

# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.

AUTUMN 2011

*"the will to win means nothing if you don't have the will to prepare"*

Juma Ikangaa

## GREAT START TO THE CROSS-COUNTRY SEASON AT LUTON

### CONTENTS

- 2 Chair's Report
- 3 MMKAC athletes at the World Championships
- 4 Very successful season in our first year in the Southern Athletics League.
- 5 British Athletics League Qualifier/  
Late summer track & field successes
- 6/7 Great day for MK veterans in the EVAC  
Final/European Masters Champs.
- 8 Ladies win at Dartmoor/Overseas races/  
Leighton Buzzard 10
- 9 Round Norfolk Relay
- 10/11 29<sup>th</sup> Tour of Milton Keynes
- 12 MK javelin throwers hit the UK rankings
- 13 "B" team review by Jim Lawrence
- 14/15 Annual Awards Evening
- 16 Ron Winter moves back to Yorkshire
- 17 A news digest
- 18/19 Super victory in opening Chiltern League  
fixture at Luton
- 19 Young athletes in the SEAA Relays
- 20 Down Memory Lane - 2001  
Advice of Annual General Meeting\*\*  
Help for Wolverton Five

\*\* PLEASE MAKE A NOTE IN YOUR DIARY  
TUESDAY 15<sup>TH</sup> NOVEMBER



**MORE PLEASE!!!!**

## Chair's piece

### Southern Athletics League

I have spoken before in this column about the new senior athletics league for men and women which was formed last year after both the Southern Men's and Women's Leagues rejected my proposal that they incorporate divisions within their existing leagues for those clubs who wanted their men and women to compete as a combined team. After much hesitation last December, 32 clubs signed up for the Southern Athletics League (SAL) and I was elected as the League Secretary.

I hope all those who competed in this league in its first year was as impressed as I was by the improved atmosphere at the matches with the men and women supporting each other as they competed for every point. In the first match we came from behind to beat Blackheath & Bromley at Bromley by a couple of points. In the last match we were lying last for 90% of the match in which the scores were all very close. A very fine last few events saw MMK gradually overtake the other clubs, only moving into the lead after the very last event of the match, with Will Lambourne and Jackson Curtis winning both the A and B Men's Discus. This result saw the club finish second overall in Division 1, an outstanding achievement and a credit to the athletes who took part.

Over the last couple of months the SAL has been recruiting for 2012. I wrote to all the clubs who had supported the proposal for joint competition, but had not joined the SAL and asked them to consider joining by 20 October, if they judged this was the right move for their club. As the deadline approached we were getting more and more applications, even some from clubs who had not supported the proposal. By the deadline we had 33 new clubs, more than doubling the size of the SAL.

At a meeting with UKA and the Management Committees of the SAL, SML and SWL, it was agreed to write to all clubs in the SML and SWL to let them know of the changed circumstances (The SML had only 33 clubs signed up with 8 still considering their position and the SWL had 32 signed up with 9 undecided). The new deadline for applications to the SAL is 10 November. The SAL has gone from an aspiration to the biggest athletics league in the south of England in little over a year.

Congratulations to Marcin Fudalej, Greg Rutherford and Mervyn Luckwell who set overall SAL records, and to Sam Deathe and Ryan Burling who set Division 1 records. Elle Roche, in her first ever Steeplechase missed setting the League Record by 0.1 seconds! You can check out all the results and records on the SAL website at <http://www.southernathletics.org.uk>.

### Cross Country

For the first time in many years I missed the opening fixture in the Chiltern League at Luton. I arrived back from holiday at 9am the following morning to discover the fantastic news that the club had overcome all opposition to win the contest for the best club over all the age groups.

We must not relax after this great start as many of the stronger clubs will be out to reverse this result at the second fixture at Watford. I was really impressed to see such a large turnout by the senior men with 38 taking part, but disappointed at only five senior women (including Beth Swords who chose to run this race rather than the U20

race). A couple of years ago I recall we had 18 women running in the opening fixture. The Chiltern League matches are great gatherings from both athletic and social points of view. It costs nothing to take part, is great fun, and helps to improve your fitness levels.

I hope we are going to get a much better turnout, not only from our women, but from all the age groups for the second fixture at Cassiobury Park, Watford on 12 November.

### MK Half Marathon and Festival of Running

We have now fixed the date of the MK Half Marathon, 10k and 5k races as Sunday 4 March 2012, with the race starting and finishing from outside the X-Scape Building as in 2010 and 2011. A race of this magnitude (with almost 5000 entries) takes a great deal of organisation. With the new start and finish, we have the capacity to take this race to a much higher level. However, we do need your help to do this. We shall need over 100 helpers to make this happen. If you haven't yet put this date in your diary please do so now. The club earned almost £10000 from this year's race. We can earn that sort of money again next year – with your help. Note that, hopefully, the SEAA Men's 12-stage and Women's 6-stage Relays will be held at the Stantonbury Athletics Stadium on a new course only three weeks later on 25 March.

### Annual General Meeting

Our AGM is to be held at the clubhouse at 8.30pm on Tuesday 14 November. It is essential that we have a strong team to manage the club's affairs over the coming year. I hope many of you will turn up to hear of the club's achievements and ambitions, and help vote in next year's management team. If you have particular skills that would benefit the club, please consider standing for election. I'd be happy to talk to anyone who is considering standing for any of the committee posts.

When we took over the management of the Stantonbury Athletics Stadium in 1993 we were given an annual grant of £5000 from Milton Keynes Council. This increased to £15000 in 1998 when we took over all the grounds maintenance. Since that time the club has raised nearly £1m for the building of the clubhouse and the refurbishment of the track.

However, we are not immune from the budget cuts that most councils have had to make. This year our annual grant has been cut to £13000 and we have been warned to expect only half this amount next year and nothing in subsequent years.

Against this background, and despite a healthy financial situation, the club Management Committee recommends that we raise our membership fee to £55 and our track fee to £45. While this is a significant amount of money it does still represent excellent value, with no further fees to pay, free coaching, free coach transport to many matches, and free entry to the Milton Keynes 10k and the Wolverton 5.

### South of England Award for Rick Townsend

Congratulations to Rick Townsend who has been awarded for his services to Disability Athletics by the South-East Regional Council.

Mick Bromilow ([mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk))

Chair, Marshall Milton Keynes AC

[www.mkac.org.uk](http://www.mkac.org.uk)

## MMKAC AT THE WORLD CHAMPIONSHIPS

### LONG JUMP

**Greg Rutherford** was in pool B for the long jump qualifying. He jumped 8m00 in round one and was in 4<sup>th</sup> position. Tragedy befell him on his second jump as he injured his right hamstring and had to bow out of the competition. Reflecting back this was the toughest ever qualifying competition in the history of the World Champs as Greg found that his first attempt was only good enough for 15<sup>th</sup> place overall.



Greg commented.

"Words really can't describe how I currently feel. I've never been in better shape and my body let me down. Sadly my right hamstring went on takeoff. The scan showed what seems to be a pretty nasty tear. It shows how things can go terribly wrong. I've never been so close to tears over the sport before. I believed this one was mine"

### 4x400m RELAY

In a very tough heat the quartet of Richard Strachan, Nigel Levine, Chris Clarke and Martyn Rooney qualified for the final as one of the fastest losers, finishing 4<sup>th</sup> with a time of 3:00.38. This meant the inside lane in the final. Anchor leg runner Rooney said "We ran an incredible time from lane one, probably a similar time to what we ran in 2009 where we won a silver medal, so it's very exciting going into London 2012"

Great Britain finished 7<sup>th</sup> in the final recording 3.01.16 ahead of Germany and just 1/100sec behind Kenya(3.01.15). Belgium were 5<sup>th</sup>(3.00.41) and Russia 4<sup>th</sup>(3.00.22)

GB quartet: Richard Strachan, Nigel Levine, Chris Clarke and Martyn Rooney were seventh



The photo-finish for the 4 x 400m Relay

### 4x100m RELAY

The men's 4x100m relay team of Christian Malcolm, Craig Pickering, Marlon Devonish and Harry Aikines-Aryeetey looked set for a medal in the final of the men's 4x100m until a mistake at the final changeover between Devonish and Aikines Aryeetey resulting in the team failing to get the baton round. The disappointment was even more frustrating seeing that the mistake was partially caused by a collision with the USA squad with both teams tumbling out of the reckoning for medals.



Above: a clean change between Craig and Marlon Devonish

The quartet had made light work of qualifying with a strong display of changeovers to win their heat in a season's best of 38.29, but come the final as both Great Britain and the USA eliminated each another around the final bend, the Jamaican squad ran away with a world record of 37.04.

Reflecting straight after, lead leg runner Christian Malcolm said: "It's not good enough. No one is to blame, this isn't about the blame game. It's not to do with poor baton skills, it's just unfortunate. It's quite sickening to see Britain could have got silver. You can see it's just unfortunate. It's the way the relay goes, it's like that. It was an accident."

