 84.03 bettered the club age group for the half-marathon set by Dick Crabbe back in 1995 with 85.22. Moving to the M60's Keith Cook was 3rd(94.57) and Kelvin Smith 4th(96.07). Jim McKellar placed 2nd M70(139.10).



Photos: top- Paul Bond/Steve Herring & Andrew Wasdell
above: runners wind round Willen Lake
below: Ross Mackenzie lead Dennis Edghill/Julie Datzell leads Di Farmer. Andy Harrison & Alan Humphries/Fiona Darling-Glinski





Mick Bromilow gives us a very informative insight in organising a major event in Milton Keynes

Planning for this year's half marathon started almost as soon as last year's event had finished. There had been problems with insufficient car-parking spaces at the Open University, with complaints about the time it took to get in before the race, and out afterwards. The OU had charged nearly £1000 to open a refreshment area, despite there being queues throughout the morning. We knew that if we didn't move in 2010, we would certainly have to in 2011.

We (John Gladwin of Imotion Sport, Dave Scott of Nike, and I) wanted a start/finish area closer to the city centre. We looked at the bowl and the area used for the Sport Relief Mile, before settling on the XScape Building. Contacts with the XScape management were established in July and a meeting fixed for September. I started looking for a course. Using a map measurer, I had worked out that, provided we were allowed to close grid roads, there was a course of about the right length, starting with the V7 and H9, which used a great deal of the 2009 course through Woolstones, round Willen Lake, and back via Broughton. I had discussions with the Council and Thames Valley Police in September, and both were enthusiastic, recognising that the new course would be suitable for a major half marathon. One of the XScape managers was a runner, and he recognised the benefit for the cafes, bars and sports shops in the building in hosting the event, so we had the encouragement we needed.

The next thing I needed to do was to measure the course, to get it certified for accuracy. I contacted a course measurer from Bedford who agreed to measure the course at 7am one Sunday morning in November. I knew where I wanted the finish (on the road just outside the XScape Building) and had some flexibility in starting the race somewhere on Avebury Boulevard. So we cycled round the course backwards to establish where the start should be. This, unfortunately, caused problems at the end because he insisted on cycling along the H9 and V7 against the flow of traffic, which I agreed to against my better judgment, and suffered abuse from many motorists who thought we were mad (which I think we were!). He then announced that the measurement was invalid because we had not taken the shortest route up the V7 (a course of action that would certainly have seen us killed!). We agreed that we would have to measure the course again the right way round with me driving behind him to protect him from traffic while he took the shortest route. The next available date was in January, but had to be abandoned because of heavy snow, so it was only a month before the event before we established the correct start and finish points.

The course was a figure-of-eight course. After a telephone discussion with John Gladwin in November, in which he wanted to make the event a festival of running and not just a half marathon, I suddenly realised that the first half of the figure-of-eight was pretty close to 10km. When we finally measured the course in February we found it was 129m too long, so the 10k start would be in front of the half marathon start.

In the meantime, with the help of the police, we had submitted plans for a road closure order, and contacted the Highways Department for help in putting together a traffic management plan, involving closing parts of the V7 and H9 for between 20 minutes and 50 minutes, with traffic diversions that would keep traffic flowing while the race was on.

We also had a risk assessment done by people who had done many risk assessments for other events. I thought we had finished all the documentation, but I had not realised that the Council had recently established a Safety Advisory Group to check all community events (like the Newport Pagnell Carnival, the Olney Pancake Race and so on). I was invited to a meeting just six weeks before the race and given a very hard time because the road closure we had been granted involved closing a roundabout only 400m from the hospital. Several members of the group were very concerned that emergency vehicles would not be able to get through. I had to reassure them that runners

were human, and would stop at the sight of a flashing blue light. We agreed that megaphones would be given to marshals at each roundabout and if an emergency vehicle (or a woman about to give birth, for example) would result in the race being stopped for a few seconds to allow the vehicle through. Another group went through the risk assessment in fine detail, objecting to many of the things it contained and wanting to know what would happen, for example, if we needed to evacuate the XScape Building, down to providing access for disabled spectators who wanted to view the finish. I had also to contact a number of businesses that would be affected by the closure to warn them it would happen – all were unconcerned about the closure. Having been invited back to attend another meeting of this group just two weeks before the race, I spent 45 minutes one Sunday morning parked by the roundabout close to the hospital at the same time that the road would be closed, counting the number of emergency vehicles going in both directions. I reported there had been none (just as was the case on the day of the race). Another hostile meeting ended with us gaining grudging consent for the race. In the meantime some 4200 people had signed up for the half marathon, 350 for the 10k and over 100 for the fun run.

In the week before the race (having agreed with the council what paint I could use), I went round the courses painting all the arrows, and marking the positions of the mile/kilometre points. The day before the race I had gone over the road closures, the various starting points and the finish area with John Gladwin and his team who had come up from London for the weekend.

On the day of the race I was out on the course by 5am (with the temperature at -5C) putting out all the "Caution Runners" signs and mile/kilometre signs all round the course, returning to the start/finish area at about 8:20am, to find runners starting to arrive, my wife heading the information/late-entry desk and Jackson looking after the marshals. The Council's Highways people had done a great job coning off the V7 and H9 and setting out the many diversions. The barrier company and portaloo companies had arrived at first light and all their work was complete. The police were on hand to help out at the roundabouts and everything seemed fine. 30 minutes before the start I noticed that the majority of the runners were still in the XScape Building, sheltering from the cold. I had to get a megaphone and walk through the building twice, to convince them they needed to get to the start because no one would be allowed to go off late (because the roads would reopen). Many had no idea where the start was, and a few certainly missed the 10k start which was two minutes before the main race. I would spend the rest of the morning handing out bottles of water at the finish.

In the end I think that everything worked pretty well. We had problems with the bag storage that we'll have to get right for next year, and one half marathon runner was tripped from behind just 500m into the race and was taken to hospital with a broken arm.

If you helped this year, many thanks. Almost a 100 club members were out on the day helping with feeding stations, marshalling, officiating at the finish and in many other tasks. As Jackson said at the end, with another 20 people we would have been able to do a much better job. The club will earn lots of money from this race, which will help support many of our other activities. When we announce next year's date, please keep it free. It's becoming a great event that could be even greater with your help.

MK 10KM double for Marcin Fudalej & Elle Roche

In the accompanying 10km race there was a victory for Marcin Fudalej with his best time (31.32) since at MK and moves him to no 5 in the all-time rankings. Elle Roche made her debut at this distance and was first lady on the day and her time of 39.16 was an F17 club record clipping 4-secs off the time set by Tanya Taylor at Silverstone in 2006. Elle's time in the 12th fastest ever by a MMKAC female runner.

Top Six Men All-Time 10km:

1-Kerry Hayes	29...45	Harrow	1989
2-Simon Rayner	30.14	Eastleigh	1985
3-Ian Thompson	31.21	Bearwood	1993
4-Charles Herrington	31.30	Cranfield	1998
5-Marcin Fudalej	31.32	MK Festival	2010
6-Kevin Farmer	31.43	MK(OUcourse)	1989

SEAA**saucony®**

SOUTH OF ENGLAND AA ROAD RELAY CHAMPIONSHIPS Open University – 21 March

- **BRONZE MEDALS FOR MMKAC LADIES**
- **BOTH MEN'S AND WOMEN'S TEAM "WIN" THE MOST IMPROVED PRIZES**
- **TWO MEN'S TEAM FINISH FOR THE FIRST TIME SINCE 2005**
- **TWO LADIES TEAMS FOR THE FIRST TIME SINCE 2006**

Sadly race numbers were down again. 37 men(46 last year) and 25 Ladies(35 last year). At the sharp end Newham & Essex Beagles took it seriously and broke the course record, albeit by just 19-seconds after over 4hours of running. They clocked 4:07.04 against the time set by Belgrave Harriers(4.07.23) in 2003. I was working initially at the registration and when the Newham team manager handed in his declaration and I glanced at the names he obviously noticed my interest and that a certain Mo Farah was running leg 8, he said "is that OK, then" Farah went on to set a short leg(5506m) record of 15.46, improving the time set by Keith Cullen(15.49) from 2001. Newham took the lead on the second leg and were never headed to win by over 5mins from previous winners Belgrave Harriers(4:12.43) with Aldershot third(4:16.40).

