

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

A REVIEW OF SUMMER 2011

"without the experiences there would be no memories"

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**GOOD LUCK TO
CHRIS CLARKE,
CRAIG PICKERING
AND GREG
RUTHERFORD AT
THE
FORTHCOMING
WORLD
CHAMPIONSHIPS
27 AUGUST - 4
SEPTEMBER**



Chair's piece

Track Season

The track season is drawing to a close and Brian's excellent newsletter is full of stories of great deeds, near misses, and of what might have been!

Congratulations to Greg Rutherford, Chris Clarke and Craig Pickering who have been selected to represent Great Britain at the World Championships in Daegu, South Korea later this month. Greg has been outstanding this year, despite losing his British Record, and his win in the Diamond League, two weeks after opening his season in Milton Keynes, is the stand-out performance of the season (so far!). Chris Clarke, after a serious injury in March, came back with a bang in July, and came very close to winning the 400m at the National Championships in Birmingham. For some of our elite athletes, 2011 has been a year to regain fitness and form after injuries in 2010. The club remains on schedule to make a major impact on the London Olympic Games, now less than a year away. Thomas Green, with his first win over his long-time hero, multi-Olympian, Stephen Miller, is continuing to improve, and looks to be on schedule for GB selection for the Paralympic Games next year. We wish all of our athletes with Olympic aspirations every success and an injury-free next 12 months.

We have been very lucky in being able to support our elite athletes in their build-up to the 2012 Games thanks to a 7-year sponsorship deal with Marshall Amplification that has benefitted the club by more than £100k. We have also been able to support our younger athletes who have won medals at national championships or ranked highly in the UK rankings. We thank Marshalls for its continued support.

In the Leagues this year the MMK youngsters qualified for the area final for the first time, and came within a whisker of qualifying for the national finals in September by finishing fifth in Birmingham. Under the NYAL rules, the first four teams in each of the area finals, plus two from Scotland and one for Northern Ireland are automatically invited to the national finals. The one remaining place goes to the fifth-placed team in the area final in which the third-placed team has the highest score! Thus the place went to Doncaster, the fifth-placed team in the Northern Final as third-placed Preston (820.5 points) had more points than City of Stoke (772) and Blackheath (755). I did query this rather strange result on the grounds that of the fifth-placed teams, Marshall Milton Keynes (with 751 points) had far more points than Doncaster (666.5) and Reading (715) and it seemed rather perverse that the place should depend on the score of another team. However, having considered the matter further, I felt that the only fair way of determining the best of the fifth-placed teams was to use the results of the area finals to conduct a paper match. To my surprise the result was:

- 1 Reading 580
- 2 Marshall Milton Keynes 531
- 3 Doncaster 477

Hence the strongest team on the day were Reading and they are not being invited either!

I was disappointed to see our Women's Team demoted from the UK Women's League Division 1, and surprised to see how close we came to avoiding relegation after a strong showing at the final match.

Nine months ago, after trying for three years to persuade the Southern Men's and Women's League Management Committees to bring forward proposals for joint competition for clubs whose men and women wanted to compete as a joint team, the Southern Athletics League was born. I had conducted a survey of over 100 clubs in the South of England and had established that more than 50% wanted joint competition. In the end 32 clubs joined the new League in its first year. As League Secretary I have received lots of very positive feedback from clubs about how much better the atmosphere is, how much money has been saved in travelling costs and so on. I have already had enquiries from 8 teams who are interested in joining the League next year. It's also very pleasing to see Marshall Milton Keynes in second place in Division 1 with just one match to go.

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

Nike MK Festival of Running

The Club has made over £8000 from the Nike MK Festival of Running in March this year. This is significantly less than last year, but the entries were down a little and we had lost Nike as the event sponsor. (A sponsorship deal with a new footwear manufacturer has been negotiated for 2012). We have also been building up a kitty of more than £11k to invest in next year's festival, and so less has been paid out from this year's profits.

The date for next year's event has been fixed at Sunday 4 March 2012. This is a week before the Silverstone Half Marathon (and four weeks before the Reading Half Marathon). We will need more than 100 helpers on the day to ensure its continued success. Please book the date in your diary.

South of England Road Relays

We have held the South of England Men's 12-stage and Women's 6-stage Road Relay Championships at the Open University since 1999. Over the past couple of years the University has started to inflate its charges (the OU asked for £1100 to open its catering facilities for four hours this year, which I declined). Next year they want to charge us over £600 for cleaning and rubbish collection. We have clearly outstayed our welcome. I am hoping to put proposals to the SEAA for a new course, based at Stantonbury Stadium, and using the redways around Linford Wood. Help in sorting this out would be welcomed. The date for next year's event has not yet been announced by the SEAA.

Cross Country

As the track season winds down, so the cross country season begins. Last season Marshall Milton Keynes finished second overall to Bedford & County. The Club has won the overall title in 11 of the last 14 years. The first league meeting of the season is at Wigmore Valley, Luton on 8 October. The key to success in this league is getting a good start. Please try to be there.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

The International Scene

4 June **GREG RUTHERFORD** long jumped 8.32m at a Diamond League Event in Eugene(USA). Unfortunately the wind assistance (+2.1m/sec) was marginally over the legal limit(2.00m/sec). His GB record of 8.30m was set at the 2009 World Championships in Berlin.

18 June **CRAIG PICKERING** ran leg 2 for the winning 4 x 100m Great Britain team in the European Team Championships at Stockholm. Along with Christian Malcolm, James Ellington and Harry Akin-Arye they recorded 38.72 ahead of Russia (39.22) and Czech Republic(39.45).

Right: A smooth change-over between Craig and James Ellington : Jonathan Edwards interviews Craig for BBC tv.



8 July **GREG** loses his GB record to **Chris Tomlinson**. At the Diamond League Event in Paris, Tomlinson added 5cm to Greg's record leaping 8.35m. Greg was third(8.27m) in an event won by Olympic Champion Irving Saladino(Panama) who leapt 8.40m

UK CHAMPS & WORLD TRIALS

BIRMINGHAM 29/31 July

Men

100m heat	2 Craig Pickering	10.40 w+0.9	Q
100m Semi	2 Craig Pickering	10.32 w+0.8	Q
100m Final	Craig Pickering	DNS	
400m heat	2 Chris Clarke	45.65	q
400m Final	2 Chris Clarke	45.61	
Javelin	2 Mervyn Luckwell	75.06m	
	11 Michael Cox	62.15m	

Women

100m heat	3 Kadi-Ann Thomas	11.89 w+0.5	Q
100m Semi	7 Kadi-Ann Thomas	11.89 w+0.0	
200m heat	3 Kadi Ann Thomas	24.32 w-2.6	q
	5 Joey Duck	24.50 w-1.0	
200m Final	7 Kadi-Ann Thomas	24.00 w-0.8	
100H heat	7 Chloe Whalley	16.58 nwi	



Chris Clarke and Kadi-Ann Thomas in the heats of the 400m and 200m respectively; Michael Cox, javelin



SAL

SOUTHERN ATHLETICS LEAGUE – DIV 1

GREAT START FOR MMKAC IN THEIR FIRST MATCH IN THE NEWLY FORMED LEAGUE CATERING FOR A COMBINED MEN'S & WOMEN'S TEAM

■ The team opened their campaign at Bromley on 30 April and won a very tight encounter with the host club –

1 MMKAC	184
2 Blackheath & Bromley	181
3 Tonbridge AC	1171
4 Worthing & District	117

The ratio of points scored was close – Women : 97(53%)
Men: 87(47%)

■ And so back to Milton Keynes for the second match on 21 May where the appearance of Greg Rutherford(below) caused quite a stir. Greg leapt a huge 8.20m but it was just over the legal limit(2.4m/s). MK and Luton battled it out at the sharp end but home strength helped and a 10-pt victory was achieved.

1 MMKAC	215
2 Luton AC	205
3 Ashford	162
4 Walton AC	139



Sprinters in action at Norwich- Mark Gardiner(L) and Nic Williams(R), both in the 200m



■ Match 3 was held at Norwich on 9 July. MMKAC, with a weakened team and against a very strong City of Norwich outfit, competed very well to take second place.

1 City of Norwich	221
2 MMKAC	165
3 Nene Valley H.	154
4 Chelmsford AC	140

The good news was that MMKAC still held second place in the league table.

<u>top 5:</u>	1 Southampton	12 league points
	2 MMKAC	11
	3 Luton AC	10
	4 Herts Phoenix	9
	5 Ashford AC	9

Ladies in action at Norwich- Katie James here seen in the 4x400m Relay but had also run in the 200m, 400m & 800m; Rachel Gibbens in the triple jump, she had also competed in the long jump and both the 100m & 400m hurdles; Kirsteen Welch who ran an unusual double of the 100m & 1500m



→→→→HOME MATCH (30 July)

"Three of the four top teams meet at MK"

1	Southampton	217.5
2	MMKAC	198.5
3	Herts Phoenix	193
4	Ealing, S & Middx	91

This was quite an enthralling match. League leaders Southampton came to MK with a very strong team and soon charged into the lead. Around the mid-point MK had challenged the south coast team but then found Herts Phoenix closing in and suddenly MK were down to 3rd place. However a strong finish saw them regain second position.

Leading league positions with one match remaining(20 August)

1	Southampton	16pts.
2	MMKAC	14
3	Luton AC	14
4	Ashford AC	12
5	Harrow AC	12
6	Herts Phoenix	11



ACTION FROM THE HOME SAL MATCH

- Sam Deathe on his way to a pb of 1.54.0 to win the 800m. He completed a double later winning the 3000m(8.56.1)
- Devon Byrne contested 3 field events here seen winning the "B" shot(9.76m). She won the "B" javelin(34.85m) and took 2nd in the "A" long jump(4.89m) and then ran the final leg for 4x400m Relay team.
- Alice Ritchie gets out of her blocks to win the Bth 100m in 13.1
- Sadie Watts competed in all 4 throws: 1st in the "A" shot(10.21m), 2nd in the "A" hammer(41.99m), 1st in the "B" discus(30.44m) and 3rd in the "A" javelin(37.98m).
- Mark Roberson contested no less than five events -He won the "B" hammer(46.84m) and discus(29.52m), placed 2nd in the "A" javelin(39.24m) and also competed in the pole vault(2.20m) and high jump(1.40m)
- Good to see the return of Will Lambourne where he won both the "A" string shot(12.51m) and discus(34.21m) and here seen taking second place in the 110m Hurdles(16.5)

SOUTHERN MEN'S LEAGUE

With the advent of the Southern Athletics League there was a major re-vamping of the SML. Our "B" team are now in Division Two (north) and, with one match remaining are 7th from 16 teams.

