

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

January 2013

"I dreamt that we would have a night like this but not in my wildest dreams did I think it would actually unfold in the way that it did. There was a narrative yesterday of infectious success and it is a day none of us will ever forget"
Sebastian Coe on Great Britain's 'Super Saturday'

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AROUND THE YEAR FROM THE 2012
BUCKS XC TO THE 2013 RACE IN MK

Chair's piece

Marshall Amplification

Marshall Amplification has been a major sponsor of the Club since 2005. Many of our elite athletes, and our athletes at University, have benefitted from this sponsorship. Following a review after the Olympic Games, I am very pleased to announce that the company has agreed to continue their sponsorship for another five years, until the World Championships to be held in London in 2017. We are very grateful for their continued support.

Coaching

We have a large number of excellent coaches in Milton Keynes, but we are always looking out for more. For anyone interested in becoming a coach there will be a talk on "The First Steps into Coaching" at 6.30pm on Tuesday 22 January, by Amy Frith, in the clubhouse. I would encourage as many as possible to attend.

The Bucks Athletics Network has organised a Level 1 Assistant Coaching Course in Aylesbury on 9/10 March. There are only 18 places available and we have already had three MMK members who have applied for places. The Club will pay the course fees for any member or parent who wishes to attend in order to help at the Club. Please let Jim Bennett (Mob: 07960619849) know if you wish to attend; he can supply the details of how to apply.

Officiating

We have a small but dedicated band of officials without whom we would not be able to put on athletics events. If you have some time to help as a starter, track judge, timekeeper or field judge, it would be greatly appreciated. It is particularly helpful if parents who will be attending the Youth Development League meetings could qualify as it will earn points for the Club. There is a Level 1 Assistant Officials' Course in Aylesbury on 10 March for anyone new to officiating. The Club will happily pay the fees for you to attend this course. Please let Jackson Ryan (Mob: 07717027218) if you wish to attend and he can supply the details of how to apply. Jackson is also arranging a Level 2 Officials' Course in Milton Keynes in April, for those who have had some limited experience of officiating (by, for example, helping out at 3-4 meetings).

Team Managers

The Club also needs team managers. We are entering the YDL (Youth Development League) with meetings for Under 20 and Under 17 athletes, and separate meetings for Under 15s and Under 13s. Graham Ghaleb (Women) and Richard Pownall (Men) have agreed to manage the older age groups, while Alana Slater has agreed to manage the younger girls. We do need a manager to organise the younger boys for the four matches in the YDL this year. Please let me know if you are able to help.

For the veterans, John Turner has agreed to take over from Alastair Gibson as Manager of the men's team, but we are looking for someone to take over from Jan Lawson for the women's team. Please let me know if you can help.

Welfare Officer

Ian Stewart has agreed to act as our welfare officer for the male athletes, as a point of contact in the club for any male athlete who has problems. We are looking for someone to act as a welfare officer for the female athletes. It would be helpful if you have had some previous experience. Please contact Ian (Mob: 07785761664) if you can help.

MK Half Marathon and Festival of Running

The MK Half Marathon and 10km races and the 5km fun run take place on Sunday 10 March, with the first race starting at 10am. We will be using a modified course this year with all three races starting outside the XScape Building, running down the V7 before heading over to Woughton-on-the-Green via Pear Tree Lane to rejoin the old course. The V7 will be closed to traffic as will various estate roads around the course. The last 3km of the 10k and half marathon will also change as the runners will return from the H5 at Willen Lake via the canal and Campbell Park. 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 (Mob: 07919365790) 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 £13k. 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 24 March, with the men starting at noon and the women starting at 1pm. The race, as last year, will be run 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 Champion, Mo Farah, Olympic Silver-medallist Sonia O'Sullivan, plus Liz and Hayley Yelling, taking part. 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 (as explained on page 23), but at £60 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 £50. 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. 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



GREG RUTHERFORD - POST OLYMPICS

Above: 10 Sept - at the Olympic parade through London.

Right: 16 Sept:- starting the Great North Run with Mo Farah & Ellie Simmonds.

Below: 28 Sept - Homecoming parade at Woburn Sands.

Below R: the *measured 8m31* at Mowbray Green, Woburn Sands
And: the original plaque with "howlers" - the American spelling of *metres* and the unwanted apostrophises in the town name - all now corrected.



To celebrate the Gold winning performance on 'Super Saturday'
04.08.2012

at the London Olympics of Woburn Sand's town resident

Greg Rutherford

in the Long Jump competition
8.31 meters

Sponsored by Serco Ltd. and Woburn Sand's Town Council



gabi down at the paralympics

"Wheelchair Fencing is a really fast sport, you don't have chance to stop. You always have to be alert and it's highly competitive"

Gabi first started competing in late 2009, when she was talent-spotted at the National Junior Games. Prior to her involvement in Wheelchair Fencing, Gabi also used to enjoy Wheelchair Basketball and Athletics. (with MMKAC) She rapidly progressed through the ranks after regularly attending the British Paralympic Association's Talent Transition Programme. Gabi attends the Touche Fencing Club in Towcester and is coached by Baldip Sahota, who hails from Indonesia.

Gabi is a member of the British Disabled Fencing Association. This sport was developed by Sir Ludwig Guttmann at Stoke Mandeville Hospital and was first introduced at the 1960 Paralympics in Rome. Now some 25 nations compete in this sport.

In 2011, Gabi placed 9th in the Women's Epee class at the Lonato (Italy) World Cup as well as competing in Montreal (Canada) and again in Italy (Catania, Sicily). The Great Britain Paralympics team was announced on 11 May 2012 and there were seven wheelchair fencers selected. Gabi (14 years old), along with Gemma Collis (19) and Justine Moore (20), was selected for the Epee team competition.

During a contest the fencers' wheelchairs are fastened into medal frames on the floor, allowing freedom of the upper body only. Although fencers cannot move back and forth, the fact there are no restrictions to upper body movement means duels are as exciting and fast as in non-disabled Fencing events.

Fencers record hits by striking their opponent cleanly in the valid area, with successful hits recorded by the electronic equipment.

In the Foil event, fencers are only permitted to strike the trunk area of the opponent, whereas in the Sabre and Epee, anywhere above the waist is a valid target area.

Bouts last a maximum of four minutes in the preliminary stages, with victory going to the first fencer to score five valid hits or the one with the most hits at the end of the four minutes.