Controversy for fifth placed City of Norwich who were disqualified for running two athletes not in the programme. Have a look at <http://www.eightlane.com/indexforum.php?framepage=forum.php%3Frequest%3Dthread%26postid%3D64554>

Many thanks to Andrew Wasdell and Chris Mahon for managing the men's teams and ensuring we had two finishing teams for the first time since 2005. At our sharp end Marcin Fudalej's 24.28 is the second fastest ever for the long leg(7978m), Richard Nifah leads with 24.22(2003). Tom Comerford moved up to no 6(25.35) whilst for the short leg, Chad Lambert comes in at no 11(18.29) and Josh Lyman at no 18(19.15).

The MMKAC ladies managed by Sean O'Sullivan ran very steadily for the bronze medals- another little piece of club history. Lara Bromilow bought them round in 8th place(20.17), Nicki Gooderham gained 5 places on leg 2(21.10), Tanya Taylor(21.18) and Sophie Gibbons(21.04/improving nearly 2mins over 2009) kept the team in third place but Shaftesbury Harriers were closing and caught Lauren Cripps(22.51) on leg 5. However Lauren Licietis soon regained the bronze medal position with a 21.35 run on the anchor leg for a final time of 2:08.15. Our best is 2:02.33 from 2006. Up front, after Windsor had led for the first two stages, Bedford came through for a comfortable victory(2:00.44).

Julie Dalzell ran a course PB of 22.51 for the "B" team on leg 1(20th), Anick Valapinee(24.23) held this position, Katie Penrose gained a place(24.34) on leg 3 and then Leah Williams gained two more(23.46). Newcomer Susan Davey(24.33) held this place before Diane Baldwin took the anchor leg in 24.10 for a final position of 15th and a time of 2:24.17

A MASSIVE THANKS TO EVERYONE WHO HELPED OUT ON THE DAY, ESPECIALLY COMING SO SOON AFTER THE MK HALF-MARATHON.



Marcin Fudalej and Chad Lambert on legs 1 & 2 for the "A" team; The ladies start.



Nicki Gooderham & Sophie Gibbons; Richard Harrison for the "B" team; Daniel Webber(A) & Mike Kerrigan(B)



MMKAC TOP 20 FOR THE SEAA COURSE

no	MEN - SHORT LEG (5506m)					MEN - LONG LEG (7978m)					LADIES- 5506m				
				leg					leg					leg	
1	Andrew McKenna	SM	16.53	2	2001	Richard Nifah	SM	24.22	1	2003	Michelle Lee	FS	19.08	1	2006
2	Alex Bowden	SM	17.15	4	2003	Marcin Fudalej	SM	24.28	1	2010	Lara Bromilow	FS	19.39	1	2009
3	Daryn Castle	SM	17.18	4	2004	Charles Herrington	SM	24.54	1	1999	Imogen Thornburgh	FS	19.57	2	2005
4	Chris Hearn	SM	17.48	2	2009	Andrew McKenna	SM	25.00	3	2000	Linda Dewhurst	F40	20.08	1	2000
5	Andy Whetstone	SM	18.01	2	2006	Daryn Castle	SM	25.09	1	2000	Carly Scott	FS	20.10	1	2003
6	Edd Alexander	SM	18.04	6	2003	Tom Comerford	SM	25.35	3	2010	Kim McBride	FS	20.23	4	2006
7	Martin Broderick	SM	18.15	2	2000	Neil Ovington	SM	26.09	5	2001	Katrina White	FS	20.39	6	2000
8	Phil Macey	M17	18.16	12	2004	Paul Fisher	SM	26.25	3	2003	Jane Preen	F35	20.44	6	2006
9	Oliver Mytton	SM	18.23	10	2001	Ben DeKlerk	SM	26.28	5	2000	Jo Benham	FS	21.01	2	2006
10	Jim Docherty	SM	18.27	4	2000	Chris Hearn	SM	26.30	7	2010	Sophie Gibbens	FS	21.04	4	2010
11	Chad Lambert	M20	18.29	2	2010	Ian Van Lokven	M40	26.32	9	2003	Nicki Gooderham	FS	21.10	2	2010
12	Paul Wright	M20	18.36	8	2003	Alex Bowden	SM	26.34	7	2000	Claire Rooney	F35	21.17	2	2003
13	Ian Van Lokven	M45	18.49	8	2004	Didier Oesch	SM	26.41	3	2004	Lauren Licietis	FS	21.18	2	2009
14	Adrian Cox	SM	18.51	8	2000	Paul Bond	SM	26.59	1	2009	Tanya Taylor	F20	21.18	3	2010
15	John Crouch	M40	18.57	10	2000	Kevin Farmer	M40	27.09	11	2001	Sarah Cox	FS	21.27	3	2004
16	Mark Russell	SM	19.08	2	1999	Adrian Cox	SM	27.11	7	1999	Di Knight	F40	21.45	1	2001
17	Ian Wood	M17	19.11	12	1999	Ian Pheasey	SM	27.13	1	2004	Amanda Fuller	F35	22.12	3	2000
18	Josh Lyman	M20	19.15	4	2010	Phil Jones	M45	27.31	11	2000	Trudi Green	F35	22.29	3	2005
19	Trevor Hook	M40	19.24	2	2000	Tony Natale	M40	27.33	11	2004	Zoe Whitten	FS	22.42	1	2004
20	Phil Jones	M40	19.26	6	1999	Gavin Wilcox	M20	27.37	3	2005	Julie Dalzell	F40	22.51	1	2010

JANE OVINGTON IN UK ROAD DRANKINGS FOR 2009

Jane has six "TOP 30" rankings in the F35 age group from last year

5km	27th	18.26	Marston
10km	19th	36.29	Windsor
10miles	18th	62.43	St.Albans
Half-Mar	15th	79.53	Redcar
20miles	4th	2.13.03	Ashby
Marathon	11th	2.54.12	Chicago



Jane, above, competing in an EVAC fixture last summer

Julie Dalzell is listed twice in the F40 rankings –

5miles	68 th	33.38	Willen
Marathon	176 th	3:33.03	London

Paul Erwood smashes Open University Relay Record

The annual OU Relay was held in 3 March. It is a race for teams of four of whom, at least one member, must be a lady. The course is 1.1miles long has been used since 1992 and, up until this year had always been organised by John Gillespie. Essentially an event for OU staff but "outside" teams are welcomed and on the day there were 19 men and 9 ladies from MMKAC.

Paul Erwood(R), on the anchor leg for his team, sped round the lap and his time of 5.03 was a course record which had lasted 17-years. Ian Thompson clocked 5.07 in 1993.

Marcus Whelband(5.43) and Kevin Farmer(5.58) were the only other MK runners sub 6mins, whilst the following were inside 7-mins: John Skelton (6.06) Malcolm Down(6.17), Geoff Aldridge(6.17), Dennis Edghill (6.18), Andy Harrison(6.20), Ivars Licietis(6.25), Adrian Maidment(6.38) and Jim Miller(6.59).



Julia Brennan and Lisa Cook were the equal fastest lady(7.08) whilst sub 8mins were - Wendy Webber(7.12), Anick Valapinee(7.33), Sharon Edghill(7.43) and Rosemary Muston(7.58).

33 teams finished, five down on 2009.