RESULTS TO-DATE

7 May (Hemel Hempstead)

1	MMKAC	102
2	Barnet AC	93
3	West Suffolk	84
4	Loughton AC	46

4 June(Luton)

Luton AC	95
Cambridge & Col	85
Watford H	85
MMKAC	84

10 July(HOME)

1	MMKAC	119.5
2	Lon. Heathside	94.5
3	Braintree AC	67
4	London AC	31

30 July(Cambridge)

Huntingdon AC	115.5
Harlow AC	83.5
MMKAC	81
Belgrave H.	55



"B" team montage:

Adam Wade(HJ), Mark Dowson (3kmSC), Jackson Curtis(Jav), Jasper Larken(100m), Lewis Barnes(shot), Matt Malcolm(800m), Ryan Burling(400mH) 4x400m relay team: Jasper Larken/Ben Sturges/Paul Canning/Adam Wade)

UK Women's Athletics League

SADLY IT'S ANOTHER RELEGATION SEASON DIVISION ONE

After placing fifth last summer it looked like being a tough summer for the MMKAC ladies. What with powerful clubs like Shaftesbury Barnet and Blackheath & Bromley coming down from the Premier Division whilst two more top London clubs, Thames Valley H & Newham & Essex Beagles were promoted from Division Two.

5 June at Swansea

1 Swansea	211
2 Blackheath & Bromley	189.5
3 Thames Valley H	168
4 Shaftesbury Barnet	166.5
5 Southampton	158
6 Newham & Essex B	134
7 Bedford & County	119
8 MMKAC	108

3 July at Hendon

Thames Valley H	224
Blackheath & B.	217.5
Shaftesbury Bar.	215.5
Swansea	282
Southampton	169.5
Newham & Essex	147
Bedford & County	133
MMKAC	125.5



Action from Hendon - Joey Duck(200m) and Alana Slater (4x400m Relay)



Third match at Winchester(6 Aug)

1 Blackheath & Bromley	224
2 Swansea	205
3 Thames Valley H	188
4 Southampton	182
5 Shaftesbury Barnet	169
6 MMKAC	168
7 Bedford & County	126
8 Newham & Essex B	120

Final League Table

	pts:
1 Blackheath & Bromley	22 (606.5)
2 Swansea Harriers	20 (577)
3 Thames valley Harriers	20 (567)
4 Shaftesbury Barnet	15 (530.5)
5 Southampton	13 (489.5)
6 Newham & Essex B.	7 (381)
7 Bedford & County	6 (359)
8 MMKAC	5 (381.5)

There was a stronger team for the third match but it was always going to be an uphill struggle at Winchester. However the team certainly made a challenge with a season's best of 6th position and if they could have scored another 15pts to snatch fourth place/would having "B" string competitors in the 400m/800m and the hurdles made the difference.....who knows?

Club record in the final event of the afternoon

The presence of Kadi-Ann and Joey in the sprints must have turned a few heads whilst, as usual, the field event ladies scored heavily. Good to see Elle Roche making her debut and she was part of the 4x400m relay team that broke the club record on the final event of the day. Sophie Wilkins clocked 59.3, Elle ran 63.2, Joey Duck was the fastest with 57.0 on the 3rd leg and Kadi-Ann anchored the quartet with 58.1 for a final time of 3:57.6, just clipping the previous record of 3:58.0 set two years again at Birmingham. Sophie ran the opening leg then.

MANY THANKS TO JULIA AND ALL HER HELPERS PLUS ALL THE LADIES WHO REPRESENTED MMKAC WHO HAD A TOUGH TIME OUT THERE THIS SUMMER - YOU CAN BOUNCE BACK NEXT YEAR.



Action from Swansea -Sadie Watts(Javelin) ,Emma Beales(Discus),Sophie Wilkins(Long Jump) and Diane Baldwin(2000m Steeplechase)



Rachel Gibbens in action at Winchester.



OXFORD - 14/15 MAY

BUCKS AA CHAMPIONSHIPS

A MONTAGE OF SOME OF OUR FEMALE GOLD MEDALLISTS

- Lucy Johnston(U15 75mH): Kayleigh Presswell(U17 Hammer):
- Mel Brammer(U15 100m).
- Ebony Carr(U13 100/200m): Devon Byrne(U20 100mH): Jasmine Finlay
- leads Emily Bousfield, Jade Leggett & Lucy Hacking(U17 1500m)
- Lara Bromilow(Sen Ladies) & Beth Swords(U20), 3000m
- winners: Emma Beales(Sen.shot)

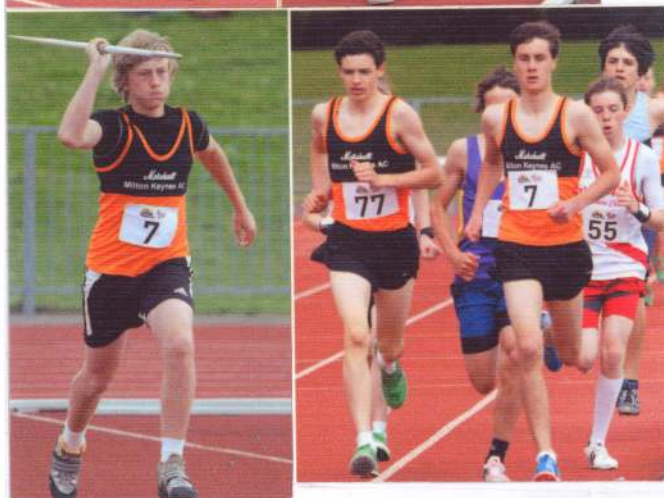
MIDLANDS PREMIER DIVISION(SOUTH)

The MMKAC youngsters gained promotion to the Midlands Premier Division last summer and with two victories and two second places the team qualified for the Regional Final. Results:

8 May(Hereford)	1 MMKAC	552
	2 Yate & District	548
	3 Bromsgrove & Redditch	340
22 May(Swindon)	1 MMKAC	567
	2 Solihull & Small Heath	493
	3 Carmarthen H.	441
5 June(Cheltenham)	1 Swansea Harriers	609
	2 MMKAC	546
	3 Cardiff AC	419
19 June(Abingdon)	1 Rugby & Northampton	686
	2 MMKAC	547
	3 Cheltenham	487

FINAL LEAGUE TABLE

1 Rugby & Northampton	2710
2 Swansea Harriers	2518
3 Cheltenham	2331
4 MMKAC	2212
5 Solihull & Small Heath	2121
6 Yate & District	1918
7 Cardiff AC	1843
8 Carmarthen	1812
9 Bromsgrove & Redditch	1321



action from Abingdon

above:

Daniel Overinde(u15/200m)
Redford Curtis(u15/Jav)

Harry Morton & Toby Herdman-Smith((u15/1500m)
Josh Knight & Sam Redding(u17/3000m)

Left:

Alice Ritchie(u17/80mH)
Taylor Ward(u15/100m)

Emmuella Motta(u15/shot)
Grace Linnett(u13/high jump)



MIDLANDS AREA FINAL- Birmingham (17 July)

1 Rugby & Northampton	942
2 Birchfield Harriers	826
3 City of Stoke AC	772
4 Swansea Harriers	771
5 MMKAC	751
6 Notts AC	632
7 Cheltenham	595
8 Nene Valley Harriers	522



The Final – Alexander Stadium, Birmingham – Graham Ghaleb tells the story.

A full coach left Milton Keynes for Birmingham more in hope than in expectation, but spirits were high. For the first time this season, we were fielding a relatively full team with only 2 gaps in the Girls and 8 in the Boys. There were a few notable absentees because of holidays and international competitions, but at the time it felt as if they could be covered. With the benefit of hindsight, their participation could have been crucial.

From the first moment it was apparent that this would be a great day, whatever the result. Many of our athletes were thrilled to be competing in the same stadium as the stars they had seen on television the previous week. – there was a sense of excitement and anticipation, a real buzz in the stadium and in the team.

We were soon underway with a series of field events. There were good early points in the under 17 men's hammer from Hayden Byrne, making a welcome return, and Matt Cunningham. Despite a disappointing under 17 high jump where we were missing our top jumper and Elizabeth Read was competing with a foot injury, we found immediate compensation in the under 15 Girls Pole Vault. Emanuella Motta, competing in her first competition, jumped 2.25 metres for 2nd place with Laura Zialor also 2nd in the B event. The under 17 men's javelin throwers who had been dominant all season claimed maximum points through Ben Pointon and Jack Panter, while the under 13 Girls shot putters, Paige Barnes and Sade Ross picked up useful points with 5th and 1st places. Although no scores had been announced, by the time the track events started, we felt that the team was in a good position.

The 300 metres hurdles exemplified the commitment of some of our athletes to the team. Gemma Childs had not fully recovered from injury so Lorna Adams volunteered to take her place. Lorna trained for this very demanding event on the Saturday for the first time, and then competed well on the following day, picking up 3 points in the B string and supporting Vicky Ashley who did the same in the A race. Sadly we did not have a competitor in the B 400 metre hurdles to support Tom Purton who ran well to claim 4th place in the A race. If we had had a B runner he would have come 3rd, as this was one of the only events without a full complement.

There were mixed performances in the longer sprint, with another excellent victory from Ebony Carr, ably backed up by Grace Linnett who was 3rd, a fine second place for Daniel Oderinde, with an encouraging 3rd for Archie Rippin, and a 4th and 3rd for Tom Purton and Jasper Larken for the under 17 men. But most of the others struggled against talented opposition, although mention should be made of Amy Botham, who was cajoled into competing in the A 200 metres against one of the top-ranked sprinters in the country and despite finishing 7th climbed to the top of the under 15 girls rankings with a massive PB.

By the time the first scores were announced there was a general feeling that we had started well, but nonetheless there was a sense of surprise when we discovered we were 3rd behind Rugby & Northampton and Birchfield. But could it last?

With the 800 to come, suddenly hopes were high. Solid performances from an unwell Sophie Botham (5th) and from Rhona Grant (2nd) were followed by an outstanding PB and 2nd place from Alfie Yabsley with a good performance from Cameron Beazley-Clarke in 5th place. An encouraging 4th place from Lucy Hacking for the under 15s was undermined by our failure to find a second under 15 800 metre runner, although Archie Rippin (4th) and Owen Seamark (6th) scored useful points for the boys. But it was in the under 17s that we excelled with a double win from Jasmine Finlay and Jade Leggett, and a magnificent victory from Josh Knight in a new PB following a determined and tactically astute performance. Brad Kelman added useful points with a 4th place in the B race.

The next time the points were announced we had slipped to 4th behind City of Stoke and with Swansea close behind us, but we were still in contention for a place in the National finals.

Mixed results then followed. An excellent win for Lewis Barnes in the discus, just 3 days after a foot operation exemplified his quality and his commitment to the team, while Toni-Ann Malcolm's 3rd place in the hurdles signalled an emerging talent. Hayden Byrne matched this in the Pole Vault, a significant reminder of his ability, as he had not vaulted for over a year.

Sadly we did not have a second vaulter, so much needed points were lost. Good points came from Molly Adams (4th) and Ebony Carr (1st) in the Long Jump, while there was another outstanding performance from Kayleigh Presswell in the Hammer with victory and a Grade 1 throw against a number of other quality throwers. With no under 13 boys in the hurdles at all and a modest points tally from Olivia Fletcher and Laura Zialor, who were both up against stiff opposition, we were clearly losing ground in the hurdles, and this was not helped by our lack of a second under 15 hurdler to support Sam Cadigan who was 5th. However we made up points in the under 17 women's races with a 3rd place for the impressive Becky Davies and a 2nd place from Alice Ritchie. Ben Pointon and Hayden Byrne then both finished 4th in the under 17 men's hurdles.

