

Athletics MK

The Newsletter for Marshall Milton Keynes A.C.

JANUARY/FEBRUARY 2012

"The essential thing in life is not to triumph but to compete"
(Pierre de Coubertin- primarily responsible for the revival of
the Olympic Games in 1894)

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MATCH OF THE DAY

SATURDAY 11 FEBRUARY

THE FINAL CHILTERN CROSS-
LEAGUE MATCH AT WING

WE HAVE A 151pt DEFICIT
TO TURN ROUND TO BEAT
BEDFORD FOR THE LEAGUE
TITLE

WE CAN DO IT - BE THERE!!

A RENEWAL NOTICE FOR THE 2012 SUBS IS INCLUDED WITH THIS NEWSLETTER ETC.,

Chair's piece

Olympic Year

For the past six years, since London was awarded the 2012 Games, the Club has been working hard to make an impact. With just six months to go we can reflect with some pride on what has been achieved so far, and on what remains to be done.

You will read elsewhere in this Newsletter that our long-serving timekeeper, Nick Folwell, and John How, who has a long association with the Club, have been selected to officiate in London. Congratulations to them on their outstanding achievement recognising the excellence of their contribution to the sport over many years.

We have 5 or 6 athletes whose achievements over the past 3-4 years put them in great shape for selection. Greg Rutherford, Craig Pickering, Chris Clarke, Mervyn Luckwell, Joey Duck and Kadi-Ann Thomas all have chances to make the Games, provided they continue to work hard and stay clear of injury. Thomas Green, now studying at Nottingham University, has a great chance of selection for the Paralympic Games.

All of the above athletes, and many more who have achieved excellence at a national/international level, have benefitted from the sponsorship of Marshall Amplification over the past six years, thanks to the generosity of Jim Marshall. Their investment in our Club has contributed enormously to these achievements.

I look forward with great anticipation to watching the Games and to celebrating the successes of our members.

Economic Situation

You will see, from the report on the Annual General Meeting, that the club currently has healthy cash reserves, despite making a loss last year, the first for a number of years. Our contribution from last year's Festival of Road Running, which attracted over 4000 entries, benefitted the club by over £11k, but this was down from £14k the previous year. We have had an annual grant from Milton Keynes Council of between £15k and £16k per year for managing the athletics stadium on behalf of the community. This money has always been earmarked for replacing equipment. Last year that was cut to £12k.

We had been told by the Council that this grant would be cut to around £6k in 2012/13 and would then disappear completely. Many of us wrote to protest at this loss, since the Club has saved the Council enormous sums of money over the years by managing and maintaining the stadium on behalf of the community. Fortunately, they have listened, and are now proposing a 6% cut in 2012/13, subject to a consultation exercise, which ends on 3 February. This is much better news and I have responded welcoming this change. I have put a copy of my response on the home page of the MMK website. I would urge you to spend 10 minutes adding your own response (using the link on the website). The more people who respond, the more likely we are to retain a reasonable grant.

For some years, the club has employed a full-time Community Sports Coach (Rick Townsend), to work with teachers to improve athletics within schools. Unfortunately, due to the loss of various income streams, we have had to reduce his hours to two days per week. Rick has been very resourceful, building strong links to many schools, which will help see him through this difficult period.

MK Half Marathon and Festival of Running

The MK Half Marathon and 10km races and the 5km fun run take place on Sunday 4 March, with the first race starting at 10am. As last year, the first three miles of the 10km and Half Marathon courses will be on grid roads (the V7 and H9), closed to traffic, before joining the course used in previous years. Marshalling this course will stretch the club's resources. With limited help from the police on the day we will need well over 100 people to help. As last year, David Barratt will be co-ordinating the recruitment of the marshals. A significant proportion of the profits from the race will be used by the club, for example, to subsidise transport costs and to pay for officials and coaches to attend courses. Last year the club's income from the race was about £11k. Please volunteer to help with this event. I am putting out a separate letter, with a return slip, which you can bring along to training, or send in with your membership renewal form. If you are under 18 you can help, for example, at the feeding stations or at the finish. If you are over 18 as an athlete, a parent or a friend, please let us know that you are available, and how you are able to help. All helpers will be given a free lunch and a T-shirt.

South of England Road Relays

The Club is again hosting the South of England Men's 12-stage and Women's 6-stage Road Relay Championships on Sunday 25 March, with the men starting at noon and the women starting at 1pm. This year the race will be run on a new course from Stantonbury Athletics Stadium, using the redways around Linford Wood. This race attracts many of the best runners from the South of England. In the past we've had Olympic Silver-medallist Sonia O'Sullivan, Liz and Hayley Yelling and World 5000m Champion, Mo Farah, taking part. This year we will again be looking for marshals to ensure we get another spectacular event.

Club Membership Fees

The New Year is also the time when Club Subscriptions are renewed. I have enclosed with this newsletter a printout of the information that we hold for you on our database. To renew your subscription it is only necessary to amend this form, correcting any inaccurate information, and return it to the Membership Secretary with your subscription. The subscription levels have had to be increased this year, but at £55 club membership is still outstanding value for money. The track fee (payable by all Under 17s and those senior athletes who use the track on a regular basis) is £45. This is much lower than in many other clubs which charge athletes £2-£3 for each session they have on the track. There are no other training fees for the unlimited use of the Stantonbury track, outside school hours.

England Athletics will only accept entries for area and national championship events from registered athletes. The Club will only register athletes (at £5 per head) if they have paid their membership fees. Please don't delay in sending your fees to the membership secretary. One of the worst things you can ask a volunteer to do is chase after people for unpaid fees. There are, as ever, discounts for those who pay before the end of February.

Happy New Year.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



RICK TOWNSEND WINS THE 2011 AWARD FOR SERVICES TO DISABILITY ATHLETICS FROM ENGLAND ATHLETICS SOUTH EAST

Rick travelled down to London on Thursday 5th January for the presentation of awards evening and the photograph shows Rick with the trophy he so richly deserved to win.



EAST SPORT AWARDS, BEDFORD, 8 December

Rick Townsend was also nominated for the Unsung Hero Award, the winner then goes forward as a nominee for the BBC Sports Personality of the Year Awards evening.

Rick has given a virtual lifetime to sport. Firstly a long and distinguished career teaching at Leon School and more recently as the MMKAC Community Sports Officer and his work in both coaching and as a timekeeper with the Club. His enthusiasm knows no bounds and there is a video on the BBC East web site showing Rick coaching at Stantonbury (originally shown on BBC Look East).

Unfortunately, Rick was "piped at the post" by Dawn Barnard (Essex) who won for her work "championing ladies football over the last 25 years".



WELCOME TO DIANE BALDWIN AS OUR NEW CLUB SECRETARY – "A lady for all seasons"

Emma Beardmore stood down at the last AGM so grateful thanks to Emma for all her work with MMKAC over the last four years.

The following is a resume of just a small part of Diane's long athletics career with MMKAC.

Some early highlights.

Diane joined MKAC in 1988 (still in the senior ladies age group) when we were then based at the Radcliffe School in Wolverton. After running the Leighton Buzzard Half-Marathon with a time of 99.10, she competed for the Southern Women's League track and field team during the summer. Diane, typically, competed in diverse events – 100m, 800m and 1500m at Bracknell and the long jump and 3000m at Woking.

Diane ran the 1989 London Marathon(3:47.19) and a week later competed in the 400m for the SWL team! This team won Division 3 and also were part of club history as their match on 6h September was the first track & field match on the newly opened track at Stantonbury. Here Diane clocked 62.7/2,26.2 for the 400/800m. Her first full year ended with 33.17 for the original Wolverton 5, 42.34 at the Bicester 10km and 69.59 in the Boxing Day "10" at Bedford.

In 1991 Diane ran a marathon pb of 3:45.03 at London and then 31.40 in the inaugural Willen "5", still the 10th fastest MK female time on this course.(see page 6). Moving next year into the F35 age group Diane set a vet.ladies 400m record of 61.2, a time which still stands nearly 20 years later as the all-time lady veterans 400m record. Earlier that year she set her half-marathon pb of 91.02 in Guernsey.

Diane here scene making a splash at MK en route to setting a club F50 2km steeplechase record.



AND right up to-date

Diane set a F50 record at the 2010 Silverstone 10km(41.25), then right through the Winter, Diane worked hard to get more ladies competing in cross-country. This was followed by a time of 96.30 at the MK Half-Marathon, 2nd best ever F50 time.

During last summer, as in countless others, Diane competed in and encouraged many other ladies for the Eastern Vets team as well representing the UKWAL and SAL "senior" teams. In race walking, Diane is a good stylist and set the second best mile walk(9.27.4) in the club all-time female rankings at Cambridge.

Diane has moved into more into serious coaching over the last two years and, by all accords, her circuit training sessions for endurance athletes is being well received.

Diane has had a long career in the banking industry so certainly won't be daunted by the task ahead as our new Club Secretary.



in Milton Keynes Awards.

29 November Hilton Double Tree, Stadium MK

Jack Kee was nominated by Diane Presswell on behalf of the MK throwing group for the Adult Achievement Award.

Jack has put in over 25 years service with the Club in his capacity as a throws coach. He has devoted countless hours in coaching many athletes to county, regional and national championships and beyond. Jack, unfortunately, was not the overall winner but received a "highly commended" award.



Jack, seen here, with his award

MARSHALL MILTON KEYNES AC ANNUAL GENERAL MEETING

15 NOVEMBER 2011

1. 14 members attended
2. Treasurer's Report (see next page)
3. Resolution:
 - That the membership fees for 2011/12 be increased to £55 and the track fee be increased to £45
 - This resolution was passed unanimously.
4. Election of Officers:

the following were elected-

Chair	Mick Bromilow
Secretary	*Diane Baldwin
Treasurer	Alec Walliker
Coaching Secretary	Jim Bennett
Cross-Country Secretary	Jackson Ryan
Road Running Secretary	Martin McPheat
Ladies Secretary	Jo Benham
Track & Field Secretary	Jim Lawrence
Fixtures Secretary	Jim Lawrence
Membership Secretary	Peter Scott
Officials Secretary	**Jackson Ryan
Veterans Summer Secretary	Jim Lawrence
Veterans Winter Secretary	Dave Barrett
Ladies Representative	Jan Hardcastle
Equipment Officer	Peter Hall
Development Officer	vacant
Track Liaison Officer	Jack Kee
Press Officer	Ian Russell
Newsletter Editor	Brian Graves
Young Athletes Representatives	***Lawrie Wilkinson
Other Committee Members	Carl Baldwin
	Kyle Bennett
	Gordon Fallow
	Ian Stewart
	Nick Washington

*vacant on the evening but Diane Baldwin accepted the position after later consultations with the Committee.