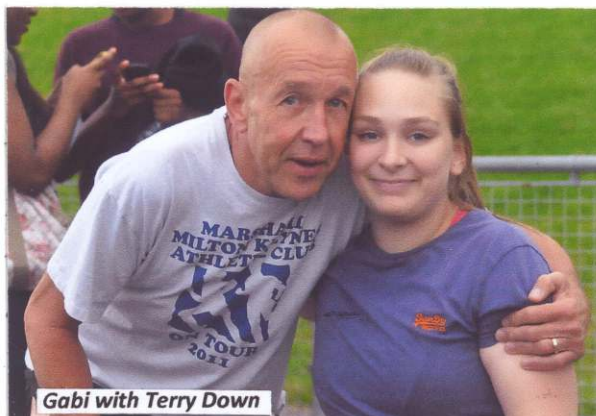
The Paralympic Women's Team competition took place on Friday 7 September and comprised eight nations. In their opening quarter-final match GB faced a real test against third ranked in the world, Hong Kong China and scored 26 hits to their opponents 45; Gabi notched up 11 of the GB total including a 6-5 victory over Chui Yee Yu. Next match was for the 5th to 8th place against Russia but GB went down 28-45, again Gabi scored 11 points. Finally for the 7-8th place play-off GB took on France. They improved to 33 hits (Gabi scoring 16 of them) but was not enough to deny France the win.



Gabi(R) fights Pui Shan Fan(Hong Kong)

Gabi quoted:

- "Overall I think we worked amazingly well, and I didn't realise how much the crowd would help you.
- "There was a wave of noise and it was just incredible.
- "The whole thing was crazy, I'd open my curtains in the village and see the Olympic Stadium right there.
- "Then at breakfast I kept bumping into my idols like David Weir.



Gabi with Terry Down

Nick Folwell at the Olympics

Nick is a member of MMKAC and a UK Athletics Technical Officer.

"I was Invited to the 2012 Olympics as a Technical Official in Endurance which covers the Marathons and Walks. This entailed being at the Games for thirteen days and working on the middle and last weekends.

A typical day was to be up at three thirty in the morning and getting ready for the day ahead.

The Endurance team left their hotel at Stratford around 5.00am, with our breakfast (supplied by the hotel) in little box to be eaten on the hoof! We then travelled by Javelin train to St Pancras and then the underground to The Mall being sure to be in position by 6.30am to receive the athletes from the coaches at around 7.00am.

On arrival the athletes were greeted and booked into the tented Village that had been erected in the Mall. Once booked in they stayed there until the call room opened thirty minutes before the start of their respective event.

With thirty minutes to go the call room opened and into action again, checking the athletes in to ascertain that they were correctly attired. The athletes then wait in the call room until called to cross a chip mat to check that the athlete had the correct race number and name on his/her vest. On leaving the call room into the warm up area the athletes then leave their accreditation with the call room team to be collected in the mixed zone at the end of the race in exchange for the race chip.

With ten minutes to the respective start time, the athletes are marched out to the start, with the ten elite athletes at the front. This was followed by TV/Radio interviews before the athletes are finally called to the start line.

For the race walks I worked with the lap charts checking that each athlete completed the requisite number of laps - twenty-five for the men's 50km race and ten 2km for the 20km (both men and women).

My last job of the day was to go into the Mall and bring the athlete's through to the mixed zone to get back their accreditation in exchange for the chip. When all the athletes were in and the result confirmed by the referee and competition director the Endurance team made its way back to the hotel"

Greg Rutherford takes home two Sports Personality Awards in one evening



SPORT MILTON KEYNES Sports Achiever of the Year Awards 2012 Shenley Leisure Centre, 4th December

Three MMKAC winners:

SPORTS PERSONALITY OF THE YEAR:

GREG RUTHERFORD

WOMEN OVER 18:

LARA BROMILOW

MEN OVER 50:

JACK KEE

Rick Townsend again was M.C for the evening, some 2 hours of very professional work. Gabi Down won the Female Disabled Award.

Greg also assisted with some of the presentations but had to leave after an hour as the BBC had a car ready to ferry him east to Bedford for the:



Greg was up against two other Olympic medallists, Victoria Pendleton(cycling) and Etienne Scott(kayak) but came away with his second Sports Personality Award of the evening.

Photos from Sport MK: 1-Greg with Ann Dodds(John Lewis), sponsor of his award and Rick Townsend. 2- Lara Bromilow and Jack Kee plus Lewis Barnes who had won one of Sport MK monthly achievement awards.



Nick (left) with fellow Bucks Olympics Technical Officer, John How



East End Olympic graffiti!!!

Alasdair Gibson "retires" as EVAC team manager

After no less than 19 years as men's EVAC track & field league team manager, Alasdair has handed over the reins to John Turner. We have reached the League Final every year since joining back in 1994. As can be gleaned from the following MK have only on four occasions not been on the podium and have been champions five times and runners-up on no less than seven occasions. A superb record

Year	Men	Pts
1994	4 th	105
1995	2 nd	209
1996	4 th	177
1997	2 nd	192
1998	1 st	195
1999	5 th	164
2000	2 nd	201
2001	4 th	211
2002	3 rd	207
2003	3 rd	235
2004	2 nd	252
2005	1 st	265
2006	3 rd	200
2007	2 nd	237
2008	1 st	606*
2009	2 nd	257
2010	2 nd	253
2011	1 st	260
2012	1 st	260

*League only



Alasdair & John
in EVAC action

AND INTRODUCING JOHN TURNER

Joined MMKAC in 2006,
having relocated.

"Answers to the name
of JT or "Old Man".

Previously a member of
Bromley and Blackheath
Harriers, where I had
captained the Men's Veterans
(not yet Masters) team for
a number of years, to win the
Kent League and the
Southern League final on a
number of occasions.

I now train with Mike Leonard's
sprint group and with Jack Kee
for the throws.



Having been a school boy sprinter and area school discus champion at U15 and U17, I returned to athletics, via hockey, at the second London Marathon and competed regularly on the road and X country for a number of years with a Marathon best of 2hr 51.58 in the early 1990s and a half marathon of 77.07 and sub 35M 10K at about the same time. (I was young once!)

When injuries prevented training at high mileage on the roads, returned to track running at 100, 200 and 400M with occasional Discus, Shot and Javelin as required.

Gradually focused more on the shorter sprints and was EVAC V55 champion at 100, 200 and Discus in 2011. In 2012, National V55 Bronze and EVAC Gold medalist in discus and EVAC Silver Medalist in 100M and 200M behind our own John Browne.

Looking to encourage participation and competition in veteran athletics and welcome those who have not yet competed and would like to give it a go, maybe in an event they have never tried before. You never know you might enjoy it. I have maps available for those that need direction around the track.

