

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

APRIL 2012

"The Olympics remain the most compelling search for excellence that exists in sport, and may be in life itself" *Dawn Fraser, three times Olympic gold medallist*

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**GOOD LUCK
TO ALL OUR
TEAMS AND
ATHLETES
THIS SUMMER**



**AND TO OUR
POTENTIAL
OLYMPIANS**

Chair's piece

Jim Marshall

We heard the sad news about the death of our Great Benefactor at the beginning of April. He personally helped the club by providing £35,000 towards the cost of the clubhouse in 2004. Over the last seven years he has donated almost £100,000 to support our elite athletes in the run-up to the 2012 Olympics. It is a great shame that he has not lived to see the fruits of that generosity. Brian Graves has provided a tribute to Jim's achievements elsewhere in this newsletter.

2012 London Olympic Games

There are less than 100 days until the start of the Olympic Games in London. For many of our top athletes this will undoubtedly be the pinnacle of their athletic careers. We could have as many as five or six of our athletes taking part in the Olympic/Paralympic Games. This would be a huge achievement for the club. We wish all of our aspiring Olympic Athletes well during this very stressful period in which they try to turn their dreams into reality.

Track Season

The track season has arrived once again and I am looking forward to seeing a number of changes that I have been working on over the winter come into fruition.

The first match in the Southern Athletics League, in which our senior men and women will compete as a combined team, takes place at Peterborough on 21 April. The new league has more than doubled its numbers this year, with 76 clubs taking part, compared with 32 in 2011. Marshall Milton Keynes finished an excellent second in Division 1 last year, and it will be much tougher to better that in 2012! As ever, the goal of our senior men must be to qualify for the British Athletics League. The rules for qualification remain as before – any club can apply to take part in the qualifying match at Abingdon on 15 September by submitting a paper team, two per event, using only first-claim members who have taken part in Area or National League competition in 2012. The best-scoring paper teams will be invited to Abingdon.

Last year our youngsters made the Area Finals in the National Young Athletes League, and narrowly failed to reach the National Finals. They compete in the Midlands Premier East this year, where the key to success will be filling every place on the team.

Bucks Athletics Network

The Bucks Athletics Network has been in existence for nearly two and a half years. The four athletics clubs, Marshall Milton Keynes, Vale of Aylesbury, Wycombe Phoenix and Chiltern Harriers have been working together to improve coaching structures and to drive forward a programme of modernisation in Buckinghamshire. In March, Caroline Bird, the County Coaching Coordinator, and I gave a presentation to England Athletics, outlining our achievements in the second year, and our plans for Year 3. I'm pleased to say that we have been allocated the full £25k of funding that we applied for to continue this work for another year.

MK Half Marathon and Festival of Running

Thank you to everyone who helped with this year's event on 4 March. Over 4000 people entered the races this year, starting and finishing outside the XScape Building.

It is a huge exercise to prepare the course, sort out the road closures, provide medical cover, liaise with the police and the council, recruit the marshals, put up the signage, take entries and sort out problems on the day, organise the baggage area and so on, and so on. On the day, we need over 100 volunteers to man the feeding stations, marshal round the course and organise the start and finish. We could not hold the event without your help, and the profits from the race help to fund many of our other activities. We sometimes struggle to get enough volunteers (See Dave Barratt's article later in this newsletter), but I would like to thank all those who stood out in the wet and increasingly cold conditions to support the runners around the course.

South of England Road Relays

We moved the event to Stantonbury Athletics Stadium this year, with a new course round Linford Wood on 25 March. Entries were up thanks to some extra publicity this year. Competition on the day was fantastic, thanks in part to the fine weather and the close races between the teams, which made for an exciting afternoon's sport. Many thanks to everyone who turned out to help, particularly the unsung heroes, Karen Deathe, Jackie Willmott and Gordon Fallow, who supplied refreshments throughout the day.

Sport MK Awards

The club had a number of nominations for awards at this annual event, held on Tuesday 27 March, and came away with four of the Awards:

Greg Rutherford, who long-jumped a slightly windy 8.32m and won at one of the Diamond League meetings last year, won the Senior Men's Award for Achievement;

Rick Townsend, who coaches, officiates, organises and works with local schools won the Award for Services to Sport.

Thomas Green, gold medallist at the World Junior Championships in Dubai, won the Disability Male Award for Achievement.

Di Baldwin, who has been winning veteran races, supporting our women's teams, coaching and officiating, was awarded the Over 50s award.

Congratulations to all the award winners.

Club Membership Fees

To those of you who have already paid your membership fees for 2012, many thanks. Already more than 360 competing athletes have renewed their membership and these will be registered with England Athletics. To those who haven't yet paid, could I urge you to sort this out quickly? You cannot be affiliated to England Athletics if you have not paid your membership fees, and you can't compete in county, area or national championships if you have not been affiliated.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



The first MK athletes on the Olympic track

JADE LEGGETT GIVES US HER STORY OF THE DAY



The Olympic "5"

246 Alex Knowles (F45) 32:51; 316 Terry Down (M55) 33:35; 361 Jade Leggett (F20) 33:53; 550 Steve Howe (M50) 35:14.

Alex, after her club re-debut at the MK Half-Marathon is certainly in excellent form. Moving up a few age groups now her time equals the second best ever for a F45, Anick Valapinee clocking 32.51 at Corby in 2004. Age group record was set by Margaret Swithenby with 32.33 at Sharnbrook in 1996. Jade made her debut over this distance with a very creditable 33.53, 7th best all-time in the F20 rankings.



Top: Steve, Alex and Terry
Above: Jade

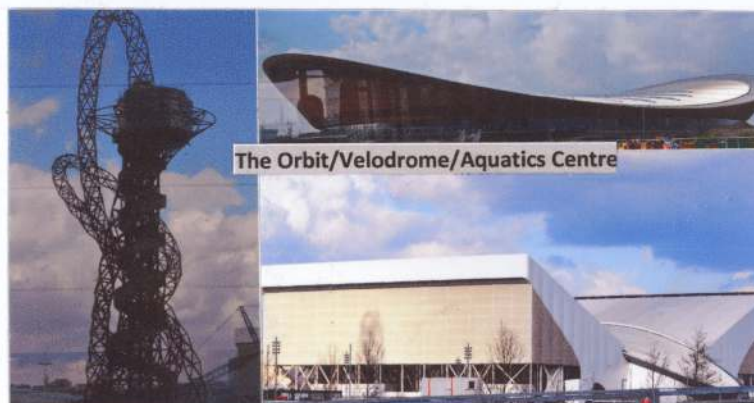
The 31st of March finally came around... the day that I was going to be running in the Olympic Stadium! I had been looking forward to this day for so long and now it was finally here. There were four different starts which were colour coded, I was in the red band which meant that I was first to set off! It was forty five minutes before the red band were due to start, when I started to warm up. Most people were already stood on the start line, everyone was a bit of an eager beaver! My coach Jim Bennett wishes me good luck and gives me advice to push my way to the front. I make my way to the start and find that there is nowhere to move, I was literally standing shoulder to shoulder with about ten other people. Pushing my way to the front was not going to happen, there was hardly enough room to even breathe! In fact I think I actually moved backwards!

The group warm up is where the fun really began. A very camp and enthusiastic man took us through a series of exercises to prepare us for our run. This included exercises like squats, where you were nearly sitting on the person behind you. And also arm movements where you were lucky not to punch someone in the face. It was like working out to one of Davina McCall's aerobics DVD's. Princess Beatrice was the official starter for the race, before she herself joined in to run the five miles.

The race started at 2pm and the masses of people charged out to start their five mile run. It took me three minutes to pass the start line and then my race began! The race started by the Orbit Tower, the course took us round the whole of the park and past all the sports arenas, but for quite a lot of the route it felt like running round a building site – which it was! Still, four months is plenty of time to get it finished for The Olympic Games. At about the third mile the race started to get hard and my legs were getting heavy! I continued to push on as I knew I was nearly there. This all changed when I reached the Olympic Stadium. I picked up the pace as I was running through the tunnel underneath the stands, the crowd were so loud and I was so excited to get onto the track.

The atmosphere in the stadium really was amazing! My legs didn't feel heavy anymore and the atmosphere pushed me on to run as fast as I could round the 300m of the track. I think it was the "Chariots of fire" music that really spurred me on! I finished the race and was really happy with my time. After the race I watched the other runners finish their five miles on the Olympic track.

Many of the runners stopped at the 100m start line to pose like Usain Bolt, they then ran flat out to the finish line timing their sprint. Considering they had run five miles... 45 seconds for 100m wasn't that bad. Unfortunately no world records were broken, but it was amusing to watch. Overall I had a really good day at the Olympic Stadium and it really was a once in a life time opportunity.



CHILTERN LEAGUE DIVISION ONE

"our 12th league title in 15 seasons"

1 MMKAC	12981
2 Bedford & Co	12015
3 Windsor, SE & H	11196
4 Harrow AC	10890
5 Chiltern H	10649
6 Vale of Aylesbury AC	10326
7 Luton AC	8533
8 Headington RR	8430
9 Leighton Buzzard AC	7574
10 Silson Joggers	6977
11 Tring AC	6927
12 Oxford City AC	5884
13 Bearbrook Joggers	5870
14 Gade Valley	5527

FINAL MATCH AT WING(11th February)

We went into the final match with a deficit of 68pts to Bedford. Watching on the course it seemed after the first five races that it was fairly even between the two clubs. In reality the deficit was now 41 but our senior ladies took 126pts out of Bedford to give us a lead of 85pts with the men's race to follow.

We need not have worried. Bedford had a very poor men's team out whilst we had managed to get an almost fully strength team out and with our scoring ten in the first 50 finishers we were home and dry.

Chad Lambert produced a superb run giving eventual winner, Matt Janes (Bedford) a good race and his 2nd place just bettered Tom Comerford's 3rd position from St Albans as the best senior individual of the season. Steve Tuttle, after his full season for MMKAC placed 6th overall with Steve Herring placing 5th M40 overall. John Skelton won the first four M60 races to take that age group title. 55 men represented the Club over the five match series.

Alfie Yabsley won two M13 races, placed 2nd in another two and 3rd in the final match to win the M13 age group title. Dominic Murphy finished 2nd twice and had one 3rd place on his way to place second overall in the M13's. From ten u15 boys Hugo Gilet ran four races and placed 14th overall whilst for the u17's Steve Cox and Tom Cox placed 17th and 19th respectively.

For the ladies, Lara Bromilow took two 3rds and two 4th places to finish second overall. Sadly Tanya Taylor, after a fine 2nd and then 7th in the opening matches, picked up a long term injury and has not raced since. The u17/20 ladies ran Bedford very close only losing by 13pts overall. No less than 14 young ladies represented MMKAC in this age group, we had three in the top ten overall and Beth Swords took an excellent 2nd in the final race at Wing. Beth had earlier twice ran in the senior ladies races and showed her prowess by taking 4th at Luton and 5th at Watford.