** vacant on the evening but Jackson Ryan later accepted the position after Ian Stewart agreed to take on a more senior role with the management of the men's SAL team.

***vacant on the evening but Lawrie Wilkinson accepted this position after later consultations.

5km YOUNG ATHLETES ROAD RANKINGS

Ben James	M17	18.17	Willen	22-Oct
Alfie Yabsley	M13	19.05	Willen	24-Dec
Jade Leggett	F17	20.10	Aylesbury	26-Dec
Bradley Kelman	M17	20.16	Willen	06-Aug
Fern Yull	F17	20.20	Waddesdon	20-Jul
Jasmine Finlay	F17	20.31	Willen	12-Nov
James Wilson	M17	20.50	Willen	27-Aug
Lucy Hacking	F15	21.35	Willen	24-Dec
George Glinski	M15	21.44	Willen	31-Dec
Leigh Inness	F17	22.22	Willen	19-Nov
Ben Howard	M15	23.10	Willen	08-Oct
Maya Jennings	F15	24.34	Willen	24-Dec
Megan Frankland	F15	24.41	Willen	03-Dec
Jamie Tierney	M15	25.07	Willen	20-Aug
Edward Jennings	F15	25.19	Willen	24-Dec
Zoe Frankland	F17	26.00	Willen	13-Aug
Katrina Inness	F15	26.07	Willen	03-Sep
Laura Fuller	F15	27.51	Willen	13-Aug
Katie Howard	F15	28.22	Willen	24-Sep

note: only results from Willen after 13th August are included; this was when the course was officially measured.

MMKAC Annual Financial Summary 2011 / 2012

Overall MMKAC made a loss of £6500 last year reflecting the difficult economic climate. Whilst overall expenditure was similar to last year at £111.5k income was down £23.3k year on year at £105k.

The financial pressures on local councils have had a dramatic effect on income. Grants, subscriptions and salary contributions have been badly affected.

Our annual grant to maintain the track and facilities from Milton Keynes Council was reduced to £12k in 2011 and will be significantly cut again in 2012.

Schools Sports Partnerships ceased last December which has meant a shortfall in salary contributions of £12k in the last year.

Subscriptions were down 13% year on year the first reduction in a few years. However, I have not noticed a reduction in the number of athletes training at the track and on the roads. We must ensure that all members in our groups are fully paid up. The membership fees are very good value for money!!

As mentioned above expenditure was similar to last year. However the make up was very different. The increase in equipment purchases offset the reduction in salaries paid out.

Purchase of the pole vault kit and beds were the main reason for the equipment spending rise. We tend to spend c.£10k on equipment each year and the club feels it is important to ensure our athletes have the best training aids available to them.

Salary payments were down due to the "one off" pensions payments made in the previous year.

In the last year we received £10k funding from Marshall Amplifications which has been spent in providing funding for our elite and up and coming athletes which I'm sure is a factor in them remaining with MMKAC.

To date we have been unable to secure funding to replace the "hole" in revenue that has funded Rick Townsend's position in the past years. We have therefore asked Rick to reduce his paid work to 2 days a week from January 1st.

In the next year I predict a deficit of up to £10k as further income falls (grants and salary contributions) are offset by the steps taken to reduce salary expenditure. There is no guarantee that the Stantonbury School salary contribution (£5k pa) will continue after March 2012

To offset this shortfall we could attempt to cap other areas of expenditure (travel and equipment purchases). In my view this would be detrimental to our ability to further the training and progress of our athletes and everely weaken out competitive teams on our travels. Indeed such action will probably lose us members.

Therefore I recommend a membership fee increase from £50 to £55 with an increase to the track fee from £35 to £45. In defence of these proposed increases I would like to point out that this is the first increase in "subs" for a few years and that £100 for full membership (including track use) represents very good value for money (less than £2 per week).

Alec Walliker

MARSHALL MILTON KEYNES AC				
Accounts for year October 2010 to September 2011				
				Forecast at 2011 prices
INCOME	Last year	This year	variation	
Subscriptions	29963	25610	-4353	26000
Track Management Fee	18951	18755	-196	8000
Events	24087	23815	-271	24000
Grant / Award	16690	11931	-4759	11000
Club Kit	2696	2263	-433	2500
Salary Contrib	31803	19645	-12159	10000
Kitchen net takings	3017	2364	-653	2500
Other Income	1063	579	-483	1000
Bank Interest/charges	16	39	24	0
Total Income	128285	105001	-23284	85000
EXPENDITURE	Last year	This year		
Travel	8851	8394	-457	8500
Equipment	11688	19363	7675	12000
Grounds / buildings	4255	4383	128	4000
Hall Hire	6272	10861	4589	12000
Newsletter/Magazine	4475	4562	87	4500
Coaches expenses	144	445	301	500
Coaches courses	1354	1935	581	2000
Trophies	1566	293	-1273	1000
Entry Fees	1914	2006	92	2000
Affiliation fees	2826	3279	453	3250
Events expenses	9165	10120	955	10250
Awards Evening net	644	454	-190	500
Club Kit	2225	2396	172	2500
Track Fee	28	0	-28	0
Athlete Sponsorship	1633	625	-1008	1500
Marshall Distributions	8675	8335	-340	8500
Salaries	39913	30300	-9612	12000
Admin Expenses	3167	2128	-1039	2250
Other	2620	1627	-993	1750
Total Expenditure	111414	111506	92	89000
Profit / Loss		-6505		-4000
Brought Forward Sept 201	93211			
Balance at 30/09/11		86706		
Current Account	53568	16706		
Reserve account	35127	70000		
Sponsorship account	4516	0		

young athletes in UK top 100

■ "PODIUM" PLACES FOR JAVELIN THROWERS - FREDDIE CURTIS, REDFORD CURTIS & JONATHAN POWNALL

■ FIVE MORE IN THE TOP TEN

U17 WOMEN					
100m	66	Becky Davies	12.7	Bedford	08-Jun
300m	87	Alice Nicholls	42.63	Oxford	14-May
400m	89=	Gemma Childs	62.00	Watford	18-May
800m	11	Jasmine Finlay	2:11.0	Welwyn	22-Apr
	73	Rebecca Marshall	2:19.8	Welwyn	22-Apr
1500m	10	Jasmine Finlay	4:35.12	Watford	10-Aug
	47	Ellie Hemming	4:46.94	Watford	27-Jul
	50	Jade Leggett	4:50.00	Loughborough	09-Jun
3000m	18	Jasmine Finlay	10:10.2	Watford	06-Apr
	43	Ellie Hemming	10:38.95	Watford	29-Jun
	50	Jade Leggett	10:43.62	Watford	04-May
	77	Fern Yull	11:00.3	Watford	06-Apr
80mH	21	Becky Davies	12.0	Abingdon	19-Jun
	67	Alice Ritchie	12.36	w+2.2 Birmingham	17-Jul
			12.5	Abingdon	19-Jun
400mH	51	Vicky Ashley	73.0	Stevenage	20-Aug
Pole Vault	66=	Rachel West	2.30m	Cheltenham	05-Jun
Long Jump	88=	Becky Davies	5.06m	Abingdon	19-Jun
Shot	61	Kayleigh Presswell	9.60m	Oxford	14-May
Discus	28	Kayleigh Presswell	32.55m	Cambridge	02-Apr
Hammer(4kg)	5	Kayleigh Presswell	44.88m	Hendon	10-Jul
Heptathlon	77	Becky Davies	3257pts	Peterborough	26-Jun
U17 MEN					
800m	36	Josh Knight	1:57.83	Birmingham	17-Jul
	52	Sam Redding	1:58.49	Watford	13-Jul
1500m	65	Sam Redding	4:08.32	Watford	01-Jun
	69	Josh Knight	4:08.68	Watford	01-Jun
3000m	44	Sam Redding	9:08.1	Watford	06-Apr
400mH	61	Tom Purton	61.19	Birmingham	17-Jul
1500m S/C	66	Sam Redding	4:55.7	Hereford	08-May
Pole Vault	68=	Hayden Byrne	3.00m	Birmingham	17-Jul
Shot	23	Lewis Barnes	14.02m	Abingdon	19-Jun
Discus	24	Lewis Barnes	43.05m	Kingston	14-Aug
Hammer	34	Lewis Barnes	46.58m	Bedford	09-Oct
Javelin(700g)	2	Freddie Curtis	66.02m	Gateshead	02-Jul
	32	Ben Pointon	50.41m	Solihull	14-Jun
	43	Edward Wilson	50.38m	Oxford	28-May
	90	Jack Panter	44.68m	Milton Keynes	04-Sep

■ U17 WOMEN - 10 athletes in top 100

■ U17 MEN - 9 athletes in top 100

■ U15 GIRLS - 8 athletes in top 100

■ U15 BOYS - 7 athletes in top 100

■ U13 GIRLS - 6 athletes in top 100

■ U13 BOYS - 2 athletes in top 100



Under 17's:
Ladies(clockwise) - Becky Davies, Alice Nicholls & Alice Ritchie

Men(from the left) - Tom Purton, Lewis Barnes and Josh Knight & Sam Redding



U15 GIRLS					
400m	8	Amy Botham	62.6	Watford	24-Aug
800m	93	Amy Botham	2:22.76	Watford	15-Jun
3000m	43	Amy Botham	11:02.4	Watford	20-Apr
	90	Amy Radford	11:43.76	Oxford	14-May
High Jump	92=	Nicole Whitchurch	1.50m	Kettering	21-Aug
Pole Vault	53=	Emmanuel Motta	2.25m	Birmingham	17-Jul
	83=	Laura Zialor	2.00m	Abingdon	19-Jun
Shot	60	Emmanuel Motta	9.62m	Milton Keynes	31-Jul
Discus	100	Sam Grover	23.17m	Corby	11-Jun
Hammer(3kg)	19	Laeken Impey	35.23m	Abingdon	27-Aug
	39	Kai Kahembe	28.55m	Milton Keynes	29-May
Javelin	85	Emmanuel Motta	25.66m	Oxford	14-May