LIFE MEMBERSHIP FOR ALASDAIR GIBSON

Alasdair joined MKAC in 1977 with a keen interest in endurance running. 35 years later having survived through the senior ranks to a M60 in 2012 his enthusiasm for our sport has remained unabated.

Early Autumn 1977 saw Alasdair working hard on our Sunday morning hill sessions in Brickhill Woods as DFH and myself started preparing for the Barnsley Marathon. So Alasdair decided to join us – into the deep end as they say. He ran the Wolverton 5 in 30.16 and a week later we were in Barnsley. Not the easiest debut especially the last five miles which were mainly uphill. However he finished in 3:22.01.

Alasdair then mainly competed in shorter races until he decided in 1990 to improve his Barnsley time. This he did, improving by a whopping 35mins! – down to 2:47.14 in the London Marathon that year. In between he had set PB's for 5miles(28.58), 10miles(59.40) and 78.07 for the MK half in 1987. In a change of terrain, Alasdair ran the 1988 Snowdon Mountain Race(5m.up/5m.down) in a very creditable 86m56. Not forgetting, of course, appearances in the Chiltern XC League and Area Championships. 1990 saw PB's for 5m(28.06 & 10km(36.31)

His track career commenced in 1978 and by 1980 he had run 2.09.4(800m) and 57.8(400m)..He worked with Joe Joseph in the Southern League "A" team and in 1986 ran 2.03.5/55.4 for the latter disciplines. When Joe retired in 1989 Alasdair took over in 1990 as team manager; a tough debut in the then classy Division One.

Into veteran status in 1992 clocking 2.08.9/800m and 4.21.8/1500m for the SML "B" team whilst on the roads he ran 29.09 in the Wolverton 5. In 1994 Alasdair became our inaugural Veteran men's team manager. He ran 58.9/400m, 2.05.1/800m during the season and led the team to 4th in their first EVAC league final. His still holds the M45 800m record with 2.08.9 and in 1998 took the EVAC team to their first League title.

Into the M50 ranks during 2002 and Alasdair set an age group 800m record with 2.22.3 and the following year ran 19.18 at the Blisworth 5km and 32.28 in the Wolverton 5. He took the M55 800m record with 2.27.7

A second EVAC League title followed in 2005. Alasdair clocked 2.27.7 as he moved to the M55 ranks(2nd on rankings) and in the last six years the vets. team have secured three league titles and have been runners-up on another three occasions. Plus always being around as a volunteer to assist at our home fixtures whatever the discipline.

So 35years on a well deserved Life Membership.

EASTERN VETERANS TRACK & FIELD LEAGUE FINAL - 23RD SEPTEMBER(STANTONBURY)

A GLORIOUS DOUBLE FOR MMKAC

Veteran Men

1 MMKAC	242
2 Peterborough	221
3 Chelmsford	216
4 Huntingdonshire	212
5 Southend	187
6 Bedford & County	179
7 Loughton	136
8 Cambridge & Col.	125

The weather in the morning was fair but the threatened heavy rain arrived on cue around mid-day.

The afternoon session was very, very unpleasant. So much so we had to cancel a number of events – both male and female sprint hurdles and high jump.

Accordingly very many thanks to all the officials who braved the elements that day.

Whilst the MK men were perhaps pre-match favourites the MK ladies really rose to the occasion and pulled off a splendid victory. Jan Lawson has now since followed Alasdair in standing down as team manager so she has also finished on a "high"

Diane Baldwin set two EVAC league records. Firstly in the F55 800m improving her own record with 2.47.9 and then in the 3000m, Diane clipped almost 18-seconds off the record set by Rosemary Muston back in 2002 with a time of 12.21.6.

Diane now holds the 400m,800m,1500m & 3000m EVAC records for her age group.

Our teams on the day:

Men

Bob Austin
Carl Baldwin
John Browne
Mike Burling
Paul Canning
Malcolm Down
Dennis Edghill
Alasdair Gibson
Brian Graves
Steve Herring
Jack Kee
Ivars Licietis
Ian Van Lokven
John Skelton
Ian Stephenson
Paul Toombs
John Turner(17)

Women

Diane Baldwin
Lesley Byrne
Maria Calleia
Julie Dalzell
Diane Farmer
Ursula Ghaleb
Jan Hardcastle
Jan Lawson
Jeanette Lawrence
Alison Ray
Alana Slater(11)



Veteran Women

1 MMKAC	272
2 Fairlands Valley	249
3 Ryston AC	229
4 Loughton	199
5 Chelmsford	173
6 Kettering	131
7 Corby AC	119
8 Bedford & County	63



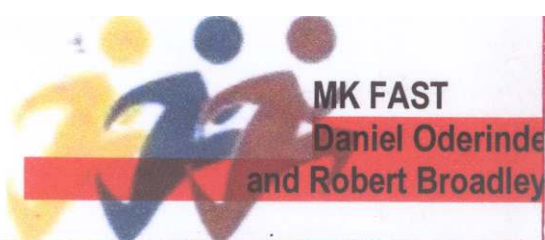
Mick Bromilow presents Alasdair with his Life Membership certificate.



Alana Slater, who won the F35, 100m,200m, 400m & 800m(photo)



Paul Canning anchors the M40 relay team on the sodden track



MK FAST Daniel Oderinde and Robert Broadley

Daniel and Robert join the MMKAC exclusive band of sub 11-second sprinters.

Robert clocked **10.9** in the SAL match at Chelmsford in July and then next month, Daniel, in the England Athletics u17 Championships at Bedford clocked 10.91, **10.88** and 10.94 respectively in the heats(2nd), semi-final(2nd) and final(6th). This duo then joined forces with Ben Sturgess and Nic Williams at Thurrock to smash the club 4x100m relay record with 43.2, bettering the 43.5 set by quartets in 1988 and 1995.

ALL -TIME TOP TEN 100M

1-Craig Pickering	10.08	Ostrava, Czech	2009(w+2.1)
Craig Pickering	10.14	Debrecen, Hungary	2007(w+0.2)
2-Greg Rutherford	10.26	Newcastle	2010
3-Chris Clarke(M20)	10.45	Copthall, Hendon	2007
4-Jeremy Keen	10.6w	Harrow Weald	1988
4-Scott Herbert	10.6w	Milton Keynes	1993
6-Andy Smith	10.7	Stoke Mandeville	1983
7-Daniel Oderinde(M17)	10.88	Bedford	2012
8-John Stevens	10.9	Stoke Mandeville	1981
9-David Vidgen(M20)	10.90	Wrexham	1993
10-Robert Broadley	10.91	Chelmsford	2012



Daniel wins the home NYAL 100m race

The 17men top 3 are now:

Craig Pickering	10.53	Bedford	2003
Chris Clarke	10.74	Gateshead	2006
Daniel Oderinde	10.88	Bedford	2012

Under 17men 200m rankings:

Daniel clocked 22.28 in the heats of the English Champs at Bedford and this performance places him 4th best in the 200m U17 rankings.