MMKAC LADY VETERANS IN 2009 UK TRACK & FIELD RANKINGS

COMPILED BY JIM LAWRENCE

Club age group records highlighted in red

100m				
9	Jan Hardcastle	15.1	Solihull	16-Aug F50
42	Paula Chamblings	15.4	Bedford	06-May F45
45	Jan Hardcastle	15.6	Biggleswade	01-Jul F45
26	Di Farmer	16.42	Delft, Holland	12-Sep F50
28	Di Baldwin	16.8	Sheerwater	30-May F50
74	Lesley Byrne	17.6	Bedford	13-Sep F45
36	Sue Burridge	19.2	Bedford	06-May F55
40	Sue Rey	22.1	Bedford	06-May F50
200m				
8	Jan Hardcastle	30.86	Oxford	12-Sep F50
26	Tricia McSweeney	31.4	Milton Keynes	05-Aug F40
47	Paula Chamblings	32.5	Milton Keynes	05-Aug F45
25	Di Farmer	33.83	Delft, Holland	13-Sep F50
26	Di Baldwin	33.9	Bedford	13-Sep F50
61	Lesley Byrne	34.3	Bedford	13-Sep F45
31	Rosemary Muston	44.6	Milton Keynes	03-Jun F60
400m				
27	Paula Chamblings	71.7	Bedford	06-May F45
8	Di Farmer	76.2	Delft, Holland	13-Sep F50
14	Di Baldwin	78.9	Southampton	05-Sep F50
23	Anick Valapinee	82.7	Biggleswade	01-Jul F50
62	Di Farmer	84.3	Eastbourne	06-May F45
800m				
43	Julie Dalzell	2.49.1	Milton Keynes	05-Aug F40
6	Di Baldwin	2.50.8	Milton Keynes	05-Aug F50
13	Di Farmer	2.54.3	Bedford	13-Sep F50
46	Paula Chamblings	3.02.2	Bedford	13-Sep F45
23	Ursula Ghaleb	3.17.6	Milton Keynes	05-Aug F55
46	Jan Hardcastle	3.27.3	Oxford	12-Sep F50
1500m				
25	Jane Preen	5.07.5	Bedford	06-May F35
11	Di Farmer	5.43.9	Delft, Holland	13-Sep F50
23	Di Baldwin	6.09.5	Bedford	06-May F50
31	Anick Valapinee	6.19.3	Biggleswade	01-Jul F50
57	Paula Chamblings	6.23.2	Bedford	13-Sep F45
3000m				
52	Julie Dalzell	12.08.7	Milton Keynes	05-Aug F40
15	Di Farmer	12.10.5	Crawley	10-May F50
21	Di Baldwin	12.45.8	Bedford	06-Sep F50
77	Paula Chamblings	13.53.5	Bedford	13-Sep F45
11	Rosemary Muston	13.55.1	Milton Keynes	03-Jun F60
35	Anick Valapinee	13.40.9	Milton Keynes	03-Jun F50
80m Hurdles				
6	Jan Hardcastle	17.0	Biggleswade	01-Jul F45
7	Lesley Byrne	17.2	Bedford	13-Sep F45
10	Jan Hardcastle	18.44	Oxford	12-Sep F50
12	Di Farmer	19.6	Kingsmeadow	30-Aug F50
100m Hurdles				
1	Di Farmer	23.39	Delft, Holland	13-Sep F50

Action from the EVAC final at Bedford:
1-Lesley Byrne/Paula Chamblings
2-Sue Ray/Diane Baldwin



400m Hurdles				
8	Catherine Goddard	85.1	Milton Keynes	05-Jul F40
9	Lesley Byrne	90.6	Milton Keynes	05-Jul F45
6	Di Farmer	100.10	Delft, Holland	13-Sep F50
8	Di Baldwin	110.8	Bedford	13-Sep F50
10	Sue Rey	138.0	Bedford	13-Sep F50
High Jump				
9	Catherine Goddard	1.35m	Bedford	06-May F40
9	Jan Hardcastle	1.30m	Birmingham	4/5-Jul F45
6	Jan Hardcastle	1.30m	Oxford	12-Sep F50
21	Di Farmer	1.10m	Delft, Holland	12-Sep F50
16	Sue Burridge	1.00m	Bedford	06-May F55
33	Paula Chamblings	1.00m	Bedford	13-Sep F45
Pole Vault				
7	Lesley Byrne	1.60m	Bedford	13-Sep F45
Long Jump				
13	Catherine Goddard	4.49m	Bedford	06-May F40
12	Jan Hardcastle	4.07m	Birmingham	05-Jul F45
6	Jan Hardcastle	3.99m	Oxford	13-Sep F50
21	Lesley Byrne	3.75m	Bedford	13-Sep F45
18	Di Baldwin	3.64m	Bedford	06-May F50
21	Di Farmer	3.58m	Ashford	05-Sep F50
27	Paula Chamblings	3.37m	Biggleswade	01-Jul F45
33	Sue Burridge	2.41m	Bedford	06-May F55
Triple Jump				
9	Jan Hardcastle	8.38m	Birmingham	4/5-Jul F45
15	Lesley Byrne	7.96m	Bedford	13-Sep F45
7	Jan Hardcastle	7.90m	Solihull	16-Aug F50
9	Di Farmer	7.77m	Ashford	06-Sep F50
21	Tricia McSweeney	7.50m	Milton Keynes	03-Jun F40
28	Di Baldwin	6.15m	Bedford	13-Sep F50
21	Sue Burridge	5.72m	Milton Keynes	03-Jun F55
Shot (4kg)				
6	Emma Beales	11.18m	Luton	27-Jun F35
9	Catherine Goddard	9.22m	Biggleswade	01-Jul F40
22	Lesley Byrne	7.98m	Bedford	13-Sep F45
31	Jan Hardcastle	7.12m	Oxford	12-Sep F50
17	Sue Burridge	7.00m	Bedford	06-May F55
50	Di Farmer	6.03m	Lewes	20-Jul F50
67	Jeanette Lawrence	5.11m	Milton Keynes	06-Sep F50
74	Di Baldwin	4.56m	Bedford	06-May F50
Discus				
2	Emma Beales	44.08m	Solihull	16-Aug F35
17	Jeanette Lawrence	18.35m	Milton Keynes	05-Aug F50
23	Sue Burridge	14.35m	Milton Keynes	03-Jun F55
44	Di Farmer	11.28m	Delft, Holland	13-Sep F50
Hammer (4 kg)				
13	Catherine Goddard	29.33m	Bedford	13-Sep F40
24	Jeanette Lawrence	22.51m	Milton Keynes	09-Aug F50
	Jeanette Lawrence	20.21m	Bedford	13-Sep F50
29	Sue Burridge	14.08m	Biggleswade	01-Jul F55
56	Jan Hardcastle	4.76m	Biggleswade	01-Jul F45
58	Di Baldwin	4.56m	Bedford	06-May F50



Javelin (600gm)				
13	Cathy Goddard	22.50m	Bedford	13-Sep F40
21	Lesley Byrne	19.52m	Milton Keynes	06-Sep F45
18	Sue Burridge	14.62m	Milton Keynes	05-Aug F55
41	Di Baldwin	12.91m	Southampton	05-Sep F50
49	Di Farmer	11.90m	Delft, Holland	13-Sep F50
53	Jeanette Lawrence	11.42m	Milton Keynes	05-Aug F50
54	Jan Hardcastle	11.34m	Oxford	12-Sep F50
Heptathlon				
4	Jan Hardcastle	3519	Oxford	12-Sep F50
Double Heptathlon				
1	Di Farmer	6533	Delft, Holland	13-Sep F50
1 mile Walk				
1	Di Baldwin	9.37.1	Milton Keynes	03-Jun F50
2	Sue Rey	10.59.0	Milton Keynes	05-Aug F50
3	Jan Hardcastle	11.06.0	Milton Keynes	03-Jun F45
5	Tricia McSweeney	11.45.6	Milton Keynes	05-Jul F40
2km Walk				
6	Di Baldwin	12.10.5	Bedford	06-May F50
12	Sue Rey #	13.02.4	Biggleswade	01-Jul F50
24	Anick Valapinee	14.54.9	Biggleswade	01-Jul F50
26	Di Farmer	15.07.9	Solihull	16-Aug F50
21	Sue Burridge	15.14.8	Biggleswade	01-Jul F55
3km Walk				
7	Sue Rey #	20.42.3	Stevenage	04-May F50
5km Walk				
5	Sue Rey #	33.30.97	Tamworth	17-May F50
10k Walk				
3	Sue Rey #	70.43.36	Tamworth	17-May F50

Ursula Ghaleb shares some of her "off-road" experiences from 2009

"Wonderful finish to a brilliant running year"

If anybody had told me that I would do anything else but road running, I would have just smiled and walked away. Well 2009 proved to be a year full of new experiences, starting with my first Chiltern league cross-country race at Wing, and a medal just for taking part! And then in the summer I was asked to do some track races for the Eastern Vets team (as they were short of F55s), a challenge for somebody who needs a few miles to warm up. I admire anybody who can run round the track several times and still speak, particularly as I was unable to do so, but I enjoyed the experience and was astonished to learn that I had won the 800m in my age group at least. The relay was even more challenging as I was not used to running fast from the gun, but I did it and actually enjoyed it.

An earlier challenge had been orienteering and the Greensand Ridge relay in June. I am not known to be a confident map-reader, but thanks to some of the other club members who took me on a reconnaissance run, I managed to complete leg 6 without getting lost (and 7.47 better than my handicap) – a surprise to my family and myself, and an even greater thrill to realise that our team, "King Henry's Harem", had won the women's team prize!