Craig said "This is the fourth championships I've been on the track and three of these we've been disqualified. We would have certainly have been good enough for a medal had the baton got round and things had not gone wrong on the third changeover, so it's heartbreaking"



**Darvis Patton(USA)** seconds after colliding with **Harry Aikenes-Aryeetey**. Patton was about to hand over to USA anchor man Walter Dix and with Harry A-A rising from the set position, the two collided and in the aftermath Marlon Devonish failed to get the baton to Harry A-A!!!!!!

# SAL

## SECOND PLACE FOR MMKAC IN THE FIRST SEASON OF THE NEWLY FORMED SOUTHERN ATHLETICS LEAGUE

### FINAL LEAGUE TABLE-DIVISION ONE

1 Southampton	20pts	1060 match pts
2 <b>MMKAC</b>	<b>18</b>	<b>941</b>
3 Luton AC	17	952
4 Herts Phoenix AC	15	975
5 Ashford AC	15	928
6 Harrow AC	15	916
7 Nene Valley Harriers	13	810
8 City of Norwich	12	890
9 Stevenage & N.Herts	12	883
10 Chelmsford AC	10	850
11 Enfield & Harringey	10	849
12 Walton AC	10	835
13 Worthing & Dist.	9	701
14 Blackheath & Bromley	8	751
15 Tonbridge AC	8	747
16 Ealing, Southall & MX.	8	703

After a very tense and exciting final match at Stevenage(20 Aug) where only six points separated the first three teams(and just 13 across all four teams) and with Southampton beating Luton, MMKAC secured the second place that they had held right through the summer: - 1 **MMKAC** 179

2 Harrow AC	176
3 Stevenage & HN	173
4 Enfield & H.	166

Just to re-cap, this is the newly formed league for both male and female athletes. To do this our men's "A" team withdrew from the Southern Men's League and the ladies withdrew from the Southern Women's League. More teams are expected to join the Southern Athletics League next summer. Mick Bromilow gives an up-date on this in his report on page 2.

In this day of expensive travel costs it meant that we had only one team travelling to away matches against two in previous years. The South of England AA administers a huge area covering East Anglia right down to the West Country. I should also like to think more team spirit has been generated with the men supporting the ladies and vice versa.

And there was one less fixture. From the five matches we won three and were second in the other two. One defeat was at Norwich whilst at home we were unable to stop Southampton's march to be the inaugural league champions and remained unbeaten through the summer. It was great to see two of our international athletes competing, Greg Rutherford with that huge 8m20 long jump at MK and Mervyn Luckwell throwing 77m10 in the javelin, a then season's best at Stevenage.

Overall a great success for MMKAC.

### THE BRITISH ATHLETICS LEAGUE QUALIFYING MATCH

As a result of our second place in the SAL, MMKAC were invited to take part in the qualifying match for the British League at Abingdon on 17<sup>th</sup> September.



### MERVYN LUCKWELL

UK no 1 Javelin Thrower

Mervyn had a great end to the summer, throwing 77m10 at Stevenage, then a week later 77m85 at MK. He jumped to the top of the UK rankings with his 80m60 at Abingdon. Finally on 25 September, at Wrexham, he threw an Olympic qualifying distance of 83.52 for a club record and personal best. He is now ranked 6<sup>th</sup> on the UK all-time javelin rankings.



Photo Montage by Tom Blackman

Mervyn Luckwell-Elle Roche-Sadie Watts-  
Will Lambourne-Elizabeth Read



# B.A.L. QUALIFIER

## A BRIDGE TOO FAR(again)

ABINGDON (17 September)

This was our second invitation to compete in the British Athletics League qualifying match and again we could not really field our strongest team. Without 100% commitment I don't think we are quite ready for the big step up to the National League. Another year on, perhaps.

Grateful thanks to those who competed and to team manager Jackson Ryan who struggled with last minute withdrawals and with Will Lambourne unwell early on in the meeting, it was not the sort of day to be a team manager. Mervyn Luckwell was the star of the day with another UK leading throw of 80m60

### Team positions on the day

1 Reading AC	331	) promoted
2 Bristol & West	327	) promoted
3 Bedford & County	295	
4 City of Portsmouth	286	
5 Edinburgh AC	245	
6 Brighton & Hove AC	236	
7 Luton AC	230	
8 MMKAC	219	

*Photos: right - Chucko Cribb, 8<sup>th</sup> in the long jump(6m25), below: Subomi Onanuga out of his blocks in the 100m. 7<sup>th</sup> with a PB of 11.1 AND Chris Hearn in the mix in the early stages of the 3000m S/Chase, 4<sup>th</sup> (10.05.8)*



## LATE SUMMER TRACK & FIELD NEWS

### ENGLAND ATHLETICS U15/17 CHAMPS.

**Bedford - 20/21 August 2011**

**Silver medals for two of the Curtis brothers and bronze for Daniel Oderinde and Jonathan Pownall**

#### **Under 17 Men**

800m heat	6 Josh Knight	2:01.06
Shot	10 Lewis Barnes	13.65m
Discus	10 Lewis Barnes	38.49m
Javelin	2 Freddie Curtis	61.93m

#### **Under 15 Boys**

100m heat	2 Daniel Oderinde	11.21 Q
100m Final	3 Daniel Oderinde	11.28
200m heat	3 Daniel Oderinde	23.31 Q
200m Final	4 Daniel Oderinde	23.33
Javelin	2 Redford Curtis	51.02m
	3 Jonathan Pownall	49.49m

#### **Under 17 Women**

1500m	13 Jasmine Finlay	5:00.57
UKHammer	4 Kayleigh Presswell	44.37m

#### **Under 15 Girls**

Hammer	16 Laeken Impey	27.87m
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### **SOUTHERN INTER-COUNTIES CHAMPIONSHIPS (Representing BUCKINGHAMSHIRE)**

#### **U20 ABINGDON(27 August)**

Devon Byrne: 5<sup>th</sup> Long Jump(5.00m), 2<sup>nd</sup> Shot(10.28m), 6<sup>th</sup> Javelin(35.77m).

Subomi Onanuga 6<sup>th</sup> 100m(11.29): Chuko Cribb 4<sup>th</sup> TJ(13.56m): Sam Ridgway 6<sup>th</sup> Hammer(49.71m), 13<sup>th</sup> Shot(9.48m): Jackson Curtis\* 3<sup>rd</sup> Javelin(54.11m): Jack Panter\* 7<sup>th</sup> Javelin(46.40m):

#### **U17 KINGSTON(14 August)**

Jade Leggatt 4<sup>th</sup> 1500m(5.00.72): Kayleigh Preswell 1<sup>st</sup> Hammer(43.42m). 3<sup>rd</sup> Discus(312.72m), 5<sup>th</sup> Shot(9.19m): Tom Purton 5<sup>th</sup> 200m(23.68), 6<sup>th</sup> 400m(52.16):

#### **U15 ABINGDON(27 August)**

Mel Brammer 5<sup>th</sup> 100mHt(13.7): Amy Botham 7<sup>th</sup> 200mHt(28.34): Laeken Impey 5<sup>th</sup> Hammer(35.23m):

Archie Rippin 1<sup>st</sup> 800mHt(2.14.38): Harry Morton 12<sup>th</sup> 1500mHt(4.39.75): Tyrell Dankwa 13<sup>th</sup> Long Jump(4.87m) Redford Curtis\* 2<sup>nd</sup> Javelin(47.63m), 8<sup>th</sup> Discus(28.49m). Jonathan Pownall 3<sup>rd</sup> Javelin(44.96m), 7<sup>th</sup> Discus(30.65m):

\*representing Oxfordshire.

### **English Schools Combined Event Championships - Exeter. (17/18 September)**

**5<sup>th</sup> place and personal best(4216pts) for**

# EVAC

## EASTERN VETERANS TRACK AND FIELD LEAGUE FINAL - BEDFORD(11 September)

### GOLD FOR THE MEN AND SILVER FOR THE LADIES

- THE MMKAC MEN WERE PRE-MATCH FAVOURITES AND RAN OUT COMFORTABLE WINNERS
- COULD THE LADIES MAKE IT A DOUBLE AS WE DID IN 2008?
- UNFORTUNATELY LADIES TEAM MANAGER JAN LAWSON WAS LEFT WITH JUST 11 "FIT" ATHLETES WHICH INCLUDED A COUPLE WHO WERE NOT REALLY "FIT"
- JAN'S XI ACQUITTED THEMSELVES ADMIRABLY AND FOUGHT THEMSELVES ALMOST TO A STANDSTILL TO WIN THE SILVER MEDALS!!!!