The Women's 3000 metres again underlined our strength in this age group with a 3rd place for Ellie Hemming in the A race and 1st place for Emily Bousfield in the B race. At the same time Rachel West and Lorna Adams were battling for good points in the Pole Vault with two 2nd places. Useful points followed in the 400 metres from Sam Cadigan (6th) and Chilton Kerr (2nd) and from Tom Purton and Jasper Larken in the under 17s, who both secured 2nd places.

We were over half way through the programme and at that point we were 5th, but not so very far behind Birchfield, City of Stoke, and Swansea. Rugby & Northampton were out of sight.

Good points followed from Natasha Finlay (4th) and Lauren Presswell (1st) in the 1200 metres. Dominc Murphy then showed his undoubted class in the 1500 metres with an emphatic victory from the front, with Jacob Tresham contributing 7 points with an impressive 2nd. There followed a 3rd and 2nd from Amy Botham and Amy Radford for the under 15s and a 5th and 3rd from Harry Morton and Toby Herdman-Smith, with Toby finally showing he had overcome the difficulties that had hindered his recent progress. Jade Leggett eased her way through the field to win the under 17s with Fern Yull 2nd in the B race, and although there was disappointment in the under 17 boys where Josh Knight and Ben James were clearly suffering from their earlier exertions, we felt that we must have taken back some of the points we had lost to our rivals.

And so it proved. We were now two thirds of the way through the programme and the scores were announced (in reverse order: 8th Nene Valley; 7th Cheltenham; 6th Notts; 5th Swansea; 4th City of Stoke; 3rd Birchfield; 2nd Marshall Milton Keynes; 1st Rugby & Northampton. Unbelievable. We were ahead of the mighty Birchfield.!!

There were mixed results in the short sprints with another victory (albeit by less than a hundredth of a second) from Ebony Carr and a fine 4th from Toni-Ann Malcolm, an excellent 2nd from Daniel Oderinde and 4th from Tyrell Dankwa, and a 2nd and 4th in the under 17 women from Becky Davies and Alice Ritchie. However the others struggled, while the black vests of Birchfield seemed to be to the fore. With the relays and steeplechase to go on the track and the boys pole vault and javelin and girls discus to go in the field the scores were announced again.

This time Birchfield were clear in 2nd place, but with nothing between the next 3 teams. City of Stoke – 726 points; Marshall Milton Keynes – 725 points; Swansea – 724 points.

We had no boys in the under 15 pole vault, but there was some compensation from Jonathan Pownall and Redford Curtis with a double victory and Grade 1s in the javelin. Hannah Craik (4th) and Laeken Impey (3rd) gained useful points in the discus, so it was down to the relays and the steeplechase. The under 13 girls started well with a 3rd place, but the boys were 8th and the under 15 girls were disqualified; suddenly hopes of a national final were slipping away. The under 15 boys came an impressive 2nd and with the under 17 women coming 4th there was still some hope. But the under 17 boys were 6th and with the Steeplechase to come, hopes were fading. James Wilson was our only competitor and yes, both City of Stoke and Swansea had two athletes in the race. The long relays were exciting with 4th places for the two under 17 teams and 3rd for the under 15 boys, but by then it was too late.

When the final results were announced, one of the biggest cheers of the day came from the Swansea team when it was announced that Marshall Milton Keynes had come 5th. Yes, we had come close, very close, but we had not quite made the final.

Continued on page 21



Good summer for MK vets.

British Masters Track & Field Championships Birmingham - 25/26 June 2011

2 golds, 3 silvers & 4 bronze medals for MK athletes

M45			
100m heat	5	Paul Canning	12.71
200m B Final	3	Paul Canning	25.39
400m Final	4	Paul Canning	57.22 pb
1500m Final	8	Malcolm Down	4:39.23 pb
Triple Jump	3	Paul Canning	10.25m pb
M50			
800m Final	10	Mike Burling	2:26.89
Hammer	9	Mike Burling	28.96m
Weight	8	Mike Burling	11.00m
M55			
100m Final	1	John Browne	12.08 Club M55 Record
200m Final	3	Ivars Licietis	26.74 Club M55 Record
400m Final	3	Ivars Licietis	57.87 Club M55 Record
800m Final	4	Ivars Licietis	2:22.65 Club M55 Record
Discus	6	John Turner	29.65m
M60			
1500m	3	John Skelton	4:56.54 Club M60 Record
5000m	2	John Skelton	18:24.54 Club M60 Record
M70			
Discus	2	Jack Kee	32.74m
Hammer	2	Jack Kee	47.27m
Weight	1	Jack Kee	17.35m
F50			
High Jump	5	Jan Hardcastle	1.24m

June 19 BRITISH MASTERS 5KM ROAD CHAMPS Horwich

Silver for John Skelton with a club record of 18.06

June 12 B.M.A.F WEIGHTS PENTATHLON Milton Keynes

M70 Gold for Jack Kee(3703pts),
M50 3rd Mike Burling(1863pts), 4th Jim Lawrence(1372)

June 5 B.M.A.F PENTATHLON/10km champs (Oxford)

M50 Gold for Brian Slaughter(3319pts)
8th place – Jim Lawrence(1680pts)
10km track: 6th Mick Kelly(40.08.7)

CLUB M50 800m record for Malcolm Down



800m heat 3rd(2.18.89) Q
800m SF 10th(2.13.73)
1500m heat 4th(4.35.23)

M55 100m heat 1st John Browne(12.48)
.....did not start his semi-final

John joined us early this year but had actually competed for Chelmsford in the 2010 EVAC series and in the final which we hosted last September, he won both M50 sprints(12.6 & 26.3). Earlier last year John took the bronze medals in both the 100m(12.27) and 200m(25.13) at the European Masters Championships in Hungary.

He competed in the 2005 World Masters Championships held at San Sebastian and placed 6th in the M50 final(12.19) having run 12.00 in his heat. Over 200m John won his heat in 24.66 but just missed out in his semi-final, 5th with 24.96.

MARK WALL BECOMES AN AUSTRALIAN CENTURION

Mark, an Australian by birth, travelled back to his native country to compete in the Australian Centurians 24 Hour Walk held over the weekend of 16-17 April in Coburg, Melbourne.

The following is an extract from the Australian Footnotes Newsletter

"39 walkers and runners were present when the starter's gun went off at 10.00am on Saturday morning. Intermittent cloud cover and a cool breeze during the day allowed all the competitors to get off to a good start and by 6.00pm, there were the makings of some fantastic performances. A very cold night meant a testing time but come the Sunday morning most were still on track and a good crowd was on hand to witness the final gun sound at 10.00am.

Dutch Centurion Martijn Van den Boogaard and British Centurion Mark Wall were expected to be the big guns in the men's walk and they were right on schedule for their 100mile targets with 12 hour splits of 54 and 53.25 miles respectively. Overnight Mark continued on his merry way, Martijn and the others were in trouble, all falling behind schedule. The final results tell the story. Mark powered through the 100 mile mark in 23:20.41 to become Australian Centurion number 59"

During the first half of the event Mark walked very consistently averaging 19 laps per hour for the first 9 hours(4.86mph)



Mark became British Centurion no 1071 at the 2009 Captain Barclay 100 mile held at Newmarket, finishing third overall in a time of 21:08.39. The previous year Mark was the local organiser of the 2008 Centurians Walk held on the Milton Keynes track.

Photo of Malcolm(1) in the mix at the bell in his 800m semi-final



VETS TRACK AND FELD TEAMS STORM TO THE EVAC FINAL TO BE HELD AT BEDFORD ON 11th SEPTEMBER

After convincing victories in the final round of matches at MK on 3rd August the final league tables for the Central Division look like this

MEN:		WOMEN:	
1 MKAC	667	MMKAC	670
2 Bedford	596	Fairland V.	568
3 Huntingdon	502	Kettering Town	392
4 Cambridge	430	Huntingdon	382
5 Fairlands V.	334	Cambridge	353
6 Kettering Town	231	Bedford	313
7 Biggleswade	137	Biggleswade	25
8 Wellingborough	88	Wellingborough	0

"NEW M60" JOHN SKELTON BREAKS 11 AGE GROUP RECORDS WITHIN 3 MONTHS

Event	perf.	Venue	Date		Prev.Record
10km Road	38.14	Langtoft(Cambs)	01-May	open race	38.22/1998
1500m	4.59.6	Bedford	04-May	EVAC	5.22.2/2007
5km Road	18.07	Cardiff	14-May	open race	20.50/2001
3000m	10.20.2	Cambridge	01-Jun	EVAC	11.27.0/2000
5miles Road	30.24	Harborough	14-Jun	EMGP	30.36/1998
5km Road	18.06	Horwich	19-Jun	BMAF Chps	18.07/JS
1500m	4.56.54	Birmingham	25-Jun	BMAF Chps	4.59.6/JS
5000m	18.24.54	Birmingham	26-Jun	BMAF Chps	25.01.7/2009
10km Road	37.54	Milton Keynes	05-Jul	EMGP	38.14/JS
Half-Mar.	89.06	Milton Keynes	17-Jul	nspcca	90.05/1998
800m	2.30.0	Milton Keynes	03-Aug	EVAC	2.41.6/2007

AND the 800m,1500m and 3000m EVAC times were also EVAC League Records

EVAC TRACK & FIELD CHAMPIONSHIPS Kings Lynn(31 July) Hat-tricks for Paul Canning and John Turner

100m	1 Paul Canning	M45	12.5
	1 John Turner	M55	13.7
	5 Jim Lawrence	M50	14.2
200m	1 Paul Canning	M45	24.7
	1 John Turner	M55	27.6
	5 Jim Lawrence	M50	42.4
Triple Jump	1 Paul Canning	M45	10.23m
Hammer (6kg)	1 Mike Burling	M50	29.99m
Discus (1.5kg)	1 John Turner	M55	30.19m
	3 Mike Burling	M50	22.45m
Shot (6kg)	3 Mike Burling	M50	7.60m

EVAC action:

Paul Canning (100m/Bedford), John Skelton (3000m/Cambridge), Jan Hardcastle (Triple Jump/Cambridge), John Brown (100m/Bedford), Ursula Ghaleb (800m/Cambridge)