Soon afterwards I was asked to take part in the Round Norfolk Relay, and since others in my training group were keen to do it, I thought I ought to give it a go. I did not know what this involved but it sounded fun. What an experience this turned out to be, a real team effort, and something I will never forget. Giving lifts to runners, supporting them on route until my turn came to do my 11 mile leg from Horsey to Great Yarmouth. Kirsty, my escort on the bike was fantastic and supported me throughout with chats and drinks. I entered Great Yarmouth in the dark and it felt incredible, particularly as there was a firework display just when I finished. A coincidence? Once I had warmed down, we travelled by car to our B & B, only to find we were following the same route as the runners. This meant that for the first 10 miles we had to slow down every so often to pass runners and the cars with their flashing lights that were escorting them. It was a fantastic experience and I would recommend it to everyone in the Club. There were some great stories, including some very funny stories, but above all there was a bond and a sense of friendship between all those who took part.

In the autumn I took part in an orienteering run with the Long Distance Walking Association in Bedfordshire. It was cross country and I loved it. We did 12 miles and did not get lost, and we met lovely people on the way.

However the highlight of my year was probably the Christmas Kanter on the 20th of December. It was bitterly cold and snowy, but this did not stop the 30 or so runners. We started at Woburn and ran along roads, paths and fields. It was breathtaking. The snow was crystal clear and only our footsteps were seen in the snow. I had never before run in deep snow; it was hard going and I could feel it in my thighs for days afterwards. In one of the open fields we saw deer running in the distance. 'Father Christmas on his sleigh' would have completed this wonderful picture! – it was magical. The quietness (well not so much with us around) and the beautiful scenery were breathtaking. Once back at Woburn we went to the church and warmed ourselves up with soup and tea. One of my best Sunday mornings ever!

So why am I sharing this with you? Simply to encourage everybody to take opportunities to experience different types of running in interesting places and on varied surfaces. I must admit there were several occasions when I felt out of my comfort zone, but it was invariably worthwhile, with some experiences I will remember forever.

Happy Runner, Ursula Ghaleb

STEYNING STINGER

Raymond Hickman reports on this off-road marathon (inc. 3500' of ascent) held on March 7th.

While many of the club's runners were pounding the streets of MK, I was out over my beloved South Downs. The Steyning Stinger is one of a number of really enjoyable downland marathons that take place in Sussex; other races of note are the Beachy Head marathon (of which Di Farmer wrote about in the last Newsletter) and the Three Forts Challenge.

The Stinger is so called because of the four major climbs or 'stings' from the foot of the downs up onto the ridge. The good news was that this year the weather was glorious, the paths were mostly dry and the visibility was clear as a could be; at the top of the first sting you could see the Isle of Wight which has got to be a good 40 miles away. The bad news was that the climbs hadn't got any shorter or gentler and the temperature was about -4 when we started out.

The race has a staggered start; you choose when you want to go from about 7.30am onwards. I set off just after 8.00 and was soon jogging up through the woods at the back of Cissbury Ring. Everything felt good, so I decided to push up the first sting; still going fine I sped up on the long series of descents to cross the A27. This was all going rather well. The next sting coming up the other side of Cissbury Ring passed uneventfully and I turned to the start of another long down hill at a little over 10 miles.

It was about 4 miles further on, another hill and one checkpoint later that I made the first of two slip ups; I went the wrong way and ended up having to put in another climb up and across a pathless field to get back on course. It was about two miles after this on the ascent of Chanctonbury Ring that I got over taken for the only time; the eventual race winner, a young fella from Eyri Harriers came trotting past making it all look so easy.



Raymond gets to grip with the icy tracks on the south downs

By now things had started to thaw out and the tracks were getting muddy. I felt smug as my walshes gripped and took me safely down the back of the appropriately named Steep Down. My smugness increased as I over took three runners on the last sting up past Steyning Bowl and back onto the South Downs Way.

However, mile 24 sees the final and steepest descent through the woods back on to a farm track and off to the finish. Mile 24 also saw my smugness vanish as I lost my footing on wet chalk and became briefly completely airborne; luckily I wasn't hurt, there was no one to see my clumsiness, and there was only a couple of miles to go. The finish is very low key on the edge of a field; you get a 'well done' from one of the marshals and a reminder that there is a free full English breakfast waiting for you at the race HQ. 10th overall in 3 hrs 38mins.

MALE				
60m				
Craig Pickering	SM	6.63	Stuttgart	06-Feb
Subomi Onanuga	M20	7.39	Birmingham	06-Feb
Jarrell Stampp	M20	7.43	Birmingham	06-Feb
Jackson Curtis	M20	7.52	Lee Valley	30-Jan
Dave Maris	SM	7.90	Manchester	07-Mar
Brian Slaughter	M50	8.20	Lee Valley	14-Feb #
200m				
Subomi Onanuga	M20	23.89	Birmingham	07-Feb
Adam Smith	M20	23.91	Lee Valley	31-Jan
Daniel Oderinde	M15	24.86	Birmingham	07-Feb
Lloyd Martin	M17	25.74	Birmingham	21-Feb
Brian Slaughter	M50	26.74	Lee Valley	28-Mar #
400m				
Chris Clarke	M23	47.14	Birmingham	20-Feb Club Record
Adrian Horne	M20	56.31	Lee Valley	10-Jan
Lloyd Martin	M17	57.27	Lee Valley	13-Dec
Brian Slaughter	M50	57.29	Gent, Belgium	13-Mar
Ivars Licietis	M50	57.90	Lee Valley	27-Mar
Tom Purton	M17	57.92	Lee Valley	10-Jan
800m				
Paul Erwood	SM	1.53.32	Lee Valley	27-Feb
Eliot Winter	M20	1.58.98	Lee Valley	10-Jan
Ivars Licietis	M50	2.16.63	Lee Valley	28-Mar
Alasdair Gibson	M55	2.34.25	Lee Valley	24-Jan M55 Record
1000m				
Brian Slaughter	M50	3.03.52	Lee Valley	24-Jan #
1500m				
Paul Erwood	SM	3.51.21	Birmingham	07-Feb Club Record
Sam Deathe	M20	4.01.60	Lee Valley	17-Jan Club M20 Record
Matt Willmott	M23	4.03.30	Lee Valley	17-Jan
Eliot Winter	M20	4.09.35	Lee Valley	17-Jan
Malcolm Down	M45	4.57.80	Lee Valley	27-Mar
3000m				
Matt Willmott	M23	8.47.01	Sheffield	14-Mar
Malcolm Down	M45	11.17.84	Sheffield	24-Jan
60m Hurdles				
Brian Slaughter	M50	9.54	Lee Valley	24-Jan #
High Jump				
Brian Slaughter	M50	1.50m	Lee Valley	14-Feb #
Long Jump				
Greg Rutherford	SM	7.94m	Sheffield	14-Feb
James Wright	M20	6.61m	Lee Valley	16-Jan
Jackson Curtis	M20	6.00m	Eton	07-Mar
Chuko Cribb	M17	5.80m	Eton	07-Mar
Brian Slaughter	M50	5.22m	Lee Valley	24-Jan #
Triple Jump				
James Wright	M20	13.56m	Lee Valley	30-Jan
Chuko Cribb	M17	13.21m	Birmingham	28-Feb
Joe Perkins	M17	11.53m	Eton	07-Mar
Brian Slaughter	M50	10.59m	Lee Valley	30-Jan #
Pole Vault				
Brian Slaughter	M50	3.10m	Lee Valley	30-Jan #
Shot Put(6kg)				
Jackson Curtis	M20	11.90m	Eton	07-Mar
Brian Slaughter	M50	11.40m	Lee Valley	24-Jan #
Pentathlon				
Brian Slaughter	M50	3835 pts	Lee Valley	24-Jan #

WORLD BRONZE HIGHLIGHTS THE 2010 INDOOR SEASON

Indoor review and rankings by Jim Lawrence.

I should start with arguably the highlight performance of the short indoor season which belongs to Chris Clarke at the World Indoor Championships. Chris, who has just turned 20 competed for Great Britain in the 4 x 400m relay. In the heats he ran leg 2 and they managed to scrape into the final. In the final Chris ran leg 3 and with an unofficial split time of 47.0 he put the team in second place .G.B eventually finished third so obtaining World Indoor Bronze. We had to watch the drama unfold on the *telegraph website* on the internet as there was no TV coverage. Earlier in the season Chris ran a new club indoor record of 47.14 at the International indoor Grand Prix meet at Birmingham.