MMKAC ATHLETES IN CHILTERN LEAGUE TOP 10

M13	1 st	Alfie Yabsley
M13	2 nd	Dominic Murphy
M20	2 nd	Chad Lambert
S.Men	6 th	Steve Tuttle
M40	5 th	Steve Herring
M60	1 st	John Skelton
M60	10 th	Malcolm Haynes
F13	6 th	Lauren Murphy
F13	9 th	Sophie Botham
F15	4 th	Amy Radford
F15	6 th	Amy Botham
F17	3 rd	Gemma Childs
F17	5 th	Jessica Hall
F17	6 th	Emily Bousfield
S.Lady	2 nd	Lara Bromilow
S.Lady	5 th	Wendy Webber
F45	3 rd	Fran Malin
F45	8 th	Diane Baldwin
F35	9 th	Maria Calleia



OVERALL TEAM POSITIONS

Senior Men	1 st	Senior Women	1 st
Under 17 men	6 th	Under 17/20	2 nd
Under 15 boys	3 rd	Under 15 girls	4 th
Under 13 boys	2 nd	Under 13 girls	4 th

The u15 girls saw Amy Radford finish in the top ten in each of her four races whilst Amy Botham ran all five. Lucy Hacking placed 11th overall and Maya Jennings 17th. For the u13's Lauren Murphy, Sophie Botham and Lauren Presswell ran all five races. Lauren Murphy finished third individually in the two final races at Slough and Wing. And finally not forgetting young Libby Herdman-Smith who ran in all five of the under 11 races.



action from Wing: top – Alfie Yabsley; above: Beth Swords and Emily Bousfield stride to the finish; Libby Herdman-Smith also heads for home.

17 athletes ran all 5 races

Senior/Jun/Vet Men

Mike Burling
Mark Childs
Chad Lambert
Chris Mahon
Richard Pownall
Steve Tuttle
Nick Washington

Under 15 Girls

Amy Botham
Amy Radford

Under 13 Girls

Sophie Botham
Lauren Murphy
Lauren Presswell

Under 13 Boys

Cameron Beazley-Clarke
Ed Jennings
Dominic Murphy
Alfie Yabsley

Under 11 Girls

Libby Herdman-Smith



5 of the 17:
"senior men" – Chris Mahon, Richard Pownall & Nick Washington
Under 13 boys – Dominic Murphy & Cameron Beazley-Clarke.



Above: Under 13 girls, Sophie Botham & Lauren Presswell.
Wendy Webber who ran 4 Chiltern Leagues plus the Southern & Nationals
Jess Hall and David Hall at Wing.
Left: the tent village at Wing, the new MMKAC tent, far left



SEAA SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS

BRIGHTON, 28 January 2012

Under 13 Boys

10 Alfie Yabsley	10:43
24 Dominic Murphy	10:59
101 Cameron Beazley-Clarke	11:53
192 finished	

Under 15 Boys

65 Owen Seamark	16:34
79 Harry Morton	16:42
108 Toby Herdman-Smith	17:06
137 Archie Rippin	17:34
211 finished	

Team

15 Marshall Milton Keynes	389
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Under 17 Men

73 Ben James	22:46
156 finished	

Under 20 Men

16 Chad Lambert	27:35
Ryan Burling	dnf
98 finished	

Senior Men

37 Tom Comerford	53:38
68 Steve Tuttle	54:51
139 Paul Erwood	57:42
189 Chris Hearn	59:04
311 Gary Blaber	63:50
588 Mike Burling	74:39
Ed Dunn	dnf
745 finished	
Team	
23 Marshall Milton Keynes	1332

Under 13 Girls

35 Lauren Murphy	11:57
77 Lauren Presswell	12:29
218 finished	

Under 15 Girls

47 Amy Radford	15:47
198 finished	

Under 17 Women

19 Jasmine Finlay	18:43
45 Emily Bousfield	20:05
61 Fern Yull	20:51
100 finished	

Under 20 Women

22 Elle Roche	25:36
54 finished	

Senior Women

42 Lara Bromilow	33:16
65 Wendy Webber	34:39
160 Julie Dalzell	38:53
335 finished	

Brighton hosted these Championships due to the Nationals being held at Parliament Hill this year. 27 MMKAC athletes made the journey to the south coast with a fine sunny day and a tough hilly course to boot. Disappointingly we only had two teams finishing, the senior men did not disappoint and were just three places down on the club best from 2010 whilst the under boys finished a team for the first time since 2005.

Tom Comerford improved 11 places from his 48th at Parliament Hill two years ago and Steve Tuttle comes in to the top 10. Steve, in his early career with MKAC, placed 26th as an u13 at Parliament Hill in 2002. For the under 20's Chad Lambert improved two places from his 18th at Parliament Hill two years ago. Chad, as noted, leads the under13 boys with his bronze medal position in 2005. Alfie Yabsley now takes 2nd place and Dominic Murphy is equal 11th.

For the ladies Jasmine Finlay, after her fine 10th as under 15 last year, moved up an age group and now makes the top 10 in the under 17's. Elle Roche takes 5th place in the junior women's top 10 and Wendy Webber comes in at no 11 for the senior ladies.

It would have been interesting to see how Tanya Taylor might have fared here had she not been injured. However Tanya is the only female ranked in all the relevant top ten's. A great record including a podium place as an under15 and also led the team to second place that day.

Age	Race posn.	Venue	Year	MK ranking
F13	12 th	Exmouth	2003	8th
F15	2 nd	Parliament Hill	2005	1st
F17	11 th	Holkam Hall	2007	5th
F20	13 rd	Parliament Hill	2010	3rd
Sen	38 th	Parliament Hill	2011	7th

LEADING POSITIONS AT THE SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS

U17 WOMEN

3	Rosanne Iannone	1995	Parliament Hill
3	Beth Swords	2011	Parliament Hill
7	Carly Scott	1995	Parliament Hill
11	Hayley Griffin	1996	Parliament Hill
11	Tanya Taylor	2007	Holkham Hall
12	Sandra Davis	1983	High Wycombe
14	Charlie Gaspar	2005	Parliament Hill
16	Elle Roche	2010	Parliament Hill
17	Sophie Wilkins	2007	Holkham Hall
19	Jasmine Finlay	2012	Brighton

JUNIOR MEN

3	Daryn Castle	2000	Parliament Hill
4	Tony Forrest	1995	Parliament Hill
5	Andrew McKenna	2000	Parliament Hill
9	Andy Whetstone	2005	Parliament Hill
16	Chad Lambert	2012	Brighton
23	Gavin Wilcox	2005	Parliament Hill
24	Paul Wright	2003	Exmouth
33	Matt Eager	2011	Parliament Hill
34	Mark Booth	1982	Parliament Hill
36	Wayne Ridgway	2001	Parliament Hill

SENIOR WOMEN(top12)

4	Linda Dewhurst	1988	Swindon
18	Michelle Lee	2003	Exmouth
24	Lara Bromilow	2010	Parliament Hill
25	Rita Quill	1992	Bournemouth
27	Carly Scott	2007	Holkham Hall
35	Janet Godliman	1981	Farnham
38	Tanya Taylor	2011	Parliament Hill
39	Jane Bird	1985	Ipswich
41	Claire Rooney	2005	Parliament Hill
41	Sarah Cox	2008	Parliament Hill
65	Wendy Webber	2012	Brighton
69	Kim McBride	2003	Exmouth

SENIOR MEN

13	Kerry Hayes	1990	Parliament Hill
37	Tom Comerford	2012	Brighton
40	Charles Herrington	1998	Parliament Hill
50	Mick Bromilow	1976	Parliament Hill
62	Ian Thompson	1991	Portsmouth
66	Marcin Fudalej	2011	Parliament Hill
68	Steve Tuttle	2012	Brighton
102	Ian Van Lokven	2000	Parliament Hill
104	Clive Owen	1981	Trent Park
112	Gerard Copps	1985	Trent Park

JUNIOR WOMEN

3	Rosanne Iannone	1997	Parliament Hill
7	Carly Scott	1997	Parliament Hill
13	Tanya Taylor	2010	Parliament Hill
18	Hayley Griffin	1996	Parliament Hill
22	Elle Roche	2012	Brighton
24	Lauren Licietis	2005	Parliament Hill
25	Alannah Perriss	2003	Exmouth
32	Lizzie Dines	2002	Parliament Hill
35	Jane Horner	1993	Bedford
52	Jo Benham	1995	Parliament Hill

U13 BOYS(top12)

3	Chad Lambert	2005	Parliament Hill
10	Alfie Yabsley	2012	Brighton
12	Gavin Wilcox	2000	Parliament Hill
12	Tom Nightingale	2003	Exmouth
13	Kyle Bennett	1999	Parliament Hill
16	Grant Tilley	2004	Parliament Hill
16	Tony Herdman-Smith	2011	Parliament Hill
20	Sam Winters	2004	Parliament Hill
23	James Tuttle	2000	Parliament Hill
23	Duncan Taylor	2003	Exmouth
24	Scott Goodwin	2001	Parliament Hill
24	Dominic Murphy	2012	Brighton



Lara Bromilow breasts the first climb at Brighton, finishing 42nd and still the third best placed senior lady overall at these Championships. Lara also ran 4 of the 5 Chiltern League races.

-
- A group of male runners competing in a cross-country race. The runner in the foreground is wearing an orange and black singlet with "Marshall University" and "3660" on it. Other runners in similar singlets are visible behind him.

Cameron pictured on page 5, Lauren, Mike and Steve on page 9 and Chad on this page.

Chad Lambert, Ben James,
Tom Cornerford.
ACTION
FROM
BRIGHTON
Julie Datzell, Fern Yull &
Amy Radford with a
watching eye from coach
Graham Ghaleb.

Paul Erwood	Sen Man
Amy Radford	U15 girl
Wendy Webber	Sen Lady

Mark Childs	M40	(N)
Chris Mahon	M40	(N)
Dominic Murphy	M13	(S)
Alfie Yabsley	M13	(S)



The start of the 2012 men's race as 1700 charge up the famous hill with some of London's iconic landmarks in the background.



THE "NATIONAL" CROSS-COUNTRY CHAMPIONSHIPS

PARLIAMENT HILL, LONDON 25 FEBRUARY

Under 13 Girls(3km)
36 Lauren Murphy 368 finished
Under 13 Boys(3km)
176 Jacob Tresham 222 Cameron Beazley-Clarke 373 finished
Under 15 Boys(4.5km)
130 Harry Morton 153 Owen Seamark 233 Toby Herdman-Smith 366 finished
Under 15 Girls(4km)
53 Amy Radford 342 finished
Under 17 Women(5km)
23 Rebecca Marshall 34 Jasmine Finlay 196 finished
Under 20 Men(10km)
57 Chad Lambert 196 finished
Under 20 Women(6km)
42 Elle Roche 107 finished
Senior Women(8km)
32 Rachel Pearson 114 Wendy Webber 650 finished
Senior Men(12km)
172 Tom Comerford 251 Steve Tuttle 260 Matt Eager 315 Paul Erwood 321 Steve Herring 336 Chris Hearn 666 Gary Blaber 759 Robin Dowswell 881 Andrew Wasdell 1054 Chris Mahon 1063 Ian Pheasey 1116 Mike Burling 1415 Mark Childs 1688 finished
Team (6 to score)
24 Marshall Milton Kevnes

- BEST EVER TEAM PLACING(24TH) BY THE SENIOR MEN AND A RECORD THIRTEEN COMPETING.
- ALL-TIME TOP TEN POSITIONS FOR OUR TWO LADIES BUT WHERE THE REST OF THE TEAM??????
- SOME EXCELLENT RUNNING BY THE YOUNGER LADIES.

