

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.
A REVIEW OF SUMMER 2010

"The greatest barrier to success is the fear of failure" - Sven Goran Eriksson

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Young athletes
in action with
equipment
purchased with
a grant from
the Milton
Keynes
Community
Foundation

Chair's piece

Track Season

As the track season draws to a close it is right to assess the season to bring out the highs and lows. For me the main high has been the performances of our youngsters in the National Young Athletes' League, where the Club has gained promotion to the Midlands Premier Division next season. There are some holes in the team, which did not cause us too many problems this year, but might cause considerable difficulties in the Premier Division. To do well here we need a pretty strong all-round team. If we can focus, over the winter, on filling those gaps, there is no reason why we cannot make the national finals next year.

Our UK Women's Team, after a shaky start, has performed well, while the Men's A Team looked set for great things this year but fell significantly short at Ilford, a match that we could, and should have won, with the quality of athletes we have in the Club. Our Veterans, as ever, have done us proud, and go into the EVAC Final at Stantonbury on 5 September as firm favourites.

It is also time to thank all those who have given their time to assist the teams: the team managers, officials, coaches the grounds maintenance team, and other helpers who volunteer to assist in many different ways – thank you once again for all the work you have done.

At the elite level, with two years to go before the London Olympic Games, injuries have played a massive part this year, with significant injuries to Mervyn Luckwell, Kadi-Ann Thomas, Joey Duck, Greg Rutherford, Rachel Gibbens, Craig Pickering and Chris Clarke. I guess that, if injuries are going to happen, it is better they happen now rather than later, but it is worrying that the need to train so intensively to succeed these days is causing so many to break down.

Cross Country

As the track season winds down, so the cross country season begins. Last season Marshall Milton Keynes won overall for the 11th time in the last 13 years, regaining the title from Bedford & County. The Club also won the overall male trophy for the first time in four years, but were second in the overall female trophy. The first league meeting of the season is at Oxford on 9 October. The key to success in this league is getting a good start. Please try to be there.

Run Silverstone – cancelled

I have been working over the summer to set up a Run Silverstone Day on 13 November, where we were hoping to encourage thousands of people to run round the circuit to complete a 3k, 5k or 10k course. The courses have been devised, a timetable outlined, and a website address www.runsilverstone.com purchased. However, at the last minute, as I was getting ready to commission adverts in Runners World, we have not got the go-ahead from Silverstone for reasons that still remain a mystery. I have sent them several emails, and made several phone calls to try to resolve the matter and have simply been told that the Events Manager needs to give the final approval, and this has not yet happened. Funds raised at this meeting would have gone to support the Bucks Athletics Network to ensure that the county infrastructure remains financially viable after the England Athletics Funding runs out in 2012. We will have to try again next year when the schedule is less frantic.

Nike MK Festival of Running

The Club has made over £12000 from the Nike MK Festival of Running in March this year, after moving from the Open University to the City Centre. The three races (5k, 10k and Half Marathon) attracted over 4800 entries.

The date for next year's event has been fixed at Sunday 13 March 2011. The organisation of the event starts now with a gradual build-up in the coming months. It is vital that we have large numbers of marshals, feeding station helpers, officials and so on for this major event in the Milton Keynes sporting calendar. Please book the date in your diary.

Wedding

My daughter, Lara, swapped her running vest and shorts for a wedding dress (see the picture below) as she married her long-term boyfriend, Stephen Mowll, in Hampshire on 14 August. She is now honeymooning in the Seychelles, where I hope she will have time for extra training!



Mick Bromilow (mick.bromilow@mkac.org.uk)
Chair, Marshall Milton Keynes AC
www.mkac.org.uk

400m HURDLES TRIPLE CHAMPIONSHIPS

for

HANNAH DOUGLAS



■INTER-COUNTIES CHAMPION

(BEDFORD 30/31 May)

Heat 1st: 60.40

Final 1st: 60.48

■SOUTH OF ENGLAND CHAMPION

(CRYSTAL PALACE 12 June)

Final 1st: 59.90

■ENGLAND AA CHAMPION

(GATESHEAD 17/18 July)

Heat 1st: 59.04

Final 1st: 58.51

Hannah also finished 4th in the UK Championships at Birmingham(25/26 June). She placed 3^d in her heat with a season's best of 58.49 and then 4th in the final with a time of 59.02. Photo above of Hannah winning the UKWAL 400m hurdles race at Bedford on 3 July clocking 59.06.



Freddie Curtis, in England colours, competing in Glasgow.

LEWIS BARNES WINS ENGLISH SCHOOLS u15 BOYS SHOT TITLE

The Championships were held at Birmingham and it was on Friday 9th July that Lewis became the 2010 English Schools Champion. Prior to that day he was ranked 5th in the UK rankings but on the day he beat three athletes ranked ahead of him. Lewis had set a personal best of 13m80 ten days earlier but launched out to 14m14 at Birmingham. His winning margin was 23cm. For good measure Bucks also had Harrison Holmes in this event and he also threw a personal best of 13m43 for 7th place. Lewis becomes the first MK athlete to win this title since Barry Nash won at Portsmouth in 1986.



ANOTHER THROWER, FREDDIE CURTIS, WINS THE ONLY OTHER MEDAL WON BY A MMKAC ATHLETE

Freddie, who joined us from Bicester AC this summer, won the silver medal in the Intermediate Boys Javelin (albeit representing Oxfordshire) at Birmingham with a throw of 56m55. With coach Chris Watts he had earlier travelled out to "the home of javelin throwing" – Finland and on 1 July at the Pihitipudas Javelin Carnival;threw a personal best of 60m25.

AND REPRESENTED ENGLAND IN THE ANNUAL HOME COUNTRIES SCHOOL INTERNATIONAL. (17 July)

Competing in Glasgow, Freddie threw 60m02 for second place

AND WELCOMING THE TWO OTHER CURTIS BROTHERS WHO HAVE JOINED MMKAC FROM BICESTER.

Older than Freddie is Jackson Curtis(M20) with 2010 PB's of 6m00(LJ), 3m30(PV), 50m87(Jav), 11m90(shot) and 39m61(Discus). The youngest is Redford Curtis(M15), yet another thrower with 2010 bests of 45m45(jav), 10m28(shot) and 25m18(discus). All three are coached by Chris Watts. Photo here of Jackson competing in the Discus for the SML team at Luton.



Marshall Milton Keynes AC

Code of Practice

The guiding principles for the Club are based on **RESPECT**. We ask everyone involved, including all athletes, coaches, parents, carers and users of the Club to follow this Code of Practice. This is also underpinned by the Club's Disciplinary Code.

Respect

- ☐ We show respect for all athletes, coaches, parents and other users of the Club.
- ☐ This means, for example:
 - ☐ *Listening politely and attentively to coach input to sessions.*
 - ☐ *Speaking politely to, and about, others.*
 - ☐ *Raising issues openly, calmly and being listened to in this way.*
 - ☐ *No abusive, inappropriate language or comments that put someone down.*

Effort

- ☐ The more we contribute, the more we will get out of the experience.
- ☐ We do not give up or avoid taking part, as this is how we improve as athletes.
- ☐ We all learn through practice and from our mistakes.

Support

- ☐ We behave in a way that helps everyone get the best out of a training session.
- ☐ We try to contribute positively at all times and support fellow athletes and coaches.

Play

- ☐ Play is good and a great way to learn.
- ☐ Any behavior that disrupts the session is not play and is disrespectful to others.

Enjoy

- ☐ We aim to have fun.
- ☐ We try to help others enjoy the training sessions too.

Commit

- ☐ We train regularly and let others know when we are available or not available.
- ☐ This helps session planning and ensures smoother progress for everyone.
- ☐ If we promise to do something we make sure we do it. Otherwise we let others down.

Team

- ☐ We are all part of a team.
- ☐ It only works if we participate together and help each other.

Issued May 2010



April 17: UK Age Group records for Hen Freeman (photo below in MMKAC colours) and Lucie Prosser at the Cerebral Palsy Grand Prix at Perivale.



Discus/Club Thomas Green 14.77m(pb)/24.41m; Shot/Discus Lucie Prosser 5.33m/14.50m (UK F20 Record); Shot/Discus/Javelin 1.92m/6.01m/6.19m (UK F17 Record).

May 22: National Age Group Records for Hen Freeman (Javelin) and Lucie Prosser (Discus) at the Cerebral Palsy Grand Prix Meeting in Wigan. Shot/Discus Lucie Prosser (F20/F36) 4.72m/15.53m(National F20 Record); Discus/Javelin Hen Freeman (F18/F33) 6.97m/6.98m (National F18 Record).

May 25: Thomas Green (M20, F32), representing Great Britain, throws the Club 25.09m at the Paralympic World Cup in Manchester.

Club Throw: 4 Thomas Green (M20) 25.09m.

June 19: Cerebral Palsy Sport Grand Prix, Bath: 200m/Discus/Javelin Hen Freeman (T33/F33) 59.4/7.36m(pb)/5.84m; Shot/Discus Lucie Prosser (F36) 5.11m/15.28m

July 3: UK Age Group Record in the Discus for Lucie Prosser with 16.65m at the Cerebral Palsy Grand Prix meeting in Nottingham. Cerebral Palsy Grand Prix, Nottingham: Shot/Discus Lucie Prosser 5.24m/16.65m (UK Age Record); Discus/Javelin Hen Freeman 7.45m/5.97m.

July 17: UK Age Group Record for Hen Freeman with 8.14m in the Discus at the Cerebral Palsy Grand Prix at Nottingham. CP Grand Prix, Nottingham: SP/DT Lucie Prosser (F20/F36) 5.17m/16.23m; DT/JT Hen Freeman (F20/F33) 8.14m/5.89m.

U17/15: Ashford - 29/30 May

Under 17 Women

300m heat	1 Katie James	42.34m Q
	5 Gemma Childs	45.05
300m Final	4 Katie James	41.73
800m heat	6 Gemma Childs	2:28.25
1500m heat	2 Elle Roche	4:47.94 Q
	3 Melanie Wood	4:46.54
	12 Jade Leggett	5:16.31
1500m Final	5 Melanie Wood	4:46.25
	7 Elle Roche	4:49.17
80mH heat	3 Jessica Balderston	12.40
300mH heat	3 Devon Byrne	46.76 q
300mH Final	6 Devon Byrne	47.36
Shot	7 Kayleigh Presswell	9.13m
Discus	10 Kayleigh Presswell	24.27m

Under 17 Men

1500m heat	6 Sam Redding	4:17.89
1500m S/c	3 Ryan Burling	4:39.40
Triple Jump	2 Chuko Cribb	13.25m w+2.2
	6 Joe Perkins	11.90m w-0.5

Under 15 Girls

1500m heat	1 Jasmine Finlay	4:41.83 Q
	7 Emily Bousfield	5:06.29
1500m Final	1 Jasmine Finlay	4:36.81

Under 15 Boys

1500m heat	1 Josh Knight	4:27.64 Q
1500m Final	10 Josh Knight	4:25.58
Shot	1 Lewis Barnes	13.31m
Discus	3 Lewis Barnes	39.66m

south of england champs

- **Golds for Jasmine Finlay & Lewis Barnes at Ashford.**
- **Golds for Hannah Douglas, Chad Lambert & Mervyn Luckwell at Crystal Palace.**



SEN/U20: C. Palace - 12/13 June

Senior Men

1500m	5 Tom Comerford	3:55.45
	6 Matt Willmott	3:58.66
Javelin	1 Mervyn Luckwell	80.08m CBP

Under 20 Men

1500m heat	1 Sam Deathe	4:05.20 Q
	3 Chad Lambert	4:04.20 Q
1500m Final	1 Chad Lambert	3:56.48
	5 Sam Deathe	4:00.02
400mH heat	5 Adam Smith	57.97
2000mSc	3 Eliot Winter	6:08.12
Long Jump	7 James Wright	6.66m w+1.4
Triple Jump	7 James Wright	14.12m w+0.6
Javelin	2 Sam Taylor-Outridge	63.17m

Senior Women

100mH heat	2 Chloe Whalley	14.68 w+0.2
100mH Final	3 Chloe Whalley	14.74 nwi
400mH	1 Hannah Douglas	59.90
	4 Chloe Whalley	65.28
2000mSc	4 Sophie Gibbens	7:18.08 Club Record
Hammer	7 Sadie Watts	45.39m
Javelin	8 Sadie Watts	40.95m



Top: Gold for Chad Lambert, Lewis Barnes & Jasmine Finlay

Clockwise/above:~ Elle Roche - Chuko Cribb - Sophie Gibbens - Devon Byrne - Chloe Whalley



UK WOMEN'S LEAGUE DIVISION ONE

After their one year in the Premier Division, the MMKAC ladies resumed business in Division One. Unfortunately it was a smallish team (just 10 athletes) who travelled to Cardiff on 5th June for the opening match and struggled for 7th place. Cardiff the host club won with 198pts with neighbours Swansea second (174). Bedford who had come up from Div 2 placed 4th (164), MMKAC scored 134 for their 7th place and Liverpool, who also made the drop from 2009, finished last(125).