Our other World Indoor representative was Greg Rutherford in the Long Jump. At the UK Nationals in Sheffield which he won leaping 7.94m , he was chosen for the WorldIndChamps. Unfortunately he just failed to qualify for the Final.

Back to the UK Nationals and Craig Pickering won bronze in the 60m but had earlier in the season won again in the indoor Grand Prix at Glasgow. Craig also made the final at the Birmingham Grand Prix meet.

Mel Wood (F17) had a tremendous season winning the 1500m at both the England Athletics Championships and the South of England Champs. Rachel Gibbens won the Pole Vault at the South of England Senior Champs held at Lee Valley – she later vaulted an excellent club record of 4.01m at the Birmingham Games - whilst Devon Byrne (F17) won the South of England Pentathlon title.



Photo: Devon Byrne(R) with her gold medal and clubmates Eliot Winter, Nicole Whitchurch & Elizabeth Read at Lee Valley

Paul Erwood won the silver medal at the S o E's in the 1500m and later on ran an excellent new club indoor record of 3:51.21 at the UK Nationals. Chuko Cribb (M17) had a massive improvement this season in the Triple Jump and managed to get bronze at the S o E's.

Sophie Wilkins (F20) placed 5th place at the England Athletics Pentathlon Championships held at Sheffield and throughout the season registered new club indoor records for the 400m, 800m & the U20 1500m.

Subomi Onanuga (M20) & Daniel Oderinde (M15) showed some real promise over the 60m & 200m sprints.

At the other end of the age scale Alasdair Gibson (M55) won the Eastern Veterans 800m title.

I would also like to mention our very versatile second claim athlete – Brian Slaughter (M50). He won the British Masters Pentathlon, obtained silvers in the Pole Vault & Long Jump and a bronze in the 60m Hurdles at the British Masters Indoor Champs.

FEMALE				
60m				
Susan Tengtanga	SW	7.9	Aberdeen	12-Dec
Katryna Hardcastle	F23	8.2	Sheffield	13-Mar
Nikki McSweeney	F23	8.25	Eton	09-Dec
Mel Brammer	F15	8.91	Lee Valley	17-Jan
Jan Lawson	F55	9.70	Gent,Belgium	13-Mar
200m				
Sophie Wilkins	F20	26.29	Sheffield	17-Feb
Katryna Hardcastle	F23	26.84	Sheffield	14-Mar
Susan Tengtanga	SW	26.98	Glasgow	28-Oct
Alice Nicholls	F15	27.47	Birmingham	07-Feb
Elizabeth Read	F17	29.41	Lee Valley	10-Jan
Mel Brammer	F15	29.7	Lee Valley	06-Mar
300m				
Katie James	F17	42.16	Lee Valley	10-Jan
Alice Nicholls	F15	44.07	Lee Valley	10-Jan
400m				
Sophie Wilkins	F20	56.60	Birmingham	28-Feb
Chloe Whalley	F23	61.74	Lee Valley	10-Jan
800m				
Sophie Wilkins	F20	2.12.55	Birmingham	24-Feb
Nicki Gooderham	SW	2.15.89	Birmingham	06-Feb
Devon Byrne	F17	2.28.57	Lee Valley	10-Jan
Nicola Whitchurch	F15	2.58.07	Lee Valley	10-Jan
Di Farmer	F50	2.59.06	Gent,Belgium	13-Mar
Elizabeth Read	F17	3.03.12	Lee Valley	10-Jan
1500m				
Nicki Gooderham	SW	4.37.78	Birmingham	07-Feb
Melanie Wood	F17	4.48.40	Lee Valley	17-Jan
Sophie Wilkins	F20	5.06.58	Birmingham	24-Feb
Di Farmer	F50	5.59.36	Gent,Belgium	14-Mar
60m Hurd				
Gemma Weetman	SW	8.74	Sheffield	14-Mar
Chloe Whalley	F23	8.88	Birmingham	24-Feb
Sophie Wilkins	F20	9.47	Sheffield	10-Jan
Alice Ritchie	F17	9.87	Birmingham	27-Mar
Devon Byrne	F17	9.99	Lee Valley	31-Jan
Cathy Goddard	F40	10.22	Lee Valley	24-Jan
Nicola Whitchurch	F15	10.91	Lee Valley	10-Jan
Elizabeth Read	F17	10.98	Lee Valley	10-Jan
Jan Hardcastle	F50	11.84	Eton	07-Mar
High Jump				
Sophie Wilkins	F20	1.60m	Sheffield	10-Jan
Devon Byrne	F17	1.42m	Lee Valley	10-Jan
Elizabeth Read	F17	1.36m	Lee Valley	10-Jan
Cathy Goddard	F40	1.36m	Lee Valley	24-Jan
Nicola Whitchurch	F15	1.35m	Lee Valley	10-Jan
Stephanie Clayton	F17	1.30m	Lee Valley	30-Jan
Long Jump				
Gemma Weetman	SW	6.22m	Birmingham	24-Feb
Sophie Wilkins	F20	5.20m	Sheffield	10-Jan
Chloe Whalley	F23	4.70m	Sheffield	07-Feb
Devon Byrne	F17	4.65m	Lee Valley	10-Jan
Stephanie Clayton	F17	3.95m	Lee Valley	30-Jan
Nicola Whitchurch	F15	3.93m	Lee Valley	10-Jan
Jan Hardcastle	F50	3.93m	Gent,Belgium	14-Mar
Triple Jump				
Gemma Weetman	SW	11.67m	Birmingham	24-Feb
Pole Vault				
Rachel Gibbens	SW	4.01m	Birmingham	06-Feb

F55 Record

Club F15 Record

Club Record

Club Senior Record

Club Record

Club Senior Record

F50 Record

Club Senior Record

Club F20 Record

F50 Record

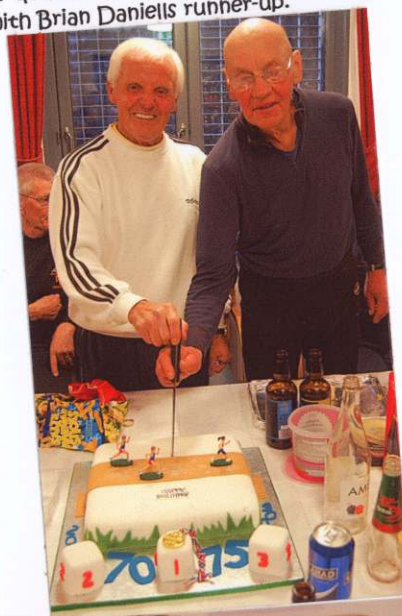
Club Senior Record

Club Record

Shot				
Gemma Weetman	SW	11.53m	Sheffield	13-Mar
Devon Byrne	F17	8.96m	Lee Valley	10-Jan
Sophie Wilkins	F20	8.38m	Sheffield	10-Jan
Chloe Whalley	F23	8.21m	Sheffield	07-Feb
Nicola Whitchurch	F15	6.18m	Lee Valley	10-Jan
Elizabeth Read	F17	5.60m	Lee Valley	10-Jan
Pentathlon				
Sophie Wilkins	F20	3318 pts	Sheffield	10-Jan
Devon Byrne	F17	2885 pts	Lee Valley	10-Jan
Elizabeth Read	F17	2004 pts	Lee Valley	10-Jan
Nicola Whitchurch	F15	1969 pts	Lee Valley	10-Jan
# second-claim				

JOHN SEED & HARRY CRANE POWDERHALL BIRTHDAY SPRINT

John Seed was looking at ways to celebrate his 70th birthday and was thinking about a sprint handicap on the track based on the famous Powderhall sprint held in Edinburgh on New Years Day. It then transpired that Harry Crane was 75 on the same day - 3d November. Harry in his days as a sprinter in the north of England had actually run in the Powderhall sprint. And so on the night we had four heats. John ran off 70m in heat one. Back marker was Andy Smith off 110m. The first two in each heat qualified for the final which was won by Jan Hardcastle with Brian Daniels runner-up.



Photos: 1-Harry and John cut the 70/75th cake.
2-Harry presents one of his wood turned pen sets to Jan.