U15 BOYS						
100m	5	Daniel Oderinde	11.21	w+0.7	Bedford	20-Aug
200m	21	Daniel Oderinde	23.2		Abingdon	19-Jun
3000m	67	Toby Herdman-Smith	9:59.56		Watford	07-Sep
	69	Harry Morton	10:00.02		Watford	29-Jun
	78	Owen Seamark	10:05.89		Watford	29-Jun
	91	Louis Clarke	10:17.1		Watford	20-Apr
Long Jump	75	Daniel Oderinde	5.57m		Milton Keynes	08-May
Discus	37	Redford Curtis	33.48m		Kettering	25-Apr
	41	Jonathan Pownall	33.29m		Swindon	22-May
Hammer	85	Jonathan Pownall	28.33m		Milton Keynes	19-Jun
	93	Redford Curtis	27.59m		Birmingham	17-Jul
Javelin	2	Redford Curtis	53.49m		Sheffield	12-Jun
	3	Jonathan Pownall	53.12m		Milton Keynes	04-Sep

U13 GIRLS						
75m	13=	Ebony Carr	10.2		Hereford	08-May
100m	45	Ebony Carr	13.53	w-0.3	Kingston	31-Jul
	54=	Grace Linnett	13.6		Telford	11-Sep
150m	17	Ebony Carr	20.2		Hereford	08-May
	79	Grace Linnett	21.0		Abingdon	19-Jun
200m	41	Ebony Carr	28.15		Oxford	14-May
	89=	Grace Linnett	28.7		Telford	11-Sep
	68	Lauren Murphy	5:15.37		Oxford	15-May
70mH	51	Toni-Ann Malcolm	12.30		Birmingham	17-Jul
Shot	71	Paige Barnes	7.93m		Abingdon	19-Jun
Discus	73	Paige Barnes	19.67m		Milton Keynes	01-May
	88	Lauren Presswell	18.88m		Milton Keynes	01-May
Hammer(3kg)	6	Paige Barnes	25.37m		Biggleswade	24-Sep

U13 BOYS						
800m	50	Dominic Murphy	2:22.58		Watford	07-Sep
	76	Alfie Yabsley	2:24.59		Birmingham	17-Jul
1500m	27	Dominic Murphy	4:48.83		Watford	24-Aug



Under 13's & u15's:
Girls(from the top) - Nicole Whitchurch, Amy Botham, Grace Linnett & Ebony Carr

Boys(from the left) - Daniel Oderinde, Redford Curtis & Dominic Murphy

THE 47TH WOLVERTON FIVE

Saturday 26th November

Disappointing that after a really good pre-race organisation we only attracted a field of 226, the smallest since we moved the race to Willen in 1991. There were 44 MMKAC runners present with five inside 30-minutes. Richard Ashton was always the leading local man, 14th and first M45 clocking 27.30. Adam Atkins and Dan Webber had a good tussle for second MK man home, Adam prevailing, 25th overall(28.38), a place ahead of Dan(28.43), all three set season's bests.

Probably one of the best performances came from Elle Roche, making her debut here, 4th female overall, first under 20 and coming at no 13 in the "Willen" top 20 with her time of 32.32. Elle also led Leah Williams(36.36/1stW35) and Sophie Millett(38.23) to the women's team prize. Ursula Ghaleb(42.52) was 2nd W55.

WOMEN ALL TIME TOP 20				
1	Linda Dewhurst	F35	27.57	1993
2	Rita Quill	FS	28.22	1992
3	Michelle Lee	FS	29.14	2002
4	Vicky Pincombe	FS	29.39	2004
5	Claire Rooney	F35	30.30	2004
6	Kinga Keresztes	F20	30.45	2004
7	Kim McBride	FS	30.56	2005
8	Imogen Thornburgh	FS	30.58	2002
9	Sarah Cox	FS	31.33	2003
10	Diane Baldwin	FS	31.40	1991
11	Jo Benham	FS	31.54	2006
12	Julie Dalzell	F40	32.13	2007
13	Elle Roche	F20	32.32	2011
14	Lauren Licietis	FS	32.27	2008
15	Tanya Taylor	F17	32.28	2005
16	Lyn Jolley	FS	32.42	1995
17	Trudy Green	F35	32.54	2004
18	Margaret Swithenby	F45	32.55	1991
19	Kerry Farmer	FS	33.09	2002
20	Charlie Gasper	F20	33.15	2005

Jim McKellar placed 1stM75 and with a new club age group record of 46.19. There were second places for Kelvin Smith(M60/33.47) and David Newens(M65/35.16) and a third place for Kevin Connolly(M60/37.02).

Up front there was a close "championship" duel between Southampton's Steve Phillips and Coventry's Matthew Armstrong. With a mile remaining they were locked together but the south coast man was the stronger and Phillips ran out winner in 25.12 with Armstrong second(25.18). Michal Glowacki who is in the process of joining us from Hillingdon AC placed 4th(26.04). James McMurray (St Albans AC) placed 10th in 27.03, the 7th fastest by an U17 this year.

For the ladies it was a "Waterlow family" double. Amy Whitehead(nee Waterlow) further improved her 5mile personal best to finish 15th overall in 27.37 – 5th fastest female time in the 2011 UK rankings for the Manchester based lady. Amy had run 2:35 in the recent Berlin Marathon. Her sister Lucy (St Albans Striders) finished 2nd lady(30.59)

MMKAC CREDITS

Jackson Ryan was again Race Director whilst Brian Graves processed the entries which included sending out the race chips to the entrants. This duo plus Adrian Cox, Jim Miller and Paul Toombs were down at Willen lakeside early in the morning setting the course up. Dave Barrett did another great job is arranging the marshalls whilst Fi-Han Bromilow looked after entries on the day.

And what a good thing we had manual back-up for the timekeeping. Grateful thanks to Nick Folwell, Rose Callow, Eddie Gutteridge and their team. As most of you know there were serious problems with the chip timing (not MMKAC's doing, I hasten to add). So final thanks to Mick Bromilow who spent the best of Sunday trying to sort the results out and pacifying runners who were complaining about having two different times! In the final analysis Mick opted to use the manual recording for the official results.

Thanks again then to everyone who helped on the day.



From the top: (1)Dan Webber and Adam Atkins with a mile remaining. (2)Paul Canning, better known as a sprinter, enjoys his run(36.29). (3) Finn Hansen leads Sam Daniells and John Hamilton(vest on backwards(!), (4)Elle Roche leads a group just over a mile in, (5) Leah Williams and (6) Kevin Church.

THE 9TH WOLVERTON WATCHLESS 5

Thursday 15th December

Wins for Diane Baldwin & Andy Harrison

We had 28 runners this year and were blessed with a coldish but dry evening. Runners have to estimate their finishing time for the five mile course and run without a watch. The route includes one lap of the original Wolverton Five course. Again there were some very close predictions with Andy only beating Martin McPheat by one second and likewise with Diane over Val Russell.



		Est.	Actual	Diff
1	Andy Harrison	37.00	36.57	0.03
2	Martin McPheat	35.00	35.04	0.04
2	Diane Baldwin	38.10	38.06	0.04
4	Val Russell	55.00	54.55	0.05
5	Kevin Church	38.38	38.47	0.09
6	Kelvin Smith	37.55	38.06	0.11
7	Brian Daniells	42.07	42.20	0.13
8	Mervyn Phillips	34.43	34.29	0.14
9	Chris Nicholson	32.08	31.47	0.21
10	John Skelton	31.59	31.36	0.23
11	Chris Mahon	34.17	33.53	0.24
12	Carl Baldwin	42.50	42.18	0.32
13	Dave Findel-Hawkins	37.17	36.40	0.37
14	Andrew Wasdell	31.00	31.41	0.41
15	Andy Sutton	32.30	31.45	0.45
16	Malcolm Kidby	43.30	42.36	0.54
16	Tony Byrne	39.53	40.47	0.54
18	Sharon Payne	47.50	48.47	0.57
19	Deb Hindmarch	43.45	42.43	1.02
19	Stephanie Hindmarch	43.45	42.43	1.02
21	Geoff New	39.15	40.22	1.07
22	Dave Pattison	49.10	50.27	1.17
23	Paul Mason	36.00	34.27	1.33
24	Steve Herring	31.00	29.19	1.41
25	Alison Ray	48.37	46.39	1.58
26	Jo Bevan	47.00	49.16	2.16
27	Mike Jones	42.57	40.35	2.22
28	Jessica Bartlett	50.00	54.52	4.52

Above:(1)Carl Baldwin leads Brian Daniells and (2) Malcolm Kidby.

Previous Winners:

Year	Men		Women	
2003	Tony Byrne	0.00	Margaret Crowe	0.04
2004	Tom McConnell	0.00	Sue Carter	0.00
2005	Dave Storer	0.05	Gill McMorrow	0.11
2006	Ivars Licietis	0.06	Naomi Smith	0.14
2007	Mike Jones	0.01	Jo M- Wallace	0.02
2008	Andy Harrison	0.12	Jane Goodey	0.08
2009	John Skelton	0.05	Sharon Payne	0.11
2010	John Skelton	0.01	Jessica Bartlett	0.19

At our first venture back in 2003 none of us thought that there would be a 100% prediction but the results over the years show how close many runners have been.

Three runners made their WW5 debuts this year, Kevin Church, Geoff New and Chris Nicholson. Come and join us next year to how you can pace yourself without a WATCH.

Ever-presents: I might have guessed, Dave Findel-Hawkins has run them all whilst Martin McPheat has missed just one. And, of course not forgetting our timekeepers, Nick and Linsey Folwell and our hosts Rose and Milord Callow since 2003. Number 10 next.