Chris Clarke	21.16	Crystal Palace	2006
Craig Pickering	21.65	Birmingham	2003
Scott Herbert	22.2	Stoke on Trent	1990
Daniel Oderinde	22.28	Bedford	2012

Mike Leonard tells me that Daniel will be aiming for the 100m at the 2013 World Youth Games being held in Donetsk(Ukraine). Craig Pickering took bronze in the 2003 Games(Sherbrooke, Canada), clocking 10.81 but ran 10.53 in his heat.

A RELAY RECORD THAT ESCAPED MENTION – u17 MEN BREAK THE 4X100M RECORD SET BACK IN 2001(46.4) WITH A TIME OF 45.4.

Congratulations to the squad of Jontai Plummer, Daniel Oderinde, Matt Cunningham & Kai Muroi who clocked 45.4 in the NYAL match at Rugby on 17 June.

CRAIG PICKERING TURNS FOCUS FROM ATHLETICS IN ATTEMPT TO MAKE GB BOBSLEIGH TEAM FOR 2014 WINTER OLYMPIC BEING HELD IN SOCHI RUSSIA.



From GB BOBSLEIGH web site

GB Bobsleigh attract Craig Pickering to Bobsleigh

Power, speed and explosive nature are all requirements to getting a four man and a two man bobsleigh going from a standing start to going fast. With three sprinters of a world class nature and then a driver who also needs to be a quality sprinter, required for a four man bobsleigh, talent identification is vital. John Jackson has already proved that he is up there with the best drivers in the world after some stunning performances in the North American World Cup races in November and December. Now the news that Craig Pickering, a former GB 100m champion, has elected to try out for the four man ahead of the Sochi Winter Olympics, has set the buzz'ometer off the scale. The American Bobsleigh team have long been masters in luring some of the best track and field athletes across yet this is a major coup for the GB Bobsleigh programme.

Performance director Gary Anderson commented not long after the news had been made public that "We must continue to seek the performance advantage that will allow us to challenge the best in the world. We invest heavily in technology and equipment and we must continue to invest in athlete development and recruitment. Our aim is that the 4-man crew becomes one of the fastest starting crews in the world adding an athlete of Craig's calibre to the mix again raises the bar, that said he is going to have to work very hard to break into the current GBR 1 set up."

The GB Bobsleigh programme is one of the best in the world and this will make the squad stronger in a sport where every hundredth counts.

Craig Pickering insists his switch from sprinting to bobsleigh is not a short-term decision, insisting he sees his long-term future in the winter sports world.

Sportsbeat – Fri, Dec 7, 2012 11:53 GMT

Having seen his funding cut by UK Athletics Pickering has made the switch to bobsleigh in a bid to join a select band of summer and winter Olympians. The Winter Olympics in Sochi in 2014 are Pickering's immediate goal however he is adamant any potential trip to Russia will not be a flash in the pan.

"It's been frustrating because I felt good enough to get funding," said Pickering - who plans to compete in the indoor athletics season next year. "But I've been in athletics for so long I started to feel a bit jaded. This is a new challenge I'm really excited by." "I am not in it just for Sochi [2014 Olympics] and then heading off back to athletics, I am in it because I want to do it for a long time. "Bobsleigh training and athletics training isn't as different as people will think and the initial plan is to do some indoor athletics as well as bobsleigh and ease into the new regime.

Ultimately I want to help them be in the mix for a medal [in Sochi 2014] and all of my efforts will be in that."

Another MMKAC BOBSLEIGH CONNECTION

– Nikki McSweeney wins bronze in the World Juniors.

Nikki, who represented MMKAC, pre-2010 for a number of years (and is number 2 in our all-time shot rankings with a throw of 11m97) represented GB on Dec 13th last at Igls(Austria).

KAYLEIGH PRESSWELL BREAKS THE 17-YEAR OLD LADIES HAMMER RECORD



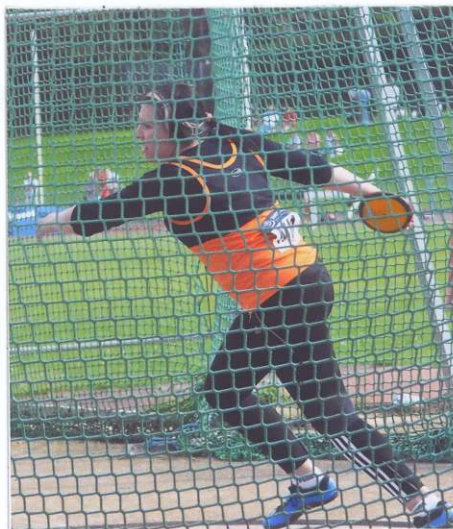
In the summer Newsletter I wrote about Kayleigh (aged 17.5) moving to no 3 in the all-time ladies hammer rankings with a then best of 48.98m. Competing at Bedford in the annual "Hammer Circle Reunion" on 20 October Kayleigh added 1m80 to her PB to not only break the 50m barrier but added 66cm to the 17-year old previous club record of 50m12 with a throw of 50m78.

ALL-TIME FEMALE HAMMER THROWERS HAVING THROWN THE 4kg IMPLEMENT IN EXCESS OF 40M

Kayleigh Presswell	F20	50.78	Bedford	2012
Jean Clark	SW	50.12	Welwyn Garden City	1995
Sadie Watts	F20	49.33	Bromley	2010
Emma Beardmore	SW	42.16	Chelmsford	2012
Helen Gibbens	F20	40.15	Ashford	2004

For good measure Kayleigh threw 49.36 the next day at Bedford. Her new PB puts Kayleigh 10th in the 2012 UK F20 rankings. It also ranks Kayleigh 37th in the UK F20 all-time rankings. Sadie Watts' best of 49.33 in no 72 in the UK F20 all-time rankings.

In the 2012 senior rankings Kayleigh is placed 31st, Sadie 50th (45.21) and Emma Beardmore (with a 5m improvement this year) comes in at number 78 (42.16)..



Emma, Kayleigh and Sadie also participate in the other throwing disciplines and the above photos show Sadie (shot) and Emma (discus) competing in the final SAL match at Stantonbury on 1 September last.

OUR LADY THROWERS RACK UP LOTS OF POINTS IN THE MAJOR LEAGUE COMPETITIONS

In the UK Womens League, Emma Beales and Sadie competed in all three whilst Kayleigh and Emma Beardmore were in action twice. In the Southern Athletics League the three "younger ladies" each contested 4 out of the 5 matches whilst Emma Beales threw the discus in three of them.

