

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

JANUARY 2011

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts for ever"

Lance Armstrong

CONTENTS

- 2- Chair's Report
- 3- Peter Hall wins Bucks Sport "Unsung Hero" award
Lewis Barnes is runner-up in the MK Citizen
"Young Achiever of the Year" awards
- 4 Jim Bennett highlights new coaching
recommendations for MMKAC
- 4/5 Annual General Meeting
Election of club officials
Club balance sheet for 2009/2010
- 6/7 Wolverton '5' - 2010 race report
30years ago - the 1980 race
- 8 "Where have all the marshalls gone"
the Watchless "Wolverton 5"
- 9 Lots of success at Autumn Relays
- 10/11 Chiltern XC League review: Watford & Stowe
- 12/13 A look back to some of the highlights of 2010
- 14 Jonathan Pownall hits no 1 in the UK
Background on the Pownall family
- 15 MMKAC athletes in UK top 10
- 16 MMKAC Young Athletes in UK top 100
- 17 Senior/U20 Men in UK top 100
Jim Lawrence reviews the 2010 rankings
- 18 MMKAC in Lanzarote/Abingdon Marathon
- 19 Road Runners in the news
- 20 Leading Road Rankings for 2010
Warm weather training/Kyle Bennett
- 21 Bucks XC Championships review
- 22 Some personal highlights of the last Decade
Malcolm Down interviews Allyson Felix
- 23 Mick Bromilow brings us up to-date with the 'new'
Southern Athletics League
- 24 THE BACK PAGE inc. short review of MMKAC
in the 4th Chiltern League match at Luton.



Splish, splashing at Luton

Chair's piece

Economic Situation

You will see, from the report on the Annual General Meeting, that the club currently has healthy cash reserves thanks to a number of factors. For example, our contribution from last year's Festival of Road Running, which attracted almost 5000 entries, benefitted the club by over £14k. We have also had an annual grant from Milton Keynes Council of between £15k and £16k per year for managing the athletics stadium on behalf of the community. This money has always been earmarked for replacing equipment.

For some years, the club has employed a full-time Community Sports Coach (Rick Townsend), initially with the benefit of a grant from Sport England, but more recently through the Milton Keynes School Sports Partnership (SSP), where Rick has been employed two days per week going into various schools and teaching the teachers how to coach athletics.

Last November this all changed when the Government announced it was abolishing the SSPs, so they can no longer employ Rick. In December we were dealt another blow when the Council announced that it was cutting back on services. Having decided they needed to cut £24m from its £200m budget, it proposed making cuts in many areas, subject to a consultation exercise, which runs until 4 February. I understand that it is proposed that our £16k annual grant is cut by 20% in the year 2011/12, and by a further 40% in year 2012/13, which will reduce our ability to replace vital equipment. Because the Campus owns the track, it is not regarded as a "Council Asset" so we've been much more heavily targeted than leisure centres which are losing around 15% of their budgets over the same period, and Voluntary Organisations, which are losing around 10% of their budgets. Ironically, we have been registered with the council for many years as a Voluntary Organisation, but this does not count as our grant comes from the Sports Development Budget.

I have put a copy of my response on the home page of the MMK website. I would urge you to spend 10 minutes adding your own response (using the link on the website). If many people respond, it is possible these cuts will be reviewed.

Marshall Funding

We are just starting the sixth year (of seven) in which the Club has been sponsored by Marshall Amplification to allowing us to support our elite athletes up to the London Olympic Games. I would like to pay tribute to the company, and to Jim Marshall, in particular, for their continued generosity in these difficult economic times. We have been able to help around 15 athletes a year through this scheme, many of whom are working hard towards qualifying for the GB Team next year. The support has been outstanding and the results magnificent!

Bucks Athletics Network

The Bucks Athletics Network is coming to the end of its first year, in which the emphasis has been on improving the coaching set-up in Buckinghamshire clubs. Next year the focus will change towards recruiting new members.

On the weekend of 15/16 January the Network put on an Assistant Coaches' course at Stantonbury. Ideally we would have liked 24 new coaches to attend, but a week

before the numbers stood at 14. We decided to go ahead with the course to avoid disappointing potential coaches. However, one more dropped out during the week and four more failed to turn up for the course (including three from MMK), ensuring that the Network would make a significant loss on the weekend. It is unlikely that further courses will be held at Stantonbury as a result of this.

MK Half Marathon and Festival of Running

The MK Half Marathon and 10km races and the 5km fun run take place on Sunday 13 March, with the first race starting at 10am. As last year, the first three miles of the 10km and Half Marathon courses will on grid roads (the V7 and H9), closed to traffic, before joining the course used in previous years. Marshalling this course will stretch the club's resources. With limited help from the police on the day we will need well over 100 people to help. David Barratt has written a separate article in this Newsletter on the reasons why we need this event to be a great success. A significant proportion of the profits from the race will be used by the club, for example, to subsidise transport costs and to pay for officials and coaches to attend courses. Last year the club's income from the race was more than £14k. Please volunteer to help with this event. I am putting out a separate letter, with a return slip, which you can bring along to training, or send in with your membership renewal form. If you are under 18 you can help, for example, at the feeding stations or at the finish. If you are over 18 as an athlete, a parent or a friend, please let us know that you are available, and how you are able to help. All helpers will be given a free lunch and a T-shirt.

South of England Road Relays

The Club is again hosting the South of England Men's 12-stage and Women's 6-stage Road Relay Championships at the Open University in Milton Keynes on Sunday 27 March, with the men starting at noon and the women starting at 1pm. This attracts many of the best runners from the South of England. In the past we've had Olympic Silver-medallist Sonia O'Sullivan, Liz and Hayley Yelling and Mo Farah taking part. The course goes round Caldecotte Lake and, of course, we will be looking for marshals to ensure we get another spectacular event.

Club Membership Fees

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

Happy New Year.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



PETER HALL WINS THE UNSUNG HERO AWARD

The Awards Evening was held at Horwood House on Friday 19th November

His profile:

Involved in athletics for nearly 60 years, Peter is a modest, self-effacing man. However his passion for athletics makes him stand out. Although he no longer coaches he can be found at the track most days making sure Marshall Milton Keynes Athletic Club (MMKAC) continues to thrive. From ensuring the clubhouse, track and equipment are maintained, to providing an ongoing friendly and reassuring presence, the Club would be lost without him. Peter first started running at 14, and while he was a good club athlete, ongoing championship success eluded him. So in 1983 he took a slight change in direction, becoming a Level 3 coach specialising in coaching young athletes and in the throws.

Peter has coached the youngest athletes at MMKAC for more than 20 years, giving them an all round introduction to many athletic disciplines. Peter was also an advocate of sportshall athletics long before it became fashionable, organising meetings in Milton Keynes and taking teams to other meetings across Southern England. Peter is also the highest qualified Field Event Judge in the county, officiating hundreds of meetings over the past 24 years. Above all he's left a lasting legacy, creating an environment in which everyone at the club can excel.

SHORTLISTED WERE:

CHRIS WATTS for Coach of the Year and
ELIZABETH READ for Young Leader of the Year.

Also in the School of the Year category joint winners were two Milton Keynes Schools - Slated Row and Two Mile Ash.

Brian Graves writes about Peter's early running career in MK:

"A 2:41 marathon in 1970"

I first meet Peter in the early 1970's not long after I moved to MK and resumed my running career. In those days there were not many runners on the roads around MK. Peter was often seen on the Leighton Buzzard and Buckingham roads (albeit the traffic was nothing like it is now) bashing out 20+ mile training runs. Peter ran for Luton Utd AC in those days and set his marathon PB of 2:41.31 placing 6th in the 1970 Midland AA A Champs. at Rugby.

We developed a Wednesday night 11-miler; from Bletchley to Great Brickhill, down to the 3 Locks and back through Stoke Hammond. We lived in the same road which had a hilly finale, Peter always insisted that we ran past our houses to finish at the top of the hill. Another of our runs was on Sundays to run to Brickhill Woods (5m), take part in Mick Bromilow's 7m fartlek session and then run home. - and Mick wouldn't wait if you couldn't keep up - you learnt the hills the hard way! Peter later joined MKAC as the club began to progress through the 1970's.



Photo: Peter Hall-Elizabeth Read-Chris Watts



1 DECEMBER

LEWIS BARNES IS SECOND IN THE YOUNG ACHIEVER OF THE YEAR CATEGORY



Lewis has been a great ambassador for Milton Keynes and took a superb double last summer winning both the England AA and English Schools title U15 boys shot titles. He is ranked 2nd in the UK rankings with a club record and PB of 15m09.

RECOMMENDATIONS FOR COACHES at MMKAC

Jim Bennett highlights the following:

After our recent head coaches meeting and full committee meeting the following recommendations were passed for all coaches at MMKAC to follow;

- All coaches will have to wear Identification. We are looking into some sort of badge that will hold our coaching licence, if we can not find this it will be a badge of some kind.
- All active coaches (i.e currently coaching) have the option of ordering a MK jacket that will have coach written on the back of it, free of charge. You can order this from Karen at the kitchen.
- Any training group that coaches athletes under the age of 18 will have to have at least one coach in that group with an up to date, "Safeguarding & Protecting Children" certificate. This certificate has to be renewed ever 3 years.
- Every training group will have to have at least one coach in that group with an up to date "First Aid" certificate. Again this certificate has to be renewed every 3 years.

The club is going to have all active coach's profiles up on the web site and on a notice board in the club house.

The minimum information that we would need from you all is;

- An up to date picture of yourself.
- You're coaching qualifications.
- Any other athletic roles you hold outside of MMKAC.

Please can you send the information to me.

All of these recommendations have been put in place to protect and help all our coaches at MMKAC.

We would like to have all of this in place by the 31st March 2011 and we thank you all for your co-operation and help.

jim_bennett@btinternet.com

ANNUAL GENERAL MEETING FOR THE YEAR 2009/10

Stantonbury Track, 16 November 2010

Mick Bromilow welcomed 16 members to the meeting.

MAIN ITEMS FROM THE AGENDA

1. Mick Bromilow outlined the major achievements of the year,.
2. Emma Beardmore spoke on Sponsorship from Lucozade, Joint SML and SWL competition, Bucks Athletics Network & Health and Safety Issues
3. Rick Townsend (Community Sports Coach) outlined his activities for the past year
4. Treasurer's Report for 2009/10
Alec Walliker's report and accounts for 2009/2010 are printed on the next page .The accounts were duly accepted by the meeting.
5. Election of Officers for 2010/2011

The following were elected:

Chair	Mick Bromilow
Secretary	Emma Beardmore
Treasurer	Alec Walliker
Coaching Secretary	Jim Bennett
Cross-Country Secretary	Jackson Ryan
Road Running Secretary	Martin McPheat
Ladies Secretary and Vice-Chair	Jo Benham
Track & Field Secretary	Jim Lawrence
Fixtures Secretary.	Jim Lawrence
Membership Secretary	Peter Scott
Officials Secretary	Julia Gibbens
Vets Winter Secretary	Dave Barrett
Vets Summer Secretary	Jim Lawrence
Ladies Representative	Jan Hardcastle
Equipment Officer	Peter Hall
Development Officer	John Seed ?
Track Liaison Officer	<i>vacant</i>
Press Officer	Ian Russell
Newsletter Editor	Brian Graves
Committee Members –	
Kyle Bennett, Gordon Fallow, Dave Millett, Ian Stewart and Nick Washington	

Other Resolutions

- 6.1 Life Membership.
Life memberships were awarded to Jackson Ryan and Sam Kirkpatrick
- 6.2 Membership for over 70's
It was agreed that subscriptions for over 70's to be the same as that for an Associate Member.

- **ANNUAL GENERAL MEETING 2009/10**
- **REPORT BY THE TREASURER AND BALANCE SHEET FOR THE YEAR**

The last 12 months has again been a successful year with a profit of £16,872. Our reserves now stand at a healthy £93,211. This years' surplus would have been much higher without a "one off pensions payment (£10k) for which monies had been accrued over the past three years.

INCOME

- Income was up £8,174 on the previous year at £128,285 mainly made up of increased salary contributions up £6,238 to £31,803 and Grants and Awards up £6,340 at £16,690.
- Salary contributions pay for the Community Sports Coach(CSC) and in the last year were made up of payments from Schools Partnerships and the Bucks Athletics Network. Schools Partnerships may fall by the wayside due to Local Government cuts next year and we are applying for alternative funding for the CSC.
- Donations and sponsorships were from Marshall Amplifications (£10k), Community Sports Foundation (£3k) and the Anson Trust (£2.5k). The latter was gained by Chris Watts for his throwing group whilst the former was obtained by Gordon Fallow and spent on necessary equipment.
- Subscriptions were also up by £2,423 at £29,963 and track management fees delivered £18,951. Track management fees include hiring out of the facilities at Stantonbury and an annual grant from MK Council. This grant may well not be secured in future years and we need to ensure that a loss of income does not result in deficits.
- Event income (£24,087) remains a strong source of income despite being down on last year (note last years' figure included some revenue from 2007/8) The half marathon was a great success and other events staged by MMKAC all made a profit.
- Kitchen takings show a drop but there was less home meeting this year and some of the takings shown in the previous year were for 2007/8.
- Bank Interest was virtually zero!!