FROM THE



TO



St Mary's
University College
Twickenham
London



TOM COMERFORD'S LIFE AT UNIVERSITY

Well, it had got to the stage where I was getting bored of selling shoes and other things in the Sweatshop. Making money just wasn't fun anymore, so I made the grown up decision to attempt to further my education. I applied to St Mary's University College back in April of last year, and within a month, I had received an unconditional offer to study Sports Science and Nutrition. So, bags were packed, running shoes and socks stocked up, and I waved goodbye to Milton Keynes for the time being.

First thing that struck me about being down in South West London was both how quiet it was, and the amount of space available for training. I consider myself extremely lucky to be in surroundings that I find myself. The campus is small, but cosy. The track is right outside halls, and near to the Ref (the place we eat). The grounds are really nice, and there is plenty of green areas to feel relaxed in. It is a very special environment to be in. I remember within the first week of being there, I was walking past the track and a small guy was bombing around the track. I clocked one of his 400 efforts at 52 seconds, and realised that it was Leo Manzano who has run 3:33.33 for 1500m, and was a finalist in Berlin last year. PACE Sports Management, who are agents for most of the top middle and long distance runners around the world, are based here, and you always see top International athletes. Mo Farah is always running around Bushy Park, or in the gym on campus doing core with us. Micah Kogo- world record holder for 10k on the road- ran past me the other day (going the other way, he couldn't keep up). Jo Pavey trains on the track, as does Mara Yamauchi and Andy Baddeley. There is certainly no shortage of top athletes around, and it all helps to inspire and motivate you to be the best you can be.

It took a while for me to settle in, as I wasn't initially living in the athlete halls, but after a couple of months, I got a lucky break and moved into Clive Halls, which are the athlete halls based on campus at St Mary's. Clive U, which is the one that I'm in, houses about 20 people, including Mitch Goose, Simon Horsfield and Charlie Purdue. Around half the guys that I live with have got National or GB Kits, and past residents have included Mo Farah, Andy Baddeley and Kate Reed. This is the only Hall on campus to have cooking facilities. I get breakfast and one meal a day included on my accommodation fees, so have to use the kitchen for cooking one meal a day too. Tom's top recipe is no doubt the greatest chilli con carne in the world.

In terms of training, we run in the mornings and afternoons. Bushy Park is only a mile away, and Richmond Park is two to three miles from my home, so I have two perfect parks to run in. Bushy is flat, so there is good quick runs to be had in there, where as Richmond is huge and hilly, so perfect for my long runs. Adam Clarke (3:52) and Simon (3:41) are my usual training partners, so they keep me on my toes. Usually, there is 45-50minutes in the morning, and 30minutes in the afternoons. Session days are on Tuesday and Thursday, with maybe a run before or after. Up to three sessions a week, with long efforts up to 12k worth on Tuesday, shorter efforts on Thursday, and

either hill or tempo work on the Saturday. My long run is then on the Sunday of up to 90 minutes. Added to all this, we do two hours worth of strength and conditioning sessions on Wednesday, plus a couple of quick core/gym workouts during the week.

I obviously have been helped massively by my coach Ian Stewart. He continues to speak to me almost every day on the phone, and we email and text regularly. He sets the running schedule, and I jump into sessions set by Mick Woods. Without doubt, Mick has helped me loads, as have the many guys that I train with on a regular basis. There really is nothing like this anywhere else in the country. OK, Loughborough and Birmingham have massive numbers... But for focus, enjoyment and determination, this is the place to be. I strongly feel that there is a big improvement to be made over the next couple of years, and am confident that I am in the right environment to do it. Oh, and hopefully, I'll get a decent degree out of it too!

Chasing the 1500m records!

Will Marcin's new record survive and surely Linda Dewhurst's record must be beaten this summer?

ALL TIME TOP 20 1500M TIMES

MEN				
1	Marcin Fudalej	3.47.12	Stretford	2009
2	Paul Fisher	M20 3.47.24	Hendon	1998
3	Andy Whetstone	3.47.73	Watford	2006
4	Paul Erwood	3.50.66	Stretford	2009
5	Alex Bowden	3.50.95	Watford	1999
6	Mark Everitt	M20 3.51.2	USA	1985
7	Simon Rayner	3.51.7	C.Palace	1985
8	Kerry Hayes	3.52.8	C.Palace	1991
9	Ian Thompson	3.53.1	Loughboro'	1992
10	Andrew McKenna	3.53.48	Watford	2001
11	Tom Comerford	3.55.51	Watford	2009
12	Matt Willmott	M20 3.56.56	Watford	2009
13	Sam Deathe	M20 3.56.66	Sheffield	2009
14	Chad Lambert	M20 3.56.80	Sheffield	2009
15	Chris Hearn	3.57.95	Eton	2003
16	Phil Winfield	M20 3.58.0	Tonbridge	2002
17	Gavin Wilcox	3.58.27	Solihull	2007
18	Mick Bromilow	3.58.8	Highgate	1977
19	Daryn Castle	3.59.23	Eton	2003
20	John Cox	3.59.4	Bracknell	1973
WOMEN				
1	Linda Dewhurst	FS 4.25.2	Swindon	1987
2	Mel Wood	F17 4.25.82	Watford	2009
3	Janet Godliman	F17 4.30.2	Crystal Palace	1979
4	Carly Scott	FS 4.32.89	Watford	2003
5	Beth Swords	F17 4.33.96	Watford	2009
6	Sandra Davis	F17 4.34.8	Plymouth	1983
7	Rita Quill	FS 4.35.1	Copthall	1991
8	Charlie Gaspar	F17 4.35.49	Watford	2003
9	Jasmine Finlay	F15 4.35.94	Watford	2010
10	Bea Swords	F17 4.38.44	Street	2008
11	Rosanne Iannone	F20 4.38.46	Sheffield	1996
12	Elle Roche	F17 4.39.78	Watford	2009
13	Emma Hunt	F15 4.40.5	Watford	2000
14	Kinga Keresztes	F20 4.41.7	Ashford	2004
15	Jo Benham	FS 4.44.33	Watford	2005
16	Michelle Lee	FS 4.45.9	Newport	2004
17	Tanya Taylor	F17 4.46.3	Twickenham	2005
18	Claire Kennedy	F15 4.46.8	Crystal Palace	1995
19	Lara Bromilow	FS 4.48.01	Lee Valley	2009
20	Jenny Reindorp	F15 4.49.6	Wycombe	1987

PARLAUF's & the KILOMATHON

Brian's 70th birthday parlauf

30 MARCH 2010

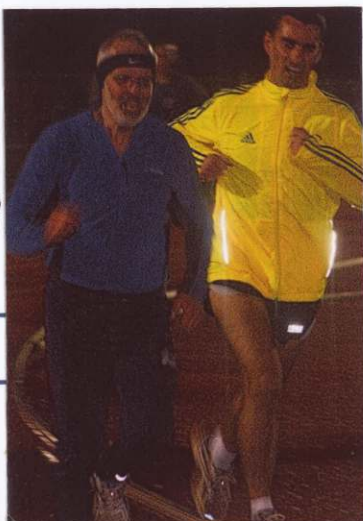
The success of John Seed's "70th Birthday Powderhall Sprint" last November gave me the idea to organise an event on the track. So I came up with the idea of a 7-lap parlauf. Pairs would be drawn 'out of the hat', each runner would then run alternate 3 x 400m laps and on the 7th lap the pair would run together.

On the evening no less than 26 pairs competed. We had three races and the third one saw an intriguing duel between Martin McPheat & Steve Herring and Andy Inchley & John Hamilton. The former pairing were the strongest on the final lap and finished first with a time of 9.15,

Making the top ten were

- 2-Andy Inchley/John Hamilton(9.17)
- 3-Les Turton/Andy Harrison(9.48)
- 4-Andy Sutton/Keith Cook(9.53)
- 5-Julie Dalzell/Chris Nicholson(9.55)
- 6-Ross Mackenzie/Lisa Cook(9.59)
- 7-Ivars Licietis/Leah Williams(10.02)
- 8-Maria Calleia/Andy Wasdell(10.21)
- 9-Amy Inchley/Rich. Harrison(10.24)
- 10-Ian & Sue Davey(10.38)

Andy Inchley & John Hamilton round the final bend



Winners of the celebrated wooden spoons were Hazel Carr and John Greenall. A very enjoyable social evening followed and I was able to present Martin and Steve each with wooden clocks very ably made by Harry Crane. These are absolute works of art and I was very honoured to be able to present such worthy prizes. The evening was also a gathering of most of the MMKAC 70+ clan:



Seated: Brian Gilks, Doreen Rayner & Harry Crane. Standing: John Seed, Terry Laybourn, John Greenall, Brian Daniells, Sam Kirkpatrick, Milford Callow and Brian Graves

FINALLY MAY I THANK EVERYONE MOST SINCERELY FOR THEIR GOOD WISHES, CARDS, PRESENTS AND CONTRIBUTIONS TO THE EVENING



This 26.2KM (16.3miles) race, held on 14th March and run between Nottingham and Derby was the first of it's kind and to quote the race publicity "Introduces a new chapter in Running" Those MMKAC runners making history were -

28 Daniel Webber(MS)	1:24.34
324 Neil Jones(MS)	2:00.07
364 Terry Down(M55)	2:01.10
428 Julie Dalzell(F45)	2:03.13
475 Anick Valapinee(F50)	2:04.18
537 Wendy Webber(FS)	2:05.43
1260 Maria Calleia(F35)	2:16.31
2876 Karen Tincknell(FS)	2:39.10
3028 Jacquie Maycock(F45)	2:41.56
4186 finished	



AND A PARLAUF 25 YEARS AGO



Prior to the event on 30th March, Robbie Macpherson commented to me that the last parlauf he ran had been in the last century. I looked back in the archives and found the results. I wrote in the 1985 Summer Newsletter.....