■ All-time top tens for:

- Elle Roche(F20) 3rd
- Rebecca Marshall(F17) 7th
- Jasmine Finlay(F17) 8th
- And 14th all-time for Lauren Murphy(F13) and Amy Radford(F15)

- BUT, AGAIN, WHY NO TEAMS??????

- SAME AGAIN WITH THE YOUNGER MEN but

■ All-time top tens for:

- Chad Lambert(M20) 6th
- Harry Morton(M15) 6th
- Owen Seamark(M15) 7th
- Toby Herdman-Smith(M15)10th



Jasmine Finlay leads a group on the second climb; Rebecca Marshall strides for home with 400m remaining; Harry Morton breasts the second climb; Owen Seamark into his final 500m.

BEST MALE & FEMALE "NATIONAL" PERFORMANCES

SENIOR MEN(inside top 300)

pos.	name	venue	year	total no.
1 41	Tom Comerford	Alton Towers	2011	1302
2 44	Kerry Hayes	Luton	1995	1790
3 170	Ian Van Lokven	Stowe	2000	1485
4 183	Ian Thompson	Luton	1991	2170
5 206	Kevin Farmer	Leeds	1990	2174
6 238	Chris Hearn	Leeds	2010	1428
7= 251	Adrian Cox	Newark	1999	1554
7= 251	Steve Tuttle	Parliament Hill	2012	1688
9 257	Jon Wilson	Leeds	1990	2174
10 258	Geoff Bourne	Luton	1979	1672
11 260	Matt Eager	Parliament Hill	2012	1688
12 263	Dave March	Luton	1979	1672
13 293	Mick Bromilow	Leicester	1976	1314

SENIOR LADIES(inside top 200)

1 24	Linda Dewhurst	Leeds	1988	508
2 32	Rachel Pearson	Parliament Hill	2012	650
3 50	Rita Quill	Luton	1993	584
4 56	Tanya Taylor	Alton Towers	2011	552
5 79	Carly Scott	Alton Towers	2008	495
6 87	Lara Bromilow	Parliament Hill	2009	545
7 94	Sarah Cox	Parliament Hill	2009	545
8 114	Wendy Webber	Parliament Hill	2012	650
9 125	Jane Bird	Stevenage	1984	?
10 134	Jo Benham	Bristol	2002	385
11 138	Janet Godliman	Colchester	1981	?
12 178	Sophie Wright	Leeds	2010	543
13 179	Di Knight	Stowe	2000	397
14 181	Lauren Licietis	Parliament Hill	2009	545
15 186	Lauren Cripps	Leeds	2010	543

The senior men improved 3 places from their 27th last year at Alton Towers. They were the 13th South of England club, sandwiched between Thames Valley H and Belgrave harriers. Steve Tuttle and Matt Eager come into the all-time rankings at 7th and 11th respectively

A great run from Rachel Pearson where her 32nd place was the second best ever performance by a senior lady. Rachel ran for MK in 2010 but last year was more involved with Loughborough University. Hopefully we shall see more of her this year. Wendy Webber has produced a very consistent cross-country season and her 114th position at Parliament Hill was another really positive run.



Top: Steve Tuttle completes his GRAND SLAM whilst Matt Eager finishes his first Senior "National"
Centre: Rachel Pearson and Elle Roche. **Left:** Lauren Murphy and Amy Radford. **Right:** Mike Burling completes his GRAND SLAM



Inter-County XC Championships

Birmingham - 10th March

- 21 MK runners representing Buckinghamshire
- Podium places for two age groups with Alfie Yabsley(u13boys) and Beth Swords & Elle Roche(u20women) in their scoring teams.
- The first time that the under13boys have been amongst the team medals.

Senior Men		Under 15 Girls	
147	Chad Lambert	70	Amy Radford
148	Steve Tuttle	163	Amy Botham
209	Steve Herring		279 finished
218	Chris Hearn	Team	
	278 finished	9	Buckinghamshire 198
			(39 44 45 70)
Team		Under 13 Boys	
24	Buckinghamshire 928	38	Alfred Yabsley
	(103 147 148 156 169 205)		
Senior Women		Team	
116	Wendy Webber	2	Buckinghamshire 110
	248 finished		(4 31 37 38)
Under 20 Men		Under 13 Girls	
174	Ryan Burling	57	Lauren Murphy
	196 finished	119	Lauren Presswell
Under 20 Women		136	Sophie Botham
25	Beth Swords		294 finished
40	Elle Roche	Team	
	144 finished	23	Buckinghamshire 425
			(57 113 119 136)
Team		Under 17 Women	
3	Buckinghamshire 97	46	Jasmine Finlay
	(10 22 25 40)	82	Jess Hall
Under 17 Women		143	Gemma Childs
46	Jasmine Finlay	148	Jade Leggett
82	Jess Hall	153	Fern Yull
143	Gemma Childs	178	Emily Bousfield
148	Jade Leggett		261 finished
153	Fern Yull	Team	
178	Emily Bousfield	18	Buckinghamshire 365
	261 finished		(46 82 110 127)
Team			
18	Buckinghamshire		
	(46 82 110 127)		



Under 20women's start: Beth Swords(2519),centre. Elle Roche is 3 places behind Pippa Wolven(2520/Wycombe PH) who finished 10th overall.

Aviva ESAA English Schools' National Cross Country Championship Ilton, Somerset Saturday 17th March 2012

ESAA

- 15 MMKAC athletes competed, 10 representing Bucks, 3 for Northants and 1 each for Middlesex & Oxfordshire.
- Bucks Senior Girls produce their best-ever team placing(8th) where Beth Swords(10th) is best placed athlete.
- AND along with the Junior Girls(8th) and Intermediate Girls(9th) the Buckinghamshire Girls won the Durham Trophy awarded to the first County with a school population of between 60,000 and 100,00.
- 1-Bucks 1629pts
- 2-North Yorks 1660
- 3-Berkshire 1998

Junior Girls		Junior Boys	
84	Lauren Murphy 12:37	46	Louis Clarke (Middx) 14:06
131	Amy Radford 12:53	118	Toby Herdman-Smith 14:37
	337 finished	159	Dominic Murphy 14:48
Team		329 finished	
8	Buckinghamshire 528	Team	
Inter Girls		11	Buckinghamshire 523
94	Jasmine Finlay 15:51	Inter Boys	
148	Amy Botham 16:19	252	Ben James (Nhants) 23:24
150	Jessica Hall 16:20	315 finished	
246	Fern Yull (Nhants) 17:14	Senior Boys	
	330 finished	284	Ryan Burling (Nhants) 28:57
Team		311 finished	
9	Buckinghamshire 557		
Senior Girls			
10	Beth Swords (Oxon) 16:06		
41	Elle Roche 16:45		
120	Gemma Childs 18:09		
171	Jade Leggett 18:42		
	307 finished		
Team			
8	Buckinghamshire 544		
Group B Aggregate			
1	Buckinghamshire 1629		

DOWN MEMORY LANE → 2002

English Schools Champs, Hylands Park, Chelmsford, Essex.
Who is still involved with athletics?
To the best of my knowledge from the 24 names only
Kyle Bennett, Tom Comerford, Steve Tuttle(boys)
and Lauren Licietis(girls).

Junior Boys		Junior Girls	
121	Scott Goodwin	9	Charlie Gaspar
150	Sam Brasier	77	Kirsten Berryman
264	Tom Comerford	115	Abby Roskilly
288	Sam Bradley	126	Lia Licietis
324	Steve Tuttle	152	Rebecca Godleman
		217	Abi Robinson
Inter Boys		Inter Girls	
11	Andy Whetstone	4	Emma Hunt
151	Phil Macey	61	Kayleigh Docherty
240	Kyle Bennett	90	Lauren Licietis
Senior Boys		94	Laura Christophers
154	Paul Wright	107	Emily Christophers
167	Alex Quinn	259	Lucy Morton
220	James Wright	333	Becky Williams

SPORT MK ANNUAL ACHIEVERS AWARDS FOR 2011



NEWS

SHENLEY LEISURE CENTRE, 20 MARCH

FOUR AWARDS FOR MMKAC

**Diane Baldwin
Thomas Green
Greg Rutherford
Rick Townsend**

**Women 50+
Disabled Men
Men 18+
Service to Sport**



Photo: Matt Douglas (representing Greg Rutherford), Rick, Diane and Ken Green, father of Thomas who is away at Nottinghamshire University.



LES IRVINE MEMORIAL RELAYS
4 x 1.1 miles
February 29th

■ 19 MMKAC runners competed in the annual 4 v 1.1 mile relay at the Open University.

■ Jade Leggett ran the fastest women's time (6.13) to go 6th in the all-time rankings.

"Almost MKAC" won the race with Malcolm Down (5.48) on leg 1, then Jade, followed by Adrian Maidment (6.20) and Paul Tew (6.10). MMKAC competitors were:

MEN:	time/leg	WOMEN:	time/leg
Malcolm Down	5.48(1)	Jade Leggett	6.13(2)
Robin Dowswell	6.07(3)	Julie Dalzell	6.43(2)
Andy Sutton	6.10(4)	Sue Davey	7.00(3)
Adrian Maidment	6.20(3)	Julia Brennan	7.04(4)
Ian Davey	6.36(3)	Anick Valapinee	7.21(2)
Kevin Church	6.43(1)	Hazel Cockerill	8.48(3)
Geoff New	6.43(3)	Val Russell	9.35(3)
Stewart Fraser	7.00(2)		
Kevin Connolly	7.01(4)		
John Wilcox	7.22(2)		
Paul Toombs	7.45(4)		
Brian Daniells	7.56(1)		

LEADING WOMEN ALL-TIME

Michelle Lee	5.58/2007
Rita Quill	5.49/1997
Jo Benham	6.01/2006
Carly Scott	6.03/2007
Leigh Lattimore	6.07/2009
Jade Leggett	6.13/2012
Gail Duckworth	6.15/2003
Linda Dewhurst	6.16/2000

ULTRA^{race}45

Richard Harrison completed the 90 mile run from Northampton to Tring and return over the weekend of 21/22 January. Richard set off from Northampton at 8.00am to run the 45 miles beside the Grand Union Canal to Tring. He passed through the checkpoint at Fenny Stratford (27 miles/photo) in 8th place (4:02) and then gained one place to finish day 1 in 7th place with a time of 7:09.06. 61 runners completed day 1. After an overnight stay in Tring 32 runners set off for the return journey. Again Richard finished 7th overall clocking 7:44.40.



There were just 24 who completed the 90 mile return journey and **Richard's total time of 14:53.46 placed him 4th overall.**

Along with club-mate Ray Hickman, Richard will be contesting the South Downs 100 (running from Eastbourne to Winchester) over the weekend of 30 June/1st July.

AND IN TRAINING.....

"The Presidential Traverse in winter"

Richard and club-mate Keith Brody travelled out to the USA and completed the infamous Presidential Traverse in New Hampshire. They covered around 20 miles with a climb in excess of 8500' including 13 summits (Eisenhower, Jefferson, Washington etc). Richard quotes "it took us two days and was a very tough undertaking. Unfortunately the views weren't great as we spent most of the two days in a complete whiteout, with a temperature around -25 or thereabouts" Fortunately the sun broke through on Mt Washington, the highest peak (6288') and had their photo taken:



WEST BLETCHLEY'S FASTEST COUPLE?