EXPENDITURE

- Expenditure was up by £20,249 with salaries (including the "one off" payment) the main reason. Ground and building repairs were up £2,471 with work being carried out on both the outfield and within the club house. Sports Hall hire was also up £2,728 on the previous year. This stream includes monies spent at Stantonbury, Bury Lawn School, Stowe, Brunel and Loughborough.
- Other than salaries, which incidentally also include any work that coaches perform during school holidays for the MK Council, our next highest outlay is equipment which at £11,688 was down on the previous year. However club coaches tell me there is a long list of equipment that is still required in the coming year!
- Next largest expenditure, also down on the previous year, was travel costs. Much more consideration was given to what size coach/bus was required this year and these figures include the trip to North Devon.

MARSHALL AMPLIFICATIONS SPONSORSHIP

In the last 12 months we were fortunate again to receive £10,000 from Marshalls and that funding has been spent, as in previous years, on both established and up and coming athletes. Hopefully we shall be able to secure more funding in the coming years.

RECOMMENDATION TO THE MEETING

I recommend that membership fees remain the same as last year. However, we must be ever conscious that we have achieved our healthy status by securing lucrative sponsorships, grants and donations which made up £40,000 of income in the last year.

Marshall Milton Keynes AC-Oct 09 to September 10 Accounts

INCOME	Last Year	This Year	Variation
Subscriptions	27539.67	29962.99	2423.32
Track Management Fee	21456	18951	-2505
Events	25530.28	24086.57	-1443.71
Awards Evening (gross)	0	0	0
Grant / Award	10350	16690	6340
Club Kit	3343.30	2696.04	-647.26
Salary Contributions	25565	31803.35	6238.35
Kitchen net takings	4558.74	3017.26	-1541.48
Other Income	822	1062.50	240.50
Bank Interest	945.86	15.60	-930.26
Total Income	120110.85	128285.31	8174.46
EXPENDITURE	Last Year	This Year	Variation
Travel	9613.89	8851.3	-762.59
Equipment	12668.57	11687.74	-980.83
Grounds / buildings	1783.98	4255.45	2471.47
Sportshall	3543.44	6271.51	2728.07
Newsletter/Magazine	4752.58	4474.68	-277.90
Coaches expenses	27	144.24	117.24
Coaches courses	1584	1354	-230
Trophies	792.66	1566.11	773.45
Entry Fees	1868	1914	46
Affiliation fees	2875	2825.56	-49.44
Events expenses	7217.79	9165.21	1947.42
Awards Evening Net	500	644	144
Club Kit	2461.33	2224.83	-236.50
Track Fee	241.12	27.50	-213.62
Athlete Sponsorship	350	1633	1283
Marshall Distributions	9673.78	8675	-998.78
Salaries	26707.39	39912.88	13205.49
Admin Expenses	2566.47	3166.69	600.22
Other	1937.07	2619.84	682.77
Total Expenditure	91164.07	111413.54	20249.47
Profit / Loss		16871.77	
Brought Forward Sept 09	76339.00		
Balance at 30/09/10		93210.77	
Current Account	36696	12588.77	
Reserve Account	35127	75000.00	
Sponsorship Account	4516	5622.00	

The 46th Wolverton 5

AND THE 20TH ON THE WILLEN COURSE

Saturday 27th November 2010

I had received 298 pre-entries and we took 50 on the day. No doubt the weather had a bearing on the latter but from a possible field of 350 we did very well to have 271 finishers. The light snow on the course at 9.00am soon melted and by 2.00pm wintery sunshine prevailed.

We had a few more helpers setting up the event this year and by 11.30am entries on the day were being accepted at Camp Hill. Dave Barrett took over from Terry Laybourn in organising the race marshalls and many thanks to him for a sterling job here. Nick Folwell had assembled a very experienced timekeeping/recording team and not surprisingly they coped admirably. Race Director, Jackson Ryan was everywhere as his whim whilst Mick Bromilow again sorted the results in his usual very efficient manner.

I have mentioned a few names here but really grateful thanks to everyone who assisted on the day especially in view of the inclement weather.

"a third runners'-up place for Marcin/PB's galore"

Marcin Fudalej placed second for the third time from the four such races he has competed in. His time of 24.44 was just 4-seconds off his PB from 2008, Tom Comerford in fourth place improved his PB by 30-seconds just missing the 25min. barrier(25.03) and there was a huge PB by over 2-minutes from the in-form Ross Threlfall who placed 20th overall with a time of 27.10 and ensured that MMKAC won the men's team prize again. PB's for the next two MK finishers – Ross Mackenzie(28.49) and Ian Lamb (29.35) whilst Andrew Wasdell was the only other sub 30-minute runner recording 29.43.

"in the top three of their age groups"

Ian Van Lokven was just the wrong side of 30mins(30.01), second M50, just 3 places down on the age group winner. Kelvin Smith ran a PB of 33.41 for third M60, David Newens made a return to competitive running by taking the M65 title(34.20), Julie Dalzell was 2nd W40(34.24) and held off Lauren Cripps(34.29) by just 5-seconds to be first MMKAC lady to finish.

"first two ladies run into the UK top 20 for 2010"

Amy Whitehead(nee Waterlow) clocked a PB of 27.57 to go 11th in the current UK rankings whilst Clare Elms(W45) ran a PB of 28.18 to go 19th in the UK rankings and ran one of the fastest ever W45 times. Amy has now won the ladies race four times, 2006, 2007, 2009 & 2010.

Other race stats:

- PB's for 10 of the top 20 finishers
- The winner, Paul Miles(OWLS) goes to no 33 in the 2010 UK rankings with his time of 24.36.
- Tom Comerford is placed 61st in the UK top 100 for 2010
- Marcin is not officially ranked due to his Polish nationality but un-officially would be 44th.
- The percentage of runners breaking 30-minutes was just over 18% which is about the average for recent years.



Top :Leaders after 2km- Tom Comerford(57),Owain Matthews(230/winner in 2004),Paul Miles(350) & Marcin Fudalej(46): **Above** - the battle for first MK lady – Julie lead Lauren at 2km.
Below: Ross Threlfall leads 1996 winner, Julian Critchlow/ no gloves or T-shirt for Andrew Wasdell: **Bottom** – Neil Gosing & Geoff New.



MMKAC WILLEN TOP "20" TIMES

MEN

Tony Forrest	M20	24.09	1995
Richard Nifah	MS	24.13	2002
Ian Thompson	MS	24.33	1991
Marcin Fudalej	MS	24.40	2008
Andy McKenna	MS	24.43	2002
Daryn Castle	MS	24.51	2004
Charles Herrington	MS	25.00	1998
John Crouch	MS	25.03	1992
Tom Comerford	MS	25.03	2010
Ray Crabbe	MS	25.04	1992
Alex Bowden	MS	25.09	2004
Kevin Farmer	MS	25.42	1991
Paul Erwood	MS	25.53	2009
Paul Fisher	M17	26.00	1994
Andy Harris	MS	26.01	1994
Ian Van Lokven	M40	26.08	1998
Mick Kelly	MS	26.14	1992
Andy Whetstone	MS	26.15	2007
Nigel Fenwick	MS	26.17	1991
Chris Hearn	MS	26.17	2003

WOMEN

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

ALL-TIME TOP 10 MEN ~ Willen '5'

Justin Hobbs	Cardiff AC	23.01	1993
Jim Campbell	Annadale Striders	23.26	1994
Dermot Donnelly	Annadale Striders	23.32	1994
Julien Moorhouse	Birchfield H.	23.35	1999
Adam Bowden	Harrow AC	23.40	2008
Amin Kokai	Ilford AC	23.44	1994
Spencer Duval	Cannock & Stafford	23.44	1997
Keith Cullen	Chelmsford AC	23.46	2003
Gary Spring	Bedford & Co.	23.47	1994
Davy Wilson	Annadale Striders	23.49	1994

ALL-TIME TOP 10 LADIES- Willen "5"

Alison Wyeth	Parkside AC	26.21	1992
Liz Yelling	Bedford & Co.	26.36	1996
Nicky Morris	Essex Ladies	26.44	1991
Teresa Dyer	Peterborough AC	26.57	1992
Andrea Whitcombe	Parkside AC	27.11	1994
Vicky Pincombe	Bideford AC	27.50	2002
Linda Dewhurst	Milton Keynes AC	27.57	1993
Amy Whitehead	Sale(Manchester) H	27.57	2010
Wendy Farrow	Derby Ladies	27.58	1999
Louisa Wood	Bedford & Co.	28.12	2002

- DOWN MEMORY LANE – THE 1980 RACE
- RECORDS SET: A COURSE RECORD AND A RECORD NUMBER OF FINISHERS

I was reminded that it was 30-years ago that the record on the original course in Wolverton was smashed. Ron Grove(Leicester) had set the record back in 1969 with 23.20. Athletics Weekly printed a short report that I had sent in:

Steeplechasers Shatter Record For Wolverton '5'

THE WOLVERTON '5', first run in 1965, really came of age on November 29th with a star-studded field, a record 600 entries and an eventual 434 finishers. Five years ago there were just 128 finishers and a certain G. Rimmer, representing Aylesbury, came 23rd in 25:44. This year's race, generously sponsored by Capital Shipping Anglia Ltd, lived up to its expectations – Jim Espir (last year's winner), Nicky Lees, Gordon Rimmer, Roger Hackney and Mike Gratton sped through the halfway point in a staggering 11:15, and it was obvious that the long-standing course record (Ron Grove, 23:20 in 1969) was under threat. With a mile and a half to go Lees looked comfortable, but it was Espir who made the break. Previous winners Merv Brameld and Tony Simmons were about 10 seconds adrift, with Invicta already looking set for the team award. Finally, Rimmer and Hackney broke Espir and in a desperate sprint for the finish Rimmer just edged out his fellow steeplechaser – recording 23:08 – smashing the course record by 12 seconds.

LEADING MKAC RUNNERS

Gerard Copps was 45th(25.14), Simon Rayner 55th(25.34) and Alan Green (26.20) and were the only locals in the top 100. There were two finishers connected with the 2010 race – Mick Bromilow was 144th(27.10) and Adrian Cox 258th(29.37).

INVOLVED THEN AND NOW

Mick prepared the results this year and Adrian was one of the team down at Willen at 9.00am helping set the course up. Milford Callow was race director then but ran this year and was first M75., Rose Callow, as usual, was involved with the results team whilst Brian Graves was timekeepers recorder back in 1980 and this year was entries secretary. Alasdair Gibson was a race marshall 30-years ago and helped at the registration desk this year.

IAN STEWART

Ian, who coaches Tom Comerford, but in Luton colours back in 1980, placed 15th with a time of 24.24.(7th fastest on this course) Ian went on to win the 1981 race in 23.24 and again in 1983 recording 23.39. The latter race was when Simon Rayner finished second with a MK club record(and still is) for 5-miles with 23.54.

AND SOME 67% OF THE FIELD BROKE 30mins

290 runners from the 434 finishers were inside 30minutes. Last runner clocked 40.30.

AND (for newer club runners)- WHY IS THE RACE RUN AT WILLEN LAKE NOW.

The race was around the streets of Wolverton between 1965 and 1990. The start and finish was near the Galleon pub in the Old Wolverton Road. The local police had been making overtures that they were not happy with the race and in 1991 they took the opportunity to stop us running on the roads. Roadworks by Wolverton Station and the re-shaping of the declining railway works along the main road through the town were causing traffic problems etc . AND so we were forced off-road and the 1991 race was run at Willen Lake, albeit with a slightly different course in use now. BUT we have kept the race name.

AND CONNECTIONS WITH 1965

Milford Callow ran then, as did John How(race referee in 2010), Rose Callow was entries secretary and I was reminded by Bob Burton(Watford Harriers) that he ran in 1965 and is looking forward to the 50th race!

POST WOLVERTON 5

Dave Barrett's observations after his first tenure in organising the marshals for the 2010 race.

Where have all the marshals gone?