Team managers Julia Gibbens and Sean O'Sullivan were looking for the team to bounce back on 3rd July when the second of the three matches was held at Bedford. They certainly gave it their best and were actually in the lead around the halfway mark. But were the late withdrawal of a number of athletes, it meant more doubling-up for many of the team and in the end had to settle for 4th place. Cardiff sent a very strong team and were comfortable winners with 230pts ahead of Enfield & Haringey(182), Bedford(173) and then MMKAC(171) ahead of Swansea, Wigan, Southampton and Liverpool.

MMKAC moved up to 5th place in the league table and will still need a good turnout at Liverpool on 31 July. Standings after match Two:

1 Cardiff	428(16)
2 Enfield & Haringey	351(13)
3 Swansea Harriers	339(11)
4 Bedford & County	337(11)
5 MMKAC	305(7)
6 Wigan & District	288(6)
7 Southampton AC	260(6)
8 Liverpool Harriers	185(2)

REPORT AND PHOTOGRAPHS FROM BEDFORD

The team welcomed back Hannah Douglas and Joey Duck for their 2010 debuts, Laura Butcher made her UKWAL debut in the pole vault and Diane Baldwin, despite already having done a training session in Stockgrove Park that morning came over as a very last minute replacement to run the 400m.

"Great start in the hammer"

Great start as Andrea Jenkins(48.88m) and Sadie Watts(47.70m) repeated their hammer double from Cardiff. On the track Joey Duck, trying to recover from injury, ran a season's best for 3rd(12.02) in the "A" 100m. There was drama in the "B" race as both athletes next to Katryna Hardcastle were involved with false starts. Under the new ruling the Bedford sprinter was red-carded for her first false start, At the second attempt the Cardiff sprinter clearly broke but the start was judged to be faulty! Katryna ran well for 4th place(12.72). A massive PB for Sophie Gibbens in the 800m(2.13.63) as she finished second after an eye-balls all out finish with the Southampton lady. Hannah Douglas stormed to an expected 400mH victory(59.06) whilst out in the field(literally as the discus was held in a adjacent field), Emma Beales threw 42.82m for 2nd and Andrea Jenkins(41.12m) won the "B" event. In a good quality 3000m Lara Bromilow out-sprinted two athletes in the final 20m to snatch 4th(10.12.34) with Tanya Taylor 3rd in the "B" race(10.44.74).

"Club record for Chloe Whalley in the 100m Hurdles"

In a very competitive race Chloe beat her Liverpool rival and set new club record figures of 14.12, improving the record set by Emma Beales of 14.31 back in 1995. Chloe had set her previous PB of 14.38 two weeks earlier. Emma, of course, still holds the club records for shot, discus, long and high jump plus the heptathlon. Hannah Douglas then won the "B" race with a fast 14.48. There was a good quality pole vault competition but Rachel Gibbens was hampered by a foot injury and performed extremely well to clear 3.50m for 4th place, in fact this was her first height and she only cleared it at the third attempt! Laura Butcher, in her debut, cleared 2.90m for 4th place in the "B" event. Lauren Cripps worked hard in the 800m/1500m/triple jump events and then in the 4 x 400m relay and more good points in the shot and javelin from Andrea, Emma and Sadie. Sophie Gibbens epitomised the fighting spirit by running the 2km steeplechase (7.29.10) and then immediately ran a leg in the 4 x 400m relay. Here Hannah Douglas ran a fine anchor leg having earlier been part of the sprint relay team(plus Chloe, Katryna and Joey) that finished 3rd in 49.32.



Top: Chloe Whalley breaks the 100mH record; Katryna Hardcastle about to pass the baton to Joey Duck in the 4x100m relay; Sophie Gibbens kicks for home in the 800m.

Above: Sadie Watts about to unleash the hammer; Lauren Cripps in the 800m; Tanya Taylor in the 3000m.

5TH PLACE FOR UK WOMEN'S LEAGUE TEAM



The third and final match should have been held at Liverpool but after the latter club had broken league rules by not having sufficient athletes in Match 2 at Bedford they were immediately relegated. A new venue had to be found and the team travelled to Deeside (Connah's Quay), north-west of Chester for the match on 31 July. Another good team effort saw them place 4th again on the day and a final position of 5th in the League Table. Wigan take the drop with Liverpool after a poor performance in the final match. Cardiff and Enfield & Haringey are promoted to the Premier Division with Shaftesbury/Barnet and Bromley & Blackheath relegated to Division One.

Match scores:

1 Cardiff	209
2 Enfield & Haringey	192
3 Swansea	187
4 MMKAC	178
5 Bedford & Co.	162
6 Southampton	160
7 Wigan	122

League Standings	Match 1	Match 2	Match 3	total pts
1 Cardiff AAC	198 8	230 8	209 8	24
2 Enfield & Haringey	169 6	182 7	192 7	20
3 Swansea Harriers	174 7	165 4	187 6	17
4 Bedford & County	164 5	173 6	162 4	15
5 Marshall Milton Keynes	134 2	171 5	178 5	12
6 Southampton AC	149 4	111 2	160 3	9
7 Wigan & District	139 3	149 3	122 2	8
8 Liverpool Harriers	125 1	60 1	0 0	2

Many thanks to the 15 athletes who represented the team and included two long journeys to Cardiff and Chester amongst the three fixtures. At least we nearly had a home fixture with match 2 at Bedford. Seven athletes competed in all three fixtures - Emma Beales, Lara Bromilow, Sophie Gibbens, Katryna Hardcastle, Andrea Jenkins, Sadie Watts and Chloe Whalley.

A BIG THANKS(again) to Julia Gibbens and Sean O'Sullivan for managing the team ●

Team photograph by Tom Blackman:

Back row: Nicki Gooderham, Sadie Watts, Emma Beales, Andrea Jenkins, Chloe Whalley, Rachel Gibbens, Sophie Wilkins. Di Baldwin & Hannah Douglas. Front row: Julia Gibbens, Sophie Gibbens, Joey Duck & Katryna Hardcastle.



Photos from the top:
Joey Duck(100m);Katryna Hardcastle(long jump);Nicki Gooderham(1500m);Lara Bromilow(3000m);Emma Beales(shot)

SOUTHERN WOMEN'S LEAGUE DIVISION ONE

LADIES HEAD FOR MID-TABLE POSITION IN DIVISION ONE

Battersea Park 24 April

1 Team Southampton	96pts
2 Sutton	85
3 MMKAC	84
4 Peterborough	56

Milton Keynes 22 May

1 MMKAC	88
2 Blackheath & Bromley	74
3 Nene Valley H.	72
4 Havering Mayesbrook	63

Lee Valley 26 June

1 Herne Hill H	97
2 Enfield & Haringey	69
3 Aldershot F & D.	63
4 MMKAC	59

Bedford 7 August

1 Luton	88
2 Crawley	87
3 MMKAC	79
4 Epsom & Ewell	72

LEAGUE TABLE AFTER 4 MATCHES

1	Herne Hill Harriers	404	16pts
2	Crawley AC	385	14
3	City of Portsmouth AC	358	12
4	Ashford AC	353	14
5	Bedford & Co. AC	344	13
6	Luton AC	342	12
7	Southampton	338	11
8	Epsom & Ewell H	317	9
9	MMKAC	310	9
10	Sutton & District	305	9
11	Aldershot F & D	286	8
12	Peterborough AC	286	7
13	Enfield & Haringey	281	5
14	Nene Valley H	261	5
15	Blackheath & Bromley	257	7
16	Havering Mayesbrook	249	5

After the first four matches the team are in a mid-table position. The ladies have one remaining match at Bromley on 4th September.

They were narrowly beaten for second place in the opening match, and then had a very convincing home win. Here there were wins for F17's Elizabeth Read(100m)and Gemma Childs(800m). And along With Alana Slater("B" 800m), Sophie Gibbens,Tanya Taylor, Lara Bromilow and Sophie Wright maximum points were scored in the 800/1500 and 3000m races. Usual good points in the throws with Emma Beales winning the discus, Sadie Watts the "B" shot and discus and Emma Beardmore winning the "B" hammer. AND a superb 3m80 pole vault by Rachel Gibbens.

Sadly a slump to last place at Lee Valley. The team here comprised just 9 athletes – Nikki McSweeney(6events), Sadie Watts and Sophie Gibbens(4each) contested 60% of the events. Interesting sprint relay team with 3 ladies [Nikki, Sadie and Emma Beardmore] more known for their throwing abilities making up the team with middle distance runner Tanya Taylor. Also young Gemma Childs ran the sprints and long jumped.

It was going to be a close match at Bedford with all four teams in the top half of the table. Interesting 100m races, firstly with Kadi-Ann Thomas making her 2010 track debut and then Chloe Whalley DQ'd in the "B" race – was this a dubious club first with the new start ruling? Sadie Watts put together four wins – hammer(46.75) and javelin(38.11) and the "B" shot & discus and again ran in the sprint relay. Hannah Douglas had another fine hurdles double and then ran 58.8 for the final leg of the 4x400mrelay. Jade Leggett won the "B" 1500m(5.01.7)

And so to Bromley where one of their opponents will be Bedford & Co.....interesting fixture compilation!