VETS TRACK & FIELD RECORDS SET UP TO 3RD AUGUST

04-May	100m	M55	John Browne	12.6	Bedford	EVAC
04-May	1500m	M60	John Skelton	4.59.6	Bedford	EVAC
07-May	400m	M55	Ivars Licietis	58.6	H.Hempstead	SML
07-May	Javelin	M55	Ian Stephenson	34.85m(800g)	H.Hempstead	SML
15-May	Javelin	M55	Ian Stephenson	34.94m(700g)	Oxford	Bucks AA Cps
29-May	Hammer	F50	Jeanette Lawrence	24.68m(3kg)	MK	Open Meet
01-Jun	200m	M55	John Browne	25.3	Cambridge	EVAC
01-Jun	3000m	M60	John Skelton	10.20.2	Cambridge	EVAC
01-Jun	3000m	M55	Phil Jones	10.25.6	Cambridge	EVAC
01-Jun	Javelin	M55	Ian Stephenson	37.07m(700g)	Cambridge	EVAC
01-Jun	4 x 100m Relay	M50	John Browne, John Turner, Alasdair Gibson, Jim Lawrence	54.2	Cambridge	EVAC
04-Jun	100m	M55	John Browne	12.2	Luton	SML
05-Jun	10,000m	M50	Mick Kelly	40.08.79	Oxford(Horspath)	BMAF Champs
25-Jun	1500m	M60	John Skelton	4.56.54	Birmingham	BMAF Champs
25-Jun	100m	M55	John Browne	12.08	Birmingham	BMAF Champs
25-Jun	400m	M55	Ivars Licietis	57.87	Birmingham	BMAF Champs
26-Jun	800m	M55	Ivars Licietis	2.22.65	Birmingham	BMAF Champs
26-Jun	5000m	M60	John Skelton	18.24.54	Birmingham	BMAF Champs
09-Jul	800m	M50	Malcolm Down	2.13.73	Sacramento, USA	World Masters
12-Jul	400m	M45	Paul Canning	56.5	MK	SML
12-Jul	Javelin	M55	Ian Stephenson	35.43m(800g)	MK	SML
03-Aug	800m	M60	John Skelton	2.30.0	MK	EVAC





THE NORTH BUCKS CONNECTION

ALASTAIR McCORQUODALE(no 36) JUST MISSES THE BRONZE MEDAL IN THE 100M FINAL



The McCorquodale name is synonymous with the history of Wolverton. McCorquodales built it's first factory in 1878 and specialised in registered envelope manufacture and undertook many other government and security printing contracts. The original premises in Stratford Road, Wolverton adjoined the Railway Works and were located where the car dealers now exist. They are now located on the other side of the road.

In the late 1800's the railway town of Wolverton had a labour problem for although the men were all gainfully employed in the railway works, their daughters remained unemployed. Sir Richard Moon, Chairman of the London & North Western Railway had an idea for solving the problem and contacted his friend George McCorquodale and suggested he built a printing works in the town. The rest is history, as they say.

ALASTAIR McCORQUODALE -

"Out of the blue, the reluctant Scotsman who won a silver medal"

He was born at Glasgow in 1925, went to Harrow where he was victor ludorum and in the first football and cricket teams. He joined the Coldstream Guards as the war ended, but his athletics career did not start until the summer of 1947. His all-round sporting prowess saw him encouraged to take up sprinting and by the end of the summer he became Army 100yds champion(9.9) and then placed 5th in the AAA Championships. He came out of the Army next year, got himself out of condition, but the Olympic selectors had not forgotten him and told him to join London Athletic Club and then get some coaching.

He was also busy at work with the family printing and publishing company which produced the Olympic Games programmes(*and the programme for the National cross-country Championships when held in Milton Keynes in 1985*).

So putting cricket aside (he was playing county cricket for Middlesex) he joined the Olympic trail. He took 2nd in the Southern Champs at Uxbridge(9.9) and then in the all important AAA Champs at White City finished second to gain an Olympic vest. He won the 100m in 10.8 representing Scotland in a Home Counties International at Manchester. Home favourite, Macdonald Bailey struggled to 3rd with a muscle injury.

He said "the peak of sprinting is the final of the Olympic Games. After that there is not very much more to go for and nowhere else to go"

THE 1948 OLYMPICS 100/200m and 4 x 100m RELAYS

McCorquodale competed in the 100m heats on the opening day, 30 July. A close second to one of the favourites, Barney Ewell(USA) in 10.5. Second again to another American(Mel Patton) in round 2(10.5). Next day he stormed through to 3rd place in his semi-final behind Harrison Dillard(USA) and Ewell.

THE OLYMPIC FINAL

Dillard(10.3) was never headed but in a desperate finish for second place the strong Scot in lane 3 was just beaten by Ewell and by Lloyd LaBeach(Panama), all given 10.4. Behind McCorquodale came Patton and GB's Macdonald Bailey(still suffering from injury)..

He made it through to the semi-finals of the 200m but was probably a race too far being eliminated in 5th place(21.7) – but this was from a man who had never run a 200m on a proper track before June. Proper track – well cinders laid over the grass greyhound track at Wembley.

SILVER MEDAL IN THE SPRINT RELAY

The team had not run together but McCorquodale (due to his inexperience of baton changing) was given the opening leg. It worked. In the qualifying round he powered round the first bend to give GB a great start as they beat Italy to reach the final with a time of 41.4. The USA duly won the final in 40.6 with GB second(41.3) and Italy 3rd(41.5). There was drama here as initially the Americans were disqualified for a suspect faulty changeover but on review the jury quickly realised there had been no infringement.

Alastair McCorquodale was very pleased at his success, but athletics did not attract him. He ran because he was asked to do so by his country. He said "I wanted to go back to cricket, and I never stepped on a track nor ran again. If I had gone on it would have been very unsatisfactory being over the top and not winning. You have to get out at the top. I had gone as far as I could"



GAMES OF THE XXX OLYMPIAD: July 27 - August 12, 2012

HAVE YOU GOT YOUR OLYMPIC TICKETS??????????

Men's 100m final: how the tickets go

76,000

seats in the house

8,000

to come on sale to UK and EU in batches next year

1,500

yet to be allocated

11,200*
media

3,600
Olympic family (IOC and friends)

10,500
sold to the UK (and EU) public at £725, £420 and £295

10,500
sold to the UK (and EU) public at £125 and £50

30,500
corporate hospitality, sponsors and ticket sales to the international public



*Space taken up by press and broadcast desks and is equivalent to 11,200 seats

The "Times" Speech bubble

Jonathan Edwards and Lord Coe unveil the Olympic torch prototype.

winning entry

Lord Coe: "It's for dealing with people who complain about ticket allocation."



ANOTHER NORTH BUCKS CONNECTION → ALAN TURING and BLETCHLEY PARK

Alan Turing was the man behind the code-breaking team who worked at Bletchley Park during the second world war years. Working in Hut 8, Turing organised a team of scientists to devise a machine to try and crack the German codes. The Turing-Welchman Bombe was highly successful in deciphering German submarine messages and during the "Battle of the Atlantic" swung fortune in favour of the Allies. It is generally accepted that the war was shortened by two years due to his efforts.

Bletchley Park is well worth a visit if you have never been. There are also lots of internet links and books about Turing's life which tragically ended at the age of 41.

He was also a talented runner and after the war ran for Walton AC and in 1947 clocked 54.43 at the Walton 10, and 2:06.18 in the Kent 20 and finished 5th in the AAA's marathon recording 2:46.03.

Turing was promoted as a 1948 Olympic hopeful but injuries took their toll and he never competed again. He also continued his work at Manchester University working on laying the foundations for the computers we use and rely on to-day.

Right:
The Turing bronze at Bletchley Park



The 1948 Olympic marathon saw an exciting finish in Wembley Stadium. Etienne Gailly (Belgium) entered the stadium in the lead but was so overcome by exhaustion and that firstly the Argentine, Delfo Cabrera passed him to take gold and then Britain's Tom Richard grabbed silver (2:35.07). 41 started, there were 11 DNF's. Stan Jones was the other GB man to finish, 30th in 3:09.16



GARY BLABER WRITES ABOUT HIS LONDON EXPERIENCE

And what an experience! From way back in November, when I was lucky enough to be drawn out of the hat in the Club ballot.

My training started in January, going out 6 days a week, including the Tuesday and Thursday sessions with Jim Miller's group, and before I knew it, the Marathon day was upon us!

After a restless night, my day began at 4am on the 17th April 2011. We went down to London on the MMKAC coach organised by Jim McKellar (which is an experience on it's own) The coach dropped us at Greenwich and the atmosphere was brilliant. It helped being with other runners from the Club who kept me relaxed, as I was a bag of nerves.

So, to the start of the race; what can I say... the crowds were cheering, shouting, and screaming from every corner. It was fantastic! The course was great for me (as there were not many hills) Running over Tower Bridge and around Canary Wharf were big highlights and the support and cheering from the crowds carried me along. (All those training sessions probably helped a bit too!)

It started to get tough after about 20-22 miles, but seeing my wife and other supporters from the Club gave me a massive lift. After 23 miles it was starting to look a bit like a war zone on the roads, and people were passing out with exhaustion from the heat.

On to the finish, down the Mall; Superman beat me, Spiderman beat me but, I did manage to overtake a bloke dressed as a Pink Fairy and finish with a time of 3hrs 16mins.

The experience of The London Marathon will stay with me for a long time, and even though I lost three toe nails and had two lovely big blisters on my feet, it has not put me off!

Next year I am already signed up for the Brighton and Milton Keynes Marathons in April. I must be mad...that's what my wife keeps saying anyway!

AND look at Gary's half-marathon splits(right) – perfect! ED



MMKAC LONDON FINISHERS AND THEIR HALF MARATHON SPLITS AND DIFFERENTIALS

Name	Cat.	Time	Half-1	Half-2	Diff.
Steve Herring	M40	2:42:49	1:18:38	1.24.11	5.33
Daniel Webber	MS	2:46:53	1:20:13	1.26.40	6.27
Michael Kerrigan	MS	2:53:28	1:25:26	1.28.02	2.36
Ross MacKenzie	MS	3:09:13	1:33:23	1.35.50	2.27
Wendy Webber	FS	3:09:33	1:34:41	1.34.52	0.11
Andrew Stiles	M45	3:11:57	1:31:41	1.40.16	8.25
Gary Blaber	MS	3:16:17	1:37:50	1.38.27	0.37
Geoff New	M45	3:26:07	1:38:48	1.47.19	8.31
Neil Jones	MS	3:27:37	1:37:51	1.49.46	11.55
Julie Dalzell	F40	3:40:10	1:37:59	2.02.11	24.12
Dave Findel-Hawkins	M60	3:47:02	1:45:41	2.01.21	15.40
Sue Davey	FS	3:47:36	1:49:04	1.58.32	9.28
Katie Herman	FS	3:53:08	1:49:17	2.03.51	14.34
Chris Herman	M55	3:53:25	1:52:49	2.00.36	7.47
Ali Khan	MS	4:06:11	1:48:27	2.17.44	29.17
Phil Atkins	M45	4:10:21	1:53:59	2.16.13	22.14
Karen Tinncknell	FS	4:19:25	2:07:01	2.12.24	5.23
Christine Edwards	F50	4:48:12	2:12:16	2.35.56	23.40
Jo Bevan	FS	4:53:36	2:15:31	2.38.05	22.34
Julie McPheat	F45	4:58:19	2:11:27	2.46.52	35.25
Jim McKellar	M75	5:04:16	2:16:26	2.47.50	31.24
Susan Bennett	F45	5:15:13	2:20:23	2.54.50	34.27
Alex Laing	MS	5:45:49	2:34:39	3.11.10	36.31



Photos:

Top: Mike Kerrigan at Canary Wharf & Julie Dalzell at 22miles
Right: Neil Jones. Sue Davey & Chris Edwards at 22miles

THE TWO OCEANS MARATHON

23 APRIL 2011

A unique race embracing
both oceans surrounding
the South African
shoreline - the Indian
and Atlantic Oceans



JACQUIE MAYCOCK TELLS THE STORY

Now, the title of the run in itself is confusing as since when has a marathon been 56k long? However, coming from a country that boasts The Comrades as one of its events, you can see why even 56k is short compared with 89k.