March 8, 2012 by talkaboutbletchley



Bob and Jenny negotiate a corner at the 1969 TT

Back in the late 1960s and early 1970s, Bob and Jenny Beales were speeding around the motor racing tracks of Britain. From Brands Hatch to Mallory Park and The Isle of Man, they competed in sidecar racing events on their highly polished Triumph. They even made the national press. But we have photos of them playing badminton at Bletchley Leisure Centre, too. And being a multi-sportsman, Bob went on to coach for MK Athletic Club for many years and can still be seen cycling near and far.



LOCAL ATHLETES AT THE OLYMPICS

CHARLIE CONSTABLE - 1928(Amsterdam)

Charlie, who hailed from Fenny Stratford, competed in the 10,000m. He, like many local men, worked in the railway industry at Wolverton and was originally a member of Wolverton AAC. He was lured away (for a better job?) by Surrey AC and was a member there at the time of his Great Britain selection. Charlie finished 12th in the 10km in a race won by the legendary Paavo Nurmi(Finland) who clocked 30.18.8.



(10,000m start, Charlie Constable, 3rd from right.)

STEPHANIE DOUGLAS - 1992(Barcelona)

Stephanie competed in the 100m and made it through to Round Two. She ran 11.65 for third place in her first round heat behind Gail Devers(USA) and Pauline Davis(Bahamas). Merlene Ottey (Jamaica) won Stephanie's round two race in 11.15 with Gwen Torrance second as Stephanie placed 8th in 11.77. Devers went on to Olympic gold here.

Stephanie still holds the club 100m record with her time of 11.27 set in the UK Championships at Birmingham in 1991 whilst her 200m record(23.30 in 1991) lasted until 2008 when Kadi-Ann Thomas clocked 23.22

MATT DOUGLAS - 2000(Sydney)

Matt made his Olympic debut in the 400m hurdles on Sunday 24th September and I can recall delaying the start of the Sunday run to watch his heat. He had to work really hard to grab third place to qualify for the semi-finals as one of the fastest losers(49.12) – a time that would have won four of the eight heats!

The semi-finals were really fast. The first two were won in 48.14, 48.38 and respectively. Matt was again in lane eight and had his usual fast start and battled well to finish sixth in 49.53 with Carter(USA) winning in 48.48. I then remember a very articulate TV interview with Paul Dickenson.

MATT DOUGLAS - 2004(Athens)

Matt had set a personal best of 48.54 the year previous in the World Student Games held in South Korea. Selected for Athens he then very unfortunately tore a calf muscle training at the Team GB holding camp in Cyprus.

Rather than miss the Games he rested until his first race in Athens. He was going well until he tore the muscle again on hurdle 8 and limped home in 49.77



Beijing 2008



AND
SO
TO
BEIJING

CRAIG PICKERING and GREG RUTHERFORD

Greg was up first of the MMKAC duo and qualified for the final with ease thanks to an 8.16m first-round effort and certainly looked an outside bet for a medal. But in the final he could only manage a foul, a "run-through 5.20m effort" and then 7.84m – the latter not good enough to earn him three further jumps.

Irving Saladino won Panama's first-ever athletics gold at the Olympics with a modest 8.34m and where 8.20m led to a podium place; a lost opportunity for Greg.

Greg commented "It's a massive disappointment, I've probably thrown away the best chance I will ever have in my life to win the Olympics. People were not jumping too far out there. All I can say is that I was a lot more nervous, but it should have helped me jump further if anything. I wanted to be the first British athletics medallist at these Olympics and I knew I was capable of doing it"



Missed chance: Greg Rutherford was an outside hope for a medal

Craig competed in both the individual 100m and the 4 x 100m relay. He was third in his heat in 10.21 and then ran 10.18 in round two but fifth place was not good enough to qualify for the semi-finals.

Craig commented "I knew it would be tough. My aim was to be the fourth man and faster loser. But when the race has the world record holder(Bolt), European record holder(Obikwelu) and one of the Americans(Patton), then you've got next to no chance." He added "Every time I've run this year I've either had a headwind or no wind. I've pulled my hamstring twice. And I've been screwed up with a lane draw (the outside) that I don't think I deserved. I'm pretty gutted with the whole year"

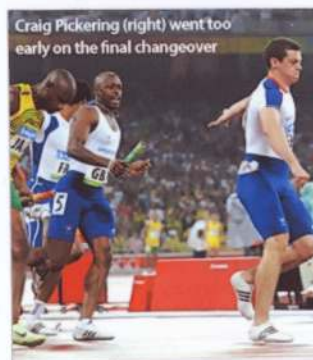
And so to the relay:

On the biggest stage of all and with the USA similarly accident prone a dropped baton by the GB squad meant losing a great chance of a medal.

Simone Williamson was lead-off man, who then handed over to Tyrone Edgar, then Marlon Devonish and finally to Craig. It was on the last changeover that the error occurred, with Craig appearing to go off a split second too quickly, running out of the exchange zone as Devonish desperately tried to pass the baton into his hand.

Devonish, the only surviving member of the winning team from Athens, gallantly tried to claim collective responsibility, but Craig stepped forward to accept the blame. "I cost the country a medal" he said. "I've let myself down, I've let the team down, the guys say it's not, but I accept full responsibility. We would have won a medal for sure"

The most "butterfingers nations" - since 1980(Olympics and World Championships, 19 events) – the USA have had 8 disasters, France 7 whilst GB has had 6 along with Nigeria, Italy, Cuba and Jamaica.



Craig Pickering (right) went too early on the final changeover



The start in Windsor Castle. The route went through Slough, Uxbridge, Ruislip and Harrow and then Willesden entering the stadium from the north. White City Stadium is now buried in the foundations of the Westfields Shopping Centre.

Those of us who have run the "Poly Marathon" will remember starting the race just inside Windsor Castle – a privilege offered to this once great race.

THE 1908 OLYMPIC MARATHON

- **Drama at the finish**
- **A cup for the "loser"/Drinking wine en route?**
- **How the modern marathon distance was established**

The marathon provided the biggest drama of the Games, and one of the Olympics' immortal heroes. The race was run from Windsor Castle, at the request of King Edward 7th, to the stadium on 24 July, a muggy hot day (78°F). The early pace was perhaps too fast and Charles Hefferon from South Africa led from halfway. The Italian Dorando Pietri was 4mins down at 32km but surged on to pass the South African by 39km. As the frail-looking Pietri entered the stadium there was a sudden hush from the 70,000 spectators as he first turned right instead of left and then fell exhausted on the cinder track. Officials then lifted him up, he fell again, struggled on to within 50 yards of the finish and collapsed once more. It was then noticed that the second competitor, John Hayes of the USA, who also overtaken Hefferon, was entering the stadium. Pietri was helped up again and got to the finishing tape assisted by two officials, before being carried away on a stretcher. The American delegation objected but the Italian was not disqualified until a doctor testified that he would have been unable to rise without help after his third collapse on the track.

Hayes finished with a time of 2hours 55.4, whilst Hefferon held on to take the silver medal. The first British finisher was William T Clarke (Sefton Harriers/Liverpool) 12th overall with a time of 3:16.10.

Hayes' victory under these circumstances was always going to be controversial, and Pietri was widely acclaimed as the real champion by many. Queen Alexandra even took the unprecedented step of awarding the Italian a special engraved silver cup as a memento of his gallant failure, an award proposed by the writer Arthur Conan Doyle.

There were also suggestions that Pietri's main cause of his distress was his habit of gargling wine during the race, which did not go well with the heat. Of his total time of 2:54.46, some 10 minutes were needed for that last 350 metres.

The distance from the start of the marathon to the finish at the stadium was established at these games. The original distance of 25 miles was changed to 26 miles so the race could start at Windsor Castle and then changed again at the request of Princess Mary so the start would be beneath the windows of the Royal Nursery. To ensure the race would finish in front of the King, the finish line was moved by British officials who, in response to shot putter and American flag carrier Ralph Rose's refusal to dip the American flag before the Royal Box during the opening ceremony, "felt compelled to restore the importance of the monarchy." All of these changes established the modern distance of 26 miles 385 yards (42.195km).



Above: John Hayes "wins" the 1908 Olympic Marathon.
Right: Dorando Pietri in the last 10km, then receiving assistance on the track.
Below Right: Pietri receives the special cup from Queen Alexandra.





4th
MARCH



Ursula Ghaleb both helped and competed - her story:

Dave Barrett writes about the “behind the scene activities” that ensure the smooth running of the event

The MK Half, with its associated 10k and 5k races, is the club's major commitment and revenue generating event of the year. It requires upwards of 100 volunteers to enable it to run safely and efficiently. In the lead up to the event, every MMKAC member had received a letter from Mick with their newsletter asking for help. In addition, I had sent out numerous begging emails, made phone calls and personal appeals at training nights and so forth. Would we have enough people on the day? Concerns were not helped by the potential of bad weather.

By the time I arrived at the assembly area (08:00) on Sunday morning, Jackson had already got the orange tent erected, and Mick, Diane and Carl had been out since 06:00 signing the route. Rain was falling steadily, and the forecast predicted that it wouldn't be improving before the end of the race.

I'd already worked out where the most important marshal points would be and a number of volunteers had been told of their spots in advance. Further, potential marshals were expected to arrive to collect their instructions and packed lunch, and I had maps and details printed and labelled, ready to hand out. Jackson had sorted out lead bikes for all of the races, and a “tail ender” (Diane) to follow the last Half Marathon competitor. By 09:00 there was a steady stream of arrivals and they disappeared off to their various points around the course.

By 10:00 I was fairly confident that we had managed to deploy sufficient resource around the course (you can never have too many marshals, but there were “enough”), but remained concerned that, unless some of those allocated to the early spots returned, we would be stretched very thin in the Finish funnel – handing out water and medals, and keeping finish area clear.

The 5k race had started at 10:00, so there was no time to think about it. The first runners would be back at the finish in around 20 minutes. We unpacked the 5k medals and got ready to welcome them home. Before the last of the 5k runners had finished, the leaders of the 10k arrived (they had different medals and had to be identified separately), and well before the last of the 10k runners had finished there was already a steady stream of Half Marathon runners – again with their own medals.

The peak arrival time for half marathon finishers is from one and a half to two and a half hours. The assembled team was kept very busy handing out water and medals. In addition, at the chip removal station, we found that many of the competitors were arriving so cold and wet, that they couldn't remove the chip bands themselves and this had to be done for them. This situation wasn't helped when it started to snow.

By something after 2:00pm the majority of athletes had finished and we were left to wait for the stragglers. The Synergy crew started to take down the barriers and the PA system was dismantled before the final few arrived. By then everyone involved was incredibly cold and wet. It's often said that marshalling is a thankless task. However, on the internet forums the competitors were universally full of praise and thanks for the help, support and dedication of all of the marshals. On behalf of the club (and of the competing athletes) many, many thanks to each and every one of you that helped us to put on the event. It wouldn't (and couldn't) have taken place without you. On a day of heroics, your efforts surpassed all.

It was the first time that I helped in a very small way in the preparation of the running event on the 4th of March. The job was to mark out the 5k route (this is a skill in it self – Redway junctions can be very confusing-). Jacquie Maycock and I met Mick at the OU on the Saturday afternoon to collect the special pieces of chalk. There in the car park were vans, a lorry and some of Mick's team preparing for Sunday.