ACTION FROM THE HOME MATCH –

Emma Beales & Sadie Watts(shot):
Up and over for Rachel Gibbens in the
pole vault:Elizabeth Read (triple jump):
Gemma Childs leads Alanna Slater in
the 800m.....cooling off

BUCKS AA TRACK & FIELD CHAMPIONSHIPS - 8/9th May

(Jointly shared with Oxfordshire and held at Horspath track, Oxford)

■ 47 GOLD MEDALS

■ THREE EACH FROM:

KAYLEIGH PRESSWELL-(F17 Shot/Discus/Hammer)

MEL WOOD-(F17 800m/1500m/3000m)

SAM RIDGWAY-(M20 Shot/Discus/Hammer)

■ TWO EACH FROM:

JASMINE FINLAY(F15 800m/1500m)

DEVON BYRNE(F17 300m/Javelin)

SOPHIE WILKINS(F20 Long Jump/High Jump)

SOPHIE GIBBENS(SW 800m/2kmSChase)

EMMA BEALES(SW Shot/Discus)

SADIE WATTS(SW Javelin/Hammer)

WILL LAMBOURNE(SM Shot/Discus)

■ =CHAMPIONSHIP BEST FROM LAURA ZIALOR

(F13 High Jump/1m33)

■ 1-2-3-4- for Paul Erwood(1.57.16), Ross Threfall, Ryan James & Neil Gosling in SM 800m)

■ AND THREE GOLDS FROM JACKSON CURTIS COMPETING IN THE OXFORDSHIRE M20 Shot, Discus & Javelin



Above: Kayleigh Presswell/Beth Swords,Mel Wood & Elle Roche in the F17 1500m. Left: Sam Ridgway on the podium. Far left: Chad Lambert and Sam Deathe fight out the finish of the M20 1500m. Below: Laura Zialor, here seen in the F13 70m hurdles/ Coach Rob Purton with his 1-2-3 from the M17 400 – Thomas Purton(2nd),Joni Kean(1st) & Lloyd Martin(3rd)/ Will Lambourne(shot) and Jackson Curtis(M20-discus)

EAST MIDLANDS ROAD RUNNING GRAND PRIX SERIES

■ FIRST PLACES FOR JOHN SKELTON(M55) & MILFORD CALLOW(M75)

■ SECOND PLACE FOR JANE GOODEY(F50)

■ THIRD PLACES FOR DEBBIE HINDMARCH(F50), IAN LAMB(M45) & KELVIN SMITH(M60)

■ DEBBIE HINDMARCH, IAN LAMB, JIM MILLER & EDDIE HILL ALL RUN 7 OF THE 8 RACES.

■ 19 MMKAC RUNNERS FINISH THE GRAND PRIX SERIES

This was the 37th running of this series which started back in 1984. There were six races then and the criteria was to finish four of them to qualify for a Grand Prix position. I think that the only race that has not changed is the Rugby 6. We have always used the OU as a base but in 1984 the race started there but finished at Woughton Playing Fields.

379 finishers this year, 40 down on 2009 but still up on 2008(337). Grateful thanks, yet again, to Mick Bromilow for all his hard work in race organisation, to Jackson Ryan(marshalls), to the finish team(Rose Callow, John How, Nick Folwell & Dave Philips) and the registration team of Alasdair Gibson, John Gillespie & Brian Graves who processed 70 entries on the night and sorted numerous race queries.

On the night category wins for Rosemary Muston(F60) and John Greenall(M75), second places to Sharon Edghill(F45), John Skelton(M55) and Milford Callow(M75) and third places to Debbie Hindmarch(F50), Kelvin Smith(M60) and good to see Phil Jones back in action after some two years out with injury taking third in the M55 race.

MMKAC GRAND PRIX FINISHERS

Age Group	Pos.	Name	n=	Best Race(s)/Position(s)
Sen.Women	10th	Jo Bevan	5	Weedon(14th)
F50	3rd	Debbie Hindmarch	7	Weedon(2nd)
F55	2nd	Jane Goodey	5	Corby/Banbury(1st)
Sen.Men	9th	George Ashdown	5	Bedford/Weedon(1st)
	16th	Ross Mackenzie	5	Bedford(18th)
	47th	Peter O'Sullivan	5	Corby(66th)
M45	3rd	Ian Lamb	7	Rugby/Weedon/Ban(2nd)
	9th	Les Turton	6	Weedon(9th)
	12th	Andy Stiles	5	Weedon(10th)
M50	10th	John Wilkinson	5	Bedford(7th)
M55	1st	John Skelton	6	Rugby/Bedford/Cor/Ban(1st)
	4th	Terry Down	5	Weed/Ban(3rd)
	6th	Chas Herbert	5	Weedon(4th)
	11th	Dave Barratt	5	Harborough(9th)
M60	3rd	Kelvin Smith	5	Bed/MK(3rd)
	5th	Jim Miller	7	Harborough(4th)
	8th	Eddie Hill	7	Bedford(7th)
	12th	Dave Storer	6	Bedford(9th)
M75	1st	Milford Callow	6	Silv/Cor/Weed/Ban/Har(1st)

NUMBER OF RUNNERS PER RACE

Silverstone	896
Rugby	322
Bedford	309
Corby	340
Weedon	254
Banbury	292
Harborough	330
Milton Keynes	379



ACTION FROM MK: John Skelton/Ross Mackenzie/Jo Bevan/ Debbie Hindmarch leads Kelvin Smith/Sharon Edgill leads Chas Herbert/John Greenall(setting a M75 record of 55.56) and Phil Jones.

Jacquie Maycock writes about the UPS AND DOWNS OF THE BOSTON MARATHON

My trip to Boston began 11 days before the actual event of 19th April which as it transpired, actually saw me make the start line with my friend of many years unlike approx 500 European runners who didn't. Jan and I spent the first week skiing in Utah. We were going to stick to the blue runs and opt out of our normal ski terrain to preserve our legs for the marathon. Well this plan lasted 24 hours before we skied the moguls, trees, gullies etc of the 5 resorts we visited. Also during this time we ate and slept well and shopped for England. We met some lovely people along the way including a large group of ski patrollers from across USA and mainly men, who happened to be attending a training programme in Snowbird and were staying at our hotel. They were a great bunch and we shared many laughs with them in the jacuzzi after skiing and in their hospitality suite after dinner. We were tempted to extend our stay an extra day so we could attend their banquet evening as invited Ski Patrol Groupies but the lure of more shopping in Boston and meeting up with Maria and Jan's friend Gill was slightly more appealing.

If only we knew then how the volcano in Iceland was going to spoil our plans. It was only when we arrived in Boston that Maria confirmed they were definitely not going to make it out with all flights being cancelled. Jan and I walked around the marathon expo that night in a bit of a daze. We had gone from a complete high in the mountains to a deep low and neither of us had much to say for a while but is completely unlike me I know. A lot of the people at registration and on the stalls kept asking us how we had managed to fly out and were so pleased that we had travelled internally and were able to run. We went back to the expo the following day to be asked the same question about 100 times. We grabbed, stole or ate most of the freebies on offer. I have enough sports bars to last the month! We also hit the tourist trail. Sampling the famous Clam Chowder in Quincy Market, visiting the bar from Cheers and while Jan ran the 5k on the Sunday morning, I visited the Aquarium. We attended the expo again this time to listen to a couple of seminars they had taking place throughout the weekend and even watched a video of the course which was good. And then a final pasta meal.

Monday morning. Patriots Day so a Bank Holiday for the city. We were up about 6am. A 5 min walk bought us to Boston Common and a huge line of yellow school buses which were our transport to the start in Hopkinton. We were both quiet on the bus, collecting our thoughts and after numerous loo stops etc it didn't seem long before we were walking down to the start with 26000 other runners to begin our journey back to Boston. We gave each other a quick hug, decided on where we were going to meet up at the finish and then we were off.

Richard Harrison had warned me not to go off too fast on the downhill start. Luckily it was so crowded that the pace was just right so the first few miles went well. The weather was warmer than they had forecast and the 10-25mph winds were not about either but from about 9m my legs were starting to ache and I had serious doubts, even then, about whether I was going to make the finish. I got to half way only a handful of minutes slower than I wanted too but as I was aiming to run a negative split as I had been practising on some of my training runs, I felt more positive. However, like the course from about 16.5m everything started to go downhill. My legs were just not in tune with my head. I kept telling myself you only have to get to the top of Heartbreak Hill at 21m and then you are home. Well I walked. I couldn't tell you anything about the course until the start of the Hill which really wasn't that bad at all but what I do remember were the crowds.

They were the best ever. If they weren't feeding you, supplying you with drinks, wet wipes, tissues etc they were high fiving you and positively driving you to the finish. I remember going up the Hill and they were cheering and screaming for you like you were their favourite Red Sox player. I tried to smile or put a thumbs up to as many as I could. From 21m the course went downhill again and my quads and calves were screaming as much as the spectators but I managed, with their help, to shuffle my way over the finish line in 4.52. I held my Union Jack bandana up high just to let the crowds know that at least one Brit had made it and then it was space blanket, medal, goody bag and luggage lorry where I found my friend. Her first words to me were "bloody hell, that was tough. I felt better after the Ironman than I do now". She lives in Cornwall so she knows a thing

or two about hills but she still managed 4.19. We both felt like ...but we had made it unlike 3500 runners who had started with us but didn't. Hobbling back to our end of town we came across some Yanks who are not normally backwards in coming forwards about how well or easy everything is only to discover that they too were struggling from 9m and had also finished approx 30/35 mins slower than they had qualified so we were beginning to feel a little less down. Others told us you don't run Boston for a pb and you will never run another marathon like this.

We tried to analyse the run like you do. Had we skied too hard? no. Had we gone off too fast? no. Were we used to running downhill for such long stretches? definitely not. We decided almost as soon as we dragged our sorry selves back to our hotel room that we were going to try again but not until 2013. We have plans for other runs til then but will we practise more downhill running for next time? Our trauma didn't finish with the marathon as that damn volcano hadn't finished huffing and puffing. We were now stuck in Boston. We couldn't fit anymore shopping in our suitcases nor could we risk going over the baggage limit so Jan's work colleague came to the rescue and we spent our last 3 nights in his Condo at Beverly Harbour, 30 mins north of Boston. It was a great place to chill out before returning back to the UK a few days later than planned but just in time to watch the London marathon on the telly. What we would have given for a wet, cold, flat course around the streets of London. !!!

FROM "RUNNERS WORLD" - JUNE 2010

...TO SAVE ANOTHER RUNNER'S LIFE

**JACQUELINE MAYCOCK, A 47-YEAR OLD AEROBICS TEACHER,
PERFORMED CPR ON A COLLAPSED RUNNER**

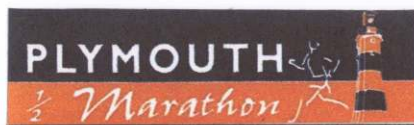
I was in an open, isolated stretch of the Harewood House 10 (Yorkshire) last year when suddenly I saw a figure slumped on the floor. It was a slim chap in his sixties, a bit on the grey side and foaming at the mouth. Every so often, he took a ragged sort of breath. "A couple of people were standing around and they asked if I knew first aid. I had done a course when I trained as a ski instructor, so I went into automatic pilot and knelt down to help. I had to assume it was a heart attack. I turned him over from his stomach to his back and pinched his earlobes to check his reactions. Then I checked to see if his chest was rising, and put my cheek over his mouth to feel his breath. I felt nothing. I began compression, squeezing his chest 30 times for every one breath of resuscitation. A doctor and a hospital worker had appeared by this point and together, the three of us took turns trying to revive him.

"The paramedics turned up within 25 minutes. They told us to carry on, working around us to put a tube and mask on him. By the time he was carried into the ambulance, he was breathing again but still unconscious. After the paramedics took him to hospital, I was left with the doctor and hospital worker - there was nothing left to do but finish the run.

"The day's events only really hit me when I was on the train home. The back of his race number - where you are supposed to write your medical information - was blank. Had this been filled in, it might have helped us figure out what was wrong with him, and it could have been the matter between living and dying.

'Months later, I was amazed to see the story on TV in the BBC series *Helicopter Heroes*, where they re-enacted the drama and interviewed the collapsed runner. His name was Tony; he had a wife and kids. The message of this story to all runners has to be: always carry your ID and medical info with you.





DAVE BARRATT writes.....