Jan and I flew out to Cape Town on Tues 19th April with the intention of acclimatising and wanting to see something of the country as well. We stayed in a 4 star guest house in Newlands which is in the Southern Suburbs and is a nice residential area but it was clear from the start that security was a major problem. Sometimes we felt over the top. We were given a set of keys which consisted of a zappa which we had to pass over a reader to get us through the front gate. We then had to unlock and lock 2 further doors before we reached our room in the garden with a view to the small swimming pool. The room, indeed the whole place was stunning and from the garden we had Table Mountain as our backdrop.

Two days sight-seeing including Table Mountain and then on Friday we were back to the Waterfront for the Friendship 5k.

The run started at 9.30am and we were asked to dress in something obvious to our country. I wore my Chelsea shirt. You boring Arsenal and Man U fans take note that I was then given the UK flag to run with. They obviously recognized that I had style. The run was a great route which took us along the coast and round the main football stadium for the World Cup. Around 4km, 200 screaming children greeted us - we were asked to chose a child - no not to eat or take home with us! Part of our entry fee had gone to providing these children with shoes so they didn't have to walk to school in bare feet. We were therefore asked to help them find their shoe size and help put them on. We all thought that it was a nice touch by the race organizers.



Saturday - race day. Up at 4.45am. Porridge at 5am. Some of the other guests were also there for the run but nobody said much. The half marathon was starting at 6am so we left our guest house at 5.55 and saw the start. Yes that is how close we were to the start! Kit bag on truck, numerous loo stops due to a dodgy stomach and then having stuck into a pen much closer to the start than I should have been, we were off. Now there was no chip mat at the start of the race. The time was from the gun and I reckoned it took me between 2/3 mins to cross the line so I would have to adjust the time on my watch accordingly. The pace at the start was nice and slow albeit there was just under 9000 runners competing. As the distance and pace markers on my watch were not working and I could not sight any km markers I had no clue as to was speed I was running at so I just tried to keep it comfortable. Things come it three's. I had dodgy tummy, watch not working and then at the second time of stopping to take on some gel, I put my hand into my running belt and disaster number 3. The cap had broken and all the gel had leaked out. Strangely I didn't feel annoyed. I just thought I have got to re-look at my strategy so it was coke and powerade from there on.

The 12km marker was the first I saw at the seaside town of Muizenberg. I seemed to be running at 10min a mile which was slightly faster than planned but I was feeling ok. We continued along the coast through St James, Kalk Bay and Fish Hoek. The crowds were great but the sun was hot. There were however plenty sachets of water that you could use to keep cool.

It was then back inland and onto the the first cut off point 25k. They gave you a warning that the cut off was 1k ahead and a reminder of the time you had to reach it by 9.33am or else you were transported back to the finish by the buses parked up along the route. There was no chip mat at this point so how strict they were I am not sure. Before I knew it, I had reached halfway in 3hrs 1 min and was feeling strong still. The course up to this point had been fine. Just gently undulating. The second half was advertised at being harder. They weren't wrong. We were on Chapman's Drive. A 10km stretch half of it up and half of it down following the coast around some 100 plus bends. This was steep and hard going.

My run/walk strategy changed to walk but many others were doing the same. I remember looking up seeing runners snaking up the pass and thinking where the hell is the top! Chapman's Peak was the top and a great band was there to greet us as was a helper handing out ice lollies. I took two bites and dumped the rest as I wanted to take advantage of the downhill. The camber was very awkward and there were cats-eyes that prevented you from running in the middle of the road. I was also trying to run as much in the shade as I could. The next cut off was 38k and you had to be there by 11.10am. Being well inside I knew I only had two more cut offs to make before I couldn't be thrown off the course. The views on this stretch were stunning and we were now on the Atlantic coast as opposed to the Indian Coast of earlier. We came down to to Hout's bay famous for its fish restaurants and then we were back inland. All was well until 40k when I seemed to hit the wall. Maybe it was because of the heat or more likely the fact I had no gels and just a couple of jellies to eat. I started walking again with another Brit called Emily whose knee was playing up.

The marathon cut off was at 11.42 am and on the watch I had been running for 4.43 so I knew I had time to walk the 4k hill up Constantia Nek and still make the last cut off at 12.11. Again everyone around me was walking, joking chatting and laughing. There was great camaraderie all along the route. From the last check point it didn't matter whether you made the medal cut off at 7 hours or under as you would still be classed as a finisher. I really did want a medal though so my strategy was to run the downs and walk the ups and this I did until the finish in 6.38.37 earning a blue medal. I remember crossing the line feeling a bit empty and it certainly did not sink in that I had just completed 35m on a hilly course. Medal in hand it was off to find my friend Jan who completed it in 5.30 hours. There was a food tent for international runners where you could grab loads to eat and drink if your stomach was up to it. All included in the race entry. I went for a cheese and ham toastie and fruit salad washed down with a drink. They counted down at the finish line for the 7 hour medal cut off and we could see runners coming up the finish straight some failing by a mere 30 metres or so. Frustrating for them and sad for us who were watching....

We had the choice after being fed and watered of a 2km downhill walk back to the guesthouse as the finish was in the grounds of the university or a shuttle bus ride back. Yep you can guess which choice we went for. When back it was time to get the legs in the pool. It was freezing but we managed to keep them in for 10 mins and then we were on the sunloungers taking advantage of the weather before later that evening taking a slow walk up the road to our local Italian.

Easter Sunday- chucked it down all day. We decided to give the legs a rest and take a bus tour where we visited many local sights some pretty as in the coastal towns and gardens and some not so pretty, the Townships. I have to say my legs were feeling a lot better than they did after having run Boston last year and Monday we went off sight-seeing again including this time Cape Point/Good Hope, Boulders Beach where the penguins roam amongst the locals and we re-visited Chapmans Drive this time on 4 wheels.



Tuesday, back to the airport for our overnight flight home to good ole blighty. The run was beautiful as is Cape Town and its people and the race organization was very good. Could I have run it faster? I reckon so. Jan and I are planning to run it again in 2013. Any other takers??

THE EAST MIDLANDS GRAND PRIX SERIES

FOUR AGE CATEGORY WINNERS -

Deb Hindmarch(F55)

John Skelton(M60)

Keith Cook(M65)

Milford Callow(M75)

AND ALSO ON THE PODIUM-

Wendy Webber 3rd Sen.lady

Jane Goodey 3rd F55

Kelvin Smith 2nd M60

Brian Daniells 2nd M70

9 ATHLETES RUN ALL 8 RACES-

Karen Tincknell, Ross Mackenzie,

Andrew Wasdell, Chris Nicholson,

Peter O'Sullivan, Malcolm Kidby, Phil

Atkins, Terry Down & Milford Callow

29 RUNNERS FINISH WITH A

GRAND PRIX POSITION

Age	Name	Posn	Pts	No of races
FS	Wendy Webber	3rd	14	7
	Stephanie Hindmarch	8th	47	7
	Karen Tincknell	15th	96	8
F35	Jo Greenslade	5th	28	7
F55	Deb Hindmarch	1st	5	7
	Jane Goodey	3rd	13	6
MS	Ross Mackenzie	8th	64	8
	Daniel Webber	9th	68	6
	Andrew Wasdell	13th	101	8
	Chris Nicholson	14th	111	8
	Ian Pheasey	20th	155	5
	Sam Daniells	40th	284	6
	Peter O'Sullivan	47th	343	8
M40	Malcolm Kidby	33rd	211	8
M45	Chris Mahon	8th	42	7
	Geoff New	13th	77	7
	Finn Hansen	16th	87	5
	Phil Atkins	19th	122	8
M50	John Wilkinson	11th	60	5
M55	Terry Downs	4th	28	8
	Dave Barrett	13th	82	6
M60	John Skelton	1st	5	5
	Kelvin Smith	2nd	8	7
	Jim Miller	5th	25	6
	Dave Storer	7th	38	6
	Eddie Hill	8th	40	6
M65	Keith Cook	1st	5	7
M70	Brian Daniells	2nd	11	5
M75	Milford Callow	1st	5	8

Six ladies finishing the Grand Prix is a huge improvement over recent years, likewise we have had only one athlete completing all 8 races in the last two years. (Carl Baldwin in 2009). The 29 gaining a grand prix position is 10 up over last year. In the overall team standings the MK senior ladies were best placed, 2nd to Wootton Road Runners, The vet men came 4th whilst both the vet women and senior men placed 5th.

This was the 28th running of the EMGP series where the home 10km race saw 417 finishers, 38 better than 2010 and just down on the 419 from 2008. Another huge vote of thanks to Mick Bromilow who organised this race and also compiled the results for all the 8 race. As usual Jackson Ryan played a large part in the race organisation AND MANY THANKS TO EVERYONE WHO ASSISTED ON THE DAY.....

we could have done with more help so perhaps next year(?)



Action from the MK 10km-
Approaching Church Bridge,
600m to go.....
Tanya Taylor & Daniel Webber(top)
Deb Hindmarch & Ross Mackenzie
(above)

TOP TEN TIMES FOR THE MK10km SINCE 2000

MEN				
1	Andrew McKenna	SM	31.45	2000
2	Ian Van Lokven	M40	33.36	2003
3	Marcin Fudalej	SM	33.56	2008
4	Alex Bowden	SM	34.17	2005
5	Ian Pheasey	SM	34.26	2004
6	Didier Oesch	SM	34.40	2004
7	Phil Jones	M45	34.48	2004
8	Neil Ovington	SM	35.12	2001
9	Paul Wright	M20	35.15	2003
10	Kevin Farmer	M40	35.29	2001
WOMEN				
1	Michelle Lee	FS	35.32	2006
2	Vicky Pincombe	FS	35.45	2003
3	Linda Dewhurst	F40	37.24	2000
4	Imogen Thornburgh	FS	38.13	2007
5	Jane Preen	F35	38.22	2006
6	Tanya Taylor	FS	38.28	2011
7	Wendy Webber	FS	39.30	2011
8	Kim McBride	FS	41.24	2002
9	Claire Rooney	F35	41.43	2002
10	Julie Dalzell	F35	41.48	2003



ROUND MILTON KEYNES

RELAY-29 MAY

After a couple of lean years, race organiser Alec Walliker, assembled a record field of 12 teams. "The Dream Team"- Andrew Wasdell, Anick Valapinee, Ross Mackenzie & Chris Mahon were not only the fastest team (3:38.22) but their adjusted age handicap time of 3:23.05 was also the quickest and winners of the Pat Graves Memorial Shield. Second home were "Three Reds and a Herring" (Steve Herring, Julie McPheat, Martin McPheat & Andy Harrison) with a time of 4:00.32 (adjusted 3:34.19) but would have probably finished some 10mins quicker had Andy not got himself injured on the final leg.