I never realized how much work goes on behind the scene and just how much organisation there is involved. The work starts at 5.30am Sunday morning! I want to say a huge thank you for the team who makes the event possible, for all the Marshalls who greet you with a smile (well at least at the time I met them), the people on the drinking stations and those you meet on the course. When I went through the finishing line, I could not even undo my chip as my hands were so cold but help was on hand. The smile and the ‘well done’ comment from Mick and Chris at the end made it all worthwhile. I did wonder why I put myself through this agony of running half a marathon! In order to compete a tough race I fill my brain with positive and funny thought but yesterday I struggled to think positively, especially on the last 3 miles, could not even manage a smile to the spectators who cheered me on as my lips felt frozen. It was such a miserable day and I was glad I finished my run in just under 2 hours and was able to get dry and warm soon afterwards.

However, I know that some marshalls were out on the course for 3-4 hours, they have to make sure that the last runners get to the finishing line safely and receive the well-deserved medals. I just hope they all recovered from the exposure of the English weather. Again, a big thank you for the ‘dedicated team behind the scene’!



U: Ursula smiling through the early stages of the race.

Below: Malcolm Haynes, marshaling just before the 13miles point, exchanges good humoured banter with one of the late finishers.





Thanks again to everyone who helped on the day and to Mick Bromilow, Jackson Ryan and Dave Barrett who bore the brunt of the organisation.

- Half-Marathon: 2737 finishers, an increase of 219
- 10km: 460 finishers, 32 down on 2011
- 45 MMKAC runners in the Half-Marathon, 5 in the 10km

■ Wendy Webber(85.33) and Fran Malin(91.50) enter the ladies all-time top 20(see right). Fran's time is the second best for a F45 whilst welcome back to Alex Knowles(97.37) who ran to the 6th best F45 all-time.

Personal bests for Maria Calleia(99.59), Ursula Ghaleb(115.49), Jo Bevan(121.38), Lisa Clack(101.36).

■ Steve Herring(75.47) is first veteran overall, just 6-seconds down on his PB. Ian Van Lokven is only one-second off the M50 records. He ran 79.23, Phil Ashbourn clocked 79.22 back in 1987 at Berkhamsted. Ian had quite a battle with Matt Clarke who also finished 79.23, his best time in a MMKAC vest.

■ Loads more MK personal bests- George Ashdown(77.36), Dan Webber(79.01), Mark Dowson(80.18), Ross Mackenzie(81.12), Gary Blaber(82.54), Ed Dunn(83.02), Martin Erasmus(86.03), Neil Jones(86.08), Lido Medori(87.20 - 14th M50 all-time best), Chris Cahill(90.33), Sam Daniells(96.30), Phil Atkins(96.48) Kevin Church(104.22) and Peter O'Sullivan.



Photos/right Steve Green in the 10km/Half-marathon start with Steve Herring and Ian Van Lokven either side of the eventual winner, Martin Shore (3196,Thames Hare & Hounds)/more starters captured through a piece of MK art



Photos/above Ed Dunn/Lido Medori/Chris Cahill through 4 miles; Ian Van Lokven & Matt Clarke battle it out with 400m remaining/ Karen Tinncknell(at 4m.) and Fran Malin nearing the finish.

TOP 20 ALL-TIME HALF-MARATHON RANKINGS FOR MEN and WOMEN

Kerry Hayes	MS	66.32	Fleet	1989
Charles Herrington	MS	67.54	Newcastle(GNR)	1999
Simon Rayner	MS	68.18	Milton Keynes	1984
Kevin Farmer	MS	68.42	Bedford	1987
Marcin Fudalej	MS	68.53	Wootton	2008
Ian Thompson	MS	69.06	Fleet	1991
Clive Owen	MS	69.15	Minehead	1982
Geoff Bourne	MS	70.03	Chigwell	1979
Dave March	MS	70.48	Welwyn	1983
Alex Bowden	MS	71.08	Milton Keynes	2006
Mick Kelly	MS	71.38	Wakefield	1990
John Crouch	MS	71.40	Milton Keynes	1989
Terry Laybourn	M45	71.54	Bedford	1983
Dave Kennedy	MS	72.02	Chigwell	1978
Dave Catlin	MS	72.06	Welwyn	1978
Jon Wilson	MS	72.10	Milton Keynes	1988
Phil Corley	MS	72.11	St.Neots	1987
Mark Booth	M20	72.16	Fleet	1982
Robbie Macpherson	MS	72.23	Reading	1984
Gordon Faulds	MS	72.30	Winsford	1989
Michelle Lee	FS	75.23	Newcastle(GNR)	2008
Vicky Pincombe	FS	79.44	Silverstone	2004
Jane Preen	F35	79.53	Reading	2008
Jane Bird	F35	80.30	Bath	1984
Imogen Thornburgh	FS	80.50	Watford	2006
Rita Quill	FS	83.30	Milton Keynes	1988
Kim McBride	F35	84.18	Silverstone	2006
Wendy Webber	FS	85.33	Milton Keynes	2012
Katrina White	FS	86.11	Windsor	1999
Alex Knowles	FS	88.19	Wokingham	1999
Julie Dalzell	F40	90.34	Bedford	2007
Diane Baldwin	FS	91.02	Guernsey	1992
Margaret Swithenby	F45	91.21	Wokingham	1999
Fran Malin	F45	91.50	Milton Keynes	2012
Anick Valapinee	F45	92.17	Silverstone	2004
Ruth Fuller	F35	92.30	Torfaen	2007
Patsy Hayter	FS	94.06	Coventry	1996
Kathy McGuinness	F40	94.09	Berkhamsted	1986
Janet Neeve	F35	94.38	Bedford	1990
Di Knight	F40	94.47	Watford	2000

building up for London 1982

26 of us ran the second London Marathon where there were around 15,500 finishers. How did we prepare? I have followed seven MK runners through January to 9th May with their race programme: lots of Saturday races meant that long training runs could take place on Sunday. Lots of us running in Brickhill Woods often out between 2 and 3 hours. So we have – Jim Bennett(JB), Dave Catlin(DC), Dave Findel-Hawkins(DFH), Brian Graves(BG), Terry Laybourn(TL), Robbie Macpherson(RM) and Jim Morrison(JM)

2 Jan	Bucks AA Cross-Country Champs(7miles/Aston Clinton)
	12 RM, 19 DFH, 23 TL, 32 JM.52 BG.
23 Jan	Club Cross-Country Champs(5m/Brickhill Woods/36 runners)
	4 RM, 7 TL, 10 DFH, 11 DC, 15 JM, 17 JB, 29 BG.
30 Jan	North of the Thames XC Championships(7miles/Oxford)
	Included 3 ascents of Shotover Hill, DC(120), DFH(133), TL(136), JM(173) & BG(237).
6 Feb	MK Road Relays inc. Bucks AA Champs, (Linford Wood circuit)
	Teams of six each running a 2.5mile leg.....All competing with Dave Catlin anchoring the A team(13 th from 50) to take the Bucks AA title.
13 Feb	South of England XC Champs (Parliament Hill)
	9miles of mud and hills – TL(303), DFH(338), JM(366), JB(449), DC(463) & BG(620) from the full team of 12 running/900 finishers.
20 Feb	Hillingdon 5 – TL, 103 rd (26.57/6 th M40).
27 Feb	Chiltern XC League at Harrow.....ALL competed.
6 Mar.	National Cross-Country Championships(Leeds/9miles)
	From a field of over 1800, TL(634), RM(735), DC(833), DFH(869) & JM(1008).
13 Mar.	National Veterans XC Champs(Parliament Hill/6miles)
	TL(36 th), BG(269 th)
14 Mar,	Milford(Staffordshire) 21m XC
	DFH(2:26.11), JB(2:43.09)
20 Mar.	Orion 15milesXC(EppingForest)
	TL(1:41.33), DFH(1:43.15), JB(1:48.34), BG(2:02.06)
28 Mar.	Wolverhampton Marathon TL(2:30.35)
28 Mar.	Edale Skyline Fell Race(22miles/4800'ascent)
	DFH(3:31), BG(4:06)
28 Mar.	Stevenage 10 – JM(58.47)
3 Apr.	South of England Road Relay Champs(Wimbledon)
	Team included TL and DFH
9 Apr.	Maidenhead 10 – RM(57.34)
10 Apr.	British Sports Associated for the Disabled Relay – MK to Atherham
	Both TL and BG ran covering around 15miles each
18 Apr.	Finchley 20(Hillingdon)
	TL(1:54.24), DC(1:57.47), DFH(2:01.22), JM(2:04.12), RM(2:06.12), JB(2:07.56) and BG(2:24.29).
25 Apr.	Yorkshire Three Peaks Fell Race//22miles/5000'ascent)
	DFH(3:18), BG(4:06)
25 Apr.	Hampstead 10 – TL(54.18)
9 May	London Marathon
	153 TL(2:28.40) 542 DC(2:42.03) 579 DFH(2:42.59)
	745 JM(2:46.00) 1453 RM(2:56.39) 3178 BG(3:13.25)
	6412 JB(3:37.25) (26 MK runners finished, 9 inside 3 hours).

Terry Laybourn poses for the local press after breaking his club record of 2:29.57 from the 1981 London.



ANOTHER MAN FOR ALL SEASONS- DAVE CATLIN

I bumped into Dave whilst down at Brighton for the SEAA cross-country champs. He now lives just along the coast in Eastbourne. He moved to the south coast in 2006, the previous year, whilst still in Milton Keynes he suffered a serious heart attack but fortunately received the correct treatment to make a full recovery. He keeps himself fit with plenty of walking and this part of the south coast has lots to offer with both the South Downs and coastal paths on offer.



Dave is no stranger to living beside the sea, albeit the east coast, as the family had a caravan for some 28-years at Wells-next-the-Sea on the Norfolk coast, right by the Round Norfolk Relay route.

Dave, then aged 29, joined the then Wolverton AAC from Thames Valley Harriers when he moved to MK in 1973. As a 51minute ten miler from TVH, he clipped 31-secs. from Alan Green's 10mile club record of 53.15 recording 52.44 at the Stanwick 10. This record lasted 3-years until Hugh Robinson ran 52.22 in the 1977 Coventry 10. Dave ran 25.48 in the 1975 Wolverton "5", placing 28th from a field of 129.

In MKAC colours Dave was a member of the first ever winning team at the 1977 Bucks Cross-Country Champs, 4th scorer in 12th place. Next year he set a half-marathon club record of 72.06 in the Welwyn Half-Marathon. In 1980 he set a 20-mile record with 1:53.20 in the Finchley 20 and then made his marathon debut in the 1982 London. Second club member home in 2:42.03, this time still leaves Dave at no 22 in the marathon all-time rankings.

I profiled Dave in a 1981 Club Newsletter and the following are a few excerpts:

"Early Days – English School & National XC successes"

"I stayed on at school(in Hounslow) until summer 1961 and won the Middlesex Schools Intermediate XC and finished 15th in the English Schools Champs. I joined Thames Valley Harriers the following year and came 15th in the u17 men's National XC at Cambridge and on the track clocked 2.03(1/2 mile) and 4.25(mile).

"And into road running"

As a 20-year old I ran 24.56(5miles), 30,14(6 miles) and 51.00 in the Walton "10" but suffered from shin soreness, running 50 races a year. I did 70.00 in the Romford Half-Marathon in 1967 whilst the best I did on the country was 26th in the 1966 Junior Men's Inter-Counties Champs.

"Any ambitions left?"

(this written in 1981)

Well on a Saturday night when I've had a few drinks and been reading my old copies of "Athletics Weekly" I start thinking I could run under 1:50 for "20" and perhaps a 2:25 marathon: but come the morning and my brand new start, my planned 15miler ends up a quick 3-miler round Linford Wood.