In theory, there is no difference between theory and practice. In practice, there is"

We've had a week's holiday in East Cornwall, over the Spring Bank Holiday, staying at the same place, with the same group of friends for a number of years. It started when we were all competing in motorsport and involved towing competition Minis down the M5. It later became a SCUBA diving holiday, but since I started running, it has become the opportunity to do the Plymouth Half Marathon.

In theory, it should not be difficult to run 9 minute miles to get me from the start on Plymouth Hoe, back to the Hoe in under 2 hours. In practice, I've now run the race 5 times and, other than for 2006 when I just scraped in on 1hr: 59 mins, I've never quite managed it.

One of my friends, Bob (the Builder) loves me running this one. After you cross the finish line, and collect your medal and goodie bag, the route to the competitors recovery area is through a large tent full of food – and I always pick up a couple of Cornish pasties for him.

The race has got bigger over the 5 years I've run it and this year, from the 5000 capacity entry, 4729 started and 4692 finished. We set off to the sound of a military cannon, in bright, warm sunshine. From my position in the "around 2 hours" pen, it took almost 5 minutes to get to the start line, but the chip on my shoe would hopefully give me an accurate time.

The number of runners meant that, from the start, it was difficult to run too quickly (always a good thing) and my first mile took 9:38. I then settled into a steady 9 minute pace, as the route made its way out from the city centre and on to the Exeter Road, but slowed a little up the steep climb through Saltram Park so that I reached a group of my friends at the 6 mile mark, in just over 55 mins. My drink and a friendly shout of encouragement were waiting for me.

From there, you run downhill, and then another steep uphill into Plymstock. At the top of the hill you turn left, but on the other side of the road there are people heading back towards the city centre, who have already completed this section.

However, even for me, when you get to the point on the other side of the road, there are still people climbing that hill – which gives you a boost. I felt quite strong in the second half, and got to 10m. in 93:13 and was still in with the ghost of a chance with 112:56 at 12m.

However, to get back to the finish means running across the cobbled streets of the Barbican (from where the Pilgrim Fathers set sail for the New World) and then climb the hill up from sea level up to the Hoe (which overlooks Plymouth Sound – and from where Francis Drake finished off his game of bowls, before doing the same to the Spanish Armada). That hill always takes its toll on me, and it took me 11:04 to do the next mile, so that I finished with a chip time of 2hrs 07mins 27secs, which is actually the slowest I've ever run the race. I was 2576th overall on chip time. Nevertheless, I got my medal and Bob got his pasties.

There's always next year.



■ 26 MMKAC FINISHERS THIS YEAR
■ STEVE HERRING IMPROVES TO NO26 IN CLUB RANKINGS
■ PAUL BOND, IN HIS DEBUT, COMES IN AT NO43.

MMKAC RESULTS WITH HALF MARATHON SPLITS

Posn	M/F	Cat		Cat	HM	2ndHM	FINISH
209	208	36	Stephen Herring	M40	1:19:28	1:21.50	2:41:18
416	407	277	Paul Bond	MS	1:17:23	1:31.39	2:49:02
459	450	304	Daniel Webber	MS	1:22:41	1:27.21	2:50:02
730	711	444	Leigh Whitten	MS	1:20:30	1:34.47	2:55:17
1197	1148	52	Richard Harrison	M50	1:25:54	1:35.33	3:01:27
1535	1456	16	John Skelton	M55	1:30:10	1:36.17	3:06:27
1640	1549	879	Andrew Wasdell	MS	1:28:18	1:39.19	3:07:37
2947	2677	1396	Ash Voralia	MS	1:32:02	1:48.09	3:20:11
3786	3374	528	Andy Stiles	M45	1:32:10	1:54.25	3:26:35
3844	423	255	Katie Penrose	FS	1:41:00	1:45.58	3:26:58
3971	447	86	Julie Dalzell	F40	1:38:33	1:49.10	3:27:43
4280	3789	817	Chris Worton	M40	1:36:38	1:52.47	3:29:25
5390	4667	103	Terry Down	M55	1:44:29	1:51.34	3:36:03
5576	4811	2543	Adrian Maidment	MS	1:43:45	1:53.29	3:37:14
6041	876	528	Wendy Webber	FS	1:45:27	1:54.13	3:39:40
6591	1006	608	Julia Brennan	FS	1:46:20	1:56.18	3:42:38
6887	1072	57	Di Farmer	F50	1:47:56	1:56.17	3:44:13
7572	6339	3386	Neil Jones	MS	1:37:09	2:10.10	3:47:19
8876	1526	206	Sharon Edghill	F45	1:49:08	2:03.50	3:52:58
14001	11210	1559	Ian Pearson	M45	1:48:46	2:23.28	4:12:14
14304	2872	1726	Leah Williams	FS	1:51:17	2:22.07	4:13:24
17396	13570	2487	Chris Cahill	M40	1:57:55	2:26.47	4:24:42
17763	13811	2529	John Wilcox	M40	2:13:41	2:12.19	4:26:00
18234	4109	2507	Karen Tinncknell	FS	2:10:57	2:16.44	4:27:41
19074	14696	1086	Martin McPheat	M50	1:48:17	2:42.20	4:30:37
28238	20303	58	Jim McKellar	M70	2:16:19	2:54.02	5:10:21
36521 finished							



23 MAY

1167	Ruth Gardener(F40)	3:37.47	37 th F35
1250	Anick Valapinee(F50)	3:39.12	18 th F45
3994	Eddie Hill(M60)	4:16.45	
4339	Kevin Gardener(M50)	4:30.42	
(around 14,000 participants)			

PAUL BOND JOINS WORTHING HARRIERS

Paul, has moved with his job to Worthing, and has joined a local club there.

He had a successful career with us for the four years that he was with us, not only on the roads, but also competing over the country.

Personal Road Bests

5km	16.52	Blisworth(2009)
5m	27.05	Willen(2007)
10km	34.20	Silverstone(2009)
Half M.	73.35	MK(2010)
20m	2:00.39	Worthing(2010)
Mar.	2:49.02	London(2010)

We wish him all the best on the south coast. Photo of Paul in the 2010 Half-Marathon and setting a PB.





GREENSAND RIDGE RELAY

26 JUNE

No silverware this year for MMKAC!!!

From the start field of 30 teams there were 4 MMKAC teams and one from the OU (comprising 4 MK runners). First back in 5th place over the 33mile course were the MK Originals (Alasdair Gibson, Jim Morrison, Jim Miller, Kelvin Smith, Terry Down & Ian Perkins) finishing at 16:37.01. Two places back came the MK Hooray Henrys (Paul Toombs, Chas Herbert, Eddie Hill, Martin McPheat, Neil Jones & Andy Harrison) at 16:38.43. In 10th came the OU Pretty Things (John Gillespie, Rosemary Muston, Dave Findel-Hawkins, Laurie Shine, Liz Moat and Dee Bethune) finishing at 16:46.38. 35-seconds back came the MK Ladybirds (Jane Bird, Jacquie Maycock, Di Baldwin, Maria Calleia, Paula Chamings & Debbie Hindmarch) and finally the MK70's at 17:12.04, 22nd team to close in. Our ladies team, perennial winners of the ladies trophy, were pushed back to third place this year.

Record Breakers:

F55 Leg 6: Debbie Hindmarch ran 36.49 to eclipse the long standing record set by Chris Daniells (37.12) way back in 1996.

M60 Leg 4: Kelvin Smith clocked 45.37 taking 57-seconds off Fred Watt's (L. Buzzard) previous best of 46.34.

Record Holders

The MK ladies team from 1997 still hold the fastest net time (4:19.26) for the race. Team then was - Jane Bird (40.59), Julie McPheat (33.13), Linda Dewhurst (54.03), Jo McKellar (47.33), Paula Chamings (45.23) and Chris Daniells (38.15).

Down Memory Lane

The MK Originals first competed in 1992. They finished 3rd with the team of Brian Graves, Peter Williams, Tom Webb, Dave Leverett, Ian Richardson & Milford Callow. Some of the changeovers were different in the 90's and in 1992 the course was reversed. I ran nearly 20mins quicker for the Linslade-Stockgrove leg that year. In 1993 Andy Harrison replaced Ian Richardson.



Left: Andy Harrison brings home the "MK Hooray Henrys" at Northall.
Below: the M70 team - Brian Graves, Jim McKeller, Brian Gilks, John Greenall, Brian Daniells and Milford Callow.



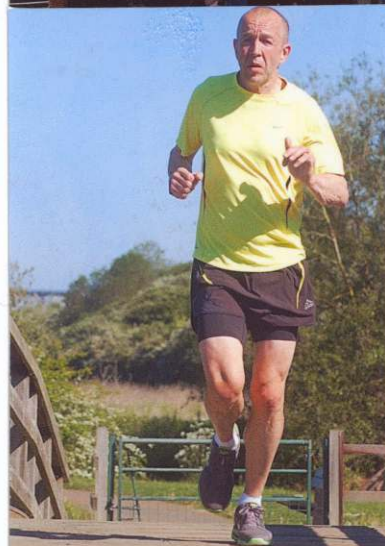
ROUND MK RELAY

23 MAY

- Just seven teams this year and three of them came from Leighton Buzzard!
- Pearson's Plodders retain the winners' trophy

Alec Walliker again ably organised this annual event but where were the MMKAC teams!! The criteria is for teams of four of whom one must be a female. The race starts and finishes at Stony Stratford and is a 32mie circumnavigation around the outskirts of Milton Keynes. Initially following to Ouse Valley path to New Bradwell, then the Grand Union canal to Woolstone. Leg 2 follows, footpaths and redways through Milton Keynes Village, Broughton, Wavendon to Bow Brickhill. Leg 3 is cross-country through Brickhill Woods, Little Brickhill to Newton Longville and then a final leg along the North Bucks Way path back to Stony.

Three of Pearson's Plodders ran the fastest legs. Steve Herring was quickest on leg 1 (63.10), Ian Pearson leg 2 (45.15) and Imogen Norton (41.36) on leg 4. Andy Inchley for Amy's Amigos was the quickest leg 3 runner (63.00).



Above: 3/4th of the winning team - Steve Herring, Ian Lamb & Ian Pearson
Left: Terry Down crosses the River Ouse by Haversham Arches
(full results on MMKAC web site)

Fastest	time	Age Adjusted	time
1 Pearson's Plodders	3:36:36	1 Pearson's Plodders	3:18:58
2 Jane's joggers	3:50:21	2 Amy's Amigos	3:43:13
3 Amy's Amigos	3:51:42	3 Presidents	3:46:19
4 Amanda's Army	4:24:38	4 Jane's joggers	3:49:27
5 Presidents	4:42:41	5 Graves Diggers	3:54:08
6 Team Rosemary	4:43:13	6 Team Rosemary	4:02:51
7 Graves Diggers	4:52:27	7 Amanda's Army	4:06:07

on the fells

LES TURTON WRITES ABOUT HIS EXPERIENCES IN THE YORKSHIRE THREE PEAKS FELL RACE-24 APRIL

I had initially intended to run the London Marathon in 2010 but was fortunate, or unfortunate depending upon your viewpoint, not obtain an entry either through the national ballot or the club ballot. Being a fairly optimistic chap, I decided to use this 'failure' as an opportunity to run in something different and during the recovery sections of a Tuesday club session, I mentioned this plan to Richard Harrison and Raymond Hickman. 'Ah' they said, 'you should run in the Three Peaks' it's the day before London so your training plan just needs a few hills and you'll be fine'. The next day, I logged onto the website to apply and read that you had to provide evidence of fell running experience and my background only included Chiltern League and the Calderdale Way relay, not exactly events that qualify as real hard core, so I emailed the organiser explaining the situation and throwing in that I had completed an Ironman in 2009 and he emailed me back immediately saying no problem, so with that my entry went in.