Fastest legs:

1-Simon Coombes*	62.02(Record)
2-Mervyn Phillips	39.38
3-Ross Mackenzie	64.48
4-Chris Mahon	40.30



Above: (1) Terry Down leads Ruth Gardener on leg 1 along the canal by the "Black Horse" pub. (2) Chris Mahon brings home "The Dream Team" to Stony Stratford

The six fastest Mk teams over the past nine years

Team Name	Time	Year	1	2	3	4
1 Pearson's Plodders	3.36.36	2010	Steve Herring	Ian Pearson	Ian Lamb	Imogen Thornburgh
2 Goldilocks & The 3 Bears	3.37.04	2009	Andrew Wasdell	Chris Mahon	Ross McKenzie	Leah Williams
3 The Dream Team	3.38.22	2011	Andrew Wasdell	Anick Valapinee	Ross McKenzie	Chris Mahon
4 3 Men to Di Four	3.43.54	2005	Melvin Phillips	Di Gill	Trevor Hook	Richard Inchley
5 Force Nails	3.44.51	2005	Keith Cook	Lisa Cook	Jim Miller	Steve Wilkinson
6 Return of the JADI	3.44.59	2004	Malcolm Down	Val Russell	John Hamilton	Andy Harrison

*Simon Coombes is a Leighton Buzzard AC member and was also in one of their teams- "Gail's Guys" from 2009 when the quartet clocked 3:42.59

(Full results on the MMKAC web site which also has a link to Alec's RMKR web site)

GREENSAND RIDGE RELAY

25 June

This event is now very popular, so much so, that by the end of March all the 30 team places were taken. We had three teams, one ladies and two men's. Diane Baldwin, ladies team manager had to make a last minute change after Jacqui Maycock badly twisted an ankle along the canal on the previous Tuesday night training session. Fortunately Leah Williams stepped into the breach and helped the team to third place again, albeit 25mins quicker than 2010 as they finished in 4:42.04

Leighton Buzzard Ladies retained their title (4:25.20) with newcomers Tring runners-up (4:29.28). Diane ran leg 1 and her time of 44.35 set a new W45 record. Leah ran 2nd, Anick Valapinee 3rd (8.42 inside her handicap), Maria Calleia 4th and Julie McPheat 5th. On the anchor leg Deb Hindmarch set new W55 figures with a time of 36.10, 12.50 inside her handicap!

The MK ladies still hold the record time of 4:19.26 from 1997. Team then was Jane Bird, Joanne McKellar, Linda Dewhurst, Julie McPheat, Paula Chammings and Chris Daniels.

In the handicap race both MK men's team were in the top 10. "A Ridge Too Far" comprising Chris Mahon, Dave Findel-Hawkins, Ross Mackenzie, Martin McPheat, Paul Mason and Andy Harrison started 17th and moved through to 4th at the finish with a very good time of 4:00.47.

The MK Originals first ran this race back in 1992. They finished 10th (4:32.33); there were two age groups set - Alasdair Gibson set a new M50 record for leg 1 (40.07) and 5.53 inside his handicap, Carl Baldwin ran leg 2, Geoff New, making his debut, ran the long leg 3 and handed over to Kelvin Smith who promptly smashed the M60 record for leg 4, clocking 43.18 and 11.42 inside his handicap. Terry Down ran leg 5 and finally Milford Callow, a veteran from the 1992 team, ran his usual anchor leg.



Photos: 1-Diane hands over to Leah at Stockgrove Park; 2-Maria finishes leg 4 at Deadmans Hill; 3-Milford Callow crosses the Cardington Road on leg 6.

MMKAC ON THE HILLS

THE 2010 CALDERDALE RELAY IS RUN IN 2011

- THE 2010 RACE WAS CANCELLED DUE TO THE HEAVY SNOW IN YORKSHIRE(11 December 2010)
- WE HAD 2 TEAMS LINED UP TO GO
- THE REVISED DATE WAS 9 MAY 2011 AND WE HAD TO SETTLE FOR JUST ONE MIXED TEAM

The Calderdale Relay is a 50mile paired race with six stages of varying length(5- 10miles) embracing many hills and dales around the Calderdale valley in South Yorkshire. Traditionally it is a winter event designed to test runners ability in often quite tough conditions but the change to May this year certainly made life much easier. We still had to carry emergency equipment with us but it was very pleasant to run just in a club vest and finish your stage with clean shoes!

Matt Clarke made his Calderdale debut and was teamed up with Andy Sutton and, as our strongest pairing, they ran the opening leg. Jacqui Maycock and Maria Calleia ran leg 2 again (up and down Stoodley Pike) whilst Jim Morrison and Brian Graves took their "traditional" leg 3 from Todmorden. This year Anick Valapinee was partnered by Dave Findel-Hawkins to ensure that there were no mistakes on leg 4, Robbie Macpherson and Alasdair Gibson were again on leg 5 and then in final leg, Andy Harrison made his debut with Calderdale veteran Martin McPheat.



Photos: Jacqui & Maria complete leg 2, Jim Morrison & Brian Graves starting leg 3, Anick & Dave on leg 4, Martin & Andy at the finish (uphill, of course)

We finished 74th overall in a total time of 8:58.25 and what a change to sit in the sunshine at the end to have the pie and mash etc. Our relaxing was punctuated by a number of telephone callsMaria's mobile had fallen out of her backpack (apparently on Stoodley Pike) and the finder was ringing many of us who were in her directory! Pleasing to see that someone was honest to try and trace the owner and Maria eventually got her phone back. We stayed overnight at Hebden Bridge Hostel which was a marked improvement over previous accommodation; four bedded rooms and en-suite! AND breakfast provided.

STOP PRESS: The Calderdale Way Relay will now be held annually in May. It will help overcome logistical problems and obtain a long term HQ.



THE JOSS NAYLOR LAKELAND CHALLENGE

Another ultra triumph for Dave Findel-Hawkins

There was a strong MMKAC contingent in the Lake District over the weekend of 3-5th June. DFH was to be accompanied by ex-MK man, Howard Pattinson and colleague Roger Butterfield. On the hills Andy Sutton provided back-up throughout the run (he actually completed the whole traverse) whilst ex-MK men, Nigel Fenwick and Jon Underwood were on the scene for some 2/3rd of the traverse. Jim Morrison and Brian Graves provided support on the hills and their "Sty-Head" bistro was very well received by all.

Legendary fell runner Joss Naylor set this challenge in 1990. It commences by Ullswater, traverses west over 30 summits (17000feet of climbing) and finishes 48miles later beyond Wasdale and running against the clock for the over 50's. Over 50 men have 12 hours (very demanding) but fortunately the parameters get easier for older runners. Over 60's have 18 hours and DFH had wisely waited until his 60th year to set up an attempt.

The trio started at 4.00am on the morning of Saturday 4th June. By the first road crossing at the Kirkstone Pass(14 miles) they were already an hour ahead of schedule. In good weather they continued to make good time and they arrived at the Sty Head Pass(33miles) over 90mins ahead of schedule. After suitable refreshments Howard led the group up Great Gable, a 1400 feet ascent and the last major climb, although there would be another seven summits to be ticked off.

Supporters gathered at Greendale Bridge and just after 7.00pm the group were sighted on the final summit, Joss Naylor came out from his farm house and greeted the ecstatic trio at 7.26pm. some two and a half hours ahead of schedule!! Merrrian handed out Cumbrian beer to all for a very special celebration



Photos by Andy Sutton-
Left: the trio on Thornthwaite Beacon
Below: Roger, Joss Naylor, Howard
and Dave.



marathons in mk

THERE HAVE BEEN TEN OFFICIAL MARATHONS RUN IN MILTON KEYNES SINCE 1975

In a venture jointly organised by the Milton Keynes Development Corporation, The Road Runners Club and the then Wolverton Athletics Club, the first Milton Keynes Marathon was run on 5 July 1975. Based from Stantonbury Campus, using a 3-lap circuit and in sizzling conditions, Barry Watson(Cambridge H) won in 2:18.47 from a field of 260 runners. Milford Callow was local organiser and he was to do this important job for the next seven years. Mick Bromilow, then representing Leicester Corinthians AC finished 30th in 2:36.36 and Peter Hall(Luton AC) clocked 3:00.08. By 1977 a number of overseas runners were being invited to compete and that year Bern Arnhold(Germany) won in 2:19.57 and Dave Faulkner set a MKAC best of 3:17.09.

1978 saw a Japanese double from Takeshi So and H.Kita(2:20.40) whilst from six local runners Alan Green(2:57.27) and Brian Graves(2:59.12) ducked inside 3hours. Giam Messina (Italy) improved the course record to 2:15.45 in 1979. Dave March set a MK record with 2:36.24 and Alan Green improved to 2:45.29.

THE 1980 OLYMPIC TRIAL

The 1980 event doubled as the Olympic Trials and saw an enthralling duel between Ian Thompson and Dave Black. Thompson broke away on the third climb up Heelands Hill to win in 2:14.00 with Black 25-seconds adrift. Tom Webb was first MK man(2:45.48) and Dave Findel-Hawkins clocked 2:49.50. 189 from the 195 finishers broke 3-hours. 1981 was the final such race and was again run in very hot conditions. Ian Taylor was the first of 3 local finishers(3:16.53) but there were six DNF's.

THE MK MAYOR'S MARATHON – 1984 to 1986

Picking up from the success of the London Marathon, David Taylor, the then Mayor of MK, instigated a marathon (and an accompanying half-marathon) in 1984 in co-operation with MKAC. Cavin Woodward(Leamington AC) won in 2:41.32 from a field of 102 runners. Next year Bob Forster was second (2:36.53), Mick Bromilow 3rd(2:42.03) and Robbie Macpherson 5th(2:49.42). Paul Toombs finished 15th(3:11.48). There were 103 finishers.

A 1-2-3 for MKAC

1986 saw the last full marathon due to declining numbers for this distance but the half-marathon continued to be successful with fields of 500+ However it's swansong produced a MKAC 1-2-3: Bob Forster won in 2:36.54 from Phil Jones(2:39.03) and Paul Freeman(2:40.29). There were 93 finishers.

I've put together this resume of marathons in Milton Keynes as it appears that some people are assuming that the race scheduled for next April is the first marathon to be held in the City. At time of writing MMKAC have no involvement with the event. The organisers have not even asked for advice from us! However we have the MK Half Marathon and the South of England Road Relays to organise ourselves in March and April.