Photos: Dave in the 1989 Ampthill Trophy XC and at Brighton recently

A TO Z

BY JIM BENNETT

Actor	Kevin Costner
Beatles	Paul McCartney
Comedian	John Bishop
Drink	Malt Whisky
Egg	Scrambled
Film	Chariots of Fire
Golfer	Arnold Palmer
Holiday	Los Vegas
ICON	Steve Redgrave
Juice	Orange
Keepsake	Wedding ring
Label	Nike
Music	Motown
Newspaper	Mail
Outlook	Optimist
Phone	Blackberry
Quality	Compassionate
RACER	Seb Coe
Sport	Athletics
Television	Dexter
Unwind	Relaxing with a malt whisky
VEHICLE	Mustang
Weather	Hot
Xmas	First with Lin 1980
Year	1980
Z-time	11

AND into the Triathlon

At the tender age of 74 Jim made his triathlon debut competing in a Big Cow event based on Emberton Park on 4th July 2010. His 750m swim took him 34.54, then a bike ride of 20km(56.55) followed by a 5km run(31.30). With his transition times his final overall time was 2:09.47.



Jim, pictured right, on his 5km run at Emberton Park.

I intend to compile a fuller feature about Jim in the summer Newsletter

a farewell to Jim McKellar

Jim with his wife Lily is moving to Ashstead, Surrey to be nearer their family. Jim joined MKAC some 20-years ago in 1993, certainly a loyal servant and one of the club's characters. The following is a brief resume of his long career with us.

On the roads

In 1993 and in the M55 category he clocked the following times:

5miles	36.50	Willen
10km	46.48	Luton
Half Marathon	100.25	Leighton Buzzard
Marathon	4:03.50	London

Turning 60 in 1996 he raced to 3:45.31 in the Luton Marathon and improved this to 3:41.46 at Leyland(Lancs) in 2000. This time places Jim at no 5 in the all-time M60 rankings.

Moving through the age groups, as a M65 Jim ran the Willen "5" in 36.50, the Silverstone 10km in 46.31 and the London Marathon in 3:59.24, the latter the 3rd best in the all-time rankings. Next as a M70 he clocked 40.06 in the Willen "5", 51.24 in the Silverstone 10km, 113.36 at the MK Half-marathon and 4:24.52 at London.

Jim turned 75 last year and set a 5mile record with 46.19 at Willen and ran 128.04 in the MK Half-marathon and 5:04.16 at London.

20 Consecutive London Marathons/100 Marathon Club

Jim has run 20 consecutive London marathons and in 2009 he came a member of the exclusive "100 Marathon Club" when he completed the Fairlands Valley Marathon on 19 July accompanied by Julie Dalzell, Jacque Maycock, Chris Herman and Neil Jones. AND, of course, Jim has organised the coach to the London Marathon on behalf of club members and friends for many years.



Jim with his 100 club medal

The Comrades Marathon

Looking at ultra-marathons, Jim has run the Dartmoor Discovery 33mile race on a number of occasions but his real triumph was on 17 June 2007, when he completed the famous Comrades Marathon in South Africa. Billed as the largest and oldest ultra-marathon in the world, Jim ran the 56miles from Pietermaritzburg to Durban with a time of 11:47.46, just 12-mins inside the 12 hour time limit and fifth Grand Master(M70 age group).



The Tour of Milton Keynes

Jim has completed no less than 14 Tours in his tenure with us.

The 2010 Greensand Ridge Relay 70's team

Along with Milford Callow, Brian Daniells, Brian Gilks, Brian Graves and John Greenall, Jim completed the history-making M70 team that completed the Greensand Ridge Relay in 2010.

STANTONBURY STADIUM, 25 MARCH

IMPROVED NUMBER OF STARTERS FOR
BOTH MEN'S and WOMEN'S RACES

We first hosted this very prestigious event back in 1999 based on the Open University and apart from one year (at Aldershot in 2008) had been held there since. Rising hire costs forced us to look elsewhere and Mick Bromilow suggested we use our track as the base and have the course around Linford Wood. The South of England officials came up to MK last November and were very happy with what they saw.

On the day I heard a couple of comments about sharp corners so I took the opportunity to remind people that when the event was held in London, around the street of Wimbledon you had to put up with buses and cars up your backsides!

The courses were a little shorter than in previous years, the long "lap" was now 7664m (7978m previously) and the short lap, 5053m against 5506m. The men ran alternate long and short legs whilst the ladies just ran the short leg.

MEN'S RACE

44 men's teams (5 up on 2011) started at the stroke of noon and Paul Martelletti (from my old club, Victoria Park H) had the distinction of being first back at the track with a time of 23.30. Michal Glowacki, MMKAC's new signing from Hillingdon AC, and a comrade of Marcin Fudalej, was amongst the front pack leaving the track (photo below) and hung on well to return in 24.36 for 12th place.



Up front Shaftesbury Barnet took the lead on leg 2 and held this to leg 5 where Kent AC took over with a lead of just over a minute. This was obviously helped by their Florian Neuschwander who ran the fastest long leg of the day with 23.30 on leg 3. Kent held the lead through to leg 10 before defending champions, Newham & Essex Beagles hit the front. Highgate passed Kent AC on the final leg.

1 Newham & Essex .Beagles	4:03.41
2 Highgate Harriers	4:04.13
3 Kent AC	4:04.25

Steve Davies (Belgrave H.) clocked 14.52 on leg 2 and this remained the fastest short leg until Keith Gerrard (Newham) ran 14.37 on leg 8 bringing his club up to 4th. Gerard has been in great form of late winning both the "National" and "Inter-Counties" cross-country Championships.

WOMEN'S RACE

From the 33 starters (an increase of 4 over 2011), Aldershot again dominated the women's race with their "A" team winning in 1:44.17 followed by their "B" team, 1:50.23. Dulwich Runners beat many of the more fancied teams for the bronze medals finishing in 1:53.02.

Individually Aldershot's GB internationals Emelia Gorecka (16.24) and Emma Pallant (16.41) were the fastest around the 5053m lap but what a huge surprise for MMKAC was that new signing Emily Tallen with her time of 17.15 ran to the equal third best time of the day. Emily hails from Canada and looking at a Canadian AA website I note road times of 33.50 (10km), 75.42 (Half-marathon) and a track 5km (16.26) from 2010.

BEST EVER PLACING FOR THE MK MEN
3RD FASTEST FOR EMILY TALLEN

The men improved two places from their 16th position in 2010. The Polish duo were our quickest long leg runners, Marcins' 24.15 ranked him 22nd overall on the day whilst Michals' 24.36 placed him 35th. Steve Tuttle was the only other man in the top 100, 59th with his 25.14. Over the short leg Paul Erwood (gaining two places on the anchor leg) was the best placed, 36th with 16.15. Chad Lambert was 45th (16.25), Sam Deathe and Chris Hearn placed =61st (16.36), Matt Eager 71st (16.41) and Steve Green 72nd (16.42).

As commented Emily Tallen ran the third fastest overall (17.15). Wendy Webber, 56th (19.33), Lara Bromilow, 63rd (19.43) and Tanya Taylor, 75th (20.04) made the top 100. Good to see Tanya back after missing most of the Winter with injury.



Above: Emily Tallen (leg 2) and Tanya Taylor (leg 4).

The men's "B" missed the 4.30pm cut for the first time and were the 4th "B" team to finish behind Woodford Green, Highgate and Serpentine. Great credit to Woodford Green who even managed a "C" team AND with two women's teams they had 48 travelling runners!



Above: Mark Dowson and Matt Clarke at the first change-over for the "B" team.

Right: Chris Cahill rounds the pond at the north-east corner of Linford Wood.



MMKAC RESULTS

MEN "A"				MEN "B"			
LEG	NAME	TIME	POSN.	NAME	TIME	POSN.	
1	Michal Glowacki	24.36	12	Mark Dowson	27.39	35	
2	Sam Deathe	16.36	17	Matt Clarke	17.23	35	
3	Marcin Fudalej	24.15	7	Daniel Webber	28.07	32	
4	Stephen Green	16.42	11	Ed Dunn	18.33	29	
5	George Ashdown	28.04	16	Peter Mackrell	27.08	28	
6	Ross Threlfall	17.32	16	Ian Pheasey	19.03	29	
7	Steve Tuttle	25.14	15	Robin Dowswell	30.08	31	
8	Chris Hearn	16.36	15	Andrew Wasdell	18.28	31	
9	Ian Van Lokven	28.30	16	Chris Cahill	30.30	32	
10	Chad Lambert	16.25	16	Matt Eager	16.41	30	
11	Eliot Winter	27.12	16	Richard Pownall	32.46	33	
12	Paul Erwood	16.15	14	Josh Lyman	19.55	33	
4.17.57				4.46.21			
LADIES "A"				LADIES "B"			
1	Lara Bromilow	19.43	19	Julie Dalzell	22.12	31	
2	Emily Tallen	17.15	8	Maria Calleia	21.34	28	
3	Wendy Webber	19.33	7	Alana Slater	23.08	27	
4	Tanya Taylor	20.04	7				
5	Sarah Cox	21.07	8				
6	Di Baldwin	21.56	11				
1.59.38							

South of England Athletics Association Relays – Marshals

Well, it didn't snow and we didn't have heavy rain. It was a beautiful day, if a little chilly at times. So where were you all? A very big thank you to the trusty band who turned out to marshal the relays, but we really needed a lot more. The SEAA 12 and 6 Stage Relay is a high-profile event, attended by a large number of athletes, and senior personnel. When we organise such an event properly, it reflects very well on your club.

As with the Festival of Running, a few weeks ago, it is the same faces who we can rely on to come out and support the club. I know that marshalling a race is not what most people join an athletics club for, but everyone has to understand that no event (track, trail or road) can take place without a plentiful supply of marshals.

I would be interested to hear any thoughts, ideas or views that any of you might have, as to how we can go about improving this situation. It's not good enough to think that it is someone else's problem – it affects everyone in the club.

In the future, when you have trained hard to be ready for a particular race, just imagine what it would be like to be told that the event has been cancelled because that aren't enough marshals. It could easily happen.

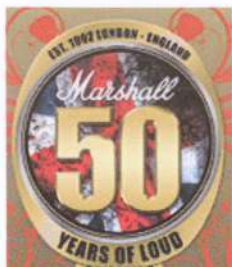
Dave Barratt

ANY MANY THANKS TO

Mick Bromilow, Jackson Ryan and Dave Barrett as main organisers, to all the marshals and very special thanks to Karen and Jackie who had their work cut out in the kitchen.

ROUND THE COURSE

anti-clockwise: Alana Slater leaves the track; Paul Erwood heads up to the garage crossing; Matt Eager and Eliot Winter round the south-west corner of Linford Wood; Diane Baldwin and Ian Van Lokven head down to the north-east corner by the pond; Julie Dalzell crosses 'Breckland'; Steve Green heads down to the underpass and finally Marcin Fudalej storms back to the track.



JIM MARSHALL 1923- 2012

April 5: It is with great sadness that the club mourns the passing of its great benefactor, Dr Jim Marshall OBE, who has sponsored Marshall Milton Keynes AC for the last seven years. It is unfortunate that Jim will not see the outcome of that generosity in the number of local athletes taking part in the London Olympic Games.