"I didn't join a running club to stand around and watch other people. I joined to run". This sentiment, expressed in a variety of ways, was the result of my appeal to club members to help out with the recent Wolverton 5. It's a sentiment I can sympathise with. Why on earth would you want to stand around in the cold, watching other people running while you could either be running yourself, or sitting in front of the fire watching sport on the TV? However, have you ever wondered what would happen if everybody took the same view?

Every race that you have ever entered, on the track, trail or road has required a number of people to give up their time to make sure that the course was laid out, the timing was done properly, the results were correct, that you were safe and that you followed the correct route. These things don't just happen, they take time to organise – often lots and lots of time.

The MK Half / Festival of Running takes place on Sunday 13 March. To run the event properly we need upwards of 100 people to give up their time to help. Last year we spent the last week before the event desperately phoning anyone we could think of, begging them to help out. We had just enough people, but only just – and without the army cadets we would have been in real difficulties. It shouldn't need to be like that for a club of our size. The money that we make on these major events, provides the cash that keeps the club running for the rest of the year. If you are going to take advantage of that, is it not reasonable to put something back in?

I know that, for example, Silson Joggers members are not allowed to take part in their 10k race that forms the opening round of the East Midlands Grand Prix series. Their club needs them to help out with the organisation in order that the event can go ahead successfully.

When I'm not running one of my other passions is to navigate on car rallies. The winter series that I take part in requires all competitors to organise or marshal on at least one of the events, otherwise their competition points are nullified. A number of events require prospective entrants to provide a marshall before their entry is accepted.

No event can happen without an army of willing volunteers. A poor turnout of marshals gives a poor impression of the event, and a reputation lost is very difficult to regain – there are lots of other events out there that people can enter. They don't need to come to Milton Keynes.

Please make yourself available to help with future events – and especially the Half Marathon on 13 March.

Dave Barratt



CHRISTMAS DOUBLE FOR JOHN SKELTON

John was the fastest runner in the Open University 5km handicap on Wednesday 15th December. Starting with Andy Sutton at the rear of the field (11.20 behind the scratch runners) John passed 13 runners to finish 16th overall in a time of 18.34 with Andy just 3-seconds in arrears.

THE ANNUAL WOLVERTON WATCHLESS "5"

(16th December)

This event, which includes one lap of the original Wolverton "5" course, attracted a slightly smaller field than of late, 23 runners (28 in 2009). John had made his debut last year and won with a differential of 5-seconds. Amazingly he won again, finishing in 32.13, just 1-second off his estimate of 32.14.

Kelvin Smith, after a plethora, of third places in recent races took second here (39.20), only 3-secs slower than his estimate of 39.17 whilst Mervyn Phillips took the 3rd prize, running 34.50 against 34.54. AND Geoff Pucci can make good use of the wooden spoon making more delectable trifles. Steve Herring ran the fastest time of the race (30.07) with fellow back-marker Andrew Wasdell clocking 30.35.

Thanks again to Rose and Milford Callow for their hospitality, Nick Folwell for timekeeping and Martin McPheat for helping with the results. AND to all the runners for braving a bitterly cold evening.

RESULTS

	name	EST.	ACTUAL	DIFF.
1	John Skelton	32.14	32.13	0.01
2	Kelvin Smith	39.17	39.20	-0.03
3	Mervyn Phillips	34.54	34.50	0.04
4	Dave Findel-Hawkins	37.17	37.30	-0.13
5	Jessica Bartlett	49.41	50.00	-0.19
6	Di Baldwin	38.01	37.40	0.21
6	Kirsteen Welch	38.01	37.40	0.21
6	Andrew Wasdell	30.56	30.35	0.21
9	Andy Sutton	32.25	33.00	-0.35
10	Michael Groom	34.12	35.03	-0.51
11	Dave Barrett	46.01	47.23	-1.22
12	Chris Ryder	46.01	47.25	-1.24
12	Finn Hansen	34.54	33.30	1.24
14	George Hapeshi	40.59	39.30	1.29
15	Deb Hindmarch	42.12	44.05	-1.53
15	Steve Herring	30.07	32.00	-1.53
17	Jim Miller	42.11	44.05	-1.54
18	Peter O'Sullivan	42.30	45.00	-2.30
19	Paul Mason	35.15	38.00	-2.45
20	Tony Byrne	42.32	39.42	2.50
21	Colin Burnett	54.59	57.15	-2.56
22	Geoff Pucci	54.44	60.00	-5.16



Diane Baldwin and new-comer Kirsten Welch await their start time.

LOTS OF SUCCESSES IN THE MAJOR AUTUMN ROAD RELAYS

South of England Road Relays ~ Aldershot - 26 September

Under 13 Girls		Under 17 Women	
34 Lauren Murphy	9:28	2 Beth Swords	10:21 4th fastest
30 Natasha Finlay	9:40	2 Elle Roche	10:51 13th fastest
27 Lauren Presswell	9:32	2 Mel Wood	10:42 9th fastest
B team		B team	
56 Megan Frankland	10:00	16 Gemma Childs	11:26
57 Amy Radford	10:13	10 Rebecca Marshall	11:23
46 Sophie Botham	9:49	15 Jade Leggett	12:14
62 teams finished		31 teams finished	
Under 15 Girls		Under 17 Men	
18 Fern Yull	11:36	12 Ryan Burling	12:24 19th fastest
8 Jasmine Finlay	11:17 21st fastest	19 Matthew Puddefoot	13:27
6 Emily Bousfield	11:12 16th fastest	15 Sam Redding	13:05
B team		14 Matt Malcolm	13:45
26 Amy Botham	11:49	34 teams finished	
38 Vicky Ashley	13:43		
53 teams finished			



STARS OF THE SHOW

Silver medallists at both Championships-
U17 Women:

Beth Swords/Elle Roche/Mel Wood at Mansfield

Aldershot won both events leading throughout at each but at Mansfield it was down to Mel Wood on the third and final leg to ensure the silver medals for MMKAC. Winchester were just ahead of MK at the final changeover but Mel tracked their last runner down and then in the closing stages had to really work hard to hold off the formidable Jessica Judd (Chelmsford) who clocked the fastest time of the day chasing Mel. The MK lady had a slight 2-second advantage at the finish!!

U15 GIRLS RUN TO A TOP 10 PLACE AT BOTH EVENTS

Fern Yull, Jasmine Finlay and Emily Bousfield placed a fine 6th at Aldershot and then a superb 9th at Mansfield with Jasmine, Emily and Sophia Cliffe.

TOP 10 FOR THE U13 BOYS

Toby Herdman-Smith, Owen Seamark and Dominic Murphy placed a best-ever 7th in the English Championships for this age group race.

English Cross Country Relays - Mansfield - 6 November

Senior Men		Senior Women	
50 Matt Willmott	16:36.45	42 Lara Bromilow	11:21.15
43 Paul Erwood	16:34.45	28 Tanya Taylor	11:02.00
43 Ross Threlfall	17:18.00	Incomplete team	
46 Matt Eager	17:50.90	Under 17 Women	
140 teams finished		3 Beth Swords	8:51.80 6th fastest
Junior Men		3 Elle Roche	9:16.60
46 Sam Deathe	9:44.95	2 Melanie Wood	9:02.65 10th fastest
38 Matt Eager	9:51.95	B Team	
28 Eliot Winter	9:39.05	21 Gemma Childs	9:34.50
55 teams finished		28 Jade Leggett	10:31.25
Under 17 Men		26 Alex Clinkard	10:01.35
38 Ryan Burling	9:56.25	54 teams finished	
44 Matt Malcolm	10:21.50	Under 15 Girls	
34 Sam Redding	9:48.80	4 Jasmine Finlay	7:18.25 10th fastest
84 teams finished		5 Sofia Cliffe	7:32.40
Under 15 Boys		9 Emily Bousfield	8:05.45
14 Josh Knight	6:44.20	B Team	
73 Callum Tierney	8:22.35	52 Fern Yull	8:07.75
57 Harry Morton	7:20.25	34 Amy Botham	7:56.10
88 teams finished		29 Lucy Hacking	8:02.75
Under 13 Boys		88 teams finished	
16 Toby Herdman-Smith	7:15.50	Under 13 Girls	
11 Owen Seamark	7:30.40	22 Lauren Murphy	8:09.90
7 Dominic Murphy	7:28.15	33 Natasha Finlay	8:35.20
B Team		28 Lauren Presswell	8:30.05
28 Louis Clarke	7:33.90	B Team	
Incomplete team		66 Sophie Botham	8:42.70
70 teams finished		57 Anna Radford	8:34.65
		48 Megan Frankland	8:45.55
		89 teams finished	

AND

pictured below:

Owen, Toby and Dominic/Emily, Fern and Jasmine with the team trophies they won at the Berks, Bucks & Oxon. Cross-country Championships at Oxford on 20th November.



CHILTERN CROSS-COUNTRY

UP TO 2ND PLACE ON THE DAY AT WATFORD(13th Nov.) BUT WINDSOR INCREASE THEIR OVERALL LEAD

On the day(top 4)

1 Windsor	2987
2 MMKAC	2565
3 Luton	2542
4 Bedford	2404

Top 4 after two matches

1 Windsor	6071
2 Bedford	5492
3 MMKAC	5123
4 Luton	4738

- Senior Women win on the day but overall there is only 11 pts between the leading three clubs(Windsor/Chiltern/MK). Best-ever 2nd place for Tanya Taylor.
- U17/20 ladies win again but only hold a slender lead over Bedford and Bracknell.
- U15 girls reverse a win over Windsor and have just a 2-pt lead overall. Second place for Jasmine Finlay.
- U13 girls both 4th on the day and 4th overall.
- Senior men struggle to a lowly, for them, 5th place with Mike Burling, their 10th scorer(123rd), albeit slightly better than 133rd for the 10th man at Watford.
- U17 men are 3rd on the day and in 3rd position overall
- U15 boys improved to 6th place on the day(9th overall)
- U13 boys finish 2nd on the day but hold the overall lead over Bedford. Good to see a squad of six competing here.



Around the female age groups at Watford

U13: Natasha Finlay leads Lauren Presswell
U15: Fern Yull leads Amy Botham
U17: Sophie Dixon
Senior: Tanya Taylor



A SUPERB VICTORY AT STOWE(4th Dec.) AND THE CHASE TO RETAIN THE LEAGUE TITLE IS BACK ON

On the day(top 4)

1 MMKAC	2277
2 Bedford	1981
3 Chiltern H	1861
4 Luton	1718

Top 4 after three matches

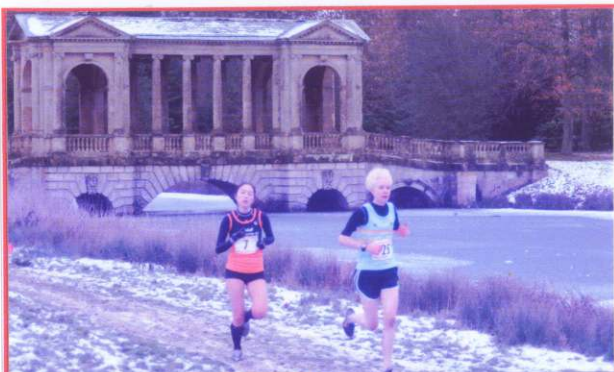
1 Bedford	7629
2 Windsor	7549
3 MMKAC	7422
4 Chiltern H.	6579

- **NOW JUST 207pts BETWEEN THE TOP THREE**
- Senior men finish their scoring 10 in the top 50 finishers with Tom Comerford 4th and an inspired Matt Eager 9th leading them home. (AND no vets !)
- Powerful finish from Sam Redding to take 2nd in the M17 race; the team hold third place overall.
- U15 boys up to 5th this time and 8th overall
- No less than 8 U13 Boys who win again and open up a gap over Bedford in the team race.
- Senior Ladies just edged by Headington on the day but move to the front in the race for the overall title.
- Oxford just hold off MK in the U17/20 ladies but the MK ladies move a bit clearer of Bedford in the overall team race. A second individual victory for Beth Swords.
- Jasmine Finlay leads throughout in the U15 girls race with Sophia Cliffe in the top ten again. MK share the lead in the team race with Windsor.
- U13 girls with only three runners drop down to 6th in the team race.



U13 boys at Stowe:

LEAGUE



Racing past one of Stowe's most famous landmarks, the Palladian Bridge built in 1738.-Lara Bromilow/Sam Redding/ Sam Deathe



U13 boys at Stowe:

Left: - Charlton Kerr(9)/Owen Seamark(4) & Louis Clarke/Hugo Hilet(6) and Dominic Murphy(7)

This page:- Jacob Tresham(12)/ George Glinski(13) & Louis Bounds(5)/ Toby Herdman-Smith(1)



down memory lane

Remember Culham 2006?