Training continued, and then a week before I had an opportunity to run in Brighton and squeezed in 'a good for an old bloke time' of 3hrs 17 mins. I then had five days of rest before driving up to the Yorkshire Dales. The morning started with a bacon sandwich and then off to registration. It's a little different from London, you can drop off drinks for collection at two drop off points and just before the start there is a random kit check. I bumped into Dave Findel-Hawkins who has run this 21 times before and when I explained I was just hoping to avoid the cut-off times at Ribbleshead and Hill Inn, he said that should be no problem, I was not so sure!

The race started and we were off. The course immediately went up as we started on the climb of Pen-y-Ghent(694m/2277'). There was not a runner in fancy dress in sight but there were some seriously fit guys and gals. I'd been running for about 27 minutes when I saw the first runners already on their way down. Very quickly! I managed to get to the top in just under 45 minutes and then began the descent. DFH drifted past me and then on the way down I felt like I had a small stone in my shoe, so stopped to get it out and found a blister, not good. At the bottom of the climb we ran along the Ribbles Valley and I caught up with DFH and mentioned that I already had a blister and a guy within earshot passed me a blister plaster. Nice guys, these fell runners. So another stop, shoe off, blister pierced, plaster applied, shoe on and off down the valley. I caught up with DFH just before Ribbleshead and the first cut off was achieved with over 20 minutes to spare.

Wharfedale(736m/2451') looked monstrous and about halfway up everyone started walking and scrambling up the hillside. Near the top DFH drifted away again and this was the last time I saw him until the finish. Coming down the other side, my blisters were getting worse and I started running down on the balls of my feet and in doing so, I stumbled and fell on my shoulder but no real damage done. The next check point was approaching and thankfully still well within the cut off. Only the small matter of Ingleborough(723m/2372'), or Inglebugger as Raymond had called it. Everyone was walking up the shoulder of it before breaking into a trot along the summit plateau and to the final checkpoint just 8km downhill!. On this final descent ,including some limestone pavement, my heels were hurting so much I was reduced to a walk until it levelled out enough so that I could run on the balls of my feet.

Finally the end was in sight, I crossed the line and feeling very relieved sat down with DFH ,who looked like he been out for gentle stroll, and spent a few minutes to recover. I had finished in 5hrs04.45, 500th from a field of 602. DFH was 395th in 4:46.22. Recovery was helped by a beer and a burger, which as we all know are the food of real 'afterletes'. Did I enjoy it? Despite the blisters, absolutely. It's a fantastic race, covering 23 miles and about 6000 feet of ascent, with stunning views, great camaraderie and a real challenge.



The final climb to the summit of Wharfedale:
L-Les Turton; Below-DFH
(photos by Merrian Lancaster)



THE SAUNDERS 2-DAY MOUNTAIN MARATHON (3rd/4th July). Andy Sutton finishes 14th in the individual category.

Andy faced a testing eastern Lake District course starting from Wet Sleddale near Shap. Day one was around 30km with a climb of 1410m and after the overnight camp (where he was in 17th place from a field of 33 runners), he had a course of 24km and some 950m of climbing before returning to the start.

Andy says "usual middle of the field position but I guess all I can expect amongst elite company, especially after a month of injury. Warm sun for the Saturday followed by gales, fog and driving rain next day. (I ran better the second day!). good mix of lower tussocky fells and technical controls, runnable ridges over the High Street range."

Day one time was 6hr47.09 and day two 5:25.18.



SOUTH DOWNS WAY RELAY: 5 June

Raymond Hickman managed to get 4 MK athletes to run this year and along with two of his Brighton mates the team placed 7th from 13 in the veterans category and 36th overall from 57 finishers. Their overall time was 5hrs42.45. The race covers 100miles of the rolling south downs from Beachy Head to Winchester. From the team of six, each runner has to run three times with legs varying in length between 4 and 8 miles.



Right: Andy Sutton, Raymond Hickman, Martin McPheat & Les Turton with guests Sam Hutton & Ian Moss

LEADING ROAD RANKINGS

(at 8th August)

5KM(sub 20mins)

Neil Ovington	M40	17.43	Marston
Ian Lamb	M45	18.02	Blisworth
Jane Ovington	F35	18.22	Marston
Phil Jones	M55	18.30	Bedford
Tanya Taylor	FS	18.36	Marston
John Skelton	M55	18.38	Bedford
Malcolm Down	M45	18.45	Marston
Lauren Licetis	FS	18.46	Boscombe
Lido Medori	M45	19.00	Blisworth
Dennis Edghill	M50	19.16	Waddesdon
Adrian Maidment	MS	19.25	Marston
Terry Down	M55	19.48	Marston

5 MILES(sub 35mins)

George Ashdown	MS	28.16	Harborough
Matt Clarke	MS	29.17	Blisworth
Ross Mackenzie	MS	29.36	Harborough
Ian Lamb	M45	29.36	Banbury
Lara Bromilow	FS	30.23	Victoria Park
John Skelton	M55	30.31	Harborough
Ian Pheasey	MS	31.12	Banbury
Andrew Wasdell	MS	31.16	Blisworth
Dennis Edghill	M50	32.08	Blisworth
Les Turton	M45	32.29	Harborough
Terry Down	M55	33.15	Banbury
Andy Stiles	M45	33.20	Harborough
Neil Jones	MS	33.32	Blisworth
Kelvin Smith	M60	33.56	Wellingborough
John Wilkinson	M50	34.05	Banbury
Di Farmer	F50	34.20	Hastings

10KM(sub 40mins)

Marcin Fudalej	MS	31.32	Milton Keynes(CMK)
Steve Herring	M40	35.08	Bearbrook
George Ashdown	MS	35.53	Milton Keynes
Ian Pheasey	MS	36.17	Silverstone
Mike Kerrigan	MS	36.28	Milton Keynes
Ross Mackenzie	MS	36.31	Silverstone
Ian Lamb	M45	37.13	Silverstone
Jane Ovington	F35	37.31	Oxford
John Skelton	M55	37.51	Winslow
Neil Ovington	M45	37.52	Oxford
Tanya Taylor	FS	38.31	Silverstone
Lara Bromilow	FS	38.41	Victoria Park
Chris Mahon	M40	38.51	Winslow
Dennis Edghill	M50	38.59	Silverstone
Richard Harrison	M50	39.06	Winslow
Elle Roche	F17	39.16	Milton Keynes(CMK)
Gary Blaber	MS	39.35	Milton Keynes
Neil Jones	MS	39.35	Milton Keynes
Andy Stiles	M45	39.55	Silverstone
Phil Jones	M55	40.00	Milton Keynes

5km ROAD RANKINGS

Many of you will note that the times set at the Willen 5km are omitted. Currently this race does not an official distance certificate. I believe that matters are in hand to sort this out so hopefully they can be included in the future.



From the top:

Mike Kerrigan & Ian Lamb at Willen in the nspcca MK Half-Marathon; Dennis Edghill at Willen in the Nike MK Half-Marathon; Tanya Taylor in the closing stages of the MK 10km

10MILES(all)

Steve Herring	M40	57.45	Sandy
Michael Kerrigan	MS	61.12	Sandy
John Skelton	M55	63.59	St Albans
Richard Harrison	M50	65.29	St Albans
Andy Stiles	M50	67.10	Maidenhead
Dennis Edghill	M50	68.13	St Albans
Chris Worton	M40	70.06	St Albans
Richard Housego	MS	73.27	Maidenhead
Terry Down	M55	72.19	Sandy
Sharon Edghill	F45	76.13	Sandy
Ian Pearson	M40	79.55	Sandy

HALF MARATHON(sub

Paul Bond	MS	73.35	Milton Keynes
Richard Ashton	M40	75.09	Milton Keynes(nspcca)
Stephen Herring	M40	76.16	Milton Keynes
Marcus Whelband	MS	78.19	Milton Keynes
Daniel Webber	MS	80.14	Milton Keynes
Michael Kerrigan	MS	80.47	Stratford/Avon
Ian Lamb	M45	81.35	Milton Keynes
Adam Atkins	MS	81.56	Milton Keynes
Andrew Wasdell	MS	82.00	Milton Keynes
Jane Ovington	F35	83.12	Milton Keynes(nspcca)
Chris Nicholson	MS	83.27	Milton Keynes
Neil Ovington	M45	83.45	Milton Keynes
John Skelton	M55	84.03	Milton Keynes
Richard Harrison	M50	84.34	Silverstone
Ash Voralia	MS	85.34	Milton Keynes
Ross Mackenzie	MS	86.49	Milton Keynes(nspcca)
Neil Jones	MS	88.11	Milton Keynes
Andy Stiles	M45	88.32	Milton Keynes
Geoff Aldridge	MS	89.25	Milton Keynes
Dennis Edghill	M50	89.45	Milton Keynes

15MILES(all)

Jane Ovington	F35	95.22	Folksworth
Neil Ovington	M40	95.23	Folksworth
John Skelton	M55	101.16	Banbury
Diane Baldwin	F50	114.30	Folksworth
Adrian Maidment	MS	118.11	Folksworth

20 MILES(sub 2:30)

Paul Bond	MS	2.00.39	Worthing
Marcus Whelband	MS	2.07.29	Ashby
Daniel Webber	MS	2.09.52	Oakley
Jane Ovington	F35	2.14.24	Ashby
Neil Ovington	M45	2.14.25	Ashby
Richard Harrison	M50	2.14.47	Oakley
Chris Nicholson	MS	2.18.28	Worthing
John Skelton	M55	2.19.28	Oakley
Andrew Wasdell	M35	2.21.26	Oakley
Ash Voralia	MS	2.23.55	Oakley
Neil Jones	M35	2.25.19	Oakley
Les Turton	M45	2.25.55	Oakley

MARATHON(sub 4:00)

Stephen Herring	M40	2.41.18	London
Paul Bond	MS	2.49.02	London
Daniel Webber	MS	2.50.02	London
Neil Ovington	M45	2.52.30	Paris
Jane Ovington	F35	2.52.30	Paris
Leigh Whitten	MS	2.55.17	London
Marcus Whelband	MS	2.56.20	Brighton
Richard Harrison	M50	3.01.27	London
John Skelton	M55	3.06.27	London
Andrew Wasdell	MS	3.07.37	London
Les Turton	M45	3.13.17	Brighton
Ash Voralia	MS	3.20.11	London
Andy Stiles	M45	3.26.35	London
Katie Penrose	FS	3.26.58	London
Julie Dalzell	F40	3.27.43	London
Chris Worton	M40	3.29.25	London
Terry Down	M55	3.36.03	London
Adrian Maidment	MS	3.37.14	London
Wendy Webber	FS	3.39.40	London
Julia Brennan	FS	3.42.38	London
Di Farmer	F50	3.44.13	London
Neil Jones	MS	3.47.19	London
Sharon Edghill	F45	3.52.58	London

BIG LEAGUE WIN FOR YOUNG ATHLETES



BIG LEAGUE WIN FOR YOUNG ATHLETES

MIDLAND DIVISION ONE(South-East)

MATCH 1-MK(2 May)	MATCH 2-Abingdon(16 May)
1 MMKAC 678	1 MMKAC 589.5
2 Oxford 511	2 Radley 511
3 Marlborough 391	3 Bicester/Banb. 389.5

MATCH 3-Abingdon(20 June)	MATCH 4-Swindon(18 July)
1 MMKAC 705	1 MMKAC 611
2 Leamington 273	2 Swindon 356
3 Stratford u Avon 268	3 Gloucester 297

LEAGUE TABLE

1 MMKAC	2581pts
2 Radley	2429
3 Oxford City	2383
4 Marlborough	2061
5 Bicester/Banbury	1845
6 Stratford u Avon	1393
7 Leamington	1343
8 Swindon	1199
9 Gloucester	1049

■ Grateful thanks to team managers Di Knight and Graham Ghaleb and everyone who assisted with officiating over the four matches.