A tribute from Marshall Amplification

It is with profound sorrow that we announce the passing of our beloved founder and leader for the past 50 years, Jim Marshall. While mourning the Guv'nor though, we also salute a legendary man who led a full and truly remarkable life.

'Jim's ascent into the history books as 'the Father of Loud' and the man responsible for 'the Sound of Rock' is a true rags-to-riches tale. Cruelly robbed of his youth by tubercular bones, Jim rose to become one of the four forefathers responsible for creating the tools that allowed rock guitar as we know and love it today to be born. The ground breaking quartet also includes the late, great trio of Leo Fender, Les Paul and Seth Lover – together with Jim, they truly are the cornerstones of all things rock.

'In addition to the creation of the amps chosen by countless guitar heroes and game changing bands, Jim was also an incredibly humble and generous man who, over the past several decades, has quietly donated many millions of pounds to worthy causes.

'While the entire Marshall Amplification family mourns Jim's passing and will miss him tremendously, we all feel richer for having known him and are happy in the knowledge that he is now in a much better place which has just got a whole lot louder!
'Rest in Peace and thank you Jim.

'Your memory; the music and joy your amps have brought to countless millions for the past five decades; and that world-famous, omnipresent script logo that proudly bears your name will always live on.'



I thought it appropriate to re-print the following story that I featured in a Club Newsletter soon after the official track opening

A MINI-BIOGRAPHY OF JIM MARSHALL

Jim Marshall was born in Kensington, west London in 1923. Leaving school in 1937 he wasn't keen to go into his fathers' fish and chip business in Southall so found work where he could. He worked in a scrap metal yard, a builder's merchant, as a baker in a biscuit factory, a "boiler" in a jam factory, a salesman in a shoe shop and as a meat slicer for a canned food group where he once sliced off the top of his thumb!

Yet all this time he seemed to have a thirst for knowledge and had started reading books on engineering. Unfortunately Jim had suffered from tuberculosis of the bones during his school days (so much so that he missed a lot of his early education) and failed the medical to join the Forces in 1940. He worked at Cramic Engineering throughout the Second World War and then at Heston Aircraft as a toolmaker from 1946 to 1949. On the musical side he had learned to tap dance at the age of 14 and music was already very much at the forefront of his mind. Also a local band leader had heard Jim sing and he started singing at the Monapole, the largest dance hall in Southall. Then into learning to play the drums.

"I was making 10 shillings a night and because it was wartime, we didn't have any petrol for cars, so I would ride my bicycle with a trailer behind it to carry my drum kit and the PA cabinets which I had made"

Realising that he wanted to be more proficient at drumming, he started taking lessons from Max Abrams in 1946 in Knightsbridge every Sunday, trying to emulate the style of his idol, Gene Krupa. After a couple of years Jim became very efficient on drums and in 1949 started teaching other drummers in Lonsdale Road, Southall. What with teaching and playing as well Jim was able to save money that eventually enabled him to set up his first business. In 1960 Jim started building bass and PA cabinets in his garage because nothing was really made as a column speaker. At this time he started in the retail business opening up his own drum shop.

"Then the drummers brought their groups in, including Pete Townsend, and said why don't you stock guitars and amplifiers, which I knew nothing about"

In 1962 he employed a service engineer named Ken Bran who went on to say that it was rather silly to keep buying in amplifiers when we could probably produce our own. In September of that year they produced the first prototype and from then on Jim's life was to be changed. Many orders were taken from that first prototype and Jim recognised that he was into something. By 1963 he had expanded his shop to include a small manufacturing area where the first amplifiers were built at the rate of about one a week. As demand increased, the cabinet manufacturing was moved to another shop across the street and then into a 20 x 30ft workshop in Southall. By 1964 Jim had to expand again and the first proper Marshall factory opened in Hayes with 6000 sq.ft and 16 people making 20 amplifiers a week.

Below: the famous Marshall signature over Jim's music shop in Queensway, Bletchley (near the Post Office). This picture shows Jim Marshall posing with his driver, Peter Aylemore, just before the Tour of Britain, July 1976





Above: Jim Marshall at the opening of the MK Club-House in May 2005

THE MOVE TO BLETCHLEY

By the end of 1965 a production of 40 amplifiers and 100 cabinets per week was unable to reduce the growing back orders. Demand, fuelled by the appointment of a distribution company, exploded. The world was crying out for more Marshall. The solution was another move. Marshall now moved to Lyon Road, Bletchley, into 7000 sq.ft. Export sales grew as the success of British bands spread abroad. Throughout the 1960's Marshall sound powered the most influential and original guitar players. From Pete Townsend with The Who, Eric Clapton with his distinctive Bluesbreaker tone, then with Cream; to Ritchie Blackmore with Deep Purple and the greatest ambassador of all, Jimi Hendrix. With his prodigious guitar talent, he used the power of Marshall as a creative tool and as an extension to the instrument itself.

"Jimi Hendrix said he wanted to use Marshall gear and that he was also going to be one of the top people in the world at this type of music. I thought he was just another one trying to get something for nothing, but in the next breath he said that he wanted to pay for everything he got. I thought he was a great character, I got on very well with him and he was our greatest ambassador"

1968 and the sales explosion created the need for greater capacity. A 14,000 sq.ft. purpose built factory was opened in First Avenue, Bletchley and at last the world market stood a chance of fulfillment. Investment in massive PA systems powered the tours of many early 70's "super groups". Multi coloured Marshalls appeared and the product range expanded.

THE QUEENS AWARD

One of the proudest moments for Jim and the company came in 1984 with the presentation of the Queens Award for Export Achievement. This was followed by the move to their present site in Denbigh Road, where a staff of 90 now occupy 50,000 sq.ft.

"This award meant a hell of a lot to me personally and to the company because we could use the Queens Award logo on our letterhead as well as in any advertising. It gave us prestige and as far as the employees were concerned was a source of pride"

"ROCK HALL OF FAME"

In November 1985 Jim was invited to add his hand prints to the "Rock Hall of Fame" in Hollywood along with the likes of Leo Fender, Robert Moog, Les Paul and Stevie Wonder. As Jim explained to the Los Angeles Times.

"At first I thought it was some kind of a joke, but as I was putting my hand prints in I thought, 'Good God! I've really arrived!' On meeting Les Paul for the first time, as I did then, we hit it off straight away. He's somebody I've looked up to for many years and I used to play his recordings"

SILVER JUBILEE

Celebrations of the Marshall 25th Anniversary and Jim Marshall's 50 years in music, reverberated throughout the world in 1987, Special Limited Edition Jubilee products received great acclaim and continued the company's upward spiral.

Marshall then marked their 30th Anniversary in 1992 with more new products and to top it all they have once again won the "Queens Award for Export"

5th club record for Marcin

ANOTHER CLUB RECORD FOR MARCIN FUDALEJ THE 20MILE RECORD HAD LASTED A QUARER OF A CENTURY!

Marcin is probably more well known for his road performances but this is the first such club record that he has broken. Dave March set the previous record of 1.52.51 in the 1987 Finchley 20. Marcin's time is the first sub 2hours since Ian Van Lokven ran 1.57.28 in 2005.

40 years of 20mile progress

Pete Humphries	2:07.01	Finchley	22.04.72
Hugh Robinson	1:53.39	Finchley	16.04.77
Dave Catlin	1:53.20	Finchley	20.04.80
Dave March	1:53.05	Bury St.Edmunds	22.02.87
Dave March	1:52.51	Finchley	12.08.87
Marcin Fudalej	1:50.30	Oakley	01.04.12

Over the years Marcin has set track records as follows:

1500m	3.47.12	Stretford	2009
3000m	8.12.02	Solihull	2009
5000m	14.13.9	Watford	2010
10,000m	30.05.50	Birmingham	2010

AND Linda Dewhurst's 1500m & 3000m records have lasted 25-years

WOMEN 1500m ALL-TIME SUB 4:40.

Linda Dewhurst	FS	4.25.2	Swindon	1987	Southern Women's Inter-Counties
Mel Wood	F17	4.25.82	Watford	2009	BMC Meet
Janet Godliman	F17	4.30.2	Crystal Palace	1979	UK Champs(WAAA)
Carly Scott	FS	4.32.89	Watford	2003	BMC Meet
Beth Swords	F17	4.33.96	Watford	2009	BMC Meet
Sandra Davis	F17	4.34.8	Plymouth	1983	English Schools Champs
Lara Bromilow	FS	4.35.02	Ashford	2011	South of England Champs
Rita Quill	FS	4.35.1	Copthall	1991	Southern Women's League
Jasmine Finlay	F17	4.35.12	Watford	2011	BMC Meet
Rachel Pearson	FS	4.35.17	Watford	2011	Open Meet
Charlie Gaspar	F17	4.35.49	Watford	2003	Open Meet
Bea Swords	F17	4.38.44	Street	2008	BMC Meet
Rosanne Iannone	F20	4.38.46	Sheffield	1996	English Schools Champs
Elle Roche	F17	4.39.78	Watford	2009	BMC Meet

WOMEN 3000m ALL-TIME SUB 10:20.

Linda Dewhurst	FS	9.35.8	Worthing	1987	Southern Women's League
Michelle Lee	FS	9.44.84	Bedford	2006	UK Womens League
Rita Quill	FS	9.51.7	Swindon	1997	Southern Women's League
Beth Swords	F17	9.55.52	Trafford	2010	BMC Meet
Lara Bromilow	FS	9.56.23	Hendon	2011	UK Womens League
Mel Wood	F17	10.05.35	Watford	2010	BMC Meet
Elle Roche	F17	10.05.53	Sheffield	2009	English Schools Champs
Rachel Pearson	FS	10.08.60	Antrim	2011	Northern Ireland Champs
Sandra Davis	F17	10.10.0	Hendon	1983	Southern Women's Inter-Counties
Charlie Gaspar	F17	10.10.10	Watford	2003	Open Meet
Jasmine Finlay	F17	10.10.2	Watford	2011	Open Meet
Tanya Taylor	F17	10.16.5	Welwyn	2005	Open Meet
Vicky Pincombe	FS	10.18.9	MK	2005	UK Womens League
Carly Scott	FS	10.19.9	MK	2003	Southern Women's League

2012 Indoor Review

by Jim Lawrence

What I would call a relatively quiet indoor season for 2012 has now finished.

From a club point of view perhaps the highlights start with the South of England Indoor Championships held at Lee Valley. Jasmine Finlay won the silver medal in the F17 800m with a club F17 record of 2:17.36. At the same meet Rebecca Davies secured bronze in the 60m Hurdles also with an F17 club record of 9.32. She subsequently brought that down to 9.21 at the England Athletics U17 Champs.

At the England Athletics Champs Archie Rippin gained a bronze medal in the U15 800m. Daniel Oderinde (U17) ran a 60m in 7.08 but was just outside the medals.

Chris Clarke who is now based in Loughborough did some speed work and ran the 60m twice in 6.83. That augurs well for some excellent outdoor 400m times.

Young Grace Linnett set perhaps two inaugural F13 records in the 60m and rarely run 100m. Susan Tengtanga, now based in Aberdeen set a new senior record in the rarely run 300m, whilst Sam Deathe represented London North in the Inter-City Challenge. Running well in the 800m just behind his personal best. Sophie Wilkins excelled herself with a superb medal in the BUCS Champs in the Long Jump recording 5.63m.