#### FINAL TEAM RESULTS

MEN		WOMEN	
1 MMKAC	260	1 Chelmsford	267
2 Bedford	223	2 MMKAC	220
3 Southend	199	3 Ryston	216
4 Chelmsford	196	4 Loughton	215
5 Peterborough	186	5 Fairlands Valley	207
6 Huntingdon	185	6 Kettering	143
7 Ryston	142	7 Huntingdon	123
8 Loughton	139	8 West Norfolk	93

For the men Alasdair Gibson had the luxury of 20 athletes to choose from. Pre match results indicated that the MMKAC men were undoubtedly pre-match favourites and as such led throughout the day. Southend were the early chasers but faded as Bedford came through later in the day. We were strengthened by having all-rounder Brian Slaughter available this time and along with Carl Baldwin (great to see out competing after illness) amassed loads of points in the field events and in Brian's case, the hurdles.

#### HOWEVER IT WAS A REAL TEAM EFFORT FROM:

Bob Austin, Rob Balderston, Carl Baldwin, Paul Canning, Malcolm Down, Stuart Fraser, David Goldsworthy, Brian Graves, Andy Harrison, Jack Kee, Jim Lawrence, Ivars Licietis, Mick Harry, Steve Herring, John Skelton, Brian Slaughter, Ian Stephenson, Paul Toombs, John Turner and Mark Wall.



*From the top:*  
Brian Slaughter  
David Goldsworthy/Paul Canning  
Malcolm Down/Ivars Licietis  
Mick Harry & Rob Balderston  
AND  
Jan Lawson(EVAC Chair) presents  
the winning men's team trophy to  
Alasdair Gibson



10/11<sup>th</sup> of the ladies team: Maria Calleia, Sue Rey, Di Farmer, Jan Lawson, Ursula Ghaleb, Lesley Byrne, Jacquie Maycock, Jeanette Lawrence, Di Baldwin & Jean Harry. (missing, Emma Beales)

Chelmsford, defending ladies champions, were pre-match favourites but the MMKAC ladies pushed them hard for 50% of the day before the Essex's team all-round strength took them away and in the end, our ladies, just held off a challenge from Ryston and Loughton.

It was a very spirited effort by the ladies and whilst it is always difficult to single out people, both Di Baldwin and Lesley Byrne contested seven events each whilst team manager Jan Lawson sprinted, threw the shot and discus and competed in the high jump.



JAN HARDCASTLE WINS  
4 SILVER MEDALS AND  
1 BRONZE AT EUROPEAN  
MASTERS CHAMPIONSHIPS

September 12: 200m 2<sup>nd</sup> .31.11 (w+0.9).  
September 13/14: Heptathlon 2<sup>nd</sup> 3673points  
(80mH 15.99, HJ 1.28m, SP 7.09m, 200m 30.90,  
LJ 3.87m, JT 10.61m, 800m 3:06.00)  
September 14: 300mH 2<sup>nd</sup> 64.64  
September 18: 80mH 2<sup>nd</sup> 16.15 (w+1.2).  
September 19: Triple Jump 3<sup>rd</sup> 8.19m (w-0.8).



Jan, seen here in the EVAC F45 100m at Bedford last May.

## CLUB 5KM RECORDS FOR JANE OVINGTON

Jane set an outright veteran ladies 5000m track record at Sandy on 24 September recording 18.03.7. Previous best was set by Claire Rooney back in 2004 with a time of 19.24.4. Jane's time is currently ranked 3<sup>rd</sup> in the 2011 F40 UK rankings.(7<sup>th</sup> veteran overall)

Earlier in the summer Jane improved the F40 5km road record to 17.59 at Bedford eclipsing the time set by Linda Dewhurst(18.11/Blisworth/2000).

### AND HALF-MARATHON RECORDS

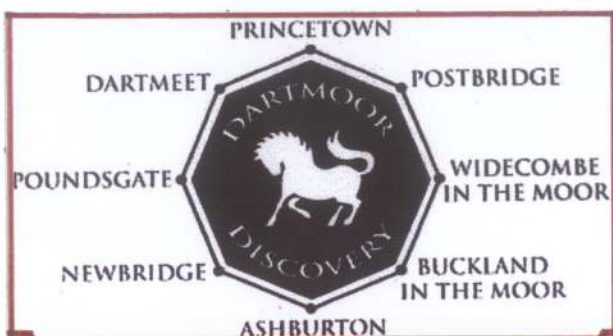
A reminder that Jane set a F40 half-marathon record(82.15) last March in the MK race and very recently at Northampton was 16seconds(36.36) off Jane Bird's age group 10km record of 36.20 from 1988(Silverstone). However on 9 October In the Great Eastern Half-Marathon at Peterborough Jane clipped over a minute off her previous record with a time of 80.57 and the 10<sup>th</sup> best in the F40 UK rankings

Photo of Jane from the Flitwick 10km.

(note: According to the Power of 10 rankings, top of the UK F40 age group over 5000m track is a certain Zola Budd (17.41.0) set in the USA!)



Above: Lesley Byrne(triple jump), Jean Harry(javelin), Maria Calleia(3000m) and Ursula Ghaleb(2km walk)



### MMKAC LADIES LIFT TEAM PRIZE IN THE 52KM (32.3miles) DARTMOOR DISCOVERY ULTRA MARATHON ON 4<sup>TH</sup> JUNE

- The UK's longest single-lap road race
- "combining stunning views with several tough hills and notoriously unpredictable weather, resulting in a true test of body and soul"

This race result did not get the publicity it was really due; so better late than never I'll redress the balance. The winning MMKAC team comprised:

15<sup>th</sup> Wendy Webber 4:36.22 3<sup>rd</sup> lady overall  
 71<sup>st</sup> Julie Dalzell 5:37.03 12<sup>th</sup> lady(4<sup>th</sup> F40)  
 90<sup>th</sup> Sue Davey 5:48.47 15<sup>th</sup> lady overall

146 finished the race within the 6:30 time limit and included no less than 25 ladies(17%).

17 SEPTEMBER



LADIES RACE

214 Maria Calleia(101.30)PB, 2980 Jacquie Maycock(137.01)

PB's for the "Webber Family" with some very even paced running.

Daniel Webber finished 259<sup>th</sup> overall clipping over 2mins off his PB to record 2:44.03

(1:20.21 + 1:23.42). Wendy(67<sup>th</sup> lady) improved her sixth place in the ladies all-time marathon rankings by nearly 7mins. Her final time was 3:02.42 with splits of 1:31.03 and 1:31.39. Karen Tinknell, Daniel's wife smashed her PB by over 20mins recording 3:57.00 and ran negative splits of 1:58.43 and 1:58.17.



### MMKAC SECOND TEAM IN THE LEIGHTON BUZZARD TOUGH TEN "TEN" TO SCORE RACE(2 October)

9 Gary Blaber(65.31), 12 Chris Nicholson(66.21), 21 Neil Jones(69.57), 30 Paul Mason(72.47), 32 Kelvin Smith(73.15), 38 Finn Hansen(74.18), 41 Terry Down(74.37), 44 Julie Dalzell(75.32), 48 Steve Howe(76.42) & 57 Deborah Hindmarch(79.33). *plus*  
 77 Jim Miller(85.44) & Malcolm Kidby(105.35).



### Road Runners (or those interested in all things on road, off road and endurance!)

[mmkacroadrunners@groups.live.com](mailto:mmkacroadrunners@groups.live.com)

We have an e mail group where anyone who is part of the group can e mail others. We have found this helps organising who is doing long runs at weekends, who is doing what events and just general things about running such as coaching e mails. Also we have a page where members can post photos, put up training schedules, advise of forthcoming fixtures etc etc. If you would like to be part of the group please e mail Martin McPheat at the following e mail address

[martinmcpheat@hotmail.com](mailto:martinmcpheat@hotmail.com) who will add you to the list.

## DOWN MEMORY LANE - 30 YEARS AGO

### CLUB 10mile RECORD BROKEN AT LEIGHTON BUZZARD BY GERARD COPPS

This was on the old Leighton Buzzard course from Tiddenfoot which went south through Mentmore and Cheddington finishing with a long fast flat 3mile stretch of seemingly never ending road. And it was usually a hot day, I can remember one race when the tar was almost melting!