This was the December Chiltern Cross-country League match and the course was a mix of muddy tracks more used for motor bike scrambling and grassland where, in many cases, the River Thames had flooded.

A few photographs from the day:

1-Matt Eager on his way to winning the U15boy's race.
2-Sarah Cox(9) and Jo Benham climb the hill from the start of the senior race placing 4th and 7th respectively /Mel Wood finishes 3rd in the U13girls race, which was won by Beth Swords then competing for Oxford City.
3-Chris Hearn((28th) and Robby Taylor(40th) in the senior men's event
4-Ron Winter and Geoff Pucci(senior men)/Matt Willmott(5th) and Eliot Winter(11th), (U17 men)



JANUARY

- South of England Indoor Pentathlon F17 title for Devon Byrne at Lee Valley.
- Club finish 2nd to Bedford in fourth Chiltern League match at Shuttleworth. Second places for Tom Comerford(SM) and Sam Redding(M15), third places for Sophia Cliffe(F13) and Beth Swords(F17).
- Craig Pickering wins Indoor International 60m at Glasgow with a time of 6.66.
- Silver medal in F13 race for Sophia Cliffe (*pic below*) at the South of England Cross-Country Championships held at Parliament Hill. Beth Swords(8th) leads F17's to 4th team position whilst senior men encourage with 15th team place led by Tom Comerford(50th)



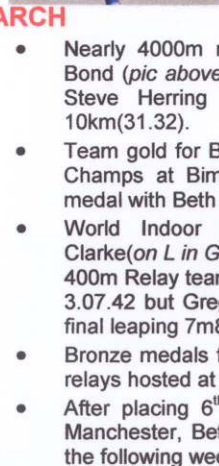
FEBRUARY

- Pole Vault record for Rachel Gibbens(4m01) in the Birmingham Indoor Games.
- Club regain Chiltern League title from Bedford with a resounding victory at Wing. Individual wins for Tom Comerford and Mel Wood(F17). Chad Lambert is 7th in the men's race and Lara Bromilow 5th in the ladies.
- Greg Rutherford wins the long jump(7m94) at the World Indoor Trials(Sheffield), Craig Pickering is 3rd in the 60m(6.66)
- Team gold for both men and women (*pic above*) in the re-arranged Bucks XC Champs, held at Luton. Lara Bromilow wins, Sophie Gibbens is 2nd and Lauren Cripps places 4th. Chris Hearn takes the bronze medal for the men. Chad Lambert is M20 champion, Beth Swords wins the F17 race and Sam Redding takes M15 gold.
- At the "National" XC Champs in Leeds, best placed are Sophia Cliffe(F13/13th) and Elle Roche(F17/19th).
- Club Indoor 400m records by Sophie Wilkins(56.60) and Chris Clarke(47.14) at Birmingham.



MARCH

- Nearly 4000m runners in the MK Half Marathon. Paul Bond (*pic above*) is first MK runner home, 7th(73.35) with Steve Herring 15th(76.19). Marcin Fudalej wins the 10km(31.32).
- Team gold for Bucks F17 ladies in the Inter-Counties XC Champs at Birmingham. Mel Wood collects the bronze medal with Beth Swords(23rd) and Elle Roche(29th).
- World Indoor Championships(Doha, Qatar) – Chris Clarke(*on L in GB team pic*) runs the 3rd leg for the GB 4 x 400m Relay team that took the bronze medals in a time of 3.07.42 but Greg Rutherford fails to make the long jump final leaping 7m80.
- Bronze medals for the MK ladies in the SEAA 6/12-stage relays hosted at the OU. The men finish 18th.
- After placing 6th in the English School XC Champs at Manchester, Beth Swords is selected to run for England the following week where, at Truro, she finishes 7th.
- Daniel Webber leads home 28 MK runners in the Oakley 20. Paul Bond runs 2:00.39 in the Worthing 20



A REVIEW

APRIL

- London Marathon: Steve Herring(*pic below*) leads 27 MK runners home in 2:41.18 followed by Paul Bond(2:49.02) & Daniel Webber(2:50.02). Katie Penrose is first local lady(3:26.58) closely chased by Julie Dalzell(3:27.43).
- Southern Women's League: Third place for ladies in their opening match at Battersea Park.
- M20 Hammer record. Sam Ridgway(*pic below*) breaks the club record no less than four times with a best of 57m96.



MAY

- Southern Men's League(Div.1): 2nd at Baintree and 1st at Bexley in the team's opening matches.
- National Young Athletes League: Wins at both MK and Abingdon in the Midlands(SE) Division.
- 50 gold medals for MK athletes in the combined Bucks/Oxon track & field Champs held at Oxford.
- Eastern Veterans League: Both men and women win their first match at Bedford.
- Ladies win their 2nd SWL match at MK and later we host a very successful BMC Classic evening.
- East Midlands Grand Prix Series: 26 MK runners at Silverstone, 20 at Rugby, 22 at Bedford and 14 at Corby.
- South of England Champs (Ashford): U15 golds for Jasmine Finlay (1500m/4.36.81) and Lewis Barnes (shot/13m31).
- Inter-Counties Champs(Bedford): Hannah Douglas(*pic below*) retains her 400m Hurdles title with a time of 60.48.

JUNE

- UKWAL team 7th in their first match at Cardiff.
- Southern Men's League: 2nd place in home fixture but down to 5th when travelling to North Devon.
- England AA Heptathlon Champs: bronze medal for Sophie Wilkins(4877pts) at Bedford.
- South of England Champs(C.Palace): golds for Hannah Douglas(400mH/59.90), Mervyn Luckwell(Jav) with a CBP of 80m08 and Chad Lambert(M20.1500m/3.56.48)
- British Masters Throws Pentathlon Champs; 56 throwers at MK with Jack Kee winning the M70 event.
- European Team Champs(Bergen/Norway): Chris Clarke (4x400mR), Craig Pickering (4x100mR) and Mervyn Luckwell(Jav) represent 2nd placed Great Britain.
- NYAL: third win for youngsters at Abingdon
- UK Champs: Marcin Fudalej breaks the club 10,000m record with 30.05.5 at Birmingham.
- East Midlands Grand Prix: MK host the final 10km race attracting a field of 379 runners, 40 from MMKAC. John Skelton(*pic below*) wins the M55 age group.



OF 2010

JULY

- M20 Javelin record in Finland from Sam Taylor-Outridge throwing 64m36
- UKWAL team up to 4th in match 2 at Bedford. Chloe Whalley(*pic below*) breaks 100m Hurdles record with 14.12, a time set back in 1995 by Emma Beales(14.31). Joey Duck makes a welcome return after injury.
- English Schools gold for Lewis Barnes(JB shot/14m14/*pic below*) and bronze for Freddie Curtis(IB jav/56m55). Freddie then represented England in the Home Countries International at Glasgow throwing 60m02.
- England AA Champions: Hannah Douglas(400mH/58.51) and Chris Clarke(200m/21.06)
- NYAL team complete a clean sweep of 4 victories to top their Division and promotion to the Premier League
- South of England Multi-Events gold for Devon Byrne(u17 Heptathlon/4185pts) and bronze for Chloe Whalley in the senior event(4573pts)
- SML team finish 8th in Div.1 after a win at Luton.
- UKWAL team 4th in final match at Connah's Quay to place 5th overall in Division Two.



AUGUST

- EVAC teams win both their league matches at MK
- SWL team are 9th in the league table after 3rd place in their penultimate match at Bedford.
- On the roads Matt Clark(29.15) leads home 12 MK runners in the Blisworth 5 whilst Jane Ovington is 1st F35 in the Newark Half-Marathon(83.22).
- Club 125th Anniversary Meet attracts some 70 competitors with Ian Davey & Neil Gosling winning the 12.5lap parlauf.
- Lewis Barnes makes it a golden double by winning the England AA M15 shot at Bedford. His throw of 15m09 is also a club record. Beth Swords takes silver in the F17 3000m and Mel Wood bronze in the 800m
- South of England AA Champs: gold for Sophie Wilkins winning the F20 long jump(5m63), silvers for Chad Lambert(M20/1500m) and Adam Smith(M20/400mH)



SEPTEMBER

- EVAC Final. Hosted at MK but both men's and women's finish close seconds.
- 28th Tour of Milton Keynes: Matt Clarke (*pic above*) takes the lead on day 4 to claim overall victory. 59 finishers.
- Round Norfolk Relay(*pic above*) Men finish 28th and Ladies 53rd in the 200-mile relay around Norfolk.
- Greg Rutherford is selected for the Commonwealth Games and runs a 100m PB of 10.26 at Newcastle.
- South of England Road Relays (Aldershot): Silver medals for F17 Ladies and the F15's finish 6th.
- EVAC t&f Champs(Norwich): M40 sprint double for Paul Canning

OCTOBER

- Annual Awards Evening: Hannah Douglas is Athlete of the Year, Gordon Fallow is Club Person and Elizabeth Read Sports Person. A minute's silence is held for coach John Tait who died on 23 September.
- Opening Chiltern League XC at Oxford: Overall third place for the defending champions. Individual wins for Toby Herdman-Smith(M13) and Beth Swords(F17) who also lead their teams to victory. Tanya Taylor is 4th senior lady, whilst Chris Hearn brings men home in 20th place.
- Commonwealth Games- Delhi: Silver medal for Greg Rutherford(*pic below*) in the Long Jump(8m22)
- Marcin Fudalej runs fastest half-marathon of the year with 72.34 at Birmingham.



NOVEMBER

- Improved 2nd place for Chiltern League team at Watford but remain 3rd overall. Second places for Tanya Taylor Beth Swords and Jasmine Finlay. Win for the female team who are second overall to Windsor.
- Peter Hall is the Bucks Sports' "Unsung Hero of the Year for 2010". Shortlisted were Chris Watts (Coach of the Year) and Elizabeth Read(Young Leader of the Year). (*pic above*)
- Berks, Bucks & Oxon XC: at Oxford wins for Toby Herdman-Smith(M13) and Jasmine Finlay(F15) and leading their respective teams to victory.
- In spite of the wintery conditions, the 46th Wolverton Five (*start pic below*) has 271 finishers. Marcin Fudalej(2nd), Tom Comerford (4th) & Ross Threfall (20th) win the men's team awards. Julie Dalzell holds of Lauren Cripps for first MK lady.
- Beth Swords finishes 3rd in the F17 race at the European XC Trials at Liverpool. Tanya Taylor places 62nd in the senior ladies race.



DECEMBER

- Big team victory in the snow at Stowe for the Chiltern league team. Tom Comerford(4th) and Matt Eager (9th) set the seal on a men's victory. Beth Swords(*pic above*) and Jasmine Finlay have individual wins whilst Sam Redding finishes 2nd in the M17 race. Overall there is now only 209pts between Bedford, Windsor and MMKAC.
- SEAA inter-counties XC at Shuttleworth: two sets of bronze medals for Bucks teams with Jasmine(7th) and Sophia Cliffe(36th) in the F15 team and Toby Herdman-Smith (21st) and Louis Clarke(23rd) in the M13 team.
- Bedford Half-Marathon from a field of almost 1500 runners Daniel Webber(40th/81.23) leads the MK contingent.

Jonathan Pownall tops the U13

Boys UK javelin rankings

Jonathan really burst onto the athletics scene this summer. The younger son of Richard and Janina, he only joined MMKAC last May. Training and mixing with the javelin squad under the watchful eye of Chris Watts he soon enhanced his skill with this implement. So much so, a few days prior to his 12th birthday, he competed at Watford in a mid-season Minors Meeting and threw 41m02, to just eclipse Sam Taylor-Outridge's club record from 2005 by 78cm. AND leap to number 2 in the UK rankings.



UK Javelin Carnival(Leeds, 18 September)/ No. 1 in the UK

Jonathan went head to head with Exeter's Dominic Allen at Leeds. An opening throw and PB by the Devon champion of 42m65 set the target with Jonathan now the UK no 3. It was, however, only a temporary relegation. Because after what he called "four absolutely terrible throws", Jonathan's next effort was 43m26, won the event and moved him to No.1 in his age group rankings.

And for good measure he is nationally ranked in the hammer – second with 31m22 and discus where he is fourth with a best throw of 31m63. Both performances are the second best in the MMKAC all-time u13boys rankings.

Mum and Dad

Janina joined MKAC in late 1984 and ran in the Bucks AA cross-country championships which we hosted in Brickhill Woods. Summer of 1985 saw Janina as a regular member of the Southern Women's League team where her speciality was the 400m and a season's best of 60.3 at Stoke Mandeville. Other performances were 100m(13.8), Long Jump(4m48) and Javelin(20m63). Next year Janina ran her best-ever 400m time of 60.0, again at Stoke Mandeville and also set pb's over 100m/200m with 13.2 and 27.3. 1987 was her final season with us and again, agonisingly just failed to break the 60-second barrier with 60.1 at Luton.