TOP TEN ROAD RUNNERS FOR 2011 (as at 5 August)

5KM			
Steve Herring	M40	16:58	Blisworth
Steve Green	MS	17:03	Bedford
Ross MacKenzie	MS	17:15	Marston
Mark Dowson	MS	17:27	Marston
Tanya Taylor	FS	17:47	Charndon
Lara Bromilow	FS	17:50	London
Jane Ovington	F40	17:59	Bedford
John Skelton	M60	18:06	Horwich
Phil Jones	M55	18:09	Marston
Neil Ovington	M45	19:08	Blisworth
5 Miles			
Ross MacKenzie	MS	28.50	Banbury
Daniel Webber	MS	28.58	Banbury
Steve Herring	M40	29.00	Blisworth
Matt Clarke	MS	29.35	Blisworth
John Skelton	M60	30.24	Harborough
Andrew Wasdell	MS	30.28	Banbury
Chris Nicholson	MS	30.44	Banbury
Gary Blaber	MS	31.02	Banbury
Chris Mahon	M45	31.32	Banbury
Ian Pheasey	MS	32.12	Corby
10KM			
Marcin Fudalej	MS	32.52	MK
Matt Clarke	MS	34.48	Silverstone
Steve Herring	F40	35.09	Winslow
Daniel Webber	MS	35.30	Milton Keynes
Mark Dowson	MS	35.35	Silverstone
Ross MacKenzie	MS	35.35	Whipsnade
Adam Atkins	MS	35.49	Milton Keynes
Steve Green	MS	36.05	Milton Keynes
Tanya Taylor	FS	36.56	Silverstone
Andrew Wasdell	MS	37.03	Silverstone
10 Miles			
Steve Herring	M40	58.13	Sandy
Ross Mackenzie	MS	61.49	Sandy
Ian Lamb	M45	62.13	St Albans
John Skelton	M55	64.37	Sandy
Dennis Edghill	M50	67.57	Nene Valley
Mick Kelly	M50	69.33	Portland
Kelvin Smith	M60	69.47	St Albans
Sharon Edghill	F45	77.32	Nene Valley
Tom Blackman	MS	83.11	Sandy
HALF MARATHON			
Stephen Herring	M40	75.41	MK
Daniel Webber	MS	79.55	MK
Adam Atkins	MS	80.34	MK
Ross Mackenzie	MS	81.19	MK
Jane Ovington	F40	82.15	MK
Malcolm Down	M45	82.44	Stafford
Ian Lamb	M45	82.57	Watford
Marcus Whelband	MS	83.19	MK
Michael Kerrigan	MS	86.03	MK
Chris Nicholson	MS	86.51	MK
MARATHON			
Steve Herring	M40	2.42.49	London
Daniel Webber	MS	2.46.53	London
Michael Kerrigan	MS	2.53.28	London
Marcus Whelband	MS	3.01.20	Brighton
Ross MacKenzie	MS	3.09.13	London
Wendy Webber	FS	3.09.33	London
Chris Nicholson	MS	3.10.26	Brighton
Andrew Stiles	M45	3.11.57	London
Gary Blaber	MS	3.16.17	London
Geoff New	M45	3.26.07	London



NEWS ROUND-UP

PURCHASE OF A DEFIBRILLATOR



Thanks to the fantastic sponsorship efforts in the London Marathon by Jo Bevan, Steve Herring, Neil Jones and especially Karen Tincknell, the Club has been able to purchase a Defibrillator.

This will be kept in the Clubhouse office with other first-aid equipment. Hopefully we will not have to use it, but it is re-assuring to know that we have one in case of emergencies.

We shall be sending a few people on a Defibrillator course in order to familiarise ourselves with it's use.

THE CLUB IS VERY GRATEFUL TO ALL THOSE WHO HELPED SPONSOR THE ABOVE ATHLETES.

CHILTERN XC LEAGUE

- NEW TIMETABLE
- RACES WILL START ONE HOUR EARLIER
- SENIOR MEN NOW START AT 2.00pm

11.30	under 11 girls
11.45	under 11 boys
12.00	under 13 girls
12.15	under 13 boys
12.30	under 15 girls
12.45	under 15 boys
13.00	under 17/20 women
13.15	senior ladies
13.40	under 17 men
14.00	senior men

Dates are:	8 October
	12 November
	3 December
	14 January
	11 February(Wing)

LIFE MEMBERSHIP FOR SAM KIRKPATRICK

Sam is the latest in the line of club stalwarts to be honoured with Life Membership. Whilst a lot of newer members might not know him athletically you may have well been under his watchful eye in his current capacity as a very highly qualified race starter.

Sam joined MKAC in 1981 and ran 3:26.48 in the Barnsley Marathon. He set a personal best of 3:09.21 next year (M45) in the Canvey Island Marathon. Moving to the 50's age group Sam clocked 89.02 in the St Neots Half Marathon(1986) and 3:26.40 in the 1987 Leighton Buzzard Marathon. By now he was very interested in ultra running and took part in the MK 24 hour indoor race. He ran 151 laps of the indoor shopping centre to clock up 84miles. In 1989 Sam became the third MK man to complete the London-Brighton road race (53.5miles) finishing in 9:31.04. He celebrated the 1988/89 New Year by running in the Nos Galan race in South Wales on New Year's Eve(2350 race start) and then drove north to Newcastle for the annual New Year's Day Morpeth-Newcastle 14-miler.

By 1992 Sam had completed 10 consecutive "Tour"s and went on to finish another 10 by 2002; it took a few more years before this total was overtaken by Jim Morrison and Dave Findel-Hawkins.



(Sam, third from left back row at the 2002 Tour presentation)

On the official side Sam was Membership Secretary during the 1990's, helped with endurance coaching passing on his knowledge of distance running and his skills as a builder were put to good use with help at race starts and finishes, road and cross-country courses etc., On the roads he ran 38.59 at the Silverstone 10km and 65.50 for the Cambridge 10 as a M55.

Sam had started fell-running in the late 1980's and competed in a number of the World Mountain Running Championships around Europe. This in turn led him to be the South of England representative for the Fell Runners Association where he then organised the S.O.E Championships on the Isle of Wight, an event at which MMKAC runners have had plenty of success. An example of his dedication to our sport was illustrated when, seeing that the Men's Veterans team were short of M60 sprinters, offered himself, albeit a distance runner, to compete for the team in the 100/200m events.

AND, of course, during the 2000's he has worked himself up through the ranks as a race starter. Sam is now one of UK Athletics leading starters in the South and Midlands regions.

Note: Sam's partner, Anne Dagen, will be remembered for competing for the Club in the early 90's(and is still an Associate Member), she ran the 1991 New York Marathon in 3:59.28. Anne suffered a serious sky-diving injury in Spain recently and was airlifted back to the UK. We wish her a speedy recovery.



Startrack is UKA's flagship grassroots athletics programme, aiming to give 8 to 15 year olds real athletics experiences.

Gordon Fallow and Rick Townsend organised a Startrack session for Milton Keynes youngsters during the week 1 – 5th August. They had some 40 plus budding athletes taking part in different run, jump and throw every day with a fun mini-Olympic games on the final Friday.

Gordon writes....."this was the Club's third successful Startrack session since the MK Council cancelled it because of their cost cutting.

The success has also been down to the fantastic help we received from a group of young athletes who all took part in the coaching and taking the strain off Rick and myself to make it a more enjoyable experience for all. Many thanks to Elizabeth Read, Alice Ritchie, Elle Roche, Gemma Childs and Sophie Wilkins – young ladies who are a credit to the Club"

above: Rick and Gordon, centre; Elizabeth Read(L) and Alice Ritchie(R) with a group of the youngsters.

below: Gemma Childs organises a 100m start.



NYAL FINAL , continued

It had been a great day with some outstanding performances, but our lack of strength in depth, not just in the technical events but in some of the sprints and the middle distance events had been exposed. Some of our under 13 boys, notably Cain la Bastide and Kreston Edghill, who had competed to the best of their ability all season, had come up against boys who were significantly bigger and stronger than they were, some were a head taller and were probably at least twice their weight. In some events it was an unfair contest. In others we simply did not have the technical expertise and need to do more to ensure that our younger athletes are competent at hurdles and high jump in particular. If we are to make further progress next year, it will be imperative to address this over the winter, so as to ensure we have a pool of competent athletes capable of covering a range of events. We need hurdlers and high jumpers in all age groups, we need pole vaulters, particularly amongst the boys, and in certain age groups we need competitive sprinters and middle distance runners if we are to compete at the highest level. Rugby & Northampton have achieved this and with effective planning it should be possible for MMKAC to do the same.

Yes, it was a wonderful day, a day I will always remember, a day of great performances, fantastic races, disappointments, mistakes, personal achievements and a great team effort. My thanks and Di's go to all those athletes who competed for the team throughout the season, (particularly to any I may have missed in my report), to their coaches who supported them, to the parents who came and helped as field judges and to all the officials who stood as track judges/time keepers, often in the wind or the rain.

My own personal thanks go to the under 17 women who have competed for my National Young team for the last time and move on to the Junior ranks next year. To the Girls in Black (Alice Ritchie, Taylor Ward and Elizabeth Read) who have made such a fantastic contribution to the team over recent years and always with a smile, to Kayleigh Presswell whose contribution has been immeasurable, and to Jade Leggett, Lorna Adams, Rachel West and Gemma Childs who have always been prepared to do whatever was needed for the benefit of the team. My thanks to you all. I will miss you.

Some action from Birmingham



MMKAC ATHLETES AT MAJOR CHAMPIONSHIPS

INTER-COUNTIES CHAMPIONSHIPS- BEDFORD

29/30 May 2011(Buckinghamshire Results)

LARA BROMILOW WINS THE LADIES 5000m

Men			
Hammer Qual	4 Sam Ridgway	50.70m	
Javelin Qual	1 Mervyn Luckwell	67.77m	Q
	7 Jonathan Constantinou	53.29	Herts
Javelin Final	2 Mervyn Luckwell	70.62m	
Women			
100m heats	2 Kadi-Ann Thomas	12.01	Q
100m Final	8 Kadi-Ann Thomas	12.02	
200m heats	1 Kadi-Ann Thomas	24.87	Q
	2 Joey Duck	25.13	Q
200m Final	5 Kadi-Ann Thomas	24.61	
	6 Joey Duck	24.77	
400m heats	4 Sophie Wilkins	56.67	Q
400m Semis	7 Sophie Wilkins	57.06	
5000m	1 Lara Bromilow	17:43.35	
100mH heat	2 Chloe Whalley	14.90	Q
100mH Final	Chloe Whalley	dq	
Pole Vault	3 Rachel Gibbens	3.60m	
Long Jump	9 Sophie Wilkins	5.65	
Shot	9 Nicky McSweeney	10.72m	
Discus	7 Emma Beales	42.34m	

SOUTH OF ENGLAND SENIOR/U20 CHAMPIONSHIPS

Ashford - 18/19 June 2011

GOLD FOR JOEY DUCK/CLUB RECORD FOR SAM RIDGWAY

Junior Women			
400m heat	5 Katie James	62.71	
1500m	8 Beth Swords	4:58.68	
Senior Women			
200m heat	1 Joey Duck	24.66	w+0.1
200m Final	1 Joey Duck	24.55	w-1.5
1500m	6 Lara Bromilow	4:35.02	pb
3000m	3 Lara Bromilow	10:11.22	
100mH	6 Chloe Whalley	16.56	w-2.6
Long Jump	7 Sophie Wilkins	5.57m	w+0.0
Junior Men			
Hammer	3 Sam Ridgway	61.27m	
		Club M20 Record	
Senior Men			
1500m	4 Sam Deathe	4:03.95	
	5 Matt Willmott	4:05.55	

ENGLAND ATHLETICS U20/U23 CHAMPIONSHIPS

Bedford - 25/26 June 2011

ENGLAND TITLE FOR JOEY DUCK

Under 20 Women			
400m heat	7 Katie James	60.29	
Under 23 Women			
200m heat	1 Joey Duck	24.92	w+0.8
	2 Joey Duck**	24.82	w-1.4
400m heat	5 Sophie Wilkins	58.69	
100mH heat	6 Chloe Whalley	15.17	w-1.6
Under 20 Men			
400m heat	6 Ben Sturgess	49.87	
400m Semi	7 Ben Sturgess	51.37	
Hammer	9 Sam Ridgway	56.50m	
Under 23 Men			
1500m heat	10 Sam Deathe	3:59.28	
	10 Matt Willmott	4:02.40	
3000m S/c	Eliot Winter	dnf	
Javelin	5 Michael Cox	61.95m	
	7 Jonathan Constantinou	56.54m	

NOTE ** Joey was first English lady, race won by a guest from Ireland-Niamh Williams(24.47).