In the prestigious UKWAL Emma Beales won all three "A" string discus events, Kayleigh notched up two "B" string hammer wins whilst Sadie won one javelin and hammer event.

For the SAL team, Emma Beardmore had a super day in the final match at MK, with three "B" strings wins in the throws, Emma Beales won all three discus events during the season, Kayleigh won three hammer events and also two in the javelin whilst the versatile Sadie won three hammer and three javelin events.

A little piece of history in the ladies hammer –

Ladies hammer throwing was very much in its infancy in the UK in the early 1990's. Jean Clark, under the guidance of Jack Kee, was our first female hammer thrower and set the inaugural club record with 33.00 in 1990. Jean improved to 40.98 by the end of that year, next year she was up to 45.78 and then in 1992 set a GB record of 49.18, although only short-lived in those embryonic days. Finally in 1995 Jean set the club record of 50.12 that lasted 17-years.

EMMA BEALES IS UK No. 1 vet40 DISCUS THROWER

Emma set a season's best at the first home SAL match in May with a throw of 42m66 (pictured below). It was a rather curtailed summer for her with a back/sciatic problem and Emma is now waiting to have an operation to hopefully sort this out. Whatever she had 11 competitions over the summer and won them all! This haul included "A" string victories in all three UKWAL matches and three at the SAL.

A reminder that Emma set the club discus of 54m68 back in 1995

MARSHALL MILTON KEYNES AC Awards Evening 2012

Friday 5 October
Harben House, Newport Pagnell

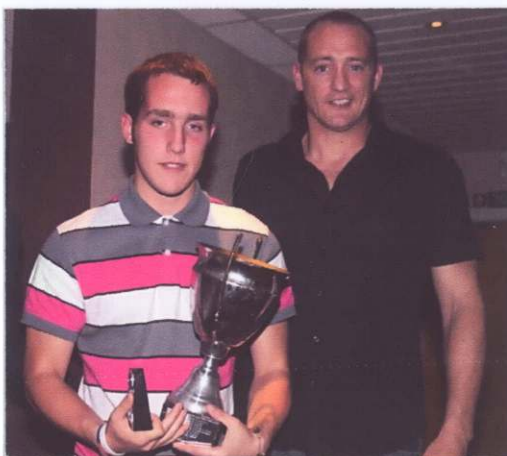
■ Many thanks again to Jan Hardcastle and Gordon Fallow for their excellent organisation.

■ And to all the club officials and members who assisted on the evening with special thanks to Jackson Ryan who again had the unenviable task of sorting out the trophies.

■ And, of course, to the guests who attended to assist in the presentation of the trophies.

■ AWARD WINNERS

Under 11 Girls Cross Country	Libby Herdman-Smith
Under 11 Boys Track & Field	James Dowsett
Under 11 Girls Track & Field	Tamzin Hill
Under 11 Boys Sportshall	Marcus Lovell
Under 11 Girls Sportshall	Amber Evans
Under 13 Boys Cross Country	Dominic Murphy
Under 13 Girls Cross Country	Lauren Murphy
Under 13 Boys Track & Field	Alfie Yabsley
Under 13 Girls Track & Field	Grace Linnett
Under 13 Boys Sportshall	Fergus Walsh
Under 13 Girls Sportshall	Ebony Carr
Under 15 Boys Cross Country	Louis Clarke
Under 15 Girls Cross Country	Amy Radford
Under 15 Boys Track & Field	Jonathan Pownall
Under 15 Girls Track & Field	Naomi Greener
Under 17 Men Cross Country	Ben James
Under 17 Women Cross Country	Rebecca Marshall
Under 17 Men Track & Field	Daniel Oderinde
Under 17 Women Track & Field	Becky Davies
Under 20 Men Cross Country	Ryan Burling
Under 20 Women Cross Country	Beth Swords
Under 20 Men Track & Field	Jackson Curtis
Under 20 Women Track & Field	Elle Roche
Rayner Trophy (Under 17 Men)	Lewis Barnes
Most Improved (Male)	Colin Carr
Most Improved (Female)	Laura Zialor
M40 Veteran	Paul Canning
F35 Veteran	Alana Slater
M50 Veteran	John Browne
F45 Veteran	Jan Hardcastle
M60 Veteran	Jack Kee





F55 Veteran	Diane Baldwin
Veteran Winter (male)	Steve Herring
Veteran Winter (female)	Fran Malin
Road Runner (male)	Daniel Webber
Road Runner (female)	Emily Tallen
Ultra Runner (male or female)	Richard Harrison
Chiltern League (male)	Chad Lambert
Chiltern League (female)	Wendy Webber
Southern Athletics League (Male)	Ben Sturgess
UK Women's League	Emma Beales



Southern Men's League B Team	Robert Broadley
Southern Athletics League (Female)	Michelle Jessop
Track Trophy (male)	Chris Clarke
Track Trophy (female)	Sophie Wilkins
Field Event Trophy (male)	Freddie Curtis
Field Event Trophy (Women)	Kayleigh Presswell
Indoor Trophy (male)	Archie Rippin
Indoor Trophy (Women)	Jasmine Finlay
Swain Winter Trophy (men)	Tom Comerford
Women's Winter Trophy	Lara Bromilow
Swain Summer Trophy (men)	Mervyn Luckwell
Women's Summer Trophy	Kadi-Ann Thomas
Sportsperson of the Year	Milford Callow
Club Person of the Year	Brian Graves
Athlete of the Year	Greg Rutherford



From Milford and Rose Callow: -

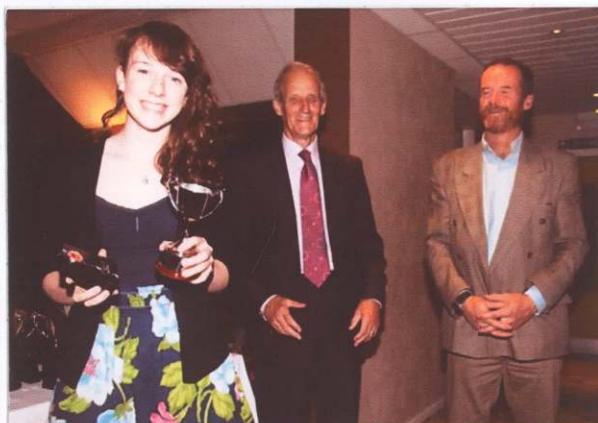
We would very much like to say how much we enjoyed and appreciated the evening. It was all very well organised and we were particularly impressed by the way the presentations themselves were made. Firstly there was Gordon's effective use of modern technology in the visual computer presentation accompanying the distribution of trophies. It was so easy to follow who the nominations and the recipients were. Then there was Jackson, so well organised in knowing who was there that only one trophy was almost presented to someone who was not present. Pretty good considering the number of trophies! Last but not least of this slick trio was Rick, never lost for a word. His ability to keep the information coming, but not overdoing it and boring us is to be applauded. Well done, you three!