"on the night 46 runners turned up; pairs were drawn out of the hat and off, into the pouring rain we went with the objective to see how far the pairs could run in 30min. It was interesting to observe the various tactics. About 50% ran alternate 400m laps, some did 200m with a jog across the track whilst a few ran 600's. This latter tactic was used by the two leading teams who fought out an enthralling duel that was not decided until the last few laps of the half an hour. Kevin Farmer and Robbie Macpherson against Chas Kendall and Steve Rice made for such a race, the former winning by just 102metres after 30mins of running. Very worthy third placers were Dave Findel-Hawkins and a youthful Shane Muse. The rain lashed down throughout so grateful thanks to the recorders - Pete Hall, Bob Forster and Derek Haycock"

'current' club members competing included:

1 st Robbie Macpherson & Kevin Farmer	10,171m
2 nd Chas Kendall & Steve Rice	10,068m
3 rd Dave Findel-Hawkins & Shane Muse	9776m
4 th Alasdair Gibson & Phil Jones	9697m
5 th Mick Bromilow & Michelle Roberts	9436m
7 th Stuart Cooper & Chris Rayner	9411m
8 th Dave Catlin & Josh Reynolds	9155m
9 th Alan Green & Gary McGuinness	9150m
10 th Brian Graves & Bob West	9140m
(we ran alternate 400m laps)	
12 th John Seed & Ted Maley	9035m
13 th Milford Callow & Jeremy Coker	8995m
19 th Brian Gilks & Tony McGuinness	8710m



1885-2010

125 th CLUB
ANNIVERSARY PARLAUF -
watch this space!



British Masters Athletic Federation

INDOOR CHAMPIONSHIPS-

3 medals for Brian Slaughter, Ivars Licietis just beaten for 400m bronze by Tennyson James(Bedford)

Lee Valley - 27/28 March 2010

M50				
60m heat	4	Brian Slaughter	8.30	
200m heat	4	Brian Slaughter	26.74	
400m heat	2	Ivars Licietis	57.90	Q
	3	Brian Slaughter	58.57	Q
400m Final	4	Ivars Licietis	58.04	
		Brian Slaughter	dnf	
800m Final	6	Ivars Licietis	2:16.63	
60mH Final	3	Brian Slaughter	9.61	
High Jump	4	Brian Slaughter	1.50m	
Pole Vault	2	Brian Slaughter	3.00m	
Long Jump	2	Brian Slaughter	5.13m	
Outdoor Throws				
Discus (1kg)	2	Jack Kee	31.68m	M70
Hammer (4kg)	1	Jack Kee	45.75m	M70
Hammer (6kg)	6	Mike Burling	29.21m	M50
Weight (11.34kg)	5	Mike Burling	10.93m	M50

PENTATHLON CHAMPIONSHIPS-

Lee Valley(24 January)

M50 – 1st Brian Slaughter 3835pts

60mH(9.54):LJ(5m22):Shot(11m49):HJ(1m48):1000m(3.35.2)

EVAC INDOOR CHAMPIONSHIPS(Lee Valley/24 January)

M55 800m – 1st Alasdair Gibson(2.34.25)

EVAC in crisis

Those of you who are still members will have received the latest Newsletter and have read Peter Chaplin's article "EVAC in crisis: Time to take positive steps" Peter's thoughts echo those of mine that EVAC, apart from the track and field league, is literally dying on it's feet. Not so long ago we had viable cross-country championships with 80-100 runners, an excellent road relay at Hemingford Grey, a road running grand prix series.....all disappeared!!!

There has been talk, behind the scenes, of the track and field committee taking over managing EVAC. Same old problem we all volunteers and how much can we cope with.?

It will be interesting to read/hear whether there are any constructive ideas for the future of EVAC. In the mean-time the track and field league swings into action at Bedford on 5 May, then to Cambridge for 2 June, Biggleswade (Sandy) on 7 July and then at HOME on 4 August.

JOHN SKELTON – "RACEAHOLIC"

Leading up to the London Marathon, John has run no less than 12 races (includes 4 x MK5km).

AND club M55 age group records for 5km, 10miles, Half Marathon and 20miles. His 5km time on 3 April was the best age graded performance from the 62" Park 5km" races held that day – 85.61%

16 Jan	MK5km	20.07		
24 Jan	St Albans 10	63.59	3 rd M50	CLUB M55 RECORD
30 Jan	MK5km	19.00		CLUB M55 RECORD
7 Feb	Watford Half-M.	86.31	3 rd M50	
21 Feb	Winslow 10km	37.51	1 st M50	
27 Feb	MK5km	18.38		CLUB M55 RECORD
7 March	MK Half-Marathon	84.03	1 st M55	CLUB M55 RECORD
14 March	Banbury 15	101.16	3 rd M50	
21 March	SEAA RELAYS(8km)	30.03		
28 March	Oakley 20	2.19.28	2 nd M55	CLUB M55 RECORD
3 April	MK5km	18.25		CLUB M55 RECORD
17 April	Cardiff 5km	18.42		

AND JOHN APPEARS IN THE TOP FOUR RANKINGS OVER THE M55 MAJOR ROAD DISTANCES

5km				20miles			
John Skelton	18.25	MK	2010	John Skelton	2.19.28	Oakley	2010
Michael Groom	19.01	Blisworth	2009	Michael Groom	2.20.14	Oakley	2009
Keith Cook	19.15	Blisworth	2005	Jim Morrison	2.27.12	Bury St.Edm	2000
David Newens	19.21	Cranfield	2001	Paul Mason	2.31.32	Oakley	2008
5miles				Marathon			
Terry Laybourn	29.14	Willen	1993	Dick Crabbe	3.01.21	London	1995
Michael Groom	30.28	Blisworth	2009	John Skelton	3.08.39	Blackpool	2008
David Newens	30.37	Willen	2001	Ian Russell	3.13.46	La Rochelle	2008
John Skelton	31.04	Willen	2008	Dave F-Hawkins	3.14.53	London	2006
10km							
Terry Laybourn	37.31	MK	1994				
John Skelton	37.51	Winslow	2010				
Dick Crabbe	38.54	MK	1997				
Sam Kirkpatrick	38.59	Silverstone	1991				
10miles							
John Skelton	63.59	St Albans	2010				
Sam Kirkpatrick	65.50	Cambridge	1991				
David Newens	66.25	Sandy	2001				
Terry Laybourn	68.16	MK	1996				
Half-Marathon							
John Skelton	84.03	MK	2010				
Dick Crabbe	85.22	Bedford	1995				
Ian Russell	86.51	MK	2007				
David Newens	89.18	Gt.Barford	2002				



10/10/10 10:10

Run the 29th Ridgeway(15km) race on Sunday
10th October 2010 starting at 10:10am and
receive a unique t-shirt displaying start time of
10/10/10 10:00
(www.tringrunningclub.org.uk)

WOLVERTON ATHLETIC CLUB(1885)▶▶◀◀(1885)WOLVERTON ATHLETIC CLUB
MILTON KEYNES AC(1976)▶▶◀◀(1976)MILTON KEYNES AC
MARSHALL MKAC(2010)▶▶◀◀(2010)MARSHALL MKAC

"WE ARE NOW 125 YEARS OLD, ONE OF THE OLDEST ATHLETICS CLUBS IN THE UK"

The original Wolverton Amateur Athletics and Cycling Club was formed in August 1885 as the management of the Wolverton Railway works provided a sports ground for it's staff and was officially opened then. This sports ground survived through to 2008 before becoming part of the housing development by Wolverton Station. Having said that it had become very run-down in the last 20-years or so, especially once Wolverton Town Football club folded. The athletics club remained there to the mid-60's before moving to the Radcliffe School and then on to Stantonbury in 1989. Likewise the cycling club survived until the early 1960's. It's hey-day was probably in the late 1940's/early 50's when some 3-4,000 crowded into the park to watch the Bank Holiday Sports Days!