CLUB FIVE MILE AGE GROUP RECORDS

MEN				
M17	Paul Fisher	26.00	Willen	1994
M20	Simon Rayner	23.54	Wolverton	1983
MS	Simon Rayner	23.54	Wolverton	1983
M40	Ian Van Lokven	26.08	Willen	1998
M45	Terry Laybourn	26.17	Harborough	1984
M50	Tony McGuinness	27.19	Willen	1994
M55	Terry Laybourn	29.24	Willen	1993
M60	John Skelton	30.24	Harborough	2011
M65	Jack O'Gorman	33.57	Willen	1996
M70	John Greenall	35.33	Willen	2006
M75	Jim McKellar	46.19	Willen	2011
WOMEN				
F17	Sandra Davis	30.52	Wolverton	1982
F20	Kinga Keresztes	30.45	Willen	2004
FS	Linda Dewhurst	27.15	Wolverton	1987
F35	Linda Dewhurst	27.57	Willen	1993
F40	Linda Dewhurst	29.14	Willen	1999
F45	Margaret Swithenby	32.33	Sharnbrook	1996
F50	Margaret Swithenby	33.19	Willen	1999
F55	Rosemary Muston	34.43	Willen	2004
F60	Rosemary Muston	37.58	Willen	2007
F65	Chris Daniells	41.19	Willen	2007



Terry Laybourn, here seen in the 1985 Rex Foulkes 20km race (Aylesbury), sadly now defunct and where we used to get a dozen eggs at the finish. Terry is sporting the then trendy Ron Hill marathon vests.(orange and black)



AGE GROUP WINS FOR JULIE DALZELL(F40)



and RICHARD INCHLEY(M65)

November 27-30: Lanzarote International Running Challenge:

Women 10 Julie Dalzell (1st F40) 3:38:11; 77 finished. Men 33 Peter Mackrell 3:09:22; 42 Neil Jones 3:20:23; 114 Richard Inchley (1st M65) 4:13:22; 144 finished.

Nov 27: Clasica de Lanzarote 10km , 13 Julie Dalzell (F40) 42:57; Men's Race 39 Peter Mackrell (MS) 38:01; 54 Neil Jones(MS) 40.31;145 Richard Inchley (M65) 49:54.

Nov 28: 13km ridge run, 11 Julie Dalzell (F40) 57:22; Men's Race 34 Peter Mackrell (MS) 50:14; 50 Neil Jones(MS) 53.17; 138 Richard Inchley (M55) 67:28.

Nov 29: 5km beach run, 15 Julie Dalzell (F40) 24:27;Men's Race 38 Peter Mackrell (MS) 20:45; 51 Neil Jones(MS) 22.20; 125 Richard Inchley (M65) 27:29.

Nov 30: Vuelta de Tinajo 21km, 12 Julie Dalzell (F40) 93:26; Men's Race 31 Peter Mackrell (MS) 80:24; 39 Neil Jones(MS) 84.17; 129 Richard Inchley (M65) 108:12.

CHILTERN CROSS-COUNTRY LEAGUE

MATCH ONE – LUTON (Wigmore Valley)

8 October

- GREAT START TO SEASON BEATING DEFENDING CHAMPIONS, BEDFORD.
- 38 SENIOR MEN COMPETING WITH THEIR WINNING SCORING TEN IN THE FIRST 42.
- TANYA TAYLOR IS 2ND SEN.WOMAN.
- 3rd TEAM PLACES FOR SEN.WOMEN, u15 BOYS, U13 & u15 GIRLS

Top 6 clubs from 14

1 MMKAC	2935
2 Bedford & Co	2848
3 Harrow & AC	2489
4 Windsor SE & H	2453
5 Aylesbury	2281
6 Luton AC	2234



MATCH TWO – WATFORD (Cassiobury Park)

12 November

- WINDSOR WIN BUT WE INCREASE OUR LEAD AT THE TOP OF THE TABLE.
- ALFIE YABSLEY WINS u13 BOYS RACE with THIRD PLACES FOR LARA BROMILOW. (sen.women) & DOMINIC MURPHY(u13B).
- 2ND TEAM PLACES FOR SEN.MEN & u13B.
- 3RD TEAM PLACES FOR SEN.WOM & U15G.

Top 6 clubs

1 Windsor SE& H	3395
2 MMKAC	3139
3 Bedford & Co	3020
4 Chiltern H.	2812
5 Harrow AC	2631
6 Aylesbury	2478

AFTER 2 MATCHES

1 MMKAC	6074
2 Bedford	5868
3 Windsor	5848
4 Harrow	5120
5 Chiltern	4914
6 Aylesbury	4759

A lead of 206 points for MMKAC →



Action from Luton: Steve Tuttle(top) has already made a big contribution to the MK team in his first season back with us; (centre) - Matt Eager, Sam Deathe & Chris Hearn, 5th, 4th & 9th scorers in the winning team; (above) club stalwarts, Neil Gosling & Jim Miller.

Action from Watford: (top)- Tanya Taylor, 7th on the day here but 2nd at Luton. Alana Slater with (below) daughters Amy, leading Sophia Cliffe in the U15 race and Sophie in the U13 race.

MATCH THREE – ST.ALBANS

(Verulamium Park)

3 December 2011

- SECOND AGAIN, BUT JUST 22pts BEHIND BEDFORD; WE RETAIN THE OVERALL LEAD.
- TEAM WINS FOR SENIOR MEN, u13BOYS & U17/20 WOMEN.
- 1-2 FOR ALFIE YABSLEY & DOMINIC MURPHY IN U13 BOYS RACE.
- SEASON'S BEST FOR TOM COMERFORD WITH 3RD PLACE IN THE SENIOR RACE.

Top 6 clubs

1 Bedford & Co	2495
2 MMKAC	2473
3 Windsor, SE	2357
4 Chiltern H	2026
5 Aylesbury	2018
6 Harrow	1983

AFTER 3 MATCHES

1 MMKAC	8571
2 BEDFORD	8387
3 WINDSOR	8227
4 HARROW	7126
5 CHILTERN H	6962
6 AYLESBURY	6795

A LEAD OF 184 CARRIED FORWARD →→

MATCH FOUR - SLOUGH

(Upton Court Park)

14 January 2012

- SECOND OVERALL AGAIN BUT BEDFORD DEFEAT US QUITE STRONGLY TO OPEN UP A GAP OF 151PTS WITH ONE MATCH REMAINING.
- U17/20 WOMEN ARE OUR ONLY TEAM WINNERS BUT SENIOR LADIES LOSE OUT BY JUST ONE POINT.
- 2ND PLACES FOR U13BOYS and U13GIRLS

Top 6 clubs

1 Bedford & Co	2547
2 MMKAC	2212
3 Harrow AC	2160
4 Chiltern H	2129
5 Aylesbury	1849
6 Windsor, SE	1731

ATER 4 MATCHES

1 BEDFORD	10934
2 MMKAC	10783
3 WINDSOR	9958
4 HARROW	9286
5 CHILTERN H	9091
6 AYLESBURY	8644

A DEFICIT OF 151 CARRIED FORWARD TO WING



ACTION FROM ST.ALBANS:

Left: Amy Radford with the Cathedral backcloth/Tom Comerford/Jade Leggett and Gemma Childs battle it out:

Above: Alfie Yabsley and Dominic Murphy on the way to their 1-2/Fern Yull leads Emily Bousfield and team manager Jackson Ryan makes a rare appearance.

□ ALL TO PLAY FOR AT WING ON SAT.11 FEB.
 □ WE HAVE TURNED THIS DEFICIT ROUND BEFORE
 □ WE CAN DO IT AGAIN!!!



MUD, GLORIOUS MUD: VETERANS CROSS COUNTRY INTERNATIONAL, BELLAHOUSTON PARK, GLASGOW, 26 NOVEMBER 2011 – John Skelton reports

Picture the scene: I am delighted to have been selected to run for the M60 England team in the 2011 international cross-country. It is my ninth year of running, and the first year I have run in any national championships, so it is an extraordinary bonus to be picked for England at the end of it. Imagine the dream, the glory, the romance. But then there was the reality. Gale force winds, torrential rain, mud into and beyond my eyes, a long sadistic incline within about 400 metres of the start, exhaustion thereafter: in other words, a proper cross-country course to expose those of us who are not proper cross-country runners. And it was unconsoling to be informed afterwards (by various officials and regular runners) that I suffered the worst conditions this event had ever been raced in.

I was selected in early October for the four man M60 team by virtue of my year's performances on the road in 5k and 10k British Masters races, and on the track in 1500, 3000 and 5000m championship events. But I hadn't run a cross-country since schooldays except for an annual cross country for the past few years as part of the Milton Keynes Tour. Kevin Farmer enjoys designing the Tour cross-country to include ploughed fields, ditches, stiles etc, and it is always my least favourite event of the week, but it turns out to have been good preparation for the international. Better preparation, in fact, than the two Chiltern League cross country races that I ran (shortly before the international) in October and November on benign courses and in good conditions.

At the annual international race, veteran men and women in teams of all age groups from 35 upwards represent England, Northern Ireland, Republic of Ireland, Scotland, and Wales. In Glasgow this year it was two laps (so we got to do that hill twice), with treacherous downhills (with a number of fallers) and sapping uphill, and dragging our feet through mud and standing water for almost five miles. As the England team consisted of the current M60 world cross-country champion, a former champion, the British Masters cross country champion and me, my instinct was one of damage limitation in terms of my own result. The over 65 men were lucky enough to race, with the women, a shorter course.



So my M60s were the oldest age group in the mass men's start, and my initial objective was to avoid finishing last in the entire race. I intended to start steadily, saving something for the second lap, then hoping to overtake some tiring runners. But the early long hill was such a struggle that I felt the energy drain out of me immediately. I suspect that the same happened to quite a number of the runners, because the extraordinary thing is that from then onwards I recall being overtaken by only two runners (one younger than me!) and overtaking only one myself. The field spread out remarkably early on, and I knew I was ahead of at least half a dozen M60s. (photo above) But it was hard work, as it was more usual to feel I was losing my footing than to feel any firm ground beneath my spikes (and the huge gusts of wind and relentless rain weren't particularly helpful). I have occasionally experienced that sensation of being 'in the zone', but this race was at the other end of that spectrum – I was definitely 'out of the zone' as my body and mind refused to gather together will-power, energy, stamina. Fortunately, other runners were having even worse nightmare races, and I managed to finish 11th out of the 20 M60s, ahead of fellow Englander Des Michael, and behind colleagues Dave Oxland (6th), and Mike Hager (1st). (The legendary Hager finished 45th out of 157 overall, beating all the M55s, and a goodly number of the M35s, M40s, M45s, and M50s). Being third Englishman meant I did actually score for the team, and contributed towards our getting a silver medal in the team event, behind the Irish who packed themselves into 3rd, 4th and 5th M60s).