#### 1981 sub 60mins road rankings

Gerard Copps	51.51	L.Buzzard
Dave March	53.03	L.Buzzard
Bob Forster	53.31	Bedford
Clive Owen	53.37	L.Buzzard
Terry Laybourn(V40)	53.55	Bedford
Alan Green	54.01	L.Buzzard
Dave Catlin	54.50	Wimbledon
Tom Webb	55.05	Nene Valley
Robbie Macpherson	55.29	Bedford
Chas Kendall	55.56	Nene Valley
Ian Felce	56.14	Bedford
Dave Findel-Hawkins	56.35	Nene Valley
Jim Morrison	58.58	Nottingham
Paul Calderbank	59.03	Nene Valley

### MMKAC LADIES(sub 4hours) IN OVERSEAS MARATHONS

Michelle Lee	FS	2.44.19	Stockholm	Sweden	2005
Imogen Thornburgh	FS	2.50.22	Berlin	Germany	2005
Jane Ovington	F35	2.52.10	Berlin	Germany	2007
Wendy Webber	FS	3.02.42	Berlin	Germany	2011
Katrina White	FS	3.10.31	Venice	Italy	1998
Margaret Swithenby	F45	3.15.15	Reims	France	1998
Ruth Fuller	F35	3.19.20	Florence	Italy	2007
Alex Knowles	FS	3.27.07	Chicago	USA	1998
Anick Valapinee	F40	3.31.07	Paris	France	2002
Deb Hindmarch	F50	3.36.57	Paris	France	2006
Julia Brennan	FS	3.37.49	Reims	France	2007
Chris Daniells	F50	3.39.35	New York	USA	1991
Debs Newman	F35	3.42.52	New York	USA	2005
Val Russell	F45	3.46.35	New York	USA	1991
Sylvia Smith	F40	3.47.20	New York	USA	1991
Sara Norgate	FS	3.49.09	Paris	France	2003
Karen Tinknell	FS	3.57.00	Berlin	Germany	2011
Maria Calleia	F35	3.57.21	Budapest	Hungary	2009
Anne Dagen	F35	3.59.28	New York	USA	1991



## ROUND NORFOLK RELAY 17/18 Sept.



The Round Norfolk Relay follows shortly after the MMKAC tour which is now entering its 30<sup>th</sup> year whilst RNR is still a junior at mere 25 years. RNR was a conception of Ryston Runners to circumnavigate the Norfolk border (195 miles) as a relay race and now attracts an entry of almost 60 teams.

MMKAC's involvement started in 2000 but alas we were not able to compete due to the fuel crisis of that year causing its postponement to a date we could not manage. Not to be put off we entered again in 2003 and this year we completed our 8<sup>th</sup> RNR. Four runners have been ever present, Milford Callow, Val Russell, Diane Baldwin and Tom McConnell. Martin McPheat, Carl Baldwin and Alec Walliker have attended each year in as support when not running. Sadly we could only muster one team this year. Our ladies, for a whole host of reasons, were in short supply and indeed only 3 were in the final 17 person team.

Planning for the event starts almost as soon as the previous year finishes with 80 per cent of runners declaring their interest for the following year. But the real organising headaches do not normally start until the tail-end of summer when we have a better idea of the availability and fitness of likely participants. This year was no different and was hindered by having no volunteers for the long night legs which are both c. 20 miles in length. That was until we recruited Andy and Amy Inchley into the club and they bravely stepped up to the mark. Not only did they both have excellent runs they stayed on and cycled the last two legs as support for Martin McPheat and Val Russell. They will be great assets for and future RNRs providing Leighton Buzzard AC do not enter a team!!

Val Russell and Tom McConnell only maintained their 100 per cent records by the skin of their teeth. Injuries to Chris Cahill (in the tour) and Ruth Gardener meant changes into the week leading up to RNR. Chris injured himself on the tour's hill race and he was limping as I overtook him. I realised then that I needed to shuffle the pack or I was destined to a 15 miler in Norfolk! A bit of subtle persuasion saw Terry move to the 15 mile leg, Keith Cook come in and make his debut in Norfolk for MMKAC on leg 14, Andy Harrison switch to Leg 15 therefore allowing Val to come in and leg 16. Phew. By chance Tom was spotted out running so when Ruth reluctantly and wisely pulled out with an Achilles problem all it took was a quick phone call to Tom and we had a full team again. I'm indebted to all those who made sacrifices to ensure we had a team which left me to concentrate on organising the 26 hour race and ensuring that Nick Folwell, our timekeeper who was making his 7<sup>th</sup> consecutive trip to Norfolk, made it safely to the end of each stage.



Once again we had great support. Carl and Di Baldwin followed the race from start to finish as well as running their stages too. Di was on her own duathlon which nearly turned into a tri. Cycling support for stages 1 to 5 and running leg 9. She hadn't banked on nearly swimming as she got caught in a thunder and rain storm approaching Yarmouth. Carl even had time to do some geocaching. Leah Williams (16.3m) and Chris Mahon (14.1m) had solid runs on legs one and two even if the baton bit the dust momentarily!! Talking of biting the dust Milford had a fall in the last quarter of a mile of leg 3 but got up and bravely handed over to Kelvin Smith for his 11 mile stint. Maria will be pleased to hear that Kelvin and Tom might need some map reading lessons!

Alasdair Gibson took over from Tom for the jaunt out of Cromer with Kelvin fresh from his run in cycle support. He handed over at Mundesley to Kevin Gardener again with KS in pursuit on the bike (9.2m). Carl had a superb run taking over from Kev and he handed over to Di for leg 9 and 11.3 miles into Great Yarmouth.



Amy Inchley made her debut running the longest leg (20.06m) of the event from Great Yarmouth followed into the darkness in her car by hubbie Andy. Amy handed over to Terry Down at Bungay for his magnificent run to Scole with Martin McPheat taking up car support. This gave Andy Inchley time to get to Scole to prepare for his 19.67 miler to Thetford. We didn't think it fair to let a tired Amy follow Andy in the car so Milford Callow did the honours.

Eddie Hill awaited Andy to run leg 13 which he is making his own. By now Andy Harrison had arrived from a hard days work and took up car support with Sue on her bike making sure her man stuck to his task which of course he did. Debutant Keith Cook took the sweaty baton, followed by Carl and Di, and delivered it safely to Andy Arry at a crowded and dark Wissington. He stormed though leg 15 down the road to Downham Market where Val Russell beaming as ever, supported by Amy and egged on by the prospect of receiving the T shirt, placed the baton into the mitt of a weary Martin McPheat for the so called glory leg and a handshake from the legendary Ron Hill on completion at Kings Lynn. Andy Inchley donned the cyclists helmet to support Martin by bike.

We completed in 26 hours and 4 mins in 33<sup>rd</sup> place out of 57 - a very creditable performance. The two Andys were both 12<sup>th</sup> fastest in their respective legs which again is a great achievement.

This event cannot be completed without a lot of dedication from individuals and any support however small it may appear is a great help. Some in Norfolk will say they did nothing but the likes of Rose Callow, Jenny Gibson, Jo Down, Jenny Smith, Leah's partner, Wendy McConnell and Ruth Gardener all played their part cheering on the team and moving cars from A to B.

### Listed below are a few courses for RNR runners!!

Baton changing	Leah and Chris
Map reading	Kelvin and Tom
Running in all weathers	Di Baldwin
Avoiding tree roots	Milford Callow
Norfolk buses	Martin McPheat
Cycling for beginners	Amy and Andy
Scared of the dark	Terry Down
Plumbing	Val Russell



At the finish: Andy Harrison, Eddie Hill, Sue Hill, Rose Callow, Milford Callow, Val Russell, Car Baldwin, Di Baldwin, Amy Inchley, Nick Folwell, Martin McPheat, Andy Inchley & Alec Walliker.  
Top L: Chris Mahon on the lonely Norfolk marshes near Hunstanton.  
Left: Beach changeover at Salthouse for Kelvin Smith & Tom McConnell. Top R: Alasdair Gibson with Kelvin Smith on bike support out of Cromer.

# THE 29TH TOUR of MILTON KEYNES

SEPTEMBER 4<sup>TH</sup> - 9<sup>TH</sup>

Pain is Temporary - Pride is Forever,  
writes Alec Walliker

Another great TOUR and SOCIAL week. We averaged 60+ runners at most races and around 100 people packed in at Woughton Pavilion for the post race celebrations.

1983, when we first started, seems a distant memory now. Those were the days when many of us used to gather in the Galleon Pub for post training drinks and a chat. The "Ron Hill Tour of Tameside" was the talk of the town so why not a "Tour of Milton Keynes" The rest is history, as they say.

Simon Rayner won that year, and in similar circumstances (both dedicated track/cross-country runners) Tom Comerford led throughout the week in 2011.

An event such as this requires lots of help and in particular I should like to thank Mick Bromilow for the results, Kevin Farmer for organising the cross-country and providing the chip timing for the last two race, Rose Callow, Rick Townsend and Jim Lawrence who officiated throughout the week. Paul Toombs and Andy Harrison who did a lot of course marking and to Chris Daniells who marshalled each day.

We were a little down on the number of finishers(52) but that did not appear to dampen the enthusiasm of the racing. Defending champion Matt Clarke hung in well to take second place ahead of Tour newcomer, Mark Dowson.



Tom and Lauren with their trophies

## The John Seed Memorial Trophy

First club veteran to finish was the flying M60, John Skelton, so I awarded him the Veterans Trophy. Just as the presentation had ended I was disappointed with myself that I had missed something from my notes. I had purchased a new M60 trophy, and with the blessing of the family, it is engraved with dear John's name. Kelvin Smith, the first recipient, said to me after that he was deeply moved to be the first M60 winner of this trophy.