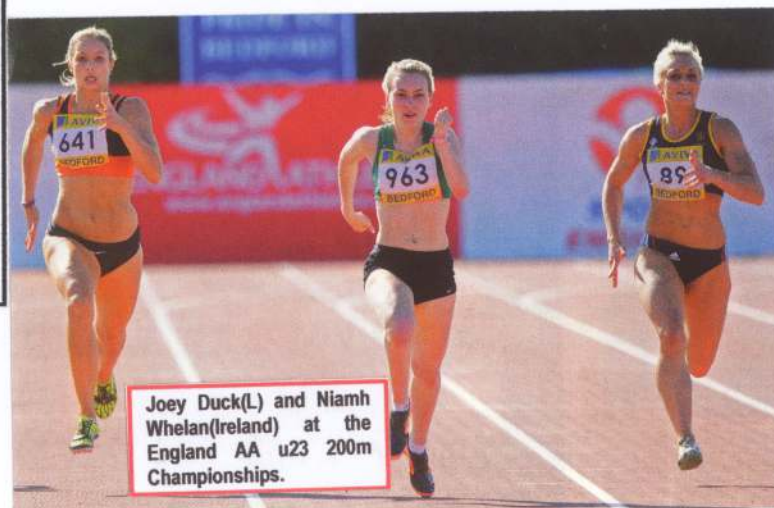
Left: In Bucks colours-Lara Bromilow on her way to the Inter-Counties 5km title; Mervyn Luckwell, 2nd in the Inter-Counties but England AA champion.
Top: Sam Ridgway(here seen in the Bucks AA Champs) who set a new club M20 hammer record in the SEAA Cps.

ENGLAND ATHLETICS SENIOR CHAMPIONSHIPS

Bedford - 16/17 July 2011

GOLD FOR MERVYN LUCKWELL

Men			
100m heat	1 Craig Pickering	10.29	w+0.1
100m Semi	1 Craig Pickering	10.19	w+1.9
100m Final	2 Craig Pickering	10.17	w+3.5
400m heat	2 Chris Clarke	47.77	Q
400m Final	6 Chris Clarke	48.82	
Javelin	1 Mervyn Luckwell	75.35m	
Women			
100m heat	3 Kadi-Ann Thomas	11.74	w+0.0
100m Final	5 Kadi-Ann Thomas	11.68	w+0.1
200m heat	3 Kadi-Ann Thomas	24.25	w+0.4
200m Final	4 Kadi-Ann Thomas	24.03	w+2.5
100mH heat	5 Chloe Whalley	14.69	w+1.6
Long Jump	10 Sophie Wilkins	5.49m	w-0.2



Joey Duck(L) and Niamh Whelan(Ireland) at the England AA u23 200m Championships.

MK THROWERS ON THE PODIUM AT THE ENGLISH SCHOOLS CHAMPIONSHIPS

LEADING RESULTS FROM GATESHEAD(1/2 July)

JUNIOR BOYS

Javelin	2 Jonathan Pownall	49.57m
	3 Redford Curtis	48.70m

INTER BOYS

Javelin	2 Freddie Curtis	66.02m
Shot	11 Lewis Barnes	12.81m

SENIOR BOYS

Hammer	5 Sam Ridgway	58.31m
Javelin	6 Jackson Curtis	56.21m
Triple J	11 Chucko Cribb	13.79m

INTER GIRLS

Hammer	3 Kayleigh Presswell	42.87m
1500m	12 Jasmine Finlay	4.44.64

SENIOR GIRLS

3000m	4 Beth Swords	10.01.36
1500m	10 Elle Roche	4.58.62



Back row: Freddie, Redford & Jonathan
Front: Kayleigh

SOUTH OF ENGLAND u15/u17 CHAMPIONSHIPS: Ashford(6/7 August)

- Gold medals for Daniel Oderinde, Freddie Curtis and Redford Curtis
- Plus two silver and three bronze medals
- AND six of the medals come from our throwers!

Under 17 Men		
1500m heat	2 Josh Knight	4:11.57 Q
	6 Sam Redding	4:15.71 q
1500m Final	11 Josh Knight	4:34.27
	Sam Redding	dns
Shot	3 Lewis Barnes	13.21m
Discus	4 Lewis Barnes	40.06m
Hammer	11 Lewis Barnes	40.80m
Javelin	1 Freddie Curtis	65.57m
Under 17 Women		
800m heat	6 Gemma Childs	2:25.17
	1 Jasmine Finlay	2:19.43 Q
800m Final	3 Jasmine Finlay	2:18.39
1500m Final	6 Ellie Hemming	4:50.02
	8 Jade Leggett	4:54.39
	14 Fern Yull	5:07.84
300mH Final	8 Vicky Ashley	51.88
Discus	6 Kayleigh Presswell	32.20m
Hammer	2 Kayleigh Presswell	42.51m
Under 15 Boys		
100m heat	3 Daniel Oderinde	11.90 Q
100m Final	5 Daniel Oderinde	11.79 w+3.1
200m Final	1 Daniel Oderinde	23.22 w+0.8
800m heat	5 Archie Rippin	2:09.68
	Charlton Kerr	dnf
1500m heat	6 Toby Herdman-Smith	4:37.70 q pb
	7 Harry Morton	4:47.97 pb
1500m Final	Toby Herdman-Smith	dns
Javelin	1 Redford Curtis	47.91m
	2 Jonathan Pownall	47.14m
Under 15 Girls		
800m heat	4 Amy Botham	2:26.64
	6 Lucy Hacking	2:29.26
Hammer	3 Laeken Impey	29.93m

MMKAC AT THE SHARP END OF THE POINTS TABLE FROM ASHFORD

Points Table	G	S	B	Pts
1 Chelmsford AC	6	1	2	100
2 Marshall Milton Keynes AC	3	2	3	73
3 Blackheath & Bromley H	2	3	1	70
4 Reading AC	2	1	2	62
5 Windsor S E & Hounslow	2	1	4	60
6 Southampton AC	2	2	1	59

MEDAL TABLE	G	S	B	Tot.
1 Chelmsford AC	6	1	2	9
2 Shaftesbury Barnet H	4	1	1	6
3 Jersey Spartan AC	4	1		5
4 Marshall Milton Keynes AC	3	2	3	8
5 Harrow AC	3	2		5
6 Blackheath & Bromley H	2	3	1	6

FREDDIE CURTIS AGAIN REPRESENTS ENGLAND IN THE ANNUAL HOME COUNTRIES SCHOOL INTERNATIONAL

For the second consecutive year Freddie competed for England. This year the match was held at Cardiff and Freddie threw 59.78m for second place in the Inter Boys events.

DEVON BYRNE PLACES 2ND IN THE MIDLANDS SCHOOL COMBINED EVENTS CHAMPIONSHIPS

Held at Derby over the weekend of 25/26 June, Devon set a personal best of 4111pts. Her disciplines were: 100mH(17.3), HJ(1.49m), SP(9.50m), 200m(28.1), LJ(5.01m), JT(34.70m) and 800m(2.26.7).



MMKAC

AWARDS EVENING

Buffet & Disco

Harben House, Tickford Street
Newport Pagnell

SAT 8TH OCTOBER 19:00-24:00

TICKETS ON SALE SOON.

AND TROPHIES WINNERS FROM 2010-

Please return to Jackson Ryan as soon as possible
or leave with Karen in Clubhouse kitchen.

MANY THANKS



CHILTERN CROSS COUNTRY LEAGUE 2011/12

4 venues now arranged -

8 October LUTON(Wigmore Park)
12 November WATFORD(Cassiobury Park)
3 December t.b.a
14 Jan 2012 SLOUGH(Upton Court)
11 February WING

First race: 11.30am/ Men now 2.00pm

Revised timetable on page 20

29th TOUR OF MILTON KEYNES

Sunday 4th - 9th September

4th Tattenhoe Park 11km
5th Brickhill Woods Hill Race(2m)
6th Campbell Park "5"
7th Stantonbury Track Mile Races
8th Potterspury Cross-Country(5miles)
9th Willen Lake "6"

Full details/entry form on club web site:

Enquiries, Brian Graves(631013)

b.graves134@btinternet.com

BUCKS AA 5000m track
championships

(men and women)

Wed 7th September, from 7.45pm
(after the TOUR mile races)

Entries to:

Steve Rooney, 186 High Street, Winslow,
Bucks MK18 3DQ(01296 715000)

s.rooney@martinnye.co.uk

Entry Fee £5.00, cheques payable to Bucks
AA. Closing date 31 August

STOP PRESS

MORE VETERANS RECORDS BROKEN

- John Skelton made it 12 records this summer with another M60 800m record of 2.29.5 representing EVAC at Solihull in the Inter-Area match on 5 August.
- Ian Stephenson, for the SML "B" team added 76cm to his M50 javelin(800g) records with 36.23m at Bedford on 13 August.

"B" TEAM FINISH A BEST EVER 6TH IN DIVISION TWO(NORTH) OF THE SOUTHERN MEN'S LEAGUE

- A fine win at Bedford on 13 August saw the "B"s up to a final placing of 6th - congratulations to team manager Jim Lawrence.

REMEMBER JILL ROGERS?

- Jill, an u20 in the late 80's(pb's of 4.49.4/1500m & 10.50.4/3000m) made a sporting comeback two years ago - in Dragon Boat Racing. Jill represented the Great Britain team in Florida recently and came away with a bronze medal.

AND NOT FORGETTING RON WINTER

- Ron, a stalwart of both the "B" and EVAC teams has moved back to his native Yorkshire. A review of his lengthy career with MK in the next Newsletter.

FINAL LEAGUE FOR THE SML "B" TEAM

1	Luton	19	524
2	Bedford	18	512.5
3	Cambridge & Coleridge	16.5	523
4	Huntingdonshire	16	523.5
5	Watford	15.5	481
6	Milton Keynes	15	512
7	Harlow	15	496
8	Colchester	15	436
9	London Heathside	12	407.5
10	Barnet & District	10.5	416.5
11	Belgrave	10.5	394
12	West Suffolk	8	334
13	Loughton	8	302
14	Queens Park Harriers	8	297.5
15	Braintree	8	231.5
16	London AC	5	110

NEWSLETTER EDITED
BY

BRIAN GRAVES

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CONTRIBUTIONS ALWAYS
WELCOME!