After the early afternoon race (and before the event dinner) I had intended to reacquaint myself with the city of Glasgow. Instead, I spent most of the afternoon restoring both myself and my kit to some semblance of normality. Down the hotel room sink went a good proportion of the earth that formerly belonged to Bellahouston Park. I couldn't get out all the mudstains, but at least (once dry) the kit wouldn't soil my suitcase. (I was still blowing mud out of my nose the following day.)

The dinner, with chatting to fellow runners and the medal ceremonies (and the alcohol!), was very enjoyable and I'd certainly recommend it. I'd even recommend applying for selection for next year's race (in Belfast) on the grounds that – surely – lightning (or gale-force winds and torrential rain) can't strike twice. However, I'm not currently planning to apply...although, of course, I am still chuffed to own a (now thoroughly clean) England kit. (And I did say 'never again' after my first marathon almost nine years ago, but am now in training for my thirteenth – though even the last five miles of a marathon are easier than that Glasgow cross-country!)

oo

LETTER FROM HUNGARY - LES TURTON WRITES ON HIS RUNNING WHILST NOW WORKING IN BUDAPEST

Running has been improving. I was diagnosed with a weak big toe (due to a very minor car crash some 5 years ago) which meant that I was running with my right foot turned out and so putting too much stress on my ankle. It meant that I had to learn to walk and run 'properly' again. However I've run a 42 minute 10k in October and a 1 hour 32 minute half marathon along the Danube in November so other than a dodgy left achilles tendon things are getting on the right track.

I live near a forest and trail area called Normafa (on the Buda side of the capital, Budapest) which is fantastic if you like hills and more hills. I've struggled to find a running club as sessions start at 6.30pm and I tend not to get back from work in time for this, but run with a group from the Vasas running club on a Sunday. They are a bit elite for me as I'm always hanging off the back on the long climbs.



Today we met up in a group of 15 for 39km with over 700m of climbing. When I could get my breath the views across the hills were fantastic. I finished in 3 hours 40 minutes but I was last back to the club by about a minute. I will either get fitter or be seriously dropped when they begin marathon training in earnest.

There are plenty of individual runners out here but clubs seem to be for the very high standard. Most of the guys and girls I run with all have sub 3 hour marathons to their name and sometimes we are joined by two guys who have been Hungarian marathon champions five times between them. As you can probably guess they don't hang around long.

One of the other great places to go is an island in the middle of the Danube which has a 5km single lane running track around it so if you want a regular timed course that's a great place to go and there's always lots of runners to pace yourself against.

I will see whether hill training is any good for running a marathon as I have a place in London and so am planning to come back and see you all on the coach. As they say..... just like a bad penny I always turn up.

PS: My landlord has an Olympic gold medal from Montreal(1976) for water polo. He is a bit of a celebrity here and has just agreed to go to Brazil for two years to teach them.

(photo of Les from the 2011 MK Half-Marathon)



BUCKS AA CROSS-COUNTRY CHAMPS.

WING, Saturday 7th January 2011

- 58 MMKAC ATHLETES COMPETE.
- SENIOR MEN REGAIN TEAM TROPHY.
- INDIVIDUAL GOLD FOR TOM COMERFORD RETAINING THE SENIOR INDIVIDUAL TITLE.
- GOLD ALSO FOR LAUREN MURPHY (u13girls), GEMMA CHILDS(u17 women) and JOHN SKELTON(M60).
- TEAM GOLD ALSO FOR u13 GIRLS and u17/20 WOMEN.

INDIVIDUAL SILVER FOR:

Beth Swords(F20), Jasmine Finlay(F17), Maria Calleia(F35) and Ian Van Lokven(M50).

INDIVIDUAL BRONZE FOR:

Amy Radford(F15), Diane Baldwin(F45), Leah Williams(F35), Steve Tuttle(Sen.men) and Steve Herring(M40).

TEAM SILVER FOR:

U13 BOYS, U15 BOYS, and both VETERAN WOMEN & MEN.

TEAM BRONZE FOR:

U15 GIRLS and SENIOR WOMEN.

Richard Inchley made some interesting changes to the usual Chiltern League course for the combined Bucks/Beds AA championships. After recent rain the course was relatively dry and the infamous gateway at the bottom of the first field was nowhere as muddy as it has often been, only a gateway at the top of the course proved difficult for some athletes in the under 17 and older races.

With a much stronger senior men's team than last year they comfortably regained the Charles Allen Trophy from Chiltern Harriers. Tom Comerford soon took the initiative at the head of the county field and completed the 12km course in 41.10 winning by 28secs from Fabian Downs(Chiltern) with a delighted Steve Tuttle taking bronze a further 9secs back. Although Chiltern placed 2nd, 4th and 6th up front they could not cope with the excellent MK team packing. Steve Herring placed 12th, Chris Hearn 14th Sam Deathe 20th and George Ashdown 21st to complete the scoring six whilst Ian Van Lokven(22nd) and Mark Dowson(22nd) provided a more than suitable back-up.....8 in 22 – beat that!!

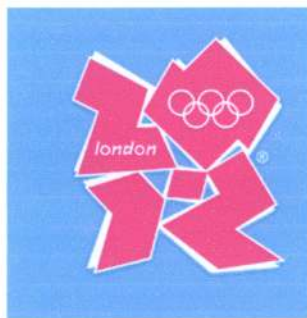
The surprise of the team was undoubtedly George Ashdown, someone who has not raced that much for the Club, but took an early lead and then hung on well to take a winners medal.



Left: 3/6ths of the winning men's team- Chris Hearn, Tom Comerford & Steve Tuttle
Top: Lauren Murphy battles it out for the u13 gold medal; Natasha Finlay(7th), Sophie Botham(6th) & Lauren Presswel(5th) working hard for the two other team medals; Owen Seemark, Toby Herdman-Smith, Archie Rippon & Louis Clarke down the hill from the start of the u15boys; Ben James, our sole u17man.

Above: Michelle Jessop & Maria Calleia into the last 1km of the ladies race; Andrew Wasdell leads John Skelton; George Ashdown nears the finish; Gary Blaber glides through that muddy gateway. AND, right a photo of mine that graced the Amphill web site!





OLYMPIC GAMES NEWS

TWO OLYMPIC HOPEFULS IN WORLD TOP 25

Greg Rutherford is ranked 10th and Mervyn Luckwell 22nd in the 2011 World Rankings.

AND FOUR MMKAC ATHLETES IN UK TOP 10

100m	6th=	Craig Pickering	10.15	w+3.5	Loughborough	22-May	International Meet
			10.19	w+1.9	Bedford	16-Jul	English Champs
400m	4th	Chris Clarke	45.61		Birmingham	30-Jul	UK Trials
Long Jump	2nd	Greg Rutherford	8.32m	w+2.1	Eugene, USA	04-Jun	Grand Prix
			8.27m	w+0.3	Paris, France	08-Jul	Grand Prix
Javelin	1st	Mervyn Luckwell	83.52m		Wrexham	25-Sep	Open Meet

CONGRATULATIONS TO NICK FOLWELL WHO HAS BEEN CHOSEN TO OFFICIATE AT THE OLYMPIC GAMES ENDURANCE EVENTS

Nick is a chief timekeeper but, as all the track events will have electronic timekeeping and chip timing will be used for the endurance events, he will be working with the recording team. He will officiate at all five endurance events (as listed on the right). Duties will include lap recording, working in the "call-up" room checking that athletes have the correct race numbers and chip before leading them to the warm-up area and then to the start. Also any athletes who have to retire must be officially escorted back to the finish area.

Nick will be "on duty" for the full ten days and could be called upon to assist in other officiating capacities as needed. This is a great honour for someone who started officiating back in the 1980's at grass-root events working his way through to the international scene.

Many senior athletes will know **John How** and he has been recognised too, John was a club member in the late 70's and as a senior Bucks official has been race referee at the Wolverton 5 and numerous County events for many years. He is officiating in the call-up area at the main stadium for track and field and is also the manager of the call-up area at the endurance events.

Nick seen here working as a recorder at the recent Bucks AA cross-country Championships.

Nick as a youngster joined the then Wolverton AAC in 1970. Next year he placed 2nd u17 in the Bucks XC Champs and won a Chiltern League at Eastcote. In 1972 he was overall u17 Chiltern League winner. 1973 saw Nick run 26.17 in the Wolverton "5" and on the track in 1974 clocked 10.10 in the 3000m S/Chase AND still in club all-time rankings at no 20.



VIST TO LONDON TO WATCH THE LADIES OLYMPIC MARATHON - SUNDAY 5TH AUGUST

Martin McPheat is keen to organise a trip to London to watch the ladies marathon. Assuming enough interest the intention is to hire a mini-bus/coach. All the endurance events are based on the Royal Parks. The marathon starts in The Mall with a 3.3km lap of St James's Park and the Embankment before setting off for 3 laps of 12.8km. The route goes east to the City along The Embankment to take in iconic sites like The Tower of London. St Pauls Cathedral, The Monument etc before returning west back to The Mall.

Personally I was disappointed that marathon would not finish in the Olympic Stadium and was amongst many who signed a petition put together by the athletic clubs in London to have the race run right through the City. However it was not to be.

The race walks are all to be held on a 2km lap along The Mall and Constitutional Hill. The 50km competitors will walk past the walls of Buckingham Palace 25 times!

Dates for ALL such events are:

4 August	20km walk(men)
5 August	Marathon(ladies)
11 August	20km walk(ladies)
11 August	50km walk(men)
12 August	Marathon(men)

Contact Martin on:

martin@martinsgardenmaintenance.com (phone 504725)

FANCY WATCHING THE OLYMPICS ON GIANT OUTDOOR SCREENS IN LONDON

There will be four "Festival Live Sites" in London - Hyde Park, Trafalgar Square, Potter's Field(next to City Hall) and Victoria Park in East London.

I lived by Victoria Park for the first 22-years of my life so a visit here will certainly be on my agenda.

The press release states:

"plans are being developed for each live site to have its own unique programme of entertainment during the day and including concerts, cultural and artistic performances, and exhibitions to showcase London and the UK to the world.