There was an apparently close race for the mantle to be first M55. After the cross-country race Michael Groom led with an overall time of 135.29, just one second ahead of Mervyn Phillips(135.30) and with Paul Mason 3<sup>rd</sup>(136.33). Down to the wire on day six round Willen Lake and Michael blew them away finishing in 43.56 ahead of Mervyn(45.31) and Paul(45.39).

## The Ladies Race

Nine finishers -brilliant! Lauren Cripps returned to win the trophy she won in 2009 and had some good racing with the "guesting" Wendy Clark from Shenley Striders. Congratulations to Jo Greenslade and Jo Bevan on finishing their first Tours. Diane Baldwin completed her 17<sup>th</sup> TOUR!! And Karen Tincknell was very pleased to win "The Pat Graves Trophy" for the most improved lady. She said it was about time that she could put a trophy on the mantelpiece to rival husband Daniel's silverware.

To the uninitiated (to the TOUR that is) running (in my case a mixture of running, jogging and walking) a mere 26 miles over 6 days should hardly be demanding. And if you have run a marathon in the past or an ultra then surely it's a drop in the ocean or more aptly a stroll in the park. But no matter the level of our fitness we all suffer the same.

How do you explain the exhaustion and scenes of jubilation at Woughton on the Green when you finally cross the winning line. I mean the winning line because that is exactly how it feels. You have beaten the elements and terrains that Brian and Kevin(XC) has lain before you. I'd like to think it's because of the demands of each working day and a run in the evening but I notice that even my retired rivals seem just as jubilant and tired at the finish.

It doesn't matter that you have run slower than the chap 10 years your senior or have been beaten by that person who is apparently running on one fit leg (or so they tell you) or that you cross that line on all fours gasping for air. It is a personal triumph. The coveted T- shirt will be yours!! Who really cares who the best vet 50 was unless of course it's you. That doesn't mean you are not pleased for them. Congratulations to those who won 2 prizes

Each day is different, bringing with it a whole different set of obstacles and tests of ones mental and physical toughness. The first day is mentally tough. Partly because you know what you are committing to for the rest of the week and secondly because for some undefined reason 3 laps of a flat Tattenhoe loop or any loop (Loughton was just as tough)is harder than running the same distance A to B. It should be easier for pace judgment but most of us hate it.

For me the hill race on day two is always "fun". It never quite seems to be as hard as you expect it to be. I spend the whole day panicking that I'll either miss the start and get lost or that I'll not make it up the first slope. When you finish you think "that was OK" but when you wake up the next day you know how hard it was. The calf muscles are tighter than normal and you know what's in store in that evening

Now the Campbell Park event does my head in. In training we just jog down the hill and race back up as hard as you can! In no way does that prepare you for racing down hill and jogging back up!! That's what I feel like I'm doing. Twice. At least it's only the mile the next day!!!

The mile. what can be said? What makes it such an ordeal? For me there are two factors. Firstly everyone, except those in front of you in your race (unless they are preparing to lap you!!) are watching from the sidelines. Secondly it's the uncertainty of what pace to run at. You may be in a group where you are the quickest which means you may have to set the pace! Or you might be in a group where you the slowest and your fellow runners will disappear round the first bend before you wake up. With a bit of luck you can hide in the pack. But as I said there is no hiding place from the onlookers.

Four down two events to go but now the going gets tough. This is where according to Billy Ocean the tough get going. In my case the weak started to flag and the old injury excuses started coming out! I enjoy running cross country and to be fair this year's course might have been more exacting had we had more rain and a ploughed field to run across but I still found it tough.

Friday arrives and I cannot believe how my legs suddenly ache. The family car is otherwise engaged so I have to cycle from work in Newport Pagnell to Woughton on the Green for the start. Should be a nice little warm up! When I dismount I feel like I've cycled from Newport, Gwent! I know I'm in for a tough one! And tough it was. But I know at the end the T-shirt and glory of finishing awaits not to mention a buffet and beer. I'm not alone everyone is pleased to have completed the TOUR. It doesn't matter whether you are a veteran of 20 plus tours or have just completed your first.

The feelings are the same.  
Overwhelming satisfaction and pride.

# The Real (Ale) Tour



Once upon a time apart from having to be on the start line each day (none of this time trial nonsense in the old days) to really do the tour involved going to the pub after each race for a drink. In fact in those days you would also have been roped in to help with the results – no computer back then.

Well there are still a (very) small band of us keeping the old tradition going. After day one it was off to the Ember Inns owned "Nut & Squirrel" where there were eight real ales to choose from. I chose one of my favourites Thornbridge's Jaipur IPA but found it wasn't in very good nick. Brian and Jim were both happy with their choices.

Monday saw us back to an old venue of Green Kings' "Royal Oak" in Woburn Sands. Little has changed in this small back street local since we were last there some three tours ago when the hill race last started from Longslade car park. Still the same Landlord and still as good a pint of GK IPA as you get. The usual suspects were joined by Kevin Farmer and his timing team. 'Where is everyone' he asked – good question.

Campbell Park is oldest course still used in the tour and the post-race venue has changed over the years. Recently it has settled to being the Wetherspoons near the railway station. A perennial entry in CAMRA's Good Beer Guide there is always a good range of quality ales on offer as well as keenly priced food. The mile races on Wednesday have been a problem in recent years as there are no good (for real ale) pubs nearby. This year we went to another Ember Inns pub, "The Ship A'shore" at Willen. Not offering as wide a range as The Nut & Squirrel those on offer were very well kept.

Thursday at Potterspurty and to "The Cock" Inn. The initial pint of Black Sheep was most definitely off but once the barrel had been changed the beer was fine. Being Thursday we were joined by the Callow's and Daniells having their usual post run meal. Since the move from the OU for the last day of the Tour getting a decent pint has been a problem. The buffet may be good at Woughton but despite having a hand pump on the bar they never have any real ale. This year Jim brought along some bottle conditioned beer from our local Concrete Cow brewery. A fine way to end another memorable tour – the running wasn't bad either.

Anon

## Jo Bevan's view from Potterspurty

Peering into the murky ditch didn't exactly make me overly enthusiastic about the ominous 5th leg of the MK Tour...the dreaded cross country. As a road runner I'm not one for getting muddy and was not thrilled about the prospect of crossing what is best described as a swamp, not once but three times in the Potterspurty circuit. As we started up the hill over the fields, our legs were aching from the 4 previous days racing. It was a beautiful evening and to match the countryside setting and as I put my best foot forward into the deep (knee height on us shorter runners) I squelched through to the other side and realised it wasn't actually that bad in fact it was for me the best run of the tour! I have been converted to the joys of fair weather cross country. Bring on next year, thanks for organising Brian!



Ladies in action at the Potterspurty stream crossing- Jo Greenslade/Karen Tinknell/Chris Ryder/Julie Dalzell

## LEADING TOUR FINISHERS

Dave Findel-Hawkins	26
Jim Morrison	26
Eddie Hill	23
Sam Kirkpatrick	22
Milford Callow	21
Steve Rice	21
Andy Harrison	20
Chas Herbert	18
Jim Miller	18
Diane Baldwin	17
John Gillespie	17
Carl Baldwin	16
Mick Kelly	16
Kevin Farmer	15
Robbie Macpherson	15
Dave Storer	15
Jim McKellar	14
Geoff Pucci	14
Ian Russell	14
Chris Mahon	13
Dave Pattison	13
Colin Stoneman	13
Paul Toombs	13
Simon Booth	12
Chris Daniells	12
Brian Daniells	12
Terry Laybourn	12
Martin McPheat	12





# UK javelin throwers hit the 2011 UK ranking

- Mervyn Luckwell is no 1.
- Eleven men and two ladies in the UK top 40
- AND four in the top three
- Seven athletes in the top three MMKAC age group rankings

SENIOR MEN			
1	Mervyn Luckwell	83.52	Wrexham
M23			
4	Michael Cox	70.40	Bedford
13	Jon Constantinou	58.94	Bedford
M20			
14	Jackson Curtis	58.38	Milton Keynes
33	Laurent Stephenson	52.34	Cambridge
M17			
2	Freddie Curtis	66.02	Gateshead
32	Ben Pointon	50.41	Solihull
33	Edward Wilson	50.38	Oxford
M15			
2	Redford Curtis	53.49	Sheffield
3	Jonathan Pownall	53.12	Milton Keynes
M55			
7	Ian Stephenson	37.07	Cambridge
F23			
8	Sadie Watts	40.83	Bromley
F20			
29	Devon Byrne	35.77	Abingdon