Club Relay Records

Janina's 400m time of 60.0 was the second fastest in the club rankings ten and her time stayed in the top 10 for the next decade. However Janina was in a club record breaking 4 x 400m relay on three occasions. Firstly in May 1986 in a GRE cup match at Corby, along with Rita Quill. Carole Huxter and Linda Dewhurst the team ran 4.11.3. A month later in a SWL match at Luton with Julie Chapman and Michelle Roberts replacing Rita and Carole a time of 4.10.3 was achieved. Next year nearly 7-seconds were knocked off as Nicola Crowther replaced Julie in another SWL match at Luton with the quartet recording 4.03.5, a time that lasted 5 years as the club record.



Photo: Janina takes the baton from Linda Dewhurst in the 4 x 400m Relay at a 1987 GRE Cup Match at Bracknell

Mile Races

Back to 1985 the Club celebrated it's Centenary Year and in August a series of mile races were held on the old Radcliffe School track. Janina was 2nd in the ladies mile(5.50) behind Rita Quill whilst Richard guested in the men's mile and outsprinted the leading MK contingent. He clocked 4.37, one-second ahead of Kevin Farmer, John Crouch and Steve Rice.

Early Days with Barnet AC

Janina and Richard were members of Barnet AC in the early 80's and actually met at the athletics track. Richard competed in the Southern League and to quote "I was one of those members who loved the track and field competition but couldn't get a scoring place in my best events, the middle distance; so I tended to spend more time filling the gaps in the pole vault, triple jump, hurdles etc., No talent but often lots of points when the other teams couldn't raise serious competition either. My other valued contribution to the team was selecting the pub on the journey home"

Richard set his PB's around 1985:

Track:	800m	2.03.0
	1500m	4.12.6
	5000m	16.19 (actually on the hilly Eastway cycle circuit in East London – never ran that fast on the track)
Road:	5 miles	26.47
	10miles	56.36
	Marathon	2:58.37(London 1982)

And into Orienteering and Multi-terrain Relays

Richard was introduced to Orienteering by a friend in the late 80's. He quotes "I'd always liked cross-country and rough running and I realised that this was an event at which I could still improve, even though I was starting to get slower. I've been doing it for more than 20-years now, and I still find it a lot more fun than just running. But I also get frustrated that in all that time I haven't learned how to avoid making the occasional stupid mistake. Richard, of course, has been a stalwart member of the South Midlands Orienteering Club for many years.

Richard continues: "Both running and orienteering tend to be rather individual sports, but I like it best when there is the opportunity to compete more socially as a team. Hence the enthusiasm for relays like the Calderdale and Greensand Ridge."

Richard has performed a fantastic job in organising the MMKAC teams for the Calderdale Relays in Yorkshire, 2009, in particular, when we had two teams of 12 runners (the "B" team with three female pairings and three men's) competing in the 50mile event. And, of course, he has organised the Greensand Ridge Relay for many years with the last two years attracting the maximum of 30 teams.



Richard presents the 2009 winning "mixed-team" trophy to Leah Williams

And not forgetting elder son Tom.

Tom ran in the 2005/6 Chiltern League season and at Stowe won the bronze medal in the u13boys club championship. This last summer he competed once for the u15boys NYAL team at Abingdon and ran respectable times of 60.6/2.20.4 in the 400/800m races. However his main interest is in Karate and Tom secured his Black Belt last month for which the family were extremely pleased. Richard, however, has not given up hope of attracting Tom into athletics in a more serious manner.

UK RANKINGS

16 MMKAC ATHLETES IN TOP TEN

SENIOR WOMEN					
400mHurdles	6th	Hannah Douglas	58.4	Connahs Quay	UKWAL
SENIOR MEN					
100m	10th	Greg Rutherford	10.26	Newcastle on Tyne	International Meet
200m	10th	Chris Clarke(M23)	20.85	Villareal, Portugal	Euro-Clubs
			21.06	Gateshead	England AA Champs
400m	8th	Chris Clarke(M23)	46.31	Bydgoszcz, Poland	International Meet
Long jump	2nd	Greg Rutherford	8m22	Delhi, India	Commonwealth Games
Javelin	2nd	Mervyn Luckwell	80m08	Crystal Palace	South of England Cps.
UNDER 20 WOMEN					
Heptathlon	3rd	Sophie Wilkins	4877pt	Bedford	England AA Champs
UNDER 20 MEN					
2km S/Chase	10th	Eliot Winter	6.07.51	Crystal Palace	South of England Champs
Hammer	7th	Sam Ridgway	58m36	Liverpool	Throws & Jumps Meet
Javelin	7th	Sam Taylor-Outridge	64m36	Pihipudas, Finland	Javelin Festival
UNDER 17 WOMEN					
1500m	10th	Mel Wood	2.11.41	Watford	Open Meet
3000m	8th	Beth Swords	9.55.52	Stretford	BMC Meet
Heptathlon	8th	Devon Byrne	4311pt	Stoke on Trent	English Schools Champs
UNDER 17 MEN					
Javelin	4th	Freddie Curtis	60m02	Glasgow	Schools International
UNDER 15 GIRLS					
800m	6th	Jasmine Finlay	2.12.84	Watford	Open Meet
1500m	4th	Jasmine Finlay	4.35.94	Watford	Open Meet
3000m	3rd	Jasmine Finlay	10.05.02	Watford	Open Meet
UNDER 15 BOYS					
Shot	2nd	Lewis Barnes	15m09	Bedford	England AA Champs
Discus	7th	Lewis Barnes	40m80	Watford	Open Meet
Javelin	10th	Redford Curtis	50m11	Leeds	Javelin Festival
UNDER 13 BOYS					
Discus	4th	Jonathan Pownall	31m63	Bournemouth	Open Meet
Hammer	2nd	Jonathan Pownall	31m22	Crawley	Tom Lintern Medal Meet
Javelin	1st	Jonathan Pownall	43m26	Leeds	Javelin Festival
notes:					
		*	HCC performance		
		**	Also 60m34 for 2nd claim club		



Top:
Greg Rutherford(R) wins the Newcastle 100m
Eliot Winter leads Chris Hearn in the 3km s/chase in the SML at Braintree

From the left:
Freddie Curtis in his England schools vest
Mervyn Luckwell wins the SEAA champs javelin title at Crystal Palace
Devon Byrne in the 300mHurdles in the U17 SEAA champs at Ashford, Kent
Sophie Wilkins in the UKWAL 400m at Connah's Quay

Young athletes in 2010 UK top 100

UNDER 17 WOMEN

100m	58	Alice Ritchie	12.6	MK
300m	41	Katie James	41.5	Swindon
800m	10	Mel Wood	2.11.41	Watford
	42	Elle Roche	2.16.70	Watford
1500m	12	Mel Wood	4.34.83	Loughborough
	24	Elle Roche	4.40.96	Watford
	52	Beth Swords	4.47.02	Oxford
3000m	8	Beth Swords	9.55.52	Stretford
	14	Mel Wood	10.05.35	Watford
	15	Elle Roche	10.05.91	Hendon
	74	Jade Leggatt	10.46.47	Watford
80mH	53	Alice Ritchie	12.3	Abingdon
	61	Jessica Balderstone	12.40	Ashford
300mH	22	Devon Byrne	46.2	MK
Pole Vault	59	Rachel West	2m30	Abingdon
Long Jump	92	Devon Byrne	5m09	Chelmsford
	95	Alice Ritchie	5m08	MK
Shot	59	Kayleigh Presswell	9m55	Welwyn G.City
	76	Devon Byrne	9m35	Abingdon
Discus	38	Kayleigh Presswell	32m04	Oxford
Hammer	47	Kayleigh Presswell	32m39	Crawley
Javelin	34	Devon Byrne	35m02	Chelmsford
Heptathlon	8	Devon Byrne	4311pts	Stoke

UNDER 17 MEN

100m	64=	Joni Kean	11.3	MK
	64=	Nic Williams	11.3	MK
400m	96=	Joni Kean	51.9	Luton
1500m	71	Sam Redding	4.09.49	Watford
3000m	88	Ryan Burling	9.15.52	Oxford
1500mS/C	12	Ryan Burling	4.33.1	Corby
	33	Sam Redding	4.46.9	Abingdon
High Jump	72=	Chuko Cribb	1m80	Abingdon
Pole Vault	72=	Hayden Byrne	3m00	Abingdon
Long Jump	51	Chuko Cribb	6m30	Abingdon
Triple Jump	23	Chuko Cribb	13m35	Bedford
	95	Joe Perkins	12m40	MK
Javelin	4	Freddie Curtis	60m02	Glasgow
	35	Sam Pointon	49m78	Leamington Spa

UNDER 15 GIRLS

800m	6	Jasmine Finlay	2.12.84	Watford
1500m	4	Jasmine Finlay	4.35.94	Watford
	74	Sophia Cliffe	4.57.1	MK
3000m	3	Jasmine Finlay	10.05.02	Watford
	16	Sophia Cliffe	10.46.71	Watford
	22	Emily Bousfield	10.54.73	Watford
Hammer	29	Kai Kahembe	28m08	Hendon

UNDER 15 BOYS

100m	50	Daniel Oderinde	11.69	Hendon
200m	78	Daniel Oderinde	24.1	Abingdon
1500m	20	Josh Knight	4.18.59	Watford
3000m	17	Josh Knight	9.25.47	Watford
	82	Ben James	10.04.89	Watford
Shot	2	Lewis Barnes	15m09	Bedford
Discus	7	Lewis Barnes	40m80	Watford
Hammer	17	Lewis Barnes	45m96	Watford
Javelin	10	Redford Curtis	50m11	Leeds
	12	Ben Pointon	48m86	Leamington Spa
	48	Lewis Barnes	41m03	Watford
	99	Jack Panter	38m04	Watford

UNDER 13 GIRLS

High Jump	89=	Lucy Johnston	1m35	MK
	89=	Laura Zialor	1m35	Oxford

UNDER 13 BOYS

100m	77	Mikun Vaughan	13.1	Abingdon
200m	57	Mikun Vaughan	26.9	Abingdon
800m	15	Charlton Kerr	2.19.07	Kingston
	43	Toby Herdman-Smith	2.22.19	Watford
1500m	29	Charlton Kerr	4.48.52	Watford
	30	Toby Herdman-Smith	4.48.94	Watford
	42	Louis Clarke	4.51.16	MK
Long Jump	50	Mikun Vaughan	4m71	Abingdon
Discus	4	Jonathan Pownall	31m63	Bournemouth
Hammer	2	Jonathan Pownall	31m22	Crawley
Javelin	1	Jonathan Pownall	43m26	Leeds

A review of the MMKAC men's

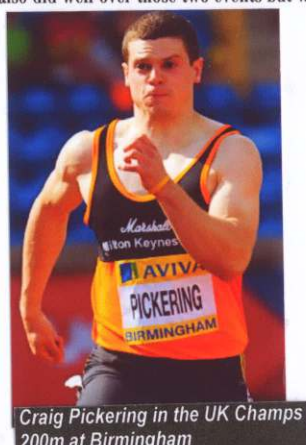
track&field rankings for 2010

By JIM LAWRENCE

Looking at the rankings for 2010 I note that overall the standards are much the same as in 2009. There is however much scope for encouragement in 2011. I start with the sprints as I witnessed on television a marvellous 100m personal best of 10.26 from Greg Rutherford. His knee lift was exceptional. This was just weeks away from his Commonwealth silver medal performance in the Long Jump (8.22m) in Delhi. It was good to see Craig Pickering finally run a few good 200m races. He did very well at the European Championships running an excellent second leg of the 4 x 100m

This time last year multi- eventer Harry Dalton was on crutches — fast forward to the end of the season & he put in some encouraging performances over 100m, 200m, 400m and of course the Decathlon. James Wright was another all rounder who in early season topped the Triple Jump list. Subomi Onanuga is a young man with raw talent over both sprints. *Adam and I must get to work on his starting technique.* There is real room for improvement for this guy. Subomi like so many others supported the Southern Men's League for the club all season. Chris Clarke did well over the 200m but was just shy of his best over 400m and just missed out on G.B. selection for the European's & Commonwealth's.

Marcin Fudalej broke two club records last summer. A very good one in the 5000m & a long standing 10,000m at the UK Trials in Birmingham. Eliot Winter moved up a notch in the both Steeplechase distances and gained a junior record in the 3000m S/ Chase. In the middle distance events Paul Erwood went under 3:49 for the 1500m and a sub 1:54 in the 800m. Topping that particular list was young Chad Lambert. Tom Comerford also did well over those two events but went ahead in the 3000m.