It is the veteran athlete's who we finish with. At the British Masters Champs Jan Lawson won bronze in the F55 200m(33.63) whilst Jan Hardcastle finished third in the F50 200m B Final. Charles Preston improved the veterans Pole Vault record early in the indoor season jumping 3m53.

On Feb 19th at Lee Valley the Eastern Vets Champs were held with the VAC & SVAC Champs plus the unofficial BMAF South of England Champs. Confused yet!! Also on the day we discovered that only EVAC (I believe) were the only ones handing out medals and that was only if you obtained the national merit standard. As far as I could make out John Browne was 1st in the M55 60m (time of 7.78 - M55 Club record) for SVAC. John Turner was 1st EVAC for both the M55 60m & 200m Alasdair Gibson was 1st EVAC in the M55 800m. John Browne also went on to win the Southern Counties 60m a few weeks later(7.86)

The season ended with Jan Hardcastle and Jan Lawson competing at the World Masters Championships in Finland –
6th places for Jan Hardcastle(F50 Pentathlon)
and Jan Lawson(F55 60m)



Archie Rippin with his bronze medal

INDOOR RANKINGS 2012 - all age groups

MALE

60m					
Chris Clarke	M23	6.83	Loughborough	04-Feb	
Daniel Oderinde	M17	7.08	Birmingham	25-Feb	
Kai Muroi	M17	7.58	Lee Valley	22-Jan	
John Browne	M55	7.78	Lee Valley	19-Feb	M55 Record
Tyrell Dankwa	M15	8.14	Birmingham	04-Feb	
John Turner	M55	8.73	Lee Valley	19-Feb	
Jim Lawrence	M55	9.14	Lee Valley	19-Feb	
200m					
Daniel Oderinde	M17	23.14	Birmingham	26-Feb	
Tom Purton	M20	23.95	Lee Valley	15-Jan	
Dave Maris	SM	24.31	Lee Valley	21-Jan	
Paul Canning	M45	26.41	Lee Valley	28-Jan	
John Browne	M55	27.47	Lee Valley	28-Jan	
John Turner	M55	28.58	Lee Valley	19-Feb	
Jim Lawrence	M55	30.80	Lee Valley	19-Feb	
400m					
Tom Purton	M20	51.99	Lee Valley	15-Jan	
Paul Canning	M45	59.87	Lee Valley	28-Jan	
800m					
Sam Deathe	SM	1:56.93	Lee Valley	03-Mar	
Ross Threlfall	SM	2:05.55	Lee Valley	02-Jan	
Archie Rippin	M15	2:10.03	Lee Valley	02-Jan	
Malcolm Down	M50	2:17.42	Lee Valley	18-Mar	
Alasdair Gibson	M55	2:33.99	Lee Valley	19-Feb	
1500m					
Paul Erwood	SM	3:59.09	Lee Valley	21-Jan	
Sam Deathe	SM	4:05.59	Lee Valley	21-Jan	
3000m					
Sam Deathe	SM	9:17.36	Sheffield	25-Feb	
Pole Vault					
Charles Preston	M45	3.53m	Carshalton	25-Sep	Vets Record
Shot					
Lewis Barnes	M17	13.13m	Birmingham	26-Feb	



W55 Jan Lawson 60m heat 4th(9.44) Final 6th (9.52)
W55 Jan Lawson 200m heat 3rd(32.37) Final 8th(32.81)
W50 Jan Hardcastle – Pentathlon 6th (2336pts)
(60mH/12.46: HJ/1.21m:LJ/3.13m:SP/7.02m:800m/3.20.69)

AND

The two Jans are part of the silver medal winning F50 4 x 200m Relay team clocking 2:03.19



FINLAND(2:01.15)



GT.BRITAIN(2:03.19)



RUSSIA(2:07.12)



ITALY(2:10.89)



USA(2:11.14)

FEMALE INDOOR RANKINGS				
60m				
Kadi-Ann Thomas	SW	7.61	Lee Valley	22-Jan
Rebecca Davies	F17	7.98	Birmingham	25-Feb
Susan Tengtanga	SW	7.99	Manchester	04-Mar
Alice Ritchie	F17	8.31	Birmingham	12-Feb
Ebony Carr	F15	8.33	Birmingham	19-Feb
Grace Linnett	F13	8.73	Birmingham	24-Mar
Jan Hardcastle	F50	9.43	Glasgow	12-Feb
Jan Lawson	F55	9.44	Jyvaskla,Fin	03-Apr
100m				
Grace Linnett	F13	13.91	Birmingham	20-Mar
200m				
Ebony Carr	F15	26.99	Birmingham	19-Feb
Alice Nicholls	F17	28.25	Lee Valley	21-Jan
Hannah Bushell	F20	28.75	Sheffield	26-Feb
Jan Hardcastle	F50	31.62	Lee Valley	18-Mar
Jan Lawson	F55	32.37	Jyvaskla,Fin	04-Apr
300m				
Susan Tengtanga	SW	41.74	Manchester	04-Mar
Hannah Bushell	F20	44.27	Sheffield	17-Dec
400m				
Hannah Bushell	F20	63.58	Sheffield	25-Feb
800m				
Jasmine Finlay	F17	2.17.36	Lee Valley	22-Jan
Sophie Wilkins	SW	2.20.05	Lee Valley	15-Jan
Gemma Childs	F17	2.27.58	Lee Valley	02-Jan
Rebecca Goyder-Smith	F20	2.29.14	Lee Valley	15-Jan
Amy Botham	F17	2.29.17	Lee Valley	02-Jan
Lucy Hacking	F17	2.34.64	Lee Valley	04-Feb
Maya Jennings	F17	2.35.00	Lee Valley	04-Feb
Jan Hardcastle	F50	3.20.69	Jyvaskla,Fin	03-Apr
Emanuela Motta	F17	3.20.83	Lee Valley	15-Jan
60m Hurdles				
Rebecca Davies	F17	9.21	Birmingham	26-Feb
Alice Ritchie	F20	9.93	Lee Valley	21-Jan
Emanuela Motta	F17	10.93	Lee Valley	15-Jan
Jan Hardcastle	F50	11.68	Glasgow	12-Feb
Long Jump				
Sophie Wilkins	SW	5.63m	Sheffield	26-Feb
Rebecca Davies	F17	4.67m	Lee Valley	22-Jan
Emanuela Motta	F17	4.29m	Lee Valley	15-Jan
Jan Hardcastle	F50	3.13m	Jyvaskla,Fin	03-Apr
High Jump				
Emanuela Motta	F17	1.29m	Lee Valley	15-Jan
Jan Hardcastle	F50	1.21m	Jyvaskla,Fin	03-Apr
Pole Vault				
Rachel Gibbens	SW	3.85m	Bedford	15-Mar
Shot				
Emanuela Motta	F17	8.19m	Lee Valley	21-Jan
Jan Hardcastle	F50	7.02m	Sheffield	05-Feb
Pentathlon				
Jan Hardcastle	F50	2336pts	Jyvaskla,Fin	03-Apr
Emanuela Motta	F17	1922 pts	Lee Valley	15-Jan



MMKAC TRACK DISCIPLINE

All Athletes and Coaches please observe and follow the following;

Lane Discipline

Lanes 1, & 2, for athletes doing more extensive repetitions

Lanes 7, & 8, for athletes warming up and cooling down, or resting between reps. [Please try and do this off the track, especially middle distance and endurance athletes]

Short sprint reps primarily on the back straight.

Lanes 3-6 primarily for hurdles, steeple-chase training or specific sprint rep work [coaches involved negotiating as necessary]

The track is getting very busy, so can you do as much of the warming up and down and drills etc, off the track. Also walking or resting between reps must be carried out in lanes 7 & 8 and not across the other lanes, which is happening at the moment.

When crossing the track, check first that it is safe to do so and then cross directly.

Never cross the infield.

Be aware when the throwers are training and stay away from the cages.

BIG EARLY SEASON THROWS FROM KAYLEIGH PRESSWELL AND LEWIS BARNES

Kayleigh, in her first year as an under 20, has already set an age group club hammer record when she threw 48m06 at Cambridge on 24th March. This is the third best distance all-time for junior/senior lady. Her best discus(32m64) to-date(Easter) takes her to no 6 and her shot of 10m10 is the 8th best in the all-time rankings.

Lewis has been just outside his 2011 bests to-date (shot 13m80 v 14m02) and discus(42m77 v 43m05) but improved his hammer out to 48m80 which places 8th in the M17 all-time rankings.



Marshall Milton Keynes Track & Field Fixtures 2012

UK Women's League		
Division 2		
Manager	Julia Gibbens	
Sunday	27-May	Portsmouth City
Sunday	01-Jul	Stevenage
Saturday	28-Jul	Bedford

National Young Athlete's League		
Midland Premier East		
Boys' Manager	Di Knight	
Girls' Manager	Graham Ghaleb	
Sunday	06-May	Milton Keynes
Sunday	20-May	Peterborough
Sunday	17-Jun	Rugby
Sunday	29-Jul	Stoke - Regional Final

Eastern Veterans League		
Central Division		
Men's Manager	Alasdair Gibson	
Women's Manager	Jan Lawson	
Wednesday	25-Apr	Stevenage
Wednesday	09-May	Bedford
Wednesday	13-Jun	Kettering
Wednesday	11-Jul	Milton Keynes
Sunday	23-Sep	Milton Keynes (Final)

Sunday	29-Jul	EVAC Champs-Sandy
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Bucks County Champs		
Sat/Sun	12/13-May	Horspath, Oxford

Southern Athletics League		
Division 1		
Men's Manager	Ian Stewart	
Assistant Manager	Jackson Ryan	
Women's Manager	Carly Scott	
Saturday	21-Apr	Peterborough
Saturday	19-May	Milton Keynes
Saturday	09-Jun	Walton
Saturday	14-Jul	Chelmsford
Saturday	01-Sep	Milton Keynes

Southern Men's League		
Division 2 North		
Manager	Jim Lawrence	
Assistant Manager	Nick Washington	
Saturday	05-May	Bedford- Hosts MK
Saturday	19-May	Braintree
Sunday	09-Jun	Braintree
Saturday	30-Jun	Mile End
Saturday	28-Jul	Thurrock

Young Athletes' Open Meetings		
Organisers	Dave Millett	
	Rick Townsend	
Sunday	15-Apr	Milton Keynes
Sunday	27-May	Milton Keynes
Sunday	24-Jun	Milton Keynes
Sunday	02-Sep	Milton Keynes

Bucks Schools Champs		
Saturday	16-Jun	High Wycombe

British Milers Club PB Classic (Eve)		
Saturday	19-May	Milton Keynes

THE ANNUAL ROUND MILTON KEYNES RELAY
Sunday 20th May
Contact: Alec Walliker
Walliker2004@yahoo.co.uk

MMKAC 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(15 July)	Bedford(Dec)

martinmcpheat@hotmail.com

EAST MIDLANDS GRAND PRIX SERIES

09-May Silverstone 10k
 16-May The Rugby 6
 22-May The Bedford 6
 30-May The Corby 5
 12-Jun The Banbury 5
 10-Jun The Harborough 5
 26-Jun The Weedon 10k
 03-Jul The Milton Keynes 10k

The 30th TOUR OF MK

SUNDAY 2ND SEPT.- FRIDAY 7TH SEPT.

NEWSLETTER EDITED
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CONTRIBUTIONS ALWAYS
 WELCOME!