20 YEARS AGO: DEREK REDMOND'S ICONIC OLYMPIC MOMENT FROM BARCELONA 1992

Barcelona 1992 was his second Olympic games and, after the injury disappointment from Seoul in 1988, he was determined to get it right. He comments "In Seoul I was never settled in the hotel or the country and it totally affected my preparations. Every athlete is different but the time difference, the food, the noise, it all played its part to unsettle me. Then I had to withdraw with an Achilles injury"

He was determined to be a part of it in Barcelona four years later and flew out to the GB base a week before everyone else, got settled into the hotel and felt good from day one. Derek takes up the story that became a little piece of Olympic history.

"I strongly believe that having the Olympics in their home country will be a huge advantage for our athletes. To be in London will be a massive boost - our athletes will feel at home instantly. I felt good in Barcelona and I was running really well. I remember clocking 45 seconds dead in the heats without even trying and it had never felt so easy. So I was running for a medal, no doubt about that. My hamstrings felt a little bit tight but nothing out of the ordinary. As a sprinter you get used to it after a few races in the space of a few days.

In the semi-final I got out of the blocks well but after 150m or so it felt like I'd been shot in the back of the leg. The physical pain was intense and that was all that was in my mind for the first few seconds or so. I got up and I honestly thought I could catch the rest of the runners and still make the final. Even when they were going round the final bend I thought if I started running I had a chance. But I could barely walk.

There were some medical staff running over to me with a stretcher and ushering me to get on to it - but I just wanted to finish the race by that point. It was then that I became aware of my dad running over to me. Somehow he had evaded the security staff and tried to talk me out of it at first. He was telling me that I had nothing to prove and that I didn't need to do this, but I told him I was going to finish. Then he said that we would do it together.

So we did, and I limped over the line in tears."



The events of that 1992 semi-final are popular on YouTube, with almost two million hits on the sequence used by the International Olympic Committee in its Celebrate Humanity series. Even now, Redmond says he gets emails nearly every day from viewers.

www.youtube.com/watch?v=HFKpZnok10s

Two years later, after he had surgery on his Achilles for the 11th time, Redmond retired. He turned to basketball, teaching the GB squad. He also married former swimmer Sharon Davies, with whom he had two children. That marriage was dissolved and he married again last year.

His sporting interest is now endurance motorbikes and he also works as a motivational speaker. "I can't wait for the Games in our own backyard. They almost make me want to make a come back"

DEREK REDMOND BEGAN HIS ATHLETICS CAREER WITH MKAC

Derek, a Bletchley lad, joined MKAC in 1976 as a fledgling u13 and next year set club records for the 100m(13.5), 200m(28.8) and long jump(4m10). As an u15 he set club records in 1979 at EYAL meetings(our first year in that league) - 200m(26.8) at Norwich, 80mH(14.3) at Peterborough and long jump(4m84) at Peterborough. He father, even then, was keen for Derek to progress and took him to Luton for more expert coaching. Later he moved to Birchfield Harriers where he quickly progressed to the international scene:

- Was European junior finalist, top GB competitor 1984
- Broke the British record in the 400m for the first time 1985 in a time of 44.82 seconds beating the 10-year-old mark set by David Jenkins. Then in 1987 reclaiming the record from Roger Black in 44.5 seconds
- Held the record until it was broken in 1992 by just 0.03 100's of a second
- Was Commonwealth & European Champion in 4x400m Relay in 1986
- Was a World silver medallist in 1987
- Was a World Gold Medallist in the 4x400m Relay in 1991, setting yet another British European and Commonwealth record.

oo



1980 OLYMPIC MARATHON TRIAL - MILTON KEYNES

The Milton Keynes International Marathon was first held in 1975 and continued through to 1981. The 1980 race was a little different in that it doubled as the AAA Centenary Championships which included the trial race for the forthcoming Moscow Olympics. The first two runners home were to be selected with the third place left open to the selectors. Milford Callow, as he did at all these races, was the local organiser.

You needed a sub 3-hour time to enter and so it was a fairly elitist field of just over 200 runners including four from MKAC who took part. The event was held on 3rd May and was based from Stantonbury Leisure Centre, it was a three lap course mainly on the MK redways and the latter part of the course embraced the Railway Walk, Bluebridge, Stacey Bushes and then towards and up Heelands Hill. I was part of the MKAC team working on the feeding-station here and a good vantage point to watch the race.

Not surprisingly the race attracted the cream of British marathon runners but as the race unfolded it was Ian Thompson(Luton AC and 1974 Commonwealth & European Champion/ best time of 2:09.12) and relative newcomer to marathons, Dave Black(Tamworth) who pulled away from the pack. Ascending Heelands for the third time Thompson was working hard to drop Black and this he did with just a circuit of Linford Wood to complete. Thompson won with a time of 2:14.00 with Black runner-up 28-seconds in arrears. a fast finishing Andy Holden(Tipton) placed 3rd with 2:15.18. Thompson and Black together with Bernie Ford were selected for Moscow but sadly for GB all three dropped out!!!

HOW DID THE MK QUARTET GET ON?

Dave March retired with a knee injury after two laps (18miles) but Chris Cottam and Tom Webb were locked together around the last lap before Tom charged away in the last mile to finish in 2:45.48(146th) with Chris four places down in 2:46.19. Dave Findel-Hawkins finished 169th(2:49.50), PB's at the time for all three.

There were 195 finishers, 189 inside 3-hours. Up front the first 20 were all inside 2:20 and included London Marathon winners to be, Mike Gratton and Hugh Jones.

road running review 2011

LATE SEASON RUNS FROM TOM COMERFORD AND PAUL ERWOOD TAKE THEM TO THE TOP OF THE 10KM & 5KM RANKINGS RESPECTIVELY

10KM top 3

1 Tom Comerford	31.59	Telford
2 Marcin Fudalej	32.52	MK(March)
3 Matt Clarke	34.48	Silverstone

5KM top 3

1 Paul Erwood	16.19	Willen
2 Steve Herring	16.58	Blisworth
3 Steve Green	17.08	Bedford

The following are the all-time rankings for 10 and 5km. Tom comes in at no 11, only the third person to break 32mins since 2000. There are no changes in the top 10 over 5km.

5km ROAD ALL-TIME TOP "10" MEN

Kerry Hayes	MS	14.42	Chesham	1989
Marcin Fudalej	MS	14.54	London	2009
Charles Herrington	MS	15.15	Bedford	1999
John Crouch	MS	15.31	Harrow	1993
Ian Thompson	MS	15.34	Bath	1994
Paul Fisher	M20	15.34	Barnsley	1997
Tom Comerford	MS	15.44	Aylesbury	2009
Tony Forrest	M20	15.51	Barnsley	1994
Paul Erwood	MS	15.55	Aylesbury	2009
Ian Van Lokven	M45	16.06	Cranfield	2003

10km ROAD ALL-TIME TOP "20" MEN

Kerry Hayes	MS	29.45	Harrow	1989
Simon Rayner	MS	30.14	Eastleigh	1985
Ian Thompson	MS	31.21	Bearwood	1993
Charles Herrington	MS	31.30	Cranfield	1998
Marcin Fudalej	MS	31.32	CMK	2010
Kevin Farmer	MS	31.43	MK	1989
Andrew McKenna	MS	31.45	MK	2000
John Crouch	MS	31.48	Harrow	1989
Gordon Faulds	MS	31.48	Silverstone	1991
Dave March	MS	31.50	MK	1987
Tom Comerford	MS	31.59	Telford	2011
Ray Crabb	MS	32.05	Silverstone	1993
Gerard Copps	MS	32.12	Harrow	1985
John Wilson	MS	32.14	MK	1988
Robbie Macpherson	MS	32.20	Bicester	1984
Danny Bull	MS	32.21	MK	1991
Geoff Bourne	MS	32.26	Tring	1979
Mark Booth	MS	32.26	Silverstone	1991
Tony Forrest	M20	32.30	MK	1995
Mick Kelly	MS	32.31	MK	1990



AGE GROUP RECORDS SET IN 2011/ UK RANKINGS

5km	F40	Jane Ovington	17.59	Bedford(12thUK)
	F65	Val Russell	30.33	Willen
	M60	John Skelton	18.06	Horwich(UK4th)
5miles	M60	John Skelton	30.29	Harborough(UK5th)
	M75	Jim McKeller	46.19	Willen
10km	F55	Deb Hindmarch	42.30	Silverstone
	M60	John Skelton	37.54	MK(UK11th)
Half.M	F40	Jane Ovington	80.57	Peterborough
	M60	John Skelton	87.48	Bedford(UK44th)

MARATHON - WEBBER FAMILY ON THE MOVE UP

Daniel Webber with his 2:44.03 moved up 9 places in the all-time rankings to 30th. Both Steve (2:41.18) and Mike(2:51.49) have slightly better times than they run in 2011 and remain 20th and 53rd in the rankings. And, as mentioned in the last Newsletter, Wendy Webber continues to move up the rankings.....sub 3 three this year??

2011 MARATHON - leading six times

Steve Herring	M40	2.42.49	London
Daniel Webber	MS	2.44.03	Berlin
Mike Kerrigan	MS	2.53.28	London
Marcus Whelband	MS	3.01.20	Brighton
Wendy Webber	FS	3.02.42	Berlin
Ross MacKenzie	MS	3.09.13	London

MARATHON ALL-TIME TOP TEN LADIES

Michelle Lee	FS	2;35.51	London	2004
Imogen Thornburgh	FS	2;48.43	London	2006
Jane Preen	F35	2;52.19	Berlin	2007
Katrina White	FS	2;54.37	London	2000
Jane Bird	F35	2;57.13	London	1984
Wendy Webber	FS	3;02.42	Berlin	2011
Margaret Swithenby	F40	3;12.21	London	1994
Julie Dalzell	F40	3;15.32	London	2008
Anick Valapinee	F45	3;17.04	London	2004
Ruth Fuller	F35	3;17.48	Florence	2007

Photos: Mike Kerrigan at Canary Wharf and Julie Dalzell along The Highway in the 2011 London Marathon

Steve Herring's 16.58 moved him to no 4 in the vet.

men all-time rankings for 5km behind: -

Ian Van Lokven(M45)	16.06	Cranfield	2003
Phil Jones(M45)	16.43	Stevenage	2000
Neil Ovington(M40)	16.43	Horwich	2006

DISAPPOINTING 5MILE RANKINGS FOR 2011

1 Richard Ashton	M45	27.30	Willen
2 Adam Atkins	SM	28.38	Willen
3 Daniel Webber	SM	28.43	Willen

Looking back over my records in both 1987 and 1991 no less than 20 men ran faster than 27.30.