MMKAC  
No.1

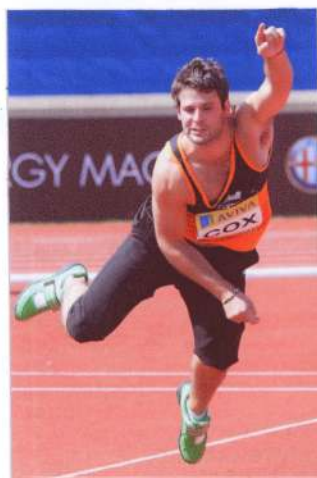
MMKAC, m20  
No.3

MMKAC, m17  
No.2

MMKAC, m15  
No.1  
No.2

MMKAC, m55  
No.1

MMKAC, f20  
No.2



From the left: Michael Cox, Freddie Curtis, Sadie Watts, Jonathan Pownall, Ian Stephenson

- Mervyn heads the senior rankings for the 11<sup>th</sup> year. (he led in 2001 as an M17 throwing 45.69m)
- Michael Cox, at last, improved his 2007 best of 63.04m (and moves to no.2 in the all-time rankings)
- Devon Byrne' throw is now no.2 on the ladies all-time rankings, behind Sadie Watt's throw of 42.83m(2008)
- Freddie Curtis was just 91cm short of Sam Taylor's M17 record of 66.93m from 2009.
- Redford and Jonathan both overhauled the previous M15 record of 51.77m set by Pepe Nanci in 2001.
- Jonathan, of course, is the M13 record holder by virtue of his of 43.26m at Leeds last year.
- Take a bow, coach Chris Watts.

## ALL-TIME TOP TEN MEN JAVELIN(800g) THROWERS

1	Mervyn Luckwell	MS	83.52m	Wrexham	2011
2	Michael Cox	M23	70.40m	Bedford	2011
3	Sam Taylor-Outridge	M20	64.36m	Finland	2010
4	Jon Constantinou	M23	58.94m	Bedford	2011
5	Freddie Curtis	M17	58.50m	Peterborough	2011
6	Jackson Curtis	M20	58.38m	Milton Keynes	2011
7	Steve Melber	M20	58.26m	Milton Keynes	1996
8	Rafer Joseph	M20	57.88m	Tooting	1987
9	Robert Beales	MS	56.17m	Sutton	1999
10	Mark Line	MS	55.96m	Cambridge	1985

## TREMENDOUS EFFORT BY THE "B" TEAM -

Jim Lawrence reviews the Southern Men's League



### HAPPY HEMEL HEMPSTEAD IN EARLY MAY.

What a start ? Subomi Onanuga and Mark Gardiner both won their respective 100m races. Good to see the sprinters now getting their just rewards. Mark then went on to win the 200m . Both new personal bests at that time. Double tops in the 5000m -run in the sweltering hot conditions- (again a rare occurrence ) due to 'marathon man' Steve Herring and Malcolm Down. Malcolm turned 50 during the summer and fancied his chances at the World Masters Championships in Sacramento. A win in the javelin from Jon Constantinou and a M55 record from Ian Stephenson(34.85m). Seconds in the shot and discus from debutant Lewis Barnes (bottom year U17 – but mature beyond his years). Iain Lawrence came 2<sup>nd</sup> in the 'A' string hammer whilst M50 Mike Burling won the 'b' string with a pb. Another new comer to the team 'road runner' Mark Dowson finished 2<sup>nd</sup> in both the 1500m & 3000m Steeplechase. Only 40 minutes recovery. What a debut ! The 4 x 100m relay (Subomi , Mark , plus Lloyd Martin & Warren Stamp) managed a marvellous victory. All the highlights above contributed to a wonderful team victory.

### LUCK RUNS OUT AT LUTON

The Subomi/Mark roadshow yet again. Both winners at the 100m & another win for good measure in the 200m for Subomi. A win in the Triple Jump for the very talented Jerry Danjuma whilst Gary Harewell finished 2<sup>nd</sup> in the 'A' string Triple. The Hammer gave us good points with a win for Mark Roberson & another 2<sup>nd</sup> for Iain: Jon Constantinou won the Javelin in a very good 54.73m & the sprint relay won again. The afternoon finished with an exciting 2<sup>nd</sup> from the 4 x 400m lads. Adam Atkins & three sprinters for a change – Jerry , Mark & Nic Williams. This was to prove the closest match all season and unfortunately for us this time we did not get all the luck. The match result went Luton 95 points. Cambridge & Watford both on 85 with MMKAC on 84.

### MARVELLOUS VICTORY AT MILTON KEYNES

Was history made at Milton Keynes ? Owing to fixture clashes on the Saturday I enquired and made an offer to host the match at home on a Sunday. Permission was granted. Apparently only the second time in around 20 years for a Sunday SML match.



Double tops in the 100m, Nic Williams(above) & U17 Jasper Larken), double wins in the 200m (Nic & Dave Maris) , a 400m win for Ben Sturgess, a brilliant double in the 1500m for Matt Eager & Adam Atkins. Victory in the 5000m for Steve H & newcomer Ed Dunn. Young 400m runner Adam Wade(above) tried the 400m Hurdles & won the 'B' string. A great double win for Ryan Burling and Mark D in the chase . The ever loyal and reliable Carl Baldwin ably assisted by Danny Wood were both 1<sup>st</sup> in the Pole Vault. Young Lewis & Mark R both won the shot with Lewis also winning the discus . Mark R & Mike B had double tops in the hammer and again more excellent throwing with javelin wins from Jackson Curtis & Laurent Stephenson. The sprint relay won again for the third consecutive time, (Nic, Dave, Sheyin Bonet & bottom year U17 Matt Cunningham ) whilst yet again the 4 x 4 boys did the business. M45 Paul Canning got the team off to a commanding lead followed by a storming leg from Ben S, Jasper L ran solidly and rounded off by a great run from Adam W. A fantastic win . An excellent team victory. Wonderful stuff.

### CLOSE AT CAMBRIDGE

Middle distance hit the headlines this occasion with Eliot Winter and Sam Bradley winning both 800m races. Adam A & Steve H registering a 5000m double again . Warren leaping to a 'B' string win in the Triple Jump. This was a particularly tough match with many second and third places but not many wins. The 4 x 400m was yet again tremendously exciting. Newcomer U17 Tom Purton , Dave M, Jasper & Adam W recorded another win. Team wise we unfortunately finished 3<sup>rd</sup>.

### BRILLIANT AT BEDFORD

The much improved Subomi gained a sprint double win in the 100/200m , Dave M nearly back to his best with a victory in the 'B' 100m. Ben & Jerry completed a double tops in the 400m. Ross Threlfall and young Sam Redding excited the crowd with a tactical double win in the 800m whilst Ross again did the business in the 1500m and recorded a treble with the 400m Hurdles. So many other wins to record :- Sam again in the 400m Hurdles, Mark D & Nick Washington both in the 3km chase, Nick's first ever chase. Jerry D – High Jump. Gary H & Warren S – Long Jump , Matt C 'B' Triple , Lewis B & Mark R – Discus , Mark R & Iain L – Hammer , Mark R & Ian S – Javelin. The 4 x 100 team again won (Subomi , Jerry, Dave & Robert Broadley) . Once again the 4 x 400 of (Matt, Dave, Ross & Ben ) recorded a fantastic win. A very very comfortable TEAM win for Marshall Milton Keynes A.C.

### SUPERB SEASONS HIGH

So at the end of the season our Southern Men's League B team finished 6<sup>th</sup> in Division 2 North. This being our highest ever finishing position for our men's second team. You may have noticed with some of the athlete's names from the results on the website that we have used on occasions some guys from the Southern Athletic's League which is our A team. We have managed to do this because some of the fixtures have not clashed this year. I wanted to beef up the team this year and this was an opportunity to try and fill all the available slots. The usual story though – We need more technical eventers, pole vaulters, hurdlers ( high & low ) please.

### THANKS A LOT TO YOU GREAT GUYS

Of course many thanks to all the athlete's that competed this year. Other thanks go to Terry Burbidge. Standing down at the end of 2010 as part of team management after 17 years. Terry continues as SML Divisional Secretary however. Nick Washington stepped up as assistant manager to myself this year after helping out last year. The hardworking officials again get little praise as they are very much in the background. This year's nucleus of Jeanette Lawrence, Hazel Lawrence, Amelia Penny, Di Baldwin, Neil Gosling and Jackson Ryan (among many others helping out) have been brilliant,

### PENULTIMATELY

Where would we be without Carl Baldwin ? If he's not in the team by merit , he is badgering me to put him in for non scoring events. My SML athlete of the decade, he has been a huge inspiration to all the youngsters in the squad. Due to injuries on the day , I decided to risk Adam Wade in the Triple Jump. Never done it before in his life. A ten minute coaching session with Carl going through the basics. Adam does 11.34m on his debut. Job done. Nick agreed with me – Carl gets SML athlete of the year.