■ The young athletes, up until last summer, had always competed in the SOUTHERN Divisions. A re-organisation saw MMKAC shunted to the Midlands Area and the team subsequently stormed to a comfortable league victory with some high scoring and qualified for the Premier League in 2011.

■ The club record for the F17 4 x 300m relay was twice broken at NYAL matches. The record at the beginning of the season was 2.55.7 set at MK last summer with the quartet of Mel Wood, Beth Swords, Elle Roche and Katie James. At Abingdon on 20 June the foursome of Gemma Childs(44.9), Mel Wood(42.3), Devon Byrne(42.8) and Katie James(40.5) clocked 2.50.5 and then at Swindon a time of 2.49.7 was recorded by Becky Hardy(43.6), Devon Byrne(42.9), Mel Wood(42.7) and Katie James(40.5).

■ There was a trio of athletes attaining three victories in the final match at Swindon, Recently crowned English Schools champion, Lewis Barnes, won his speciality, the shot throwing 14.01 and then the discus(35.16) and hammer(30.99). For the u17's Chuko Cribb won the long jump(6.00), triple jump(13.20) and high jump(1.80) and Ryan Burling the 400H(63.7), 1500m(4.29.6) and 3000m(10.30.3).



Top: Nicole Whitchurch/Ebony Carr/Stepanie Clayton & Jade Leggett
Above: Alice Ritchie & Jessica Balderstone/Mel Brammer/Gemma Childs, Mel Wood, Devon Byrne & Katie James



From the top:
Ryan Burling; Daniel
Oderinde; Chuko Cribb
and Louis Clarke &
Owen Seamark.

Athletes of the Match

Match 1: Devon Byrne & Mikun Vaughan
Match 2: Alice Ritchie & Lewis Barnes
Match 3: Katie James & Chuko Cribb
Match 4: Mel Wood & Ben Pointon

REFLECTIONS ON A JOB WELL DONE

by GRAHAM GHALEB

So we have finally made it back, after what feels like an eternity in the wilderness, back into the premier division of the National Young Athletes League; 4 victories out of 4, 150 points more than the second club, Radley, and more points than any other promoted club in the Midlands divisions.

It was a good season, built around some outstanding individual performances by the boys and strength in depth from the girls, who filled almost every slot in every match. But for me the season lacked the thrilling, nail-biting excitement of last year when we came so close to promotion, but just failed at the last, a reflection I suppose that within the British psyche it is so often the glorious failure that stands out in the memory rather than the steady almost inevitable drive for promotion that we saw from the team this year. Yes, there were moments of doubt, when I saw the Radley team sheet before their home match against us and realised that they had far fewer gaps than we had, but we still won; and then after the last match that frisson of anxiety when I saw Oxford City's results (but not the match score) and wondered if they could have done the impossible, but of course they hadn't.

So it was a good and successful season with many exciting races and quality field event competitions. However even a cursory glance at the results reveals just how much the team and the Club owes to the under 17 girls, who turned out in numbers, achieving a succession of firsts and seconds and showing an exemplary commitment to the team. To those top year U17s who have served the Club so well over recent years I would like to say thank you. It has been a privilege to serve as your team manager for the last few years and this promotion is very much a result of your talent and your willingness to do your best for the team.

Of course it would be wrong to minimise the contribution of others as we witnessed this season the arrival of Ebony Carr and Laura Zialor in the under 13s, and the continued development of Alice Nicholls in the sprints for the U15s, along with an emerging group of competitive middle distance runners. And then we have the U17s who recorded a series of victories, although it was not until the final match that anyone achieved a grade 1 with Mel Wood doing so in the 800m.

With the boys the situation was quite different with lots of gaps in the team sheet but a string of outstanding Grade 1 performances from Mikun Vaughan with 3 in the sprints and Long Jump in the 2nd match, from Charlton Kerr in his two 800 metre races, from Lewis Barnes who recorded at least one Grade 1 in every match and Chuko Cribb who achieved Grade 1 performances in both the long jump and triple jump in three of the 4 matches. Other Grade 1 performances came from Ben Pointon and Freddie Curtis in the Javelin, Daniel Oderinde in the 100 metres and Redford Curtis in the Javelin.

But winning team matches is not just about high quality results, it is also about commitment, and in this regard two athletes stand out: Ryan Burling, who was prepared to put himself through at least two middle distance events together with a relay in each match, and Jade Leggett who offered to double up in the middle distances events for the girls whenever she was needed.

Although I have singled out a number of athletes it would be fair to say that overall this has been a great team performance, with the effort, determination and commitment of athletes, parents and officials all contributing to this promotion and taking us back to where we belong, in the premier division. So next season we should be competing against clubs like Rugby & Northampton, Cardiff, Wolverhampton & Bilston, and Swansea and I believe we can do well, provided we can turn out full teams with the same commitment and enthusiasm shown by most of our athletes this season.

It has been a good season with, for me, one major disappointment, having to disqualify our U17 girls 4 x 100m relay squad in the last match for a faulty changeover and face the wrath of the girls in black!

SOUTHERN MEN'S LEAGUE

THE "A" TEAM DIVISION ONE

1 Nene Valley	30 match pts	840 League pts
2 Reading	29	778
3 Highgate	25	762
4 Brighton	25	734
5 Met. Police	23	686
6 Ashford	22	721
7 Tonbridge	21	688
8 MMKAC	21	673
9 Newbury	20	663
10 Norwich	19	668
11 Luton	18.5	651
12 Thurrock	18	648
13 Portsmouth	17	684
14 Bexley	17	641
15 Hercules/Wimb.	16.5	607
16 Enfield & Har.	16	662
17 North Devon	16	595
18 Ipswich	15	610
19 Worthing	15	572
20 Newham/EB	14	603
21 Ilford	14	573
22 Harrow	13	585
23 Woodford Green	11	515
24 Thames Valley H	7	363

The 8th place by the "A" team is the best since they placed 3rd back in 2006 and a big improvement over 14th last summer. At the halfway stage they were in 5th position and possible contenders for the British League qualifying match. However after the long trip to Devon and an indifferent performance at Ilford the team had dropped to 10th.

1 May- Braintree

1 Brighton	121
2 MMKAC	114
3 Thurrock	108
4 City of Norwich	100
5 Woodford Green	73

5 June- HOME

1 Highgate H	132
2 MMKAC	128
3 Ashford	92
4 Enfield & Har.	91
5 Harrow	79

10 July- Ilford

1 Nene Valley H	145
2 Reading	123
3 Newham/Ex.B	120
4 MMKAC	87

15 May- Erith

1 MMKAC	125
2 Tonbridge	118
3 Bexley	109
4 Ilford	92
5 Thames Valley H	59

26 June- Braintree

1 Newbury	126
2 North Devon	115
3 Met. Police	114
4 Herc/Wimbledon	94
5 MMKAC	81

31 July- Luton

1 MMKAC	126
2 Portsmouth	121
3 Ipswich	113
4 Luton	97
5 Worthing	69

JACKSON RYAN REPORTS ON THE SEASON

I was joined this year in managing the "A" team by Ian Stewart and his input was of great help in both the preparation and match day organisation of the team.

Match 1 at Braintree saw Sam Ridgway and Mark Roberson kick-off the season with a double hammer victory. There was good work from Paul Erwood, Sam Deathe and Chris Hearn in the 800 & 1500m races. James Wright and Jackson Curtis made their SML debuts and produced excellent performances in the field events, very encouraging for the future. As usual Clint Grabs moved from field to track events with ease, a great all-rounder for any team. Unfortunately Will Lambourne, our other top all-rounder, was beset by injury this year but, along with Clint are the type of athletes that make a team managers' job easier.

Next to Erith in south-east London and the return of Kieran McConnell after a two year absence playing rugby. His strength in the shot, discus and hammer gained us valuable points on our way to victory. Double 5km wins from Marcin Fudalej and Tom Comerford, Sheyin Bonet and Subomi Onanuga, two young athletes, competed well in the sprints whilst Adam Smith and Eliot Winter scored heavily in the 400m and 400m Hurdles. Franklin Ocran showed commitment by making the long journey from Bristol to compete in the jumps whilst Matt Willmott after the 400/800m also won the "B" string javelin.

Our home fixture saw a close battle with Highgate which really we should have won. Subomi Onanuga and Jarrell Stamp were our sprinters, Jarrell coming back from a long injury ran well with his limited training. Adam Smith, Paul Erwood, Tom Comerford, Marcin Fudalej, Sam Deathe and Eliot Winter gave us solid points in the middle distance events and Steve Herring made his "A" debut in the 5km. One of the most pleasing features of the match was the return of Mark Jessop – someone who enjoyed competing in both the 100m and 400m hurdles. Josh Lyman and Ross Threfall had second places in the 3km s/chase keeping pressure in Highgate in the latter part of the match. In the field events, youngsters Liam Hutton and Sam Comerford were enthusiastic competitors in the pole vault and high jump followed by a triple jump double from u17's Chuko Cribb and Joe Perkins. Likewise a javelin double from Michael Cox and Harry Dalton. AND 5th place in the league table.

The long journey to Braintree in North Devon resulted in a weakfish team finishing 5th. The team certainly did their very best on the day and unfortunately, team captain, Chris Hearn, injured himself in the 800m and could not compete any further. Many thanks to Sheyin Bonet, Mike Burling, Michael Cox, Anto Crawford, Chuko Cribb, Jerry Danjuma, Mark Jessop (who interrupted his holiday in Devon to compete), Josh Lyman, Franklin Ocran and Adam Wade for their efforts in representing the Club.

Two week later we were at Ilford and another under-strength team had to settle for fourth place but the opposition did include the two top teams in the League – Nene Valley H and Reading. Good wins from Subomi Onanuga (100m), Eliot Winter (800m), Kieran McConnell (discus) and Harry Dalton (javelin) coupled with solid performances from Tom Comerford and Matt Eager on the track and Franklin Ocran, Jackson Curtis and Clint Grabs in the field but we were always fighting to stay in touch with the other teams.

And so to Luton for the final fixture and we showed that given the athletes the TEAM can win matches. We were still missing important team members but if we can put out a strong team at every fixture next summer there is no reason why we cannot be pushing for promotion to the British League. Maximum points from Adam Smith and Eliot Winter in the opening track event, the 400mH and second place for Mark Roberson, returning after suffering a broken wrist earlier in the summer, in the opening field event, the hammer. In the final events 9 points each from the steeplechase (Eliot and Josh Lyman) and from Keiran McConnell and Jackson Curtis in the discus ensured that Portsmouth could not overtake us in the final countdown. In between all this Sheyin Bonet, Panos Ioannou and Joni Kean looked after the sprints, Tom Comerford, Sam Deathe, Matt Eager, Steve Herring, Ross Threfall and Matt Willmott (800m-5000m), Chuko Cribb, Liam Hutton and Franklin Ocran (jumps) and Michael Cox (throws) ALL scored good points for the team.

Next year we can win this league, the athletes know this, the management team know this. Lets all work together for this aim. And finally many thanks again to the athletes and to all the officials who assisted throughout the summer.