However, although now in 2012, Diane Baldwin closed up on Margaret Swithenby's W50 5miles age group record.

Margaret Swithenby	33.19	Willen	1999
Diane Baldwin	33.51	Coventry	2012
Di Farmer	34.20	Hastings	2010

2011 HALF MARATHON(top six rankings)

Marcin Fudalej	MS	73.04	Cardiff
Stephen Herring	M40	75.41	MK
Daniel Webber	MS	79.55	MK
Adam Atkins	MS	80.34	MK
Jane Ovington	F40	80.57	Peterborough
Ross Mackenzie	MS	81.19	MK

Marcin has a MMKAC pb of 68.53 from 2008(Bedford) whilst Jane Ovington finished 2011 ranked 12th in the UK F40 rankings, just a minute down on her pb of 79.53 from 2008(Reading). Club records are held by Kerry Hayes(66.32/Fleet/1982) and Michelle Lee (75.23/Gt.North/2008)

FULL ROAD RANKINGS FOR 2011 ON CLUB WEB SITE

Note: the 5km results from Willen are only included from 13th August when the course was officially measured.

2011 Ridgeway Challenge

Raymond Hickman covers the 85 miles with 9,000' ascent

August bank holiday weekend saw me returning to the Ridgeway for a second attempt at the Trail Running Association's Ridgeway Challenge. Last year I limped over the finishing line in 55th place, taking 21 hours and 45 minutes, well within the 24 hours allowed by the TRA, but feeling wrecked and having walked most of the second half. This year I meant to do better; and this year I not only had the experience of my previous effort to draw on, but also a support crew in the shape of my brother Graham and his ageing Renault Scenic. The start is the summit of Ivinghoe Beacon and at twelve o'clock on the dot with a cheery 'off you go' and a quick whistle blast, we were sent on our way and shuffled down the first of the many hills to come.



The Ridgeway is an ancient trackway which is made up of footpaths, flinty tracks, woodland paths, farm lanes, the odd bit of road and quite a lot of open downland.. The Challenge is to get from one end (Ivinghoe Beacon) to nearly the other end (Avebury) in under 24 hrs, passing through 9 check points on the way. At roughly half way (Goring on Thames) we get a hot meal and the opportunity to put on some fresh/warmer clothes for the night sections.

Apart from three torrential downpours, the first 30 miles went pretty smoothly, although I did regret my choice of foot wear – a pair of battered but oh so comfy Brooks racers – as I slipped and slithered in the mud. Graham was at the checkpoints with a choice of food and liquid (oat bars, baby bells, pepperami and Lidl sports drinks) and an encouraging word or two, so I just loaded up and plodded on. One real treat in the first half is on leg five and it's called Grims Ditch; three miles of soft dry downhill running through trees really put a smile on my face. With the ditch out of the way and some more fuel taken on board, it was just a matter of following the river to Goring on Thames.

I arrived at the half way check point as darkness was closing in. My brother sorted me out with a hot jacket spud and beans, plus tea with sugar; after which I changed my shoes for something more grippy, put on a long sleeve top, hat, gloves, a waterproof jacket and a head torch. So prepared for the long, chilly and possibly wet night to come, my bum bag replenished with food and drink, I set off up the hill that takes you out of Goring and into open country. My plan was to briskly walk the ups, jog the flats and run the downs; and as plans go it worked pretty well.

The checkpoints came and went with teas, coffees, soup, ham sandwiches, cake and even hot dogs. For two of the night stages Graham met me half way between the official checkpoints, which broke up the distance and gave me the boost of seeing a familiar and encouraging face. He had a rough schedule I'd drawn up and kept telling me that I was gaining time on it. So when I got to Checkpoint 8, complete with bonfire, music, welcoming cheers and a well stocked food tent, he confidently assured me that I wouldn't need the three hours I'd allowed myself for the next stage. He was right.

Between Checkpoints 8 and 9 I kept brisk walking the ups, jogging the flats (just about) and running the downs; I also kept over taking people! Part way through the stage the sun came up which, like the run down Grims Ditch, put a smile on my face and something approaching a spring in my step. On the climb up to the last checkpoint I passed three more people and was feeling almost chipper. Graham was there having managed to successfully navigate single handed a tangle of back roads armed with a road atlas, a Harvey map of the Ridgeway and not a little skill and patience; all this was after having driven down from Newcastle the previous morning. I set off plodding again and not quite in the twinkling of an eye, it was almost over.

The last stage finished with a long downhill dropping off the Ridgeway to the village of Avebury, which is contained within an ancient stone circle. Unlike last year I was still running as the race organisers, a couple of spectators and my long suffering brother clapped me to the finish.

I had taken 19 hrs and 36 minutes, which not only moved me up to 15th place overall but also made me 3rd fastest Vet 45.

The finish photo: Raymond with his brother, Graham.

Road Running Grand Prix



This year sees the return of the Road Running Grand Prix series. The idea behind it is to try and get as many road runners into the same races so that as a club we can show how strong we are!! We are particularly poor at taking part in county championship events and I know that we could do really well if we had a team there on the day. You will see that some of the races are not the obvious ones i.e Wycombe Half (same day as NSPCC half) but it is the County Championships, it costs half the price, on a better course, and in my opinion, better organised!

The series will run from January to December and it is proposed that there are 11 races in the series ranging from 5 km to half marathon in distance. To qualify for a finishing position within the series runners must have competed in at least 6 races including 2 races of 10km or less, 2 of 10 miles or over (including one half marathon) and 2 races of any of the distances but you cannot include more than 2 races of any one distance for the final table.

Men's and ladies individual scoring will be based on the best score from a minimum of 6 races. Individual placing will be on a points system. If for example there are 50 athletes in the grand prix then the 1st runner will receive 50 points second runner 49 points and so on. There will be one league for men and another for ladies.

The race series will be made up from existing road races or new races that are open to all comers but are on SEAA certified courses. You score 2 bonus points for making the top 3 of the open event in your category e.g. Senior Men, Senior Women, U20, U23, Vet (35/40/45/50/55/60/65/70) but only when the age categories are recognized as prizes in the open event.

To encourage enough people to the events there will 2 Bonus points to ALL participants for each MMKAC team that places 1st in any open event. 1 Bonus point to ALL participants for each MMKAC team that places 2nd or 3rd. These team points only count if the open event recognizes the team awards. You must finish the open event to qualify!

Age graded bonus points. 5, 3 and 1 points to the 1st, 2nd and 3rd best age graded performances at each event in both Male & Female categories using WMA Age-grading calculator 2006 (updated 2010).

Proposed races in the series:

5km	Waddesdon(18 July)	Marston Vale(15 June)
5miles	Pednor(7 May)	Wolverton(November)
10km	Flitwick(15 April)	Bearbrook(Aug)
	Bedford(Sept)	
10miles	Leighton Buzzard(Oct)	Daventry(Oct)
Half M.	High Wycombe(July)	Bedford(Dec)

The 30th TOUR OF MK
PROVISIONAL DATE
2-7 SEPTEMBER



STEVE RICE LEAVES MMKAC AFTER OVER A QUARTER OF A CENTURY OF LOYAL SERVICE TO THE CLUB

Steve, now approaching his mid 50's, has joined Olney Runners, a club nearer his home. The following is a short review of his "glory" days with MKAC

Steve joined MKAC in late 1983 as an endurance athlete and next year ran 33.45 at the MK 10km and 74.10 in the Nottingham Half Marathon. In 1985, apart from being a regular Chiltern XC competitor he ran in the infamous "National" XC when it was held in Campbell Park amidst some of the worse underfoot conditions in living memory!! On the track he ran 4.14/1500m; 9.05/3000m and 16.02/5km, made his marathon debut with 2:49.10 at Norwich and clocked 26.18 in the Wolverton Five.

"A fledgling Triathlete"

Steve made his triathlon debut in 1986 and in those days Willen Lake was used for swimming. A "European Cup" race was held in September and I still have the memory of Steve at the first transition. (Apparently the water was too cold even for the Swedish team who withdrew from the event).

He was one of the last out of the water and was visibly shaking. Somehow Alasdair Gibson managed to assist him on to his bike.....

"1987/88 – golden years"

On the roads – 32.48 in the MK10km (just off the top 20 listed on page 16), 53.40 for 10m and a 73.12 half-marathon culminating in 2:38.30 for the London Marathon – no 11 in the club all-time rankings.

"Great run in the Snowdon Mountain Race"

Steve also had a passion for fell-running events and probably one of his best races was the 1988 Snowdon race (5miles up and 5miles down) 58th from 438 finishers. His was also in good form on the track and from this year he still has times in the "MK top 25" – 15.33.1/5km, 20th and 33.32.8/10km, 23rd. And a 2:44.05 London Marathon.

"21 Tours of Milton Keynes"

Steve ran in the second TOUR(1984) placing 7th. The following five years saw him finish 6th, 6th, 9th, 4th & 4th. – the latter his best ever position. His 21 finishes places him =4th at the top of the tree.



"In the winning MK team at the Bucks AA cross-country champs"

Steve picked up a number of winners' medals and the photograph above is 5/6th of the team after the 1989 champs in Brickhill Woods, Steve, 2nd left, with Mick Kelly further left and then Ian Thompson, Kerry Hayes and Kevin Farmer to his right. And a 2:43.05 marathon that year too.



And coming up to-date here is Steve running in 2010 mile race

MIKE LEONARD PAYS TRIBUTE TO BRIAN POLAND, A KEY SPRINTS COACH IN THE 1990'S, WHO SADLY DIED AT THE END OF OCTOBER LAST YEAR.

Brian and I started coaching together in 1991 when Adam joined the group that I was coaching at the time. We settled into a good partnership for the next half a dozen years or so. Brian took up coaching when Adam became one of the club's top young athletes. Like myself he came under the wing of regional sprints coach Eric Brees and through him we were both involved in delivering sprints workshops at Haringey and King's Lynn where we gained valuable experience working for one of the best sprint coaches around. We both also became involved in tutoring level 1 (Asst Coach Club) courses.