Craig Pickering in the UK Champs 200m at Birmingham

There was a welcome return for Keiran McConnell who went on to top the Shot and Discus list. Sam Ridgway went over 50m with the senior (7.26kg) weight Hammer whilst also in the season breaking the junior (6kg) implement record no less than six times.

We had five athlete's over 50m in the Javelin led by Mervyn Luckwell over 80m again. Followed by a junior record from Sam Taylor Outridge. Merv was unlucky to be injured most of the season. He won the South of England title but missed out on European & Commonwealth selection.

We had an Eastern Veterans League record in the M50 Medley Relay. (400m,200m,200m ,400m) . The team comprised of Ivars Licietis (who incidentally broke the M50 800m record earlier on last season), John Turner, Jim Lawrence & Brian Slaughter. Finally we have a World Record holder. The quite remarkable Jack Kee set new figures in the rarely contested Hammer Decathlon.

Jim also writes: - The respective team manager's are looking for our entire senior athlete's to support the new Southern Athletics League. The Southern Men's League B team will carry on as usual and with the re-structuring of the SML they will be in Division 2(North) this summer

If you require any information on team selection or any questions please feel free to e mail me on jim.lawrence@mkac.org.uk

FULL RANKINGS NOW ON CLUB WEB SITE

SENIOR & UNDER 20 MEN IN UK TOP 100

MEN					
100m	10	Greg Rutherford	SM	10.26	Newcastle
	21	Craig Pickering	SM	10.38	Turin, Italy
200m	10	Chris Clarke	M23	20.85*	Villareal, Portugal
				21.06	Gateshead
	12	Craig Pickering	SM	20.89	Loughborough
400m	8	Chris Clarke	M23	46.31	Bydgoszcz, Poland
1500m	86	Paul Erwood	SM	3.48.23	Watford
	95	Marcin Fudalej	SM	3.48.83	Watford
5000m	37	Marcin Fudalej	SM	14.13.9	Watford
10,000m	19	Marcin Fudalej	SM	30.05.50	Birmingham
3kmS/C	53	Eliot Winter	M20	9.37.14	Bedford
	91	Chris Hearn	SM	9.50.9	Braintree
Long Jump	2	Greg Rutherford	SM	8m22	Delhi, India
Triple Jump	62	James Wright	M20	14m12	C.Palace
Hammer	53	Sam Ridgway	M20	50m01	Bexley
Javelin	2	Mervyn Luckwell	SM	80.08m	C.Palace
	26	Sam Taylor-Outridge	M20	64m36	Pithpudas, Finland
	56	Michael Cox	SM	59m65	Watford
	77	Jackson Curtis	M20	56m02	Crawley

(note: * for HCC club)

UNDER 20 MEN					
800m	33	Chad Lambert		1.53.70	Watford
	93	Sam Deathe		1.56.4	MK
1500m	33	Chad Lambert		3.54.80	Watford
	41	Sam Deathe		3.56.17	Cardiff
3000m	66	Sam Deathe		8.48.09	Watford
	70	Chad Lambert		8.49.50	Watford
	74	Eliot Winter		8.50.45	Watford
	89	Matt Eager		8.54.68	Watford
5000m	100	Matt Eager		16.45.3	Braintree
2kmS/C	10	Eliot Winter		6.08.12	C.Palace
3kmS/C	7	Eliot Winter		9.37.14	Bedford
100mH	44	Harry Dalton		15.50	Stoke
400mH	28	Adam Smith		56.80	Hendon
High Jump	95=	Liam Hutton		1m80	Corby
	95=	Sam Comerford		1m80	MK
Pole Vault	75	Jackson Curtis		3m30	Kirby-in-Ashfield
	85	Liam Hutton		3m20	Luton
Long Jump	38	James Wright		6m76	Braintree
	58	Harry Dalton		6m58	Hendon
Triple Jump	19	James Wright		14m12	C.Palace
Shot	74	Harry Dalton		12m41	Stoke
	91	Jackson Curtis		11m90(i)	Eton
				11m82	Stoke
Discus	40	Sam Ridgway		40m09	Hendon
	41	Jackson Curtis		39m85	Hendon
	60	Sam Taylor-Outridge		37m90	Hendon
	77	Harry Dalton		36m62	Kirby-in-Ashfield
Hammer	7	Sam Ridgway		60m34**	Kingston
				58m36	Liverpool
	41	Sam Taylor-Outridge		43m94	Oxford
Javelin	7	Sam Taylor-Outridge		64m36	Pihtiipudas, Finland
	17	Jackson Curtis		56m02	Crawley
	35	Harry Dalton		51m41	Stoke
	66	Jon Constantinou		47m21	Ashford
Decathlon	14	Harry Dalton		6182pts	Stoke
	37	Jackson Curtis		4999pts	Stoke

(note: ** for 2nd claim club)

**Lanzarote Running
Challenge Nov.2010 -
Martin McPheat reports**



For over 20 years Richard Inchley has been attending the running challenge in Lanzarote and for all those years he has been accompanied by a motley crew of runners, supporters, drinkers etc from not just Leighton Buzzard but other local running clubs. In 2010 some of us from MMKAC decided it was about time we spoil his holiday! So myself, Julie, Chris Mahon, Steve and Gill McMorrow duly obliged joining a great group of 22 others including Andy & Amy Inchley, Chris Norman, Richard and Lesley Inchley and others from LBAC, Ampthill & Flitwick and Bearbrook Joggers.

The running challenge consists of four races in four days (not as bad as the tour I hear you shout but wait for the details) which starts with a road 10km, followed by the 13km ridge run, a 5km beach run and finishing with a half marathon. If you have never been to Lanzarote in November it is warm, about 75 on average, so it does impact on your running as everyone discovers in the very first race. The start is on the track at La Santa and after running 300 metres you leave the stadium and run downhill for about 1km...at this point you feel great then you turn 180 and run uphill and suddenly do not feel so great! All the races are keenly contested with over 300 runners in each race with a large contingent from Denmark, some from Spain, Germany, Belgium, UK and Ireland.

The second race, the 13km ridge run also starts at the track and follows the first 1km of the 10km race and then you go off road for a short stretch and basically run uphill for about 7km until you ridge the rim of a volcano which I was told was extinct but was too knackered to check! The run down is great as you can see La Santa and you get the support from your travelling supporters...thanks Steve and Gill. At this point I must tell you that myself and Chris Mahon were having a good tussle with an annoying little Danish bloke. Chris had overtook me with about 1km of the 10km run to go and just beat the Dane and the same with the 13km. For the beach run they coach you to the south of the island where they had kindly set up a 5km course on a very soft sandy beach....how nice. The only time I saw Chris was on the bus there....didn't see him again all day. I have never had so much sand kicked in my face by so many people but I did beat the Danish bloke!!

By the last day, and following the beach run, most people are either knackered, injured, drunk or extremely uninterested in running a half marathon. Again they bus you to a little town in the middle of the island, sounds nice doesn't it? You start at this church and basically run around the town on a 7 km loop that covers some of the steepest hills on the Island and the side of another volcano. From about 10 km you leave the town hit the dirt tracks and can see Club La Santa which seems to get further away. The finish is uphill to the track and finish on the track and retreat to the pool, ice cream bar and some even have a beer or two.

For the record the club times were as follows

	10km	13km Ridge Run	5km Beach Run	Half Marathon
Andy Inchley	36.58	49.29	21.13	1.21.00
Chris Mahon	42.48	56.17	22.46	1.33.01
Martin McPheat	43.03	56.34	24.09	1.36.45
Julie McPheat	51.19	68.37	32.55	1.52.20
Richard Inchley	52.13	69.50	29.12	1.59.30

Incidentally the day before the last run I was grabbing a double ice cream when I heard a familiar voice, that of James Wright who is working at La Santa. James being James also ran the half marathon off the back of very little training.

It's a great week with some really nice people. Richard does a terrific job organising it all including a bike ride to a local village, a trip to a tapas bar including wine tasting and many other things...thanks Richard. If you are interested see Richard, Chris or myself for more details you will not regret it!!

Team photo(right)

**ABINGDON MARATHON- it can only happen
to Jim McKellar: a case of mistaken identity!!**

It was with trepidation that I arrived at Tinsley Park Stadium for my 104th Marathon, as I have been completing and training for Triathlon's and had not run more than eight miles since London. However with the cross training involved my core strength was good. The venue is excellent, it is a fast two lap course, through the centre of the town, and along the River Thames. Conditions were good but cold, the start and finish is on the track and as we lined up I was greeted by a shout (how are you, you old b-----) it was my old mate Dave Phillips from the 100 Marathon Club, he was running his 353rd event! Mind you he is only a kid at 67yrs, my objective was to qualify for London 2012 when I will be 75yrs.

From the off, I was at the back like in the Milton Keynes Tour, so it took me time to get going, but I soon got on my pace 10 m/m, to my delight at 10miles I saw Dave with his distinctive gait which is like a road walker, it's not till I tried to catch him how deceptive it is. The marshals are super and having run this race for many years they really do shout encouragement. I never look at my watch after I get on my pace but having passed Dave I felt good, got back into town with the church bells ringing. MK's Ruth Gardener was there to give me a drink.

Onto the second lap; but around 15miles in I heard a familiar step, it was that Bloody Dave, he had caught me up and overtook me, I hung on, and he did me a favour as it gave me the motivation to follow him to the stadium. As I normally do six marathons a year and this was only my second this year I was pleased I did not fall off the pace in the last few miles. The target was to do sub 5 hrs, my *Good For Age* qualifying time. As you approach the stadium you are diverted around the car park and my legs started to give way, was this going to put me out of target, but I pushed on, got to the track and followed a big guy been shouted on by a group of Army supporters, he was running for my charity "Help4Heroes" so I had a go at beating him which I did. I looked at the clock on the last bend Wow, I finished in 4-45, my best time for some time, Dave was there to hold me up, (he had finished 5 minutes before me) whilst they cut my chip off little did I know then the trouble that chip would cause.

So to the Monday the day after the race, checked results number 220, who the hell was that it showed; someone else with my number, and then I received an e mail from Mick Bromilow, the MMKAC web master "you have no result" Panic - how do you prove you were wearing your CHIP if you have no result, I could imagine my club mate Martin McPheat's funny comments, E mailed Dave as I needed him as witness, also Tracy at Abingdon who said she would sort it, then I remembered a photo is taken on the finish. Next day there I was back in the results and first M70. I have since received a lovely cup from the race organisers. Still never found out what happened but, never a dull moment when I turn out!

Look out for next June, I am doing the Windsor Triathlon in the Thames with Jacquie Maycock -, anything could happen!



MMKAC ROAD RUNNERS IN UK TOP 100

- **MARATHON/HALF-MARATHON(Women)**
JANE OVINGTON
35th lady in the Marathon(5th F35)-2:52.30
(Paris)
99th in the Half-Marathon- 81.46(St.Albans)
- **MEN'S FIVE MILES:**
MARCIN FUDALEJ: 44th (24.44/Willen)
TOM COMERFORD: 70th (25.03/Willen)

TERRY BURBIDGE – another “Unsung Hero”

Jim Lawrence tells me that Terry is standing down after 17-years in team management with essentially the Southern Men's League “B” team. He has also been one of the Divisional secretaries for the Southern Men's League.....so thanks very much for all your efforts, Terry.

Outside of MMKAC activities Terry works as a volunteer (a “stablemate”) at the Stables Theatre, Wavendon and recently collected their award as “Stablemate of the year for 2010”

Terry is in this column as he made his name as an ultra-distance runner back in the 1980's. In the 1989 Milton Keynes 24 hour City Centre Race (yes. the runners actually traversed a lap of the shopping centre's marble floors). Terry completed some 170 laps to complete 100miles in 20hours56mins to set a club record that lasted 12 years (DFH clocking 19:37 in 2001).

Prior to joining MKAC, Terry represented Verlea AC(now part of Herts Phoenix AC) and in the 1983 London to Brighton race he clocked an outstanding time of 6hrs43 for the 53.7 miles course(double-marathon +). He also ran 2:42 in 1983 London Marathon.