Triple jump action from Chuko and Franklin at Luton

(Jim Lawrence will be reporting on the "B" team in the next Newsletter)



Above- action from Milton Keynes(5 June)
 Keiran McConnell/Joe Perkins/Michael Cox/Ian Pheasey
Right – at Braintree(1 May)
 Sheyin Bonet/Sam Deathe/Paul Erwood/Sam Ridgway



THE "B" TEAM DIVISION THREE(NORTH)

<u>1 May-Braintree</u>		<u>15 May-Bedford</u>	
1 Braintree	104	1 Bedford	123
2 Barnet	97	2 Belgrave H	80
3 MMKAC	73	3 Harlow	65.5
4 West Suffolk	38	4 MMKAC	55.5

<u>5 June-HOME</u>		<u>10 July-Lee Valley</u>	
1 Watford	97.5	1 Wycombe PH	108
2 MMKAC	89.5	2 Serpentine	91
3 Huntingdon	89	3 MMKAC	85
4 Peterborough	57	4 Loughton	34

<u>31 July-Hemel Hempstead</u>	
1 Dacorum & Tring	126
2 Havering M.	100
3 MMKAC	79
4 Lon.Heathside	42

FINAL LEAGUE TABLE

Dacorum & Tring	577	20
Bedford	567	19
Watford	507	18
Havering Mayesbrook	490	16
Belgrave	468	16
Wycombe	487.5	15
Harlow	391.5	13
Huntingdonshire	440.5	12
Peterborough	411	12
Braintree	410	11
Barnet & District	404.5	11
Milton Keynes	381	10
Serpentine	366	9
West Suffolk	281	7
London Heathside	233.5	6
Loughton	199.5	6



VET FILE

■EVAC TRACK AND FIELD TEAMS ON THEIR WAY TO THE CUP FINAL ON 5TH SEPTEMBER ■NOW TO BE HELD AT MILTON KEYNES

FINAL LEAGUE POSITIONS (Three Counties Division) (first 2 teams qualify for final)

MEN		WOMEN	
1 MMKAC	371	1 MMKAC	356
2 Bedford	335	2 Bedford	268
3 Huntingdon	242	3 Cambridge	213
4 Cambridge	164	4 Huntingdon	106
5 Biggleswade	78	5 Biggleswade	53

The MK ladies won all their four matches, the men won three, only losing to at Bedford at Sandy. Ivars Licietis set a M50 800m league record of 2.14.2 at Cambridge.

The final has been moved to Milton Keynes as the Bedford track is being closed for re-surfacing in September.

BRITISH MASTERS CHAMPIONSHIPS – CARDIFF(3/4 July)

TWO GOLDS FOR JACK KEE and A SILVER FOR BRIAN SLAUGHTER

M50		
400m B Final	6 Mike Burling	65.66
400m A Final	4 Ivars Licietis	56.55
800m Final	4 Ivars Licietis	2:16.3
Pole Vault	2 Brian Slaughter	3.00m
Hammer	7 Mike Burling	27.35m
Weight	6 Mike Burling	10.70m
M70		
Hammer	1 Jack Kee	46.52m CBP
Weight	1 Jack Kee	16.28m
F50		
1500m	4 Di Farmer	5:51.5
80mH	4 Jan Hardcastle	17.44
Long Jump	4 Jan Hardcastle	3.81m

BRITISH MASTERS WEIGHTS PENTATHLON CHAMPIONSHIPS, MILTON KEYNES (20 June)

M70	1 st Jack Kee	3663pts
M40	2 nd Al Nisbit	2549pts
M50	6 th Mike Burling	1933pts
	7 th Jim Lawrence	1479pts

Events: Hammer, Discus, Shot, Javelin & Weight

BRITISH MASTERS PENTATHLON CHAMPIONSHIPS, Oxford (23 May)

M50	1 st Brian Slaughter	3489pts
	4 th Jim Lawrence	1939pts

Events: Long jump, Javelin, 200m, Discus & 1500m

AN EARLY REMINDER ~
EVAC CROSS-COUNTRY CHAMPIONSHIPS
AMPTHILL, 17 OCTOBER



EASTERN VETERANS ATHLETICS CLUB

Many of you will realise that EVAC is currently on rocky ground. We badly need some new blood to help manage the



area. To this end an Emergency General Meeting has been called to take place after the EVAC track and field league final at Milton Keynes on 5th September. More details in the current EVAC Newsletter.



EVAC TRACK & FIELD FINAL NOW BEING HELD
AT MILTON KEYNES ON 5TH SEPTEMBER

ACTION FROM EVAC AT CAMBRIDGE-

Ivars Licietis in his way to the M50 800m league record/Lesley Byrne(400mH.) /Brian Slaughter (Javelin) /Steve Herring leads the 3000m.



"MAKE WAY GRANDAD"



SPRINT TRIATHLON (4 July)
750m Swim/20k Cycle/ 5k Run.

OBJECTIVE to raise more for Help4Heroes(achieved)and building up for a Half Ironman 2011 when I will be 75yrs.

Last July I completed my 100th marathon and on this run Jacque Maycock said I should have a new focus... take up Triathlon?? Blimey, I thought, I can't swim more than 150metres I went out and bought all the kit and booked swimming lessons with Kerry Wilson at Stantonbury. (I then had a nasty fall and injured a finger and shoulder on a Tuesday night run a week before my first lesson!)

THE FEAR FACTOR, in 1990 whilst in Australia nearly drowned in a rip tide. The week before the race I attended a Team MK swim/coaching session in Haversham Lake, an invaluable pre-race "teach-in". Never swam 750m before.

RACE DAY AT EMBERTON PARK: 6am Bike racked registered number 713, everyone very friendly, 150 in my sprint. Laid out gear, everything has to be in correct place for transition, called to pre/race briefing in wet suit by Big Boss Mark (Booth), HERON LAKE looked enormous, told to keep over to the right out off way mass start, Off, I never saw them go, by the time I looked up for a sighting could not see anyone, My canoe man next to me thank GOD. Tried to remember not to panic, relax, the things that go through your mind, my key thought, you got to complete this for those people at H4H.(wimp), middle of Lake had to do breast stroke but getting nowhere so off again with my pensioners crawl. By the time I got near the shore my goggles had steamed up. Had to ask canoe man which way, I had all the canoes round me, like a Red Indian Chief, got to the ramp and was pulled out by the marshalls and staggered to T1, crowd cheered and surprised me-. I had made it,

Mark giving me gee up, now that bloody wet suit, I ended up on the floor getting it off, much to the amusement of the crowd. A good mount on the bike and it's a tough hilly course..On the big hill coming back was passed by FRIDGE MAN also racing for H4H with the fridge on his back he shouted encouragement to me- what a man. Into T2, no problems, felt OK, into the run, a little wobbly getting blood into legs. Completed first lap and nearly came in - fortunately Julie Dalzell was there to shout at me and sent me round again otherwise I would have been disqualified. Bless her, she has been at many events when I was "losing it"

Where does the "MAKE WAY GRANDAD" come in? On this second and final lap a party of *old walkers* were walking as a group round the lake- I shouted "track"- but some old git in a big hat would not shift so I gave him the call (*get out of the way Grandad*) I heard him tell his old folks party, these kids think they own it here, (Some74 year Kid, he was right) Time, finish 2:09.47
Swim 34.54 T1 03.36: Cycle 56.55 T2 02.52: Run 31-30

Acknowledgements, www.wironmate.co.uk Mark Kleanthous, my Tri/coach, Jacque Maycock who started me on this challenge. Julie Dazzle who always comes to help and support me, Team MK who have made me so welcome, all my friends at MMKAC, who sponsored me, and last but not least Captain Brian who has put up with me for 18years, my editor.

Jim on his way round the lake at Emberton



MILFORD AND ROSE CALLOW ATTEND A BUCKINGHAM PALACE GADEN PARTY

Milford won the Buckinghamshire "Unsung Hero" award last year and as a result the Lord Lieutenant of the County nominated him to attend one of the Royal Garden parties where the Queen and Duke of Edinburgh are in attendance. Milford then received the official invitation from the Lord Chamberlain's Office to attend the function on 22 July.



"FRIDGE MAN"

Not a MK man but I thought Rob Creighton's race was worth reporting. He did the 2km swim by towing the 30kg fridge on a dinghy, then cycled the 92km again towing the fridge and finally the 21km run with the fridge on his back.



MMKAC RACE WALKERS ARE PROLIFIC SCORERS FOR THE EVAC TEAM

89 points scored out of a possible 100 by the MK squad



At the first three matches the MK race walkers notched up 22 out of 25 points available and then in the final match at Stantonbury made it 23. For the men Mark Wall has been unbeaten in the M50 age group with good back-up from Bob Austin and Brian Graves. Diane Baldwin has won 3 of her 4 races with fine support from Sue Rey and Ursula Ghaleb.

BEST LEAGUE TIMES FOR 2010

	1 mile	2km
Mark Wall	8.15.6 MK	10.45.0 Bedford
Diane Baldwin	9.28.8 MK	11.59.1 Sandy
Brian Graves	9.45.1 MK	12.28.9 Sandy
Bob Austin	10.14.3 Cambridge	12.36.1 Sandy
Sue Rey	10.55.4 MK	13.40.0 Bedford
Ursula Ghaleb	10.56.6 MK	14.15.0 Bedford



Photos from the 1mile walk at MK. Top: Mark Wall:
Above: Diane Baldwin leads Brian Graves:Sue Rey leads Ursula Ghaleb.

More prolifics: In 2008 Mark and Sue competed in more than 50 races each. To be more precise Mark raced 51 times with a total yearly distance of 593265m, an average race distance of 11,636m. Sue raced on 50 occasions totalling 564123m, an average of 11,282m per race.

Mark became a Centurion(walking 100miles within 24 hours) last year at Newmarket (a 2-mile lap) with a time of 21hours08.39. And who will ever forget the gallantry of Bob Austin in 2008 when MMKAC hosted the Centurions race on our track – 400 laps, as Bob finished just inside the time limit with 23:45.18. And, not forgetting Dave Findel Hawkins, who completed his 100 in 2007 (Battersea Park/2-mile lap) with a time of 21:57.13.

multi-events

ENGLAND AA Under20 HEPTATHLON CHAMPIONSHIPS (BEDFORD) – 5/6th June

**BRONZE MEDAL FOR SOPHIE WILKINS
WITH A PERSONAL BEST OF 4877pts.**

100mH(15.42):HJ(1.65):SP(8.45):200m(25.80):
LJ(5.48m):JT(31.39):800m(2.18.0):

REGIONAL SCHOOLS MULTI-EVENTS – 26/27 June

Gold for Devon Byrne and Silver for Jackson Curtis

Eastern Region: Intermediate Girls Heptathlon
(Chelmsford) 1st Devon Byrne(4236pts) PB

Midlands Region: Senior Boys Decathlon
(Kirkby in Ashfield) 2nd Jackson Curtis (4928pts)
6th Harry Dalton (4399pts)
Intermediate Girls Heptathlon
17 Elizabeth Read (2784pts)

SOUTH OF ENGLAND COMBINED EVENTS CHAMPIONSHIPS

24/25TH JULY - HENDON

**GOLD FOR DEVON BYRNE & BRONZE FOR
CHLOE WHALLEY**

SENIOR WOMEN HEPTATHLON

3rd Chloe Whalley 4533pts PB

UNDER 17 WOMEN

1st Devon Byrne 4185pts

6th Elizabeth Read 2851pts

UNDER 15 GIRLS PENTATHLON

12th Nicole Whitchurch 1966pts



Devon with Elizabeth and Nicole

TOP SIX UNDER 17 WOMEN HEPTATHLON ALL-TIME

1	Emma Beales	4638	Stoke-on-Trent	1988
2	Sophie Wilkins	4301	Milton Keynes	2007
3	Devon Byrne	4236	Chelmsford	2010
4	Nicola McSweeney	4168	Bedford	2004
5	Abi Robinson	4167	Stourport	2004
6	Chloe Whalley	4047	Bedford	2006

BEST OF LUCK TO MERVYN LUCKWELL

Mervyn has had a very short season. Troubled by a persistent arm injury his summer season lasted just 12 days!