Brian always had great rapport with the athletes and was able to put them at their ease thereby allowing them to train and compete well. He was a practical coach who I know hated exams (which we had to do in those days) and was therefore at his best when he was out on the track working with athletes. He knew his stuff and was well regarded by the North of the Thames coaching team led by Bruce Longden (coach to Sally Gunnell).

I always enjoyed working with Brian. I believe that we complimented each other and established a group that was able to gel together well. In the late 90's he decided to move to Spain, with his wife Chris, and stopped coaching. I missed his friendship as we always got on well.

I believe that Brian made a great contribution to the club with his coaching and helped many young athletes to improve their skills and helped them to develop as individuals in their formative years.

Adam Poland

Adam, Brian's son, is now the Head Coach for sprints and hurdles with MMKAC. The following is a resume of his early sprints career with the Club

"Adam joined MKAC in 1990 as an 11-year old and ran 13.8 and 29.5 for 100/200m. Next year he really burst through breaking the then club records set by Damian Shadie in 1990 (12.9/26.7). Over 100m Adam twice clocked 12.7 and finished the season with 12.5 in an open meet Telford. In the 200m Adam improved the record to 26.5 and then 26.0 in the EYAL final at Stantonbury. At this match he ran the anchor leg for the u13 boys 4 x 100m relay team which recorded 53.5 and is still, 20-years later, the club record."

Adam's 100m record lasted 18-years until Daniel Oderinde clocked 12.4 in 2009 whilst it was Chris Clarke who clipped the 200m record with 25.7 in 2002.



SUMMER TRACK & FIELD FIXTURES HOME FIXTURES

Sun.6 May	National Young Athletes League
Sat.19 May	Southern Athletics League
Wed.11 July	Eastern Veterans League
Sat.28 July	Southern Men's League (tbc)
Sat.1 Sept.	Southern Athletics League
Sun.23 Sept.	Eastern Veterans League Final

Many thanks to Jim Lawrence who has worked hard to keep up with the changing scenario for this summer; the Olympic period means very little league athletics taking place in August.

MK ATHLETES IN UK TOP 50 from 2011

WOMEN							
100m	19	Kadi-Ann Thomas	SW	11.68	w+0.1	Bedford	16-Jul
	30	Joey Duck	F23	11.85	w+0.7	Birmingham	23-Jul
200m	20	Joey Duck	F23	23.84	ind	Sheffield	13-Feb
				24.24	w+1.4	Hendon	01-Jul
	28	Kadi-Ann Thomas	SW	24.00	w-0.8	Birmingham	31-Jul
Pole Vault	26=	Rachel Gibbens	SW	3.60m		Bromley	30-Apr
Discus	13	Emma Beales	F35	45.08m		Biggleswade	24-Sep
Hammer	50	Sadie Watts	F23	46.75m		Milton Keynes	04-Sep
Javelin	43	Sadie Watts	F23	40.82m		Bromley	30-Apr
MEN							
100m	6=	Craig Pickering	SM	10.15	w+3.5	Loughborough	22-May
				10.19	w+1.9	Bedford	16-Jul
400m	4	Chris Clarke	M23	45.61		Birmingham	30-Jul
3000mS/C	35	Tom Comerford	SM	9.25.04		Solihull	09-Jul
Long Jump	2	Greg Rutherford	SM	8.32m	w+2.1	Eugene, USA	04-Jun
				8.27m	w+0.3	Paris, France	08-Jul
Javelin(800g)	1	Mervyn Luckwell	SM	83.52m		Wrexham	25-Sep
	12	Michael Cox	M23	70.40m		Bedford	09-Apr
F23 WOMEN							
100m	5	Joey Duck		11.85	w+0.7	Birmingham	23-Jul
200m	3	Joey Duck		23.84	ind	Sheffield	13-Feb
				24.24	w+1.4	Hendon	01-Jul
400m	21	Sophie Wilkins		56.67		Bedford	30-May
800m	33	Sophie Wilkins		2:14.33		Loughborough	11-May
100mH	12	Chloe Whalley		14.54	w+2.6	Loughborough	22-May
				14.69	w+1.6	Bedford	17-Jul
400mH	49	Chloe Whalley		72.25		Winchester	06-Aug
Long Jump	13	Sophie Wilkins		5.65m		Loughborough	22-May
	38	Katryna Hardcastle		5.25m	ind	Sheffield	19-Feb
				5.18m		Bedford	13-Apr
Triple Jump	42	Sophie Wilkins		10.22m	w+1.1	Winchester	06-Aug
Shot	26	Sadie Watts		10.61m		Bromley	30-Apr
Discus	13	Sadie Watts		35.52m		Bromley	30-Apr
Hammer	15	Sadie Watts		46.75m		Milton Keynes	04-Sep
Javelin	8	Sadie Watts		40.82m		Bromley	30-Apr
M23 MEN							
400m	2	Chris Clarke		45.61		Birmingham	30-Jul
110mH	44	Will Lambourne		16.5		Milton Keynes	30-Jul
Shot	32	Will Lambourne		12.51m		Milton Keynes	30-Jul
Discus	39	Will Lambourne		36.68m		Stevenage	20-Aug
Hammer	36	Iain Lawrence		34.87m		Milton Keynes	04-Sep
Javelin	4	Michael Cox		70.40m		Bedford	09-Apr
	13	Jon. Constantinou		58.94m		Bedford	01-May
F20 WOMEN							
800m	72	Elle Roche		2.18.28		Watford	13-Jul
1500m	40	Elle Roche		4.40.08		Watford	27-Jul
3000m	23	Beth Swords		10:01.36		Gateshead	02-Jul
	44	Elle Roche		10:20.70		Winchester	06-Aug
1500m S/C	13	Elle Roche		5:24.1		Stevenage	20-Aug
Shot	47	Devon Byrne		10.28m		Abingdon	27-Aug
Hammer	39	Kayleigh Presswell	F17	38.33m		Bedford	09-Oct
Javelin	29	Devon Byrne		35.77m		Abingdon	27-Aug
Heptathlon	15	Devon Byrne		4216 pts		Exeter	18-Sep
M20 MEN							
400m	35	Ben Sturgess		49.4		Stevenage	20-Aug
400mH	16	Adam Smith		55.32		Bedford	01-May
3000m S/C	15	Ryan Burling		9.54.2		Milton Keynes	30-Jul
Triple Jump	29	Chuko Cribb		13.84m	w+1.2	Abingdon	17-Sep
Discus(1.75)	44	Jackson Curtis		44.04m		Kettering	25-Apr
Hammer(6kg)	7	Sam Ridgway		61.27m		Ashford	18-Jun
Javelin	14	Jackson Curtis		58.38m		Milton Keynes	10-Jul
	33	Laurent Stephenson		52.34m		Cambridge	21-May



From the top (clock-wise) Kadi-Ann Thomas, Mervyn Luckwell, Sadie Watts, Rachel Gibbens, Will Lambourne & Chris Clarke



The Buckingham Satellite was set up nearly two years ago in response to developing athletes who found it difficult to attend training in Milton Keynes. Prompted and enabled by the opening of the Stowe Running Track, we ventured to promote the club to athletes who were involved in athletics through after school clubs and competitions at primary school. We also targeted athletes who had moved on into their secondary schools, many of whom had stayed in touch and had continued to express an interest in athletics. Since then our reputation has spread through word of mouth and through regular after-school clubs, as well as initiatives such as the Inter-School Sportshall competitions we put on every year.

The model we have adopted to run the club is very much along the style of the Marshall Milton Keynes Development group with a clear programme of skill development and event variety. This seemed appropriate to the age group of the children which ranges from 9 to 15 years of age. We follow the Sportshall Athletics programme closely and have a high number of athletes getting through to the team each year. This year, 10 of our members won places in the Under 11 Sportshall Athletics final and we are hopeful for our under 13 and under 15s ahead of their trials at the end of the month.

We promote and attend the Open Meetings at Stantonbury during the summer and the Chiltern League cross country during the winter. Many of our athletes take an active part in the school programme of athletics and cross country as well. And some just come for the fun of getting fit with their friends.

The club has gone from strength to strength and this is entirely down to the dedication and professionalism of the coaches who run it.



George Glinski in the Chiltern League match, November, Watford

All the volunteers have qualified as UKA Assistant Coaches and one of our team is now embarking on the Athletics Coach qualification which will mean there will be two fully qualified coaches on hand at every practice. The number of athletes attending the club on a regular basis has remained constant and we are accepting new members all the time. Many choose to pay a weekly fee rather than become full members of the main club but membership is actively encouraged and some Buckingham athletes are now attending the Milton Keynes club as well.

We welcome members to come and practise with us every Wednesday from 6pm to 7.30pm in the Sportshall at the Royal Latin School in the winter and on the Stowe Track in the spring and summer. We also welcome athletes to train on the RLS field every Friday during term time from 3.45pm to 4.45pm.

I would like to take this opportunity to publically thank the team at the Buckingham Satellite, without whom this club could not exist: Gareth Anderson, Helen Brown, David Legge, Stuart Mathews and Charlotte Salisbury. Thank you all.

Fiona Darling-Glinski



SUNDAY 4th MARCH

5KM

10KM

HALF-MARATHON

"A big money-spinner for the club"

Lots of help required on the day -

Mick Bromilow (Organiser)

t.m.bromilow@open.ac.uk

Dave Barrett (Marshals co-ordinator)

dave@bubbler.co.uk

SOUTH OF ENGLAND

Sunday 25 March

ROAD RELAY CHAMPIONSHIPS

■ **The annual 12 stage(men) and 6 stage (ladies) Championships**

■ **New Venue: Stantonbury track**

■ **Courses: around Linford Wood**

Martin McPheat will be co-ordinating teams and help with marshalling will be required.

martin@martinsgardenmaintenance.com

dave@bubbler.co.uk

THE ANNUAL ROUND MILTON KEYNES RELAY - 20TH MAY

CONTACT: Alec Walliker
Walliker2004@yahoo.co.uk



GREENSAND RIDGE RELAY
Saturday 23 June

www.smoc.info/GSRR/

NEWSLETTER EDITED BY

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CONTRIBUTIONS ALWAYS WELCOME!