On a personal note we would both like to say thank you very much to the club for their welcome to the evening.

I, Milford, would like to say how surprised and proud I was to receive the Sportsperson of the Year trophy and honoured to stand in for our gold medallist, Greg, and do the presentations. (Apologies to all the recipients of trophies!)

I, Rose, was also touched by the kind thoughts expressed and thank you all very much for the beautiful bouquet.

What a joy this year has been for us all! We celebrated our Golden Wedding in August, as well as Greg winning his fantastic Gold Medal. **WHAT A YEAR!!**



Photos by Tom Blackman

Left: Gabi Down presents the u11 XC trophy to Libby Herdman-Smith
Lewis Barnes(Rayner Trophy) with Matt Douglas
Ebony Carr(u13girls Sportshall) with Milford Callow

Above: Greg Rutherford, Athlete of the Year, with the assembled award winners
Daniel Oderinde(u17 T&F) with Hannah Douglas
Naomi Greener(u15 T&F) with Andy Rutherford and Milford Callow
Jan Hardcastle(F45 lady) with, on right Sally Fennemore



**Weekend of 15/16 September
Leg 8 Lessingham to Horsey Mill
Reflections by Carl Baldwin**

Earlier in the year when Alec Walliker started to rally for people to run in the Round Norfolk Relay team came, both Diane and I put ourselves forward, as we really enjoy being part of this super event and have participated in the MMKAC team for the past 9 years

Then at end of July, unwelcome news came my way. A follow up CT scan showed my original bowel cancer had spread into my lungs. I was completely devastated. Initially led to believe this may not be survivable then when told I could have surgery I was unsure if I wanted to delay treatment so I could compete in both the EVAC final and the TOUR and Round Norfolk. On 15 August, an excellent female Surgeon, Miss Belcher removed a significant section of my right lung. When I came round in intensive care 'competing with the machinery' she suggested there maybe be an outside chance of me walking (slowly) in the EVAC race walk 5 weeks on. So a challenge was set in my mind, however thoughts of running were definitely not on at that stage.

My recovery progression was from walking around the bed in intensive care, to 50meters in the corridors of the hospital and up a short flight of stairs to *Geocache* walking 2 1/2 miles at the end of the next week. Then surprisingly in early September my energies were taken up doing the Tour of Milton Keynes, this was painfully and slowly achieved over a week and a half, courtesy of Brian Graves allowing me some recovery time. At the end of the TOUR I believed a 7 1/2 ml leg of the Norfolk Relay was possible, but still another huge target.

The Relay weekend arrives. The day before the Relay, Diane and I helped to erect arrows and signage on part of stage 5, near Cromer. On race day, I was still tired from the efforts setting out and travelling, so we had a lay in and just missed Kelvin Smith getting our team off to a good start from Kings Lynn. We managed to see Kelvin at Hunstanton handing over to Katie Penrose.

As Diane was doing Leg 4, an 11.2miles off-road section. We arrived at Wells on Sea early. It was very sunny. Diane received the baton from Val Russell and then ran off down the sea front with a vengeance. I drove to three access points along the coastline to see Diane and pass fluid to her, as the afternoon sun was very hot. After a quick run, where she passed six runners and was also the fastest age graded runner for the leg. She handed over in bright sunshine at Stiffkey beach to Martin McPheat. It was here that I realised I would be starting my leg quite soon and started to panic a bit. In driving over to my start at Lessingham, we saw handovers of Martin to Keith Cook at Cromer, and then Amy Inchley at Mundesley who was handing over to me.

We drove to the start of my leg with all intentions of preparing without stress but 'time flies' and I was barely ready when I suddenly heard a shout come up that Amy was running several minutes ahead of time. I rushed to the start and took the baton from her. As I left it was very superb hearing all the shouts of supports from MMKAC team members. I started at a pace that I thought I could cope with, Martin McPheat alongside as my bike support. The 7 1/2 mile leg is absolutely flat, however a tiny gradient, made me very breathless at 2 miles. Martin was a star he rode alongside encouraging me. I got a couple of jelly babies from Diane, just after this and shouts of support from Julie McPheat. Now how long does it normally take to eat a jelly baby? Well 15 minutes later I still had the first one in my mouth. No it would not melt/dissolve, so I forced myself to swallow it and threw away the spare one.

I used my GPS watch to monitor my times every half a mile. By 5 1/2mils, I was getting to unknown territory and my pace was starting to slow, I was feeling absolutely shattered knowing I still had a few miles to run. Martin and Diane were encouraging me and topped me up with drinks. In those last few miles they thought I was closing up on a runner, although I could not see anyone, but I still tried hard to maybe catch them. Eventually I recognised the last few bends and saw the Horsey Windmill just past the trees in the cool evening sun. Putting my last energies in getting to the finish line, I handed over to Tom Inchley. Absolute sheer joy and emotion went through my body knowing I ran the whole leg and the time of 1hr 17mins 25s, beat my target time by several minutes. I felt a great pride and achievement. I then shuffled across the road and went to the grass verge where I collapsed in a heap.

Diane wrapped me in blankets, gave me some magic potions and helped me to the car where I just lay on the back seat comatose for half hour. Even the smell of coffee, cake and chocolate could not stir me. No-one can imagine how much of an achievement this was or how elated I was. I was way above cloud 9.

After a sleep we watched Neil Jones finish the 197.2mile relay on the Sunday morning back in Kings Lynn for an overall time of 25hrs 35m 35s (A fantastic performance was put in by all the team, runners, timekeepers, organisers, and supporters. What a great weekend this is, I can't wait to compete for the team in the event next year and better my time. Of course, one of the best bits is always sitting in the sun (well nodding) at Val's caravan at Brancaster on Sunday afternoon. This year was no exception; those of us who went to Val's went home with bright red noses.