HOW TO CELEBRATE THIS LANDMARK?

We have set aside Sunday 15th August to host some celebrations.

CELEBRATORY MUG FOR ALL ATHLETES IDEAS.....

- 12.5 lap parlauf (i.e 5000m) for teams of two running alternatively.
- 125m race for sprinters/hurdlers....(qualifying time for the mug?)
- 1.25m for the high jumpers/pole vaulters(qualifying height for the mug?)
- 12.5m for the light shot/discus/hammer/javelin(qualifying distance for the mug?)

SUNDAY 15TH AUGUST

Any others ideas please?

Talk to Jackson Ryan, Brian Graves or Nick Washington

BRITISH ELITE YOUTH DUATHLON CHAMPIONSHIPS- 28th March

Gold for Daniel Murphy



At the recent National Duathlon Championships held at Prestwold Airfield near Loughborough, Leics, Team Milton Keynes' (and MMKAC member) Daniel Murphy won the Elite Youth Championships.

On a bright but windy day at an open airfield this was always going to be a hard fought contest. The initial run of 2.5km consisted of 1 lap of the airfield and with Daniel's strongest discipline to come next, his objective was to be as close to the leader at the end of the first run. Running within himself he managed to enter the transition 4th (8.23), only 11 seconds down on the leader. However, after a slow transition (0.48) he started the 10km bike leg, 33 seconds down on the leader and had dropped back to 12th position.

Setting off at a tremendous pace Daniel overtook eight competitors immediately within the first 300m and then set about chasing down a group of three riders that had formed at the front of the race. After only half a lap of the 4 lap bike leg he caught the leaders and began working with them. Almost immediately one of the leaders dropped off the pace and the front 3 worked together to open up a good gap on the rest of the field. With a lap and a half to go Daniel attacked into the strong headwind leaving his two compatriots behind .and finished the 10km with a time of 16.39 and going into the second transition the gap had grown to 31 seconds.

A much smoother transition this time(0.31) and Daniel had a lead of 22 seconds going into the final out-and-back 1.25km run. Setting off at a brisk pace Daniel was never in trouble and indeed after the turn could see that the second placed runner was not going to catch him and simply maintained the gap to the end for a thoroughly deserved victory clocking 4.14 for the final run and an overall time of 30.38, 19-seconds ahead of the silver medallist.

FIRST 2010 TRACK AND FIELD CLUB RECORDS TO SAM RIDGWAY.

Doug Read set the inaugural M20 hammer record throwing 48m97 when winning the 1984 Bucks AA title at Wycombe.. In the next year he improved this distance three times finishing with 51m84 at Crystal Palace in the SEAA Champs. Chris James then threw 52m39 for the silver medal at the 2001 English School Champs in Exeter.

Sam Ridgway, at the end of his first year with MMKAC, then added over 2metres with 54m97 at the 2009 Hammer Circle Meeting(Hull) last October. Sam then opened his 2010 account throwing 55m12 at Thatcham(Berks) on 14 March before improving again on Good Friday(2 April) at Welwyn Garden City to 55m26. Then on Easter Monday, Sam travelled down to Tonbridge, Kent to compete again. Almost a 2m improvement here and a best of 57m12. A week later(11 April) he added 29cm at Abingdon with a throw of 57m41 and the third best in the 2010 UK rankings at this early stage of the season.



AND AGAIN

At Crawley on
18 April
throwing 57m96

SUMMER HOME FIXTURES

2 May National Young Athletes League
 22 May Southern Women's League
 22 May BMC Academy Classic
 5 June Southern Men's League (A & B teams)
 20 June British Masters Weights Pentathlon
 29 June MK 10km road race(Open University)
 4 July at Bedford- UK Women's League
 4 Aug Eastern Veterans League
 15 Aug 125th Anniversary Day
Plus: Young Athletes Open Meetings –
 18 April 6 June
 4 July 8 August

ROUND MILTON KEYNES RELAY

Sunday 23 May

A 30-mile multi-terrain relay around Milton Keynes for teams of four which must include at least one lady.

Details from Alec Walliker

walliker2004@yahoo.co.uk

GREENSAND RIDGE RELAY

Saturday 26 June

The club normally has 5 or 6 teams in this event.

More information can be found on the South

Midlands Orienteering Club web site

www.smoc.info/news.htm

28th TOUR OF MILTON KEYNES

Monday 6th – Saturday 11th September

Race schedule in summer Newsletter.

Contact Brian Graves for more information.

b.graves134@btinternet.com

(tel: 631013)



ROUND NORFOLK RELAY

www.roundnorfolkrelay.com

18-19th SEPTEMBER

193 miles/17 stages

We again have two teams entered this year; a male veterans team and a ladies team. The latter made a very successful debut last year. Anyone interested in running please contact either Andy Harrison for the male vets:

ANDYARRY2@aol.com

or Alec Walliker for the ladies

walliker2004@yahoo.co.uk

MILTON KEYNES PARKS RUNS

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

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

APRIL MARATHONS

11 APRIL

524 Neil Ovington(2:52.30)

525 Jane Ovington(2:52.30)

....just 11-secs. from her PB
 of 2:52.19(Berlin/2007)

11 APRIL

546 Tom Blackman(4:54.63)



34^e EDITION 11 AVRIL 2010



18 APRIL

38 Marcus Whelband(2:56.20)

161 Les Turton(3:13.17)



2010 BOSTON MARATHON

19 APRIL

Jacquie Maycock(4:52.19)



Posn	Cat		Cat	HM	Finish
209	36	Stephen Herring	M40	1:19:28	2:41:18
416	277	Paul Bond	MS	1:17:23	2:49:02
459	304	Daniel Webber	MS	1:22:41	2:50:02
730	444	Leigh Whitten	MS	1:20:30	2:55:17
1197	52	Richard Harrison	M50	1:25:54	3:01:27
1535	16	John Skelton	M55	1:30:10	3:06:27
1640	879	Andrew Wasdell	MS	1:28:18	3:07:37
2947	1396	Ash Voralia	MS	1:32:02	3:20:11
3786	528	Andy Stiles	M45	1:32:10	3:26:35
3971	86	Julie Dalzell	F40	1:38:33	3:27:43
4280	817	Chris Worton	M40	1:36:38	3:29:25
5390	103	Terry Down	M55	1:44:29	3:36:03
6041	528	Wendy Webber	FS	1:46:20	3:42:38
6591	608	Julia Brennan	FS	1:47:56	3:44:13
6887	57	Di Farmer	F50	1:47:56	3:52:58
8876	206	Sharon Edghill	F45	1:49:08	4:12:14
14001	1559	Ian Pearson	M45	1:48:46	4:13:24
14304	1726	Leah Williams	FS	1:51:17	4:13:24
17396	2487	Chris Cahill	M40	1:57:55	4:24:42
17763	2529	John Wilcox	M40	2:13:41	4:26:00
18234	2507	Karen Tinknell	FS	2:10:57	4:27:41
19074	1086	Martin McPheat	M50	1:48:17	4:30:37
28238	58	Jim McKellar	M70	2:16:19	5:10:21
		36521 finished			

A FEW MARASTATS

- 5min+ PB for Steve Herring. Up to no 20 in club rankings
- Debut for Paul Bond. In at no 43 in club rankings
- Leigh Whitten becomes our youngest sub3hr finisher
- John Skelton(see P22) gets nearer M55 record
- Debut for Ash Voralia
- Terry Down's debut and in at no 11 in M55 rankings
- PB for Di Farmer, 6th in F50 club rankings
- 34min improvement for Sharon Edghill over 2009
- 17min improvement for Karen Tinknell

NEWSLETTER EDITED

BY

BRIAN GRAVES

b.graves134@btinternet.com

tel:(01908) 631013