### INTO 2012

As much as I want the Southern Athletics League to progress and move forward we must also have a strong SML squad and I believe that if everyone pulls together we can have a tremendously successful year loaded with pb's If you want to be part of the fun then please e mail me on [jim.lawrence@mkac.org.uk](mailto:jim.lawrence@mkac.org.uk) well before the track season starts.

# ANNUAL AWARDS EVENING

SATURDAY 8<sup>th</sup> OCTOBER

The awards evening for 2010/11 was held at Harben House, Newport Pagnell and again very ably organised by Jan Hardcastle and Gordon Fallow (pictured far right). Many thanks to Jackson Ryan, who for the umpteenth time, arranged the collection and engraving of the trophies and to Karen Deathe who looked after ticket sales. Thanks also to Rick Townsend for standing in as master of ceremonies and organising the auction of the Red Bull hat signed by Sebastian Vittel and Mark Webber. And, last but not least, grateful thanks to Mervyn Luckwell who was guest of honour and presented the trophies.



## Mixed Awards

Athlete of the year	Greg Rutherford
Sportsperson	Diane Baldwin
Club Person	David Millett
Ultra Runner	Jacque Maycock

## Male Awards

Swain Winter	Tom Comerford
Swain Summer	Chris Clarke
Rayner Trophy (U17)	Freddie Curtis
Road Runner	Steve Herring
Veteran Winter	Mick Burling
M40 Veteran	Paul Canning
M50 Veteran	Malcolm Down
M60 Veteran	John Skelton
Track Trophy	Craig Pickering
Field Event Trophy	Mervyn Luckwell
Chiltern League	Chris Hearn
Indoor Trophy	Ivars Licietis
U11 Cross Country	Cameron Beazley-Clarke
U11 Track & Field	Alfie Nicholls
U11 Sportshall	Cain La Bastide
U13 Cross Country	Dominic Murphy
U13 Track & Field	Kreston Edghill
U13 Sportshall	Tyrell Dankwa
U15 Cross Country	Josh Knight
U15 Track & Field	Redford Curtis
U17 Cross Country	Sam Redding
U17 Track & Field	Lewis Barnes
U20 Cross Country	Sam Deathe
U20 Track & Field	Ben Sturgess
Southern League	Mark Roberson
Southern Men's League	Carl Baldwin
Young Athletes League	Matt Cunningham
Most Improved	Ryan Burling





### Female Awards

Women's Winter	Tanya Taylor
Women's Summer	Kadi Ann Thomas
Chiltern League	Lara Bromilow
Road Runner	Wendy Webber
Veteran Winter	Jan Lawson
F35 Veteran	Emma Beales
F45 Veteran	Lesley Byrne
F55 Veteran	Ursula Ghaleb
Track Trophy	Joey Duck
Field Event Trophy	Kayleigh Presswell
Indoor Trophy	Devon Byrne
U11 Cross Country	Molly Adams
U11 Track & Field	Eva Brammer
U11 Sportshall	Montana Edghill
U13 Cross Country	Lauren Murphy
U13 Track & Field	Ebony Carr
U13 Sportshall	Paige Barnes
U15 Cross Country	Amy Botham
U15 Track & Field	Emanuella Motta
U17 Cross Country	Beth Swords
U17 Track & Field	Jasmine Finlay
U20 Cross Country	Jo Livesey
U20 Track & Field	Elle Roche
UK Women's League	Andrea Jenkins
Southern League	Sadie Watts
Young Athletes League	Alice Ritchie
Most Improved	Jade Leggett

## RON WINTER MOVES BACK TO HIS NATIVE YORKSHIRE



### Some thoughts from Ron after his 25 plus years tenure with MKAC.

Well, we have moved to Silkstone, near Barnsley, right next to the Pennines to get in some hill walking and potholing though I haven't got round to the latter yet. We have also joined a golf club which I thought I would never do but it's fun and good exercise. I've also got a mountain bike as it's ideal terrain for that up here.

However vigorous exercise is on hold for a while as I am recovering from an operation on my vertebrae. I was getting in one running session a week on soft ground as my knee also needs an operation! In other words I am developing into a crock. Eventually I might be reasonably fit. Then I will hopefully be able to do some hill reps as it is ideal terrain round here for that.

My favourite type of running was always cross country because it's fun and varied and a challenge. I used to do lots of road running but then did more track and field. When I competed for Southern league B team I liked to do lots of events like Carl. He taught me pole vaulting though I never had more formal coaching. I only ever beat him once and that was because he hurt his back in the competition. For years we constituted the B team pole vaulting pair. As I am a few years older than him I would hold a few age group jumping records - high jump, triple jump etc and then he would take them off me a few years later. However I did manage to hold onto some track records especially hurdles. However nothing obviously lasts long in athletics and now John Skelton has come along to show everyone how it's done!

When road running I was proud of breaking 30mins for 5 miles. I also did 81m 40 secs for the St. Neots half marathon, though that is not recorded by the club as I had not been a member for long and didn't think to tell anyone. My running philosophy is to just enjoy competing and doing my best. I don't get too upset if the results aren't great. It doesn't stop me trying.

I should to thank Jim McKenna and Adam Mole who have helped me with coaching over the years and provided lots of support.

I can now easily watch Barnsley FC which I have always supported but because of ticket prices these days that will not be very often.

If any of my ex-MMKAC friends are around this part of the woods anytime just drop in for a cup of tea and cake!  
The address is 14 Huskar Close, Silkstone, Barnsley, S75 4SX.  
Tel. 01226 891135

## THROUGH THE YEARS WITH MKAC

Ron joined MKAC in 1985 and by 1986 had run some more than useful road times- 30.43 at the Harborough 5, 38.01 in the Northampton 10km and 63.49 in the Leighton Buzzard 10. Moving to 1988, his first year as a M40, Ron clocked 85.45 in the MK half-marathon and then surprised many by tackling the Snowdonia Marathon. An extract from his Newsletter report:

"I arrived at the start with four minutes to spare after difficulty with starting the car, so no time for pre-race nerves.....unexpectedly at 13miles, when we began a 2 mile ascent, I felt a bit better though I was dying to relieve myself - through my bowels! It took over a mile to find a suitable wall.....I felt a new lease of life and started passing runners along the flat stretch through Waunfawr .....the ache in my thigh had vanished, I was enjoying the scenery.....then comes the final climb beyond 21mies. Finally reaching the top at 1200' there is a very steep descent into Llanberis.....I picked off loads of runners here as many seemed to be wary of fast down-hill.....I must have passed 70 runners or more! Then the final mile to the finish -.3hours 34.30 - Exhilaration!"

1991 saw Ron run PB's over 5miles(29.36/MK) and 10miles(61.18/L.Buzzard). As a M45 he ran 30.56 in the Wolverton 5, 38.36 at the Silverstone 10km and 64.38 in the Banbury 10.

He turned his attention to the track in 1992 and in his last summer as a M40 ran 100m(14.2), 400m(63.4), 800m(2.31.1), 1500m(5.01.9) 3000m(10.49.0), 400mH(74.5) and threw the shot(6m65). MKAC joined the EVAC league in 1994 and Ron became a staunch supporter of the team and likewise he has represented the SML "B" for the best part of 20-years.

Ron was popular with team managers as he enjoyed competing in both the sprint and 400m hurdles, the 3km steeplechase and the pole vault, not events that many put their hands up to do. His best age group performances are:

	100mH	400H	S/C	Pole V
M45	22.1*	70.9	12.09.8	2m60
M50	19.4	70.8	12.50.9	2m40
M55	21.0	72.8	13.13.2	2m40
M60	22.1	83.1		2m10

(note: \*110mHurdles)

Ron was also a decent veteran high jumper with a best of 1m55. He, rather unusually, adopted the straddle style as against the Fosbury Flop which became the vogue after the 1968 Olympics.



Ron, during his long tenure at MMKAC, has been a real "man for all seasons". He completed no less than 10 MK TOURS and in 2008 he toed the senior start line in the opening Chiltern Cross-Country League match at Watford with son, Eliot.

As a 60-year old he ran 24.08 in the Aylesbury 10km and 38.50 at the Wolverton 5. On track and field he is ranked in no less than eleven disciplines..... 100m(15.4), 400m(72.5), 800m(2.41.6), 1500m(5.41.53), 100mH(26.0), 400mH(83.1), 3000m(14.58.7), High Jump(1m10), Pole Vault(2m10), Long Jump(3m31) and Triple Jump(8m06).

Ron has obviously been a great club man and we send him and his wife Jenny, our best wishes for the future. Hopefully Ron will soon get over his injury problems and start competing in the M65 age group.



## ENGLAND VEST FOR JOHN SKELTON

Congratulations to John for being chosen to represent England in the M60 event at the annual Home Countries Veterans Cross-Country

International being held this year in Glasgow on Sunday 27 November. Photo of John on his way to being first M60 in his Chiltern League debut at Luton..