AND YOU THOUGHT YOU HAD PROBLEMS! ANDY STILES STRUGGLES WITH HIS WRIST INJURY

Andy broke his wrist some 14months ago and had a plate inserted. Then Christmas last year it all got seriously infected and he was back in hospital. Unfortunately just before this Christmas he was back in hospital. The plate became loose and cut through the tendons in his arm meaning he could not use parts of his fingers and hand. It has all been grafted back together. Andy quotes “I am strung up with bands and plaster like a spring chicken. Unfortunately I lost my sense of humour as well but I'm sure that will come back. I do not plan a further sequel to this by the way”

Andy still hopes to run the 2011 London Marathon so best wishes for a speedy recovery and good luck with your training. Contact Andy on runon@btinternet.com

CLUB AGE GROUP RECORDS SET IN 2010

F50 10KM	Diane Baldwin	41.25	Silverstone
M55 5KM	Phil Jones	18.30	Bedford
M55 10miles	John Skelton	63.59	St.Albans
M55 Half-Mar.	John Skelton	84.03	Milton Keynes
M75 5KM	Milford Callow	27.55	Marston
M75 5miles	Milford Callow	48.05	Blisworth
M75 10KM	John Greenall	55.56	Milton Keynes
M75 Half-Mar.	John Greenall	117.04	Milton Keynes(n)

OPEN UNIVERSITY TOUR(25-29 October)



JOHN SKELTON WON THE 2010 EVENT which covers 5mile, 5KM and 10KM races on alternate days. He won all three races with times of 30.40, 19.03 and 39.22 respectively

ANICK VALAPINEE finished 9th overall to take the ladies title. There were 10 other MMKAC members from the overall finishing field of 23 – Ivars Licietis(5th), Liam Baldwin(8th), Julia Brennan(11th), George Hapeshi(12th), Rosemary Muston(14th), Jane Goodey (15th), Brian Daniells(18th), Liz Moat (20th), Milford Callow (21st) and Hazel Carr(22nd).



Photos: Jane Ovington in the 2010 MK nspcca Half-Marathon/Terry Burbidge(R) circles the CMK shopping centre back in 1989/Andy Stiles in happier days(2009 London)/Diane Baldwin, here in track action, at the EVAC final last September



MALE MARATHON ALL-TIME TOP 20

Kevin Farmer	MS	2.26.10	London	1989
Terry Laybourn	M40	2.28.40	London	1982
Dave March	MS	2.29.24	London	1985
Bob Forster	MS	2.30.05	Wolverhampton	1982
Ian Russell	M40	2.32.21	Harrow	1995
Clive Owen	MS	2.35.34	Taunton	1984
Chas Kendall	MS	2.35.43	Wolverhampton	1983
Mark Booth	M20	2.36.08	Fort Bragg(USA)	1982
Noel Drake	MS	2.36.40	Potteries	1990
Sean O'Sullivan	MS	2.36.52	London	1992
Phil Jones	MS	2.37.47	London	1990
Steve Rice	MS	2.38.30	London	1987
Stewart Fraser	MS	2.38.30	London	1989
Dave Findel-Hawkins	MS	2.38.43	London	1989
Didier Oesch	MS	2.38.46	London	2004
Tony McGuinness	M40	2.39.42	London	1985
Ian Van Lokven	M45	2.39.45	London	2005
Ian Clayton	M40	2.40.01	London	2006
Paul Freeman	MS	2.40.29	Milton Keynes	1986
Steve Herring	M40	2.41.18	London	2010



SOME LEADING ROAD RANKINGS FOR 2010

5km: top 4 M40+ and top 4 ladies

Neil Ovington	M40	17.43	Marston
Ian Lamb	M45	18.02	Blisworth
Phil Jones	M55	18.30	Bedford
John Skelton	M55	18.38	Bedford
Jane Ovington	F35	18.22	Marston
Tanya Taylor	FS	18.36	Marston
Diane Baldwin	F50	20.57	Blisworth
Di Farmer	F50	21.18	Blisworth

5miles: top 4 M40+ /M60+ and top 4 ladies

Ian Lamb	M45	29.35	Willen
Ian Van Lokven	M50	30.01	Willen
John Skelton	M55	30.31	Harborough
Dennis Edghill	M50	32.08	Corby
Kelvin Smith	M60	33.41	Willen
David Newens	M65	34.20	Willen
Jim Miller	M60	36.26	Banbury
Lara Bromilow	FS	30.23	Victoria Park
Di Farmer	F50	34.20	Hastings
Julie Dalzell	F40	34.24	Willen
Lauren Cripps	FS	34.29	Willen

10km: top 3 M40+ /M60+ and top 3 ladies

Steve Herring	M40	35.08	Bearbrook
Ian Lamb	M45	37.13	Silverstone
John Skelton	M55	37.51	Winslow
Neil Ovington	M45	37.52	Oxford
Kelvin Smith	M60	41.26	Silverstone
Jim Miller	M60	44.41	Silverstone
Brian Daniells	M70	45.36	Silverstone
Jane Ovington	F35	37.31	Oxford
Tanya Taylor	FS	38.31	Silverstone
Lara Bromilow	FS	38.41	Victoria Park
Elle Roche	F17	39.16	MK(cmk)

Half-Marathon: top 4 M40+ /M60+ & top 4 ladies

Stephen Herring	M40	76.16	Milton Keynes
Richard Ashton	M40	77.04	Milton Keynes(N)
Ian Lamb	M45	81.35	Milton Keynes
Neil Ovington	M45	83.45	Milton Keynes
Kelvin Smith	M60	93.48	Wootton
Keith Cook	M60	94.57	Milton Keynes
Jim Miller	M60	101.54	Brentwood
Jane Ovington	F35	81.46	St.Albans
Wendy Webber	FS	95.45	Milton Keynes
Julie Dalzell	F40	97.07	Milton Keynes
Di Farmer	F50	97.42	Milton Keynes

Marathon: top 4 M40+ /and top 4 ladies

Stephen Herring	M40	2.41.18	London
Neil Ovington	M45	2.52.30	Paris
Richard Harrison	M50	3.01.27	London
John Skelton	M55	3.06.27	London
Jane Ovington	F35	2.52.30	Paris
Wendy Webber	FS	3.26.49	New York
Katie Penrose	FS	3.26.58	London
Julie Dalzell	F40	3.27.43	London

COMPLETE 2010 ROAD RANKINGS NOW ON CLUB WEB SITE

Note: We have ignored all the Park Runs 5km races as it appears they do not have UKA race permits and are not officially measured.

WARM WEATHER TRAINING IN LANZAROTE (23RD Dec. – 6th Jan.) Kyle Bennett reports:



When the snow started to come thick and fast myself, and two of my athletes, Matt Willmott and Matt Eager could think of nothing more satisfying than 2 weeks warm weather training in Lanzarote where completing two weeks solid training was almost enjoyable.

We arrived at Club la Santa where we would be staying. It was the first time Eager and I had been so we had a walk around to see what it was all about. We found that it is an amazing training facility with everything you need on site so there is no need to leave, with a 50m swimming pool, track, a well-equipped gym, lots of running routes, shops, restaurants, driving range, 5 a side football pitch, tennis courts and all equipment was free to rent. We started the trip off with lunch at the Pool Bar with the rest of Willmo's family and friends that we would be staying with and an easy 5 mile run to have a look at some of the routes around the lagoon.

Waking up on Christmas day was a bit weird as we actually forgot it was until we went for breakfast and Jackie (Willmo's mum) gave us all a Terry's chocolate orange to celebrate. The rest of the day would be a typical Christmas day with a massive dinner with maybe the world's best gravy cooked by Dom (Willmo's dad) and your normal 10 x 400m track session completed. an ex MMKAC athlete.

The next few days consisted of some more miles on the trials around Lanzarote and a lot of sun bathing, my skin does not really know how to tan whereas Willmo finds it incredible easy, or maybe it's just the tan that was applied every morning. There was also an epic coach v athlete tennis match between myself (Federer) and Willmo (Nadal) where I provided a tennis education to Willmo winning 7-6 – 6-4, while Eager who isn't too coordinated become the world's worst ball boy so ended up just catching up on some more sun bathing.

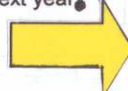
After the morning run we found time to relax before a big session later on by playing miniature golf. This time the student became the master with Willmo beating me by 2 shots and Eager a close third about 15 shots off the pace. Then it was time for the session, the lads worked extremely hard and myself following all the way on the bike. To recover from the sessions we went to the Wellness Centre where we had access to a Jacuzzi, sauna, steam room and a freezing cold plunge pool which we used as an ice bath.

After a day of easy running and some more strength and conditioning(S & C) work the lads had a day off so we went out to a nearby village to do some shopping and have lunch with an amazing burger at a very sophisticated restaurant called Juicy Lucy's. In the afternoon I provided Willmo with a few more tennis lessons this time winning 7-5 – 6-4. We also met a couple of athletes that had also had enough of the snow back in England, Andy Baddeley and Mark Draper.

New Year's eve and after another solid session from the boys we all went out for dinner, including Mick Bromilow who was also out there enjoying the sun. After another top meal from the pool bar it was off to the square for some more entertainment and dancing before the big firework show that rounded things off.

Eager and myself then flew home and left Willmo with his family but Willmo wasn't left without any training partners as Andy and Mark were more than happy for him to join in on their runs.

Overall we had a wonderful time and the lads completed some quality training and although its hard work sometimes it will definitely pay off in the summer in the big competitions. A big thank you to Dominic and Jackie Willmott for letting us stay with them and they may not know it yet but the flights are already booked for next year.





	Thurs.	Fri.	Saturday	Sun.	Mon.	Tue.	Wed.	
am	Fly to Lanzarote	8 mile easy run	3 mile easy run	8 mile easy run	8 mile steady run	3 mile easy run	8 mile easy run	
pm	6 mile steady run	S & C	10 min threshold @ start & end: 10 x 400m[1']		S & C	1 x 10min(10k) [60"] 2 x 5min(5k) [60"] 3 x 2.5min(3k)[60"] 4 x 1min(1500m)[60"]	S & C	
	Thurs.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thurs.
am	Rest	3 mile easy run	6 mile easy run	8 mile steady	8 mile easy run	3 mile easy run	6 mile easy run	6 mile easy run
pm	Rest	6 x 1k(5k) [1']	S & C		S & C	4.5km run as part of team triathlon		Fly back to UK.

CHAMPIONSHIPS, HUGHENDEN MANOR, HIGH
WYCOMBE - 8TH JANUARY

Tom Comerford(senior men)
Matt Eager(junior men)
Beth Swords(u17 women)
Toby Herdman-Smith(under 13 boys)

- **FOUR TEAM GOLDS** (under 15 girls, under 17 women, under 13 boys and veteran men)
- **BUT SENIOR TEAMS MISS OUT** (both men and women place second as do the under 13 girls)
- **THREE SILVER MEDALLISTS** - Louis Clarke(u13 boys), Tanya Taylor(sen.women) and Chad Lambert (jun.men) **AND THREE BRONZE MEDALLISTS** - Jasmine Finlay(u15 girls), Elle Roche(u17 women) and Sam Redding(u17men).
- **SIX MEDALS FOR MK VETERANS**
Silvers for Mick Burling(M50) and Kelvin Smith(M60); bronze for Diane Baldwin(F45), Ursula Ghaleb(F55), Steve Herring(M40) and Les Turton(M50).

The grounds of Hughenden Manor (home of Benjamin Disraeli, famous Victorian PM who lived here from 1848 to 1881) provided a tough, hilly course. Runners went straight up hill from the gun and a number went off too hard and paid the penalty later.

The u13 boys provided the best finish as Toby Herdman-Smith (runner-up last year) and Louis Clarke battled it out over the final 400m. And with Charlton Kerr(4th) and Dominic Murphy(8th) team gold came their way. Jasmine Finlay(3rd), Amy Botham(4th) and Sophia Cliffe(7th) combined well to win the u15 girls team race, Beth Swords easily defended her F17 title and with Elle Roche(3rd) and Gemma Childs(4th) they swept to team gold.

Despite having 3 in the first 9, the MMKAC ladies were just beaten by Aylesbury who put 3 in 7. Tanya Taylor made a bold effort to win the individual title but could not quite hold Juliette Minter (Olney Runners). The latter won the F35-39 world duathlon championships in Edinburgh last September. Defending champion Lara Bromilow took 6th this year with Jo Benham (9th).

Tom Comerford took his first senior title with a commanding victory but Chiltern Harriers re-gained the team trophy placing their scoring 6 in the first 18, to our 6 in 26. Matt Eager won the under 20 title with Chad Lambert in second place.



TOP: Seniors in action – Jo Benham & Kirsteen Welch/Daniel Brumby & Andrew Wasdell/Chad Lambert/DFH in his 36th consecutive Bucks AA championship race & Diane Baldwin

BELOW: Young athletes – Lauren Murphy(u13G)/Dominic Murphy(u13B)/Ben James(u15B)/Liam Canning(u15B)/Amy Botham (u15G)/Harry Morton(u15B)/ Gemma Childs(u17W) & Alex Clinkard(u17W)



some thoughts of the last decade

DAVID MILLETT'S HIGHLIGHTS

- the Club winning UKA Club of the Year (twice)
- our ability to retain elite athletes (linkage with Marshall's money)
- the development of the Club into one that truly covers all event groups
- our coach structure & development
- development and implementation of a coherent Youth Policy
- In a number of these areas we have been a focus of attention and a role model for other clubs.