13 June	SEAA Champs	1 st 80.08m	Crystal Palace
20 June	Euro Team Champs	8 th 71.80m	Bergen(Norway)
25 June	UK Champs	3 rd 68.57m	Birmingham

His throw at Crystal Palace was just 97cm down on his personal set in France last year. Subsequently he has an operation on his right arm and does not expect to be throwing until the end of this year.

JOHN SEED

John is now out of hospital/community care and back home after an absence of 8 weeks. His consultant was more than happy with the final x-ray on the injured left hip. He now joins the "MMKAC Titanium Implant Club" following in the footsteps of Chris Mahon and Richard Harrison. We took John along to watch the EVAC August match and he thoroughly enjoyed being outside after the best part of 8 weeks confined within four walls. Lets hope that his physiotherapy continues to be successful but has to take matters very easy for the next few months.

PS:

John's bike accident was on 4th June and by some coincidence there is a MK connection with the incident. A couple out walking saw John struggling on the ground and came to his aid. The lady was none other than Nicola Crowther who still holds the club 400m record of 54.21 set back in 1992..

CHRIS HERMAN



Congratulations to Chris for completing the UK Ironman Championships held on 1 August at Bolton, Lancs.

2.4mile SWIM	1:05.37
112mile BIKE	7:11.21
And then running a Marathon in 3:50.32	

With transition times of (11:34) and (7:25) his final time was 12:26.31 and 4th in the 55-60 age group, a superb achievement.

DI GILL MOVES TO EAST ANGLIA

Di has moved to Spalding, Lincs. She is looking to join a local club but it is far cry from MMKAC. Turning up at Boston AC one day there were just six athletes preparing for a road session.

Di joined us in 2003 and whilst primarily involved with the road scene also competed for the EVAC team. That year she ran her 10mile PB at Nene Valley with 74.28. 2004 was a really good year for Di. The Loch Ness Marathon was completed in 3:44.23, at the time, 19th best in the ladies all-time marathon rankings. And then into Wales for her half-marathon PB – 98.14 at Lake Vyrnwy. Between 2004 and 2006 Di competed regularly for the EVAC team competing in such diverse events as the pole vault and 2km walk. In 2006 Di set PB's for 5km(21.49/Stevenage) and 10km(43.30/Hatfield Broad Oak).

Di completed the 2005 "TOUR" and over the years since has helped me with day 1 race organisation. She made her fell running debut in 2007 competing in the Rivington Pike Race(north of Bolton).2009 saw Di competing, amongst other events, the Wisbech 10(Cambs), Great Bentley Half-Marathon (Essex) and Draycote 5(Warwicks). A qualified field event judge, Di came down to Luton to officiate at the recent SML match there. GOOD LUCK IN THE FENS.

Her new e-mail is: Waterbug1@hotmail.co.uk

TOM BLACKMAN

Most of you know that we now have another "snapper" in the club. Tom has really got into photography this year and Dave Barrett caught him in action at the UK Trials.

Over the weekend of 31/7 – 1/8 we were able to cover the two important matches held then: me at Luton and Tom up in Cheshire for the UKWAL.



CHRIS CLARKE

Chris set a season's 400m best of 46.31 in an European Athletics Festival in Poland on 6 June. His best time in the UK is 46.42 from his heat at the UK Championships in Birmingham. He then ran 46.43 finishing 7th in the final.

Chris ran the third leg(46.2 split) for the Great Britain 4 x 400m Relay team that finished 2nd behind Russia in the European Team Championships in Bergen, Norway. Apart from the latter country and Poland, Chris has competed in Holland, Spain and Switzerland and then set a personal best of 20.85 for the 200m in Villa Real, Portugal. Over this distance Chris went on to win the English AA title at Gateshead on 18 July with at 21.07

CRAIG PICKERING

Craig too, has been globe-trotting around Europe. His 100m best of 10.38 was set in Turin, Italy. Like Mervyn and Chris he represented Great Britain in the European Team Championships. Running leg 2 for the sprint relay team(39.00) they were very narrowly beaten by Italy(38.83).

And then on to Barcelona for the European Championships with Craig again on the second leg for Great Britain.....

Leon Baptiste ran the opening leg and he and Craig had a safe change and then the change to Marlon Devonish was good:

Devonish and Mark Lewis-Francis then "fluffed their lines" "I'm more devastated for my team-mates than anything. They have worked so hard for this " said Lewis-Francis. "Mark did not do this intentionally" Devonish added "Unfortunately these things happen and whatever happened was a mess"

Whether they may have beaten France or Italy in the final is debatable but the bronze medals could have well been within their grasp.

The GB team did have a success in the Diamond League match in Paris on 16th July. After Lawal-Balogun had run leg 1, Craig ,Marlon Devonish and MLF won with a time of 38.70.

GREG RUTHERFORD

Greg has had another injury-prone season and has only competed four times this summer. He was selected for Barcelona but had to withdraw with a foot injury. And then had to watch his team-mate Chris Tomlinson win the bronze medal(8m23)

However Greg revived his season on 10th August winning the long jump at the Gothenburg Grand Prix meet leaping out to 8m10.

UK CHAMPIONSHIPS AND EUROPEAN TRIALS – BIRMINGHAM – 25/6/7 June 2010

Men				
100m heat	1	Craig Pickering	10.45 w+0.4	Q
100m Semi	2	Craig Pickering	10.42 w-0.9	Q
100m Final	6	Craig Pickering	10.46 w-0.6	
200m heat	2	Craig Pickering	21.27 w+1.1	Q
200m Final	7	Craig Pickering	21.27 w-0.8	
400m heat	2	Chris Clarke	46.42	q
400m Final	7	Chris Clarke	46.43	
10000m	20	Marcin Fudalej	30:05.5	Club Record
Javelin	3	Mervyn Luckwell	68.57m	
Women				
200m heat	2	Joey Duck	24.77 w+0.9	Q
200m Final	8	Joey Duck	24.82 w-2.5	
100mH heat	7	Chloe Whalley	14.96 w-1.6	
400mH heat	3	Hannah Douglas	58.49	Q
400mH Final	4	Hannah Douglas	59.02	
Pole Vault	6	Rachel Gibbens	3.90m	

FIXTURES: FIXTURES: FIXTURES: FIXTURES

CHILTERN CROSS-COUNTRY LEAGUE

9 October	OXFORD
13 November	WATFORD(tbc)
4 December	STOWE
15 January	LUTON(Wigmore Valley)
12 February	WING(tbc)

CHAMPIONSHIP DATES

25/26 Sept.	SEAA 6/4 stage Road Relays(Aldershot)
17 October	EVAC xc Champs (Amphill)
6 November	ECCA Relays(Mansfield)
8 January	County XC Champs(?)
29 January	SEAA xc (Parliament Hill)
19 February	"National" xc (Alton Towers)
5 March	Inter-counties (Birmingham)
12 March	British Masters XC Champs (Luton - Wigmore Valley)

THE RIDGEWAY RUN 2010(15km)

Sunday 10 October

Start time of 10.10.10 10:10 and receive a T-shirt saying so.
They have already taken 100+ entries so enter soon if interested.

www.tringrunningclub.org.uk

28th TOUR OF MILTON KEYNES

6 Sep:	Tattenhoe Park 11km	7.00pm
7 Sep:	Bow Brickhill Hill Race	7.00pm
8 Sep:	One Mile Track Races	7.00pm
9 Sep:	Potterspury XC	7.00pm
10 Sep:	Campbell Park "5"	7.00pm
11 Sep:	Willen Lake 10km	6.00pm

Entry form on club-web site/at club house/

Enquiries: Brian Graves (b.graves134@btinternet.com)

WOLVERTON FIVE - 27TH NOVEMBER

Cross-Country Secretary: Jackson Ryan(07717027218)

Road Running Sec: Julie Dalzell (julie.dalzell@btinternet.com)



MMKAC

AWARDS EVENING

Buffet & Disco

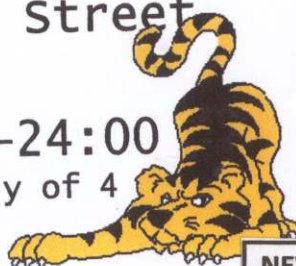
Harben House, Tickford Street
Newport Pagnell

FRI 1st OCTOBER 19:00-24:00

£15 per person. £50 per family of 4

TICKETS AVAILABLE AT CLUB HOUSE KITCHEN

Enquiries: Jan Hardcastle (jan@57fd.fsnet.co.uk)



ANNUAL AWARDS - TROPHIES

Can I ask those athletes who won an award last year to please return their trophies to the Club House Office/Kitchen.

MANY THANKS - JACKSON RYAN

TRACK & FIELD RECORDS SET THIS SUMMER

Hammer	M20	Sam Ridgway	57.96	Crawley	Open Meet	14-Apr
5000m	MS	Marcin Fudalej	14.13.9	Watford	BMC	12-Jun
3000mSC	FS	Nicky Gooderham	11.52.1	Watford	BMC	12-Jun
2000mSC	FS	Sophie Gibbens	7.18.08	C.Palace	SEAA Chps	12-Jun
Javelin	M20	Sam Taylor-Outridge	63.17	C.Palace	SEAA Chps	12-Jun
Javelin	M13	Jonathan Pownall	41.02m	Watford	Open Meet	16-Jun
3000mSC	M20	Eliot Winter	9.37.14	Bedford	English AA Cps	19-Jun
4x300m Relay	F17	Gemma Childs, Mel Wood Devon Byrne, Katie James	2.50.5	Abingdon	NYAL	20-Jun
10,000m	MS	Marcin Fudalej	30.05.50	Birmingham	UK Champs	25-Jun
Javelin	M20	Sam Taylor-Outridge	64.36	Finland	Javelin Festival	01-Jul
100mH	FS	Chloe Whalley	14.12	Bedford	UKWAL	03-Jul
4x300m Relay	F17	Rebecca Hardy, Mel Wood Devon Byrne, Katie James	2.49.7	Marlborough	NYAL	18-Jul
3000m	F17	Beth Swords	9.55.52	Trafford	Grand Prix	27-Jul

VETERANS

Discus	M70	Jack Kee	31.68	Lee Valley	BMAF	28-Mar
Hammer	M70	Jack Kee	47.75	Sutt. Coldfield	Throws Pent.	23-May
Javelin	M70	Jack Kee	25.44	Sutt. Coldfield	Throws Pent.	23-May
800m	M50	Ivars Licietis	2.14.2	Cambridge	EVAC	02-Jun
3000m	M55	John Skelton	10.36.8	Cambridge	EVAC	02-Jun
2km Walk	M70	Brian Graves	12.28.9	Sandy	EVAC	07-Jul
1m. Walk	M70	Brian Graves	9.45.1	Milton Keynes	EVAC	04-Aug

The Life and Climbs of ADELE PENNINGTON MOUNTAINEER

The only British woman to
summit Everest twice



A charity slide show/talk by Britain's
foremost female mountaineer
in aid of
Milton Keynes
Multiple Sclerosis Therapy Group

David Lloyd Leisure, Newlands, MK
£8.00 adults
£5.00 over 65's/students under 16

Contact Colin Burnett at club nights or via
colin@goodeys.plus.com

NEWSLETTER EDITED BY

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