## AND WINS THE OPEN UNIVERSITY TOUR(17-21 October)

John won all three races, 5miles(31.01), 5km(18.36) and the 10km(39.02).

From the 23 finishers there were seven who completed the **TOUR DOUBLE** i.e also having ran the MMKAC TOUR. Apart from John there were Mervyn Phillips, Dave Findel-Hawkins, Di and Carl Baldwin, Brian Daniells and Milford Callow. MMKAC runners also featured in the OU prize list – John, overall winner with Di Baldwin first lady. Mervyn(first M45), Stewart Fraser(first M50), DFH(first M55), Anick Valapinee(first F35), Kevin Connolly(first M60), Brian Daniells(first M65) and John Greenall(first M70).



## EMMA BEALES – “the last chance Queen”

On September 19<sup>th</sup> last year at Watford, Emma threw the discus 45m32 with her very last throw of the competition and last competition of the season.

Cue 2011: A repeat performance at Sandy on 24 September last where Emma threw 45m08 with her very last throw of the year!!

## JEAN HARRY SETS F40 HAMMER RECORD

Good to see Jean back in action with MMKAC after being away from the area for a few years. Jean set a F40 record of 38m45 in the Hammer Circle Reunion Meet at Bedford on 5 October.

She does still hold the outright club record with a throw of 50m12 set at Welwyn in 1995.

## FATHER AND SON TOE THE LINE AT LUTON-

Mike and Ryan Burling both competed in the opening Chiltern League fixture at Luton. (see page 18 for more on this subject)



## DAVE FINDEL-HAWKINS JOINS THE “100 MARATHON CLUB”

Not only that-  
it's the “300 plus club”



When I heard Jim (McKellar) had become a member of the 100 Marathon Club my curiosity was aroused as to what constitutes a marathon in their terms. My view was that only road marathons would be counted. This isn't the case, as the club accepts any event of 26 miles or 42 kilometres or longer including off road 'trail' events. In fact anything over 27 miles gets the added kudos of being called an Ultra marathon. And you don't even have to run them - just complete the distance. Well anyone who knows me and my partner Merrian knows we do off road/trail marathons and beyond all the time, so clearly we could also become members. To join you have to provide a list of those events you have completed for verification. Not wanting any hassle over whether a particular event was the correct distance I thought I'd just count up our Ultra marathons. Merrian had done 104 events of 27 miles plus so I submitted those on her behalf. I had far more so only submitted the 140 events of 30 miles and above I had done.



I'm glad to say there was no problem getting past the vetting and we are now both proud members of the club.

To date, I believe Merrian has now done 191 and me 363 of what the 100 Marathon club count in their totals for marathons/ultras.

## .....and more Ultra's THE RIDGEWAY RACE

Raymond Hickman places a fine 15<sup>th</sup> in the Trail Runners Association Championship race 85miles from Ivinghoe Beacon along the 5,000year-old "Ridgeway" trackway to Avebury, Wiltshire in a time of 19hours36m. His report in next Newsletter.

## THE GREENSAND MARATHON-

a 26mile jaunt in the Surrey Hills from Dorking taking in Leith Hill, the highest point in the County. Richard Harrison is first M50, 23<sup>rd</sup> overall in 3hour53.

## EDITORS CORNER- “why we do it”



I count myself very fortunate in my 50plus years of running to have, in recent years, been able to take part in some magnificent Alpine races. Here I'm just 1km from the finish of the Matterhornlauf race in Switzerland with the iconic Matterhorn towering above us. Yes, to me, the love of the mountains is “why I do it”



# CHILTERN CROSS-COUNTRY LEAGUE

## MATCH ONE- LUTON(8 October)

- SUPERB VICTORY IN THIS OPENING FIXTURE
- NO LESS THAN 38 MEN IN SENIOR FIELD
- SCORING TEN IN FIRST 42!!!!
- 85 ATHLETES IN TOTAL REPRESENT THE CLUB

### OVERALL RESULT

1 MMKAC	2931
2 Bedford & Co	2844
3 Harrow AC	2487
4 Windsor , SE & H	2449
5 Vale of Aylesbury	2276
6 Luton AC	2229
7 Chiltern Harriers	2098
8 Leighton Buzzard AC	1589
9 Tring RC	1453
10 Headington RR	1425
11 Silson Joggers AC	1392
12 Oxford City AC	1365
13 Bearbrook RC	1177
14 Gade Valley H	1159

A great day out for the club but we have to repeat this in the next fixtures in an attempt to re-gain the League One trophy back from Bedford. Numerically a disappointing turn-out from the senior ladies(just five runners) but surely this situation will improve. However with Tanya Taylor(2<sup>nd</sup>), Beth Swords(4<sup>th</sup>) and Wendy Webber(12<sup>th</sup>) they put the seal on a close third team position. Michelle Jessop, an outstanding junior athlete some 10 years ago, is now on the comeback trail and placed 40<sup>th</sup> whilst Karen Tincknell made her debut, 73<sup>rd</sup>.

The scoring ten in the men's race were -

8 Tom Comerford, 9 Steve Tuttle (his debut for MMKAC having rejoined us from Bedford), 15 Matt Willmott, 20 Sam Deathe, 26 Matt Eager, 27 Chad Lambert, 35 Steve Green, 37 Ryan Burling, 38 Chris Hearn & 42 Matt Malcolm.

Mike Burling(140<sup>th</sup>) and Ryan became the first father and son "senior" partnership since Eliot and Ron Winter in 2008. The James family saw Sam finish 141<sup>st</sup> in the men's race with daughter Katie 33<sup>rd</sup> in the F20/17 race and son Ben 19<sup>th</sup> in the M17 race. Mark Childs placed 170<sup>th</sup> in the men's race with daughter Gemma 14<sup>th</sup> in the F20/17 race whilst David Hall(113<sup>th</sup>) made his club debut with his daughter Jessica, 15<sup>th</sup> in the F20/17 race. Paul Canning was ahead of Jim Lawrence in the "battle of the sprinters"

### Future Fixtures:

12 November	Watford(Cassibury Park)
3 December	St. Albans (a new course for us) in the Verulamium Park
14 January	Slough
11 February	Wing



Top: Steve Tuttle in his debut in MK colours mixes it with the leaders after the first mile.  
Above: Under 13 girls start – Lauren Murphy and Natasha Finlay



Above: left- Ross Threlfall leads Paul Erwood early on in the race.  
right- Josh Lyman leads Nick Washington



U17's at Luton  
AND competed at  
Aldershot.

Ladies- Gemma Childs-Emily  
Bousfield-Rebecca Marshall-Leigh  
Inness-Fern Yull.

Men- Josh Knight-Ben James-Sam  
Redding-Bradley Kelman-Tom Cox



## YOUNG ATHLETES SOUTH OF ENGLAND ROAD RELAY CHAMPIONSHIPS

Aldershot (24 September)

"good racing by the youngsters"

Under 17 Women		
10	Marshall Milton Keynes - B	34:36
19	Fern Yull	11:43
17	Gemma Childs	11:36
10	Emily Bousfield	11:17
11	Marshall Milton Keynes - A	34:50
30	Jasmine Finlay	12:17
16	Jade Leggett	10:59
11	Ellie Hemming	11:34
19	Marshall Milton Keynes - C	37:00
4	Rebecca Marshall	10:49
18	Armored Tribbeck	12:46
19	Leigh Inness	13:25
Under 15 Girls		
15	Marshall Milton Keynes - A	35:17
26	Lucy Hacking	12:01
21	Amy Botham	11:54
15	Amy Radford	11:22
51	Marshall Milton Keynes - B	39:35
53	Maya Jennings	12:47
51	Charlie Bennett	13:11
51	Katryna Inness	13:37
Under 13 Girls		
16	Marshall Milton Keynes - A	27:41
36	Sophie Botham	9:23
21	Natasha Finlay	9:00
16	Lauren Presswell	9:18
Marshall Milton Keynes - B		
65	Molly Adams	10:10
54	Jade Brown	9:41
Under 17 Men		
30	Marshall Milton Keynes - A	56:22
34	Sam Redding	13:24
28	Ben James	14:01
36	Bradley Kelman	15:13
30	Josh Knight	13:44
Marshall Milton Keynes - B		
47	Steve Cox	14:16
40	Tom Cox	13:57
Under 15 Boys		
Marshall Milton Keynes - A		
27	Toby Herdman-Smith	10:33
30	Archie Rippin	11:16
27	Owen Seamark	11:24
Under 13 Boys		
10	Marshall Milton Keynes	46:00
7	Dominic Murphy	10:57
11	Cameron Beasley-Clarke	11:51
12	Ed Jennings	12:15
10	Alfie Yabsley	10:57

16th fastest

11th fastest

=13th fastest

=13th fastest

Incomplete teams in italics