BARRY HEARN reminds us that a good group of young men now in the junior/senior men category started with him coaching them as eleven year olds. This group (including Phil Winfield, recently married) met up over the Christmas period.



PHOTO: Gavin Wilcox, Tom Comerford, Chris Hearn, Sam Bradley, Barry, Phil Winfield, Andy Whetstone & Chad Lambert.

Seven of the group are in the all-time top 20 club rankings for the 1500m whilst six make the top 20 in the 800m. Andy Whetstone is the only MK runner to have run sub 1.50/800 & sub 3.50/1500m.

MK WINNING EIGHT OUT OF TEN CHILTERN LEAGUE TITLES is one of the highlights for **BRIAN GRAVES**. Six consecutive titles between 2001 and 2006 and then winning in the 2007/8 and 2009/10 seasons.



Team Manager for this entire period, Jackson Ryan in action at Slough in 2008.

STEVE HERRING RETURNING AS AN "OLD'UN"

I've had so many personal highlights since returning to the club that I left as a young man and came back to as an old one!! It took me a long time to pluck up the courage to turn up again after 20 years. So to see so many old faces and run my first training session with Jim Miller's group in November 2007 was a real highlight.

If I hadn't had such a warm welcome back to the club I would've not achieved so many personal goals. Meeting and training with so many inspirational people has spurred me on to try and do the best I can. So my highlight of the last decade was 90 seconds at Campbell Park in Nov 8 2007 and I twisted my ankle!!

MALCOM DOWN INTERVIEWS ALLYSON FELX USA OLYMPIC SPRINTER

Malcolm works in the publishing industry and recently interviewed Allyson Felix for a media publication and he has sent me a truncated version which I hope will be of interest to club members. (photo of Malcolm & Allyson)



Allyson Felix is the golden girl of American Athletics but you would be forgiven for not knowing who she is as despite her many achievements, (she has two Olympic silver medals and three world championship gold's for the 200m not counting another 3 relay golds!) she remains shy of the limelight and celebrity trappings of many of her sporting contemporaries.

I caught up with Allyson on her recent trip to London to film a Nike commercial with Ashley Cole and Kobi Bryant star of the LA Laker Basketball team. Quiet, yet delightfully unassuming Allyson, together with her brother and agent Wes Felix treat me to a coffee and croissant at her London hotel.

MD How much are you looking forward to the London Olympics?

AF I'm definitely looking forward to it. The Olympics is always in my head and is always on my mind as I prepare for it even now.

MD Have you decided yet whether you will run the 400m or the 200m or both?

AF We haven't made a final decision yet. Last year I was playing around with the 400m to see how it would go and obviously it's going to be much more intense. I will run the 400m at the world championships next year and then make the final decision after the world championships.

MD This year was an off year with no major championships, how do you feel the year went?

AF I feel like I had a decent year although it was kind of a shift of focus. I feel like I'm definitely a performer at the world championships as I rise to those occasions so it was different this year but I had fun and I was able to focus on different things like the 400m and on winning instead of times so it was a nice change for an off year.

MD Is the world Championships going to be your main focus for next year? And will you run the 200m as well as the 400m?

AF Definitely. We've not had our meeting yet but I think at this stage I will run the 200m as well as a dress rehearsal for the Olympics so it will be an intense schedule!

MD Your Father is a pastor so have you always been involved in church?

AF Yes we grew up in the church and were involved in all the things that went along with it from a very early age.

MD You won a silver medal at the Athens Olympics when you were just 18. At that point did you find that your Christian faith had really helped you in those early years of competing at the very highest level at such a young age?

AF Yes it helps me all around because I have more of a purpose. It's not always about winning it's more about bringing glory to God as that is the reason why I run. Athens was a whole new experience for me and I felt like my faith kept me calm and I knew that whatever the result was I could put it into perspective after a while.

MD You were favourite to win Gold at Beijing in 2008 but were beaten into the silver medal by Veronica Campbell-Brown did your faith help you cope with that defeat?

AF I think it helped me in the sense that I understood the life is a journey and things are not always going to go the way you think and expect or hope for. I realise now that that was just part of my journey and for whatever reason it was God's will not for me to win that race. As time went on I could see how that defeat has changed me and how I have grown from it. I definitely now try to see the bigger picture.

MD Was the Beijing final the biggest disappointment of your career so far?

AF Yes definitely. Coming off the back of Athens for four years I had looked forward to that moment and had trained for that moment and when it didn't go the way I hoped for it was pretty devastating and then you have to wait for another four years before you get another opportunity so yes definitely a disappointment but you just have to learn from it and make the most of it. *continued back page*

There is a new league in the South of England for those clubs that want their senior men and women to compete together as a joint team. Marshall Milton Keynes is one of 32 clubs in this league in 2011. In this article I want to explain how this league came into existence.

Two years ago I submitted a motion to the Southern Men's League (SML) AGM, requesting that the Management Committee talk to the Management Committee of the South Women's League (SWL) about combining their two leagues. The SML agreed to talk, but the following year, when I asked what had happened, no meeting had taken place (although the Chair of the SWL told me he was expecting a call!). So, the following year I put motions to both the SML and SWL AGMs that they should get together to discuss joint competition for the 2011 season. This was passed by the SWL AGM, but the SML refused to talk to the women.

Last September I was contacted by representatives from Enfield & Haringey, Harrow and Serpentine, suggesting that we put forward proposals to both AGMs asking for separate divisions within one or both leagues for those clubs who wanted joint competition. We discussed this proposal at an MMK Committee Meeting at which unanimous support for joint competition was given. To gauge support for such a motion among other clubs, and having let both leagues know what I was planning, I sent an email/letter to all 112 teams in the SML and all 95 teams in the SWL asking them to respond within seven weeks, after talking to athletes, coaches, team managers and their own management committees.

While some responses were immediately hostile, and an article appeared in Athletics Weekly condemning the proposal, many positive responses were received. The main opposition came from one club with a highly ranked men's team, but no women's team at all, who felt that the proposal would lead to reduced competition. By the time of the SML AGM in mid-November, I had received responses from 87 of the 111 clubs who compete in the SWL, SML or both. Of these 87 clubs, 42 wanted joint competition in 2011, 12 supported the motion but would not be ready in 2011, 9 were still thinking about it and 24 were opposed.

At the Men's AGM, I put forward the proposal for joint competition, but it was defeated by 32 votes to 16 (each club gets a vote and each member of the management committee gets an extra vote). While a majority of the clubs may have been in favour, the SML Management Committee were very much opposed, and they were very good at getting those clubs opposed to the motion to attend the AGM. Indeed, earlier in the meeting the Management Committee put forward a motion (carried by a similar majority) giving it the right to veto any proposal which it felt would change the structure of the league, so that even if it was passed by the AGM it would have to go to a referendum of the clubs (plus the Management Committee) and would require a majority of those eligible to vote (not just a majority of those who voted) if it were to be passed. I had expected the meeting to be hostile (and I'm very pleased not to have to go through that again).

At the same time I had heard that the SWL Management Committee were also opposed to having joint divisions within the SWL. The SWL AGM was not until four weeks after the Men's AGM and both leagues had set a November deadline for registration. Hence the four clubs decided to hold the Inaugural Meeting of the Southern Athletics League just a week after the SML AGM.

Twenty two people turned up at the SAL IGM, from fifteen clubs, and we spent the evening agreeing a constitution and a set of rules for the new league. A six-person Management Committee was elected and I was given the jobs of Secretary and Treasurer. We gave clubs four weeks to decide if they wanted to join the new league, with a deadline of 22 December. I did attend the SWL AGM on 11 December where, as expected, the proposal was turned down by those representatives who attended, although it was clear from my survey that at least half the clubs wanted joint competition. After several anxious days, the applications for the SAL began coming in. In the end we had 32 clubs, which is ideal as we have two full 16 club divisions in 2011. The dates for the new league have been chosen to avoid clashes with the UK Women's League and the British Athletics League (and all but one weekend of the National Junior League). The dates are 30 April, 21 May, 9 July, 30 July and 20 August. The Women will compete in as many events as the men, including the 1500m or 2000m Steeplechase, while the men will alternate between 3000m and 5000m and between 3000m and 2000m Steeplechase. There will be bonus points for those clubs who bring along officials.

I spent part of my Christmas holiday setting up a results spreadsheet which, I hope, will make it very easy for clubs to use to generate the results. We will have two home matches at Stantonbury, on 21 May and 30 July, with the first match coinciding with a British Miler's Club Evening Meeting for young middle distance runners, and where we will be using electronic timing. I'm really looking forward to an exciting new competition.

More details of the new league can be found on its website at <http://www.southernathletics.org.uk>.

Mick Bromilow

AND DOWN MEMORY LANE

1981 was the first year that MKAC had a consistent Southern Men's League team. We finished runners-up in Division 5 despite winning five of the six matches. Included along the way was a massive score of 169pts (just 11 off the maximum) in our home match on the old Radcliffe School track. The team gained promotion the following years to get to Division Two in 1984. Photo of some of the team and officials after the final match at Maidenhead in 1981 –

Peter Hall, Dave March, Mark Everitt, Robin Hart, Mike Everitt, Simon Rayner, Mick Bromilow, Brian Graves, Andy Smith, Ray Lambourn & Malcolm Rayner.



YOUR CLUB



**Sunday
13 March**

**A big money-spinner
for THE CLUB**

Lots of help required in
course
marshalling etc

Contact any of the following –

Mick Bromilow

T.M.Bromilow@open.ac.uk

Jackson Ryan

mob:07717027218

Dave Barrett

dave@bubbler.co.uk

London Marathon Coach Reservations Sunday 17 April 2011

Depart: 05.45am MK Central
Police Station (Witan Gate)

Arrive: approx 08.00am
Blackheath, Greenwich Park,
London

Return: 16.30pm (sharp)
Haymarket, adjacent to
National Gallery

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

To reserve seat, send a
cheque made out to MMKAC
addressed to:

Jim McKellar,
3 Innes Court,
Grange Farm,
Milton Keynes
MK8 0NQ

Contact Details: E-Mail

j.r.mckellar@btinternet.com

Telephone 01908 504538;
mobile (for emergency on the
day only) 07951282618



Review of indoor events in
April Newsletter

**CLUB
AFFILIATION
FEES ARE
NOW PAYABLE**

**PLEASE
UTILISE THE
ENCLOSED
RENEWAL
FORM**

NEWSLETTER EDITED

BY

BRIAN GRAVES

b.graves134@btinternet.com

tel:(01908) 631013



Allyson Felix interview/continued

MD You've won three world titles and Gold in the relay in Beijing plus your two silver medals which of those was your absolute highlight?

AF I would still say that the highlight was Athens just because I was so young and I was not even expected to make the team at all so it was definitely a very positive thing to have happened so young in my career.

MD Is running for you a spiritual experience in the way Eric Liddell alluded to in the film Chariots of fire?

AF The way that I look at it is that it's a gift. It's what God has called me to do and I have the talent and I want to use that talent to the best of my ability to bring glory to God so that people who see me see that there is something different about me. So it's definitely not all about me wanting to go out there and win to be popular.

MD Athletes careers are relatively short what do you see yourself doing when you retire?

AF I love kids and I have a degree in elementary education so I would love to teach or be involved with kids in some way to bring a positive message into their lives.

Copyright Authentic Media 2010

CHILTERN LEAGUE MATCH 4- LUTON (15 Jan)

1 Bedford & Co	2659
2 MMKAC	2323
3 Luton AC	2134

Top 4 league positions after 4 matches

1-Bedford & Co.	10298
2-MMKAC	9755
3-Windsor S.E & H.	9513
4-Chiltern H.	8645

❑ Our 2nd on the day to Bedford moved us up above Windsor to second place.

❑ Overall we now have a deficit of 543pts, probably too much to claw back but we cannot be complacent as Windsor are only 242pts in arrears.

❑ In the female age groups this season Windsor are the are the team to beat: Top 3 are:

1-Windsor	2780
2-MMKAC	2624
3-Chiltern H.	2392

**SO COME ON LADIES GIVE IT A GO IN THE
FINAL MATCH AT WING ON FEB 12th**

The Club Championships were held within the match and the following are the first 3 senior men: Chris Hearn(2nd), Matt Willmott(1st) & Matt Clark(3rd) AND 1st M50(Mike Burling), 1st M40(Steve Herring) & 1st M60(Kelvin Smith)