Special thanks to Alec and Nick Folwell who stay up all night for handover/timing duties. Also to Andy Harrison, who came over to help, and I hear he was my personal reserve if I was unable to run, so sorry you did not get to run Andy

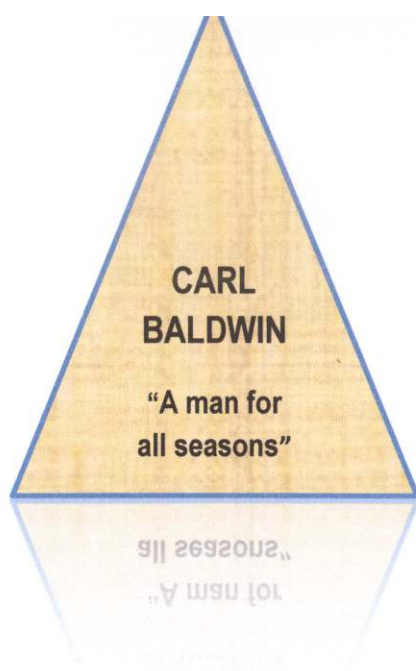
The team supporting me in Oxford have suggested they sign up all their patients as members of MMKAC as part of the recovery plan.

PS: the remainder of the 17-strong team were Peter Mackrell, Terry Down, Andy Inchley, Eddie Hill, Julie McPheat and Milford Callow. Two noteworthy performances came from Peter Mackrell who was 4th fastest overall on the 20.06mile leg from Great Yarmouth to Bungay(2:07.17) and Andy Inchley who clocked 2:10.48 for the 19.67m from Scole to Thetford(9th quickest).



Top: Cley-next-the sea changeover: Diane finishes her 11.2miles and Martin McPheat sets off for Cromer.

Above: Martin supports Carl on the stretch between Lessingham and Horsey.



Carl, as he mentions in his Round Norfolk story, has had a number of serious illnesses in recent years. To have come back to athletics after what he has been through is something akin to a miracle. We wish him a continued recovery.

In his recovery periods Carl has spent time reviewing his track and field career.....READ ON

- How many years competing for just one club(MMKAC) ?
24 years (1989 to 2012)
- Age starting athletics career?
35 years of age
- Leagues competed in:
Southern Men's League, Southern Athletics League, Eastern Veterans League.
- Total number of League matches for MMKAC:
**205 matches – (125 for SML/SAL)
(80 for EVAC)**
- Overall individual events competed in League matches for MMKAC:
**1177 events: 838 for SML/SAL
339 for EVAC**
- OVERALL NUMBER OF POINTS SCORED FOR MMKAC:
**4231pts 2492 for SML/SAL
1739 for EVAC**
Average Events per league match: 6.0

❑ I wonder how many other UK athletes may have competed in as many events for *one* Club??



Carl, seen here competing in the recent Chiltern XC league match at Slough. Clearly a "man for all seasons"

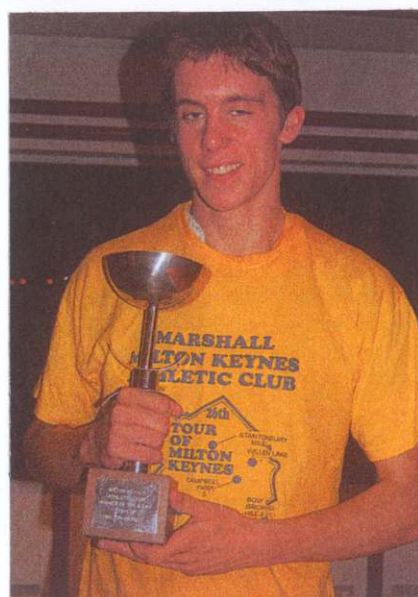
FAREWELL TO ELIOT WINTER

Eliot, studying at Loughborough University, has decided to stay in the North Midlands and has subsequently joined City of Sheffield AC, making his debut in the ECCA cross-country relays at Mansfield.

Eliot joined MKAC in 2003 and as an U13 ran 74.5(400m) and 5.42.3(1500m). These track times came down next year (now an U15) to 64.09 and 5.06.6. Moving into the M17 age group Eliot broke the 2-min barrier for 800m(1.59.28), 9th on the all-time rankings and then set the current club record for the 1500m steeplechase at Coventry with 4.29.65. Over the winter of 2007/8 Eliot was 3rd in the MK Chiltern League M17 xc rankings.

2008 TOUR OF MK WINNER

The 2008 Tour saw the closest finish in 26 years. Day 1 saw Eliot some 3mins down on Steve Herring. However during the week he then won the next four races and on the start line for day 6 at Woughton on the Green, Eliot led Matt Clarke by just 5secs with Steve Herring a further 12-secs back. Coming back down the Ouzel Valley, Eliot began to stretch away with his superior cattle-grid technique and finished the overall winner by 30-secs over Matt with Steve 15-secs in arrears. He also became the youngest winner aged 17yrs7months against Tony Forrest(17:9) from 1994.



Tour winner

During 2008 Eliot also topped the 400m Hurdles rankings with 60.4 and the in 2009 as a M20 set age group club records for his now favoured steeplechase disciplines: 6.07.51(2km) and 9.37.14(3km).

The latter time was set at Bedford where he took bronze in the English Athletics M20 champs; it ranks him 7th in the MMKAC all-time 3km S'Chase rankings.

His PB's for 400mH(60.4) and 1500m (4.00.70) are both No. 22 in the club rankings. Other PB's include 800m(1.58.0) and 3000m(8.50.45)

2012 saw Eliot take silver in the English Closed Champs with a time of 9.47.8. Photo at Stantonbury in the final SAL match AND his farewell run in MMKAC colours.



Many thanks to Eliot for supporting the Club in his 10 years with us and we wish him good fortune with his new club.

The 48th Wolverton "5"

SATURDAY 24TH NOVEMBER

213 finishers, 13 down on 2011 but our smallest field since we moved the race to Willen in 1991. Best field was 420 in 2005.

BUT, a better sub 30minutes percentage than in recent years- 21.1% against an average of 16% over the last four years.

Winning time(25.11), a second quicker than last year.

The race went well on the day but we had a potential major problem the day before. There was some 20cm of flood water for around 150m where the course runs parallel to Tongwell Street(where the 1 and 4mile markers are)

Jim Morrison and myself met at 8.00am on race day and much to our relief the water had abated!! Our contingency plan would have proved quite difficult to put in place,

There were 41 MMKAC runners taking part. Notable performances included:

- Emily Tallen was first lady on the day and her time of 28.48 is the 3rd best on this course for a MMKAC female runner.(see list on next page).
- Her time is the 17th fastest overall female performance on this course.
- Club F45 age group record for Alex Knowles(32.05)- eclipsing the 32.33 set by Margaret Swithenby in 1996.
- Gemma Childs, in her 5mile debut, clocked 32.06, second fastest on this course by an MMKAC U20 Lady. Gemma also won this age group category on the day.
- Sam Deathe (10th overall) led home the MMKAC contingent and in his first ever 5mile race clocked 26.46, 29th on the all-time MMKAC listing for the Willen course.
- John Skelton, recovering from a lengthy injury was first M60 in 30.35, just 11-seconds off his age group record.
- Tom and Steve Cox: good to see the twins making a mark in their first year of senior races including the Chiltern XC. At Willen, Tom ran 29.33, 37th overall and 3rd M20. Steve clocked 30.43(4th M20).
- Our other sub-30min runners were: Tom Comerford(16th/27.19), Ross Threlfall(20th/27.50), Matt Clark(21st/27.54), Gary Blaber(40th/29.37) and Jeremy Vick(43rd/29.54)
- Keith Cook was first M65(132nd/36.49), moving to no 6 in the all-time age group 5mile rankings

AND SPECIAL THANKS TO EVERYONE WHO ASSISTED ON THE DAY, ESPECIALLY JACKSON RYAN, RACE ORGANISER and to DAVE BARRETT WHO ORGANISED THE RACE MARSHALLS

PS: did anyone spot Sam Taylor-Outridge, our former M20 javelin star, who ran 35.06(11th).



From the top:
Sam Deathe/Gemma Childs leads Alex Knowles at around 1.5miles/John Skelton/
newcomers- Jeremy and Johann Vick
Left: the start - winner Anuradha Cooray(193) from the Vale of Aylesbury who clocked 25.11, to his right is 3rd placed Andrew Inskip(Bedford) who ran 25.54.

Leading MMKAC runners at the Wolverton(Willen) race.

MEN ALL TIME TOP 30

Tony Forrest	M20	24.09	1995
Richard Nifah	MS	24.13	2002
Ian Thompson	MS	24.33	1991
Marcin Fudalej	MS	24.40	2008
Andy McKenna	MS	24.43	2002
Daryn Castle	MS	24.51	2004
Charles Herrington	MS	25.00	1998
John Crouch	MS	25.03	1992
Tom Comerford	MS	25.03	2010
Ray Crabbe	MS	25.04	1992
Alex Bowden	MS	25.09	2004
Kevin Farmer	MS	25.42	1991
Paul Erwood	MS	25.53	2009
Paul Fisher	M17	26.00	1994
Andy Harris	MS	26.01	1994
Ian Van Lokven	M40	26.08	1998
Mick Kelly	MS	26.14	1992
Andy Whetstone	MS	26.14	2007
Nigel Fenwick	MS	26.17	1991
Chris Hearn	MS	26.17	2003
Jackson Ryan	M40	26.30	1994
Campbell Noon	MS	26.31	1992
Daniel Pinna	M17	26.31	1995
Gavin Wilcox	M20	26.37	2004
Richard Ashton	M40	26.40	2009
Steve Green	MS	26.42	2007
Adrian Cox	MS	26.43	1992
Phil Jones	MS	26.43	1994
Sam Deathe	MS	26.46	2012
Ian Russell	M40	26.47	1992
Steve Rice	MS	26.47	1992

WOMEN ALL TIME TOP 20

Linda Dewhurst	F35	27.57	1993
Rita Quill	FS	28.22	1992
Emily Tallen	FS	28.48	2012
Michelle Lee	FS	29.14	2002
Vicky Pincombe	FS	29.39	2004
Claire Rooney	F35	30.30	2004
Kinga Keresztes	F20	30.45	2004
Kim McBride	FS	30.56	2005
Imogen Thornburgh	FS	30.58	2002
Sarah Cox	FS	31.33	2003
Diane Baldwin	FS	31.40	1991
Jo Benham	FS	31.54	2006
Alex Knowles	F45	32.04	2012
Gemma Childs	F20	32.06	2012
Julie Dalzell	F40	32.13	2007
Elle Roche	F20	32.32	2011
Lauren Licietis	FS	32.27	2008
Tanya Taylor	F17	32.28	2005
Lyn Jolley	FS	32.42	1995
Trudy Green	F35	32.54	2004



Marcin Fudalej/2010 Wolverton Five

on the roads

SEPTEMBER 24 25 26 27 28 29 30

34th WARSAW MARATHON - 30th September

Michal Glowacki finishes 16th with a time of 2:36.15 – 9th fastest on the MMKAC male all-time rankings. The best by a local runner since Ian Van Lokven ran 2:39.05 in the 2005 London race.

ALL-TIME MALE TOP TEN

Kevin Farmer	MS	2:26.10 London	1989
Terry Laybourn	M40	2:28.40 London	1982
Dave March	MS	2:29.24 London	1985
Bob Forster	MS	2:30.05 Wolverhampton	1982
Ian Russell	M40	2:32.21 Harrow	1995
Clive Owen	MS	2:35.34 Taunton	1984
Chas Kendall	MS	2:35.43 Wolverhampton	1983
Mark Booth	M20	2:36.08 Fort Bragg(USA)	1982
Michal Glowacki	MS	2:36.15 Warsaw	2012
Noel Drake	MS	2:36.40 Potteries	1990

AND, of course, we should not forget that Michelle Lee clocked 2:35.31 in London 2005 which makes her MMKAC's 6th fastest marathon runner.



Michal here seen in the South of England Road Relays

MMKAC WIN THE TEAM OF TEN AWARD AT THE LEIGHTON BUZZARD 10(30 September)

"The team of 10 – eight men and two ladies"

6 Mark Dowson	MS	61.36
10 Gary Blaber	MS	62.14
26 Andrew Wasdell	MS	66.53
27 Chris Cahill	M40	67.14
36 Neil Jones	MS	68.59
53 Alex Knowles	F45	70.52
62 Kelvin Smith	M60	71.14
79 Julie Dalzell	F45	74.08
81 Steve Howe	M50	74.23



In multiples of ten we actually had 20 finishers!

In the team races the MK placed 2nd (first 3)men whilst the ladies were 3rd – Alex, Julie plus Deborah Hindmarch(79.49)

BERLIN MARATHON(30 September)

Phil Atkins(M45) 4:12.44

ROBIN HOOD HALF MARATHON, NOTTINGHAM(30 Sept)

62 Dan Webber	MS	79.59
137 Wendy Webber	FS	85.31 PB
460 Mervyn Phillips	M55	93.34 PB

Chiltern XC League

DIVISION 1 LEAGUE TABLE AFTER THREE MATCHES

1 Bedford & County	7868
2 Windsor SE&H	7646
3 MMKAC	7234
4 Harrow AC	6940
5 Chiltern Harriers	6416
6 Luton AC	6400
7 Vale of Aylesbury AC	5292
8 Headington RR	4372
9 Leighton Buzzard AC	4024
10 Oxford City	3902
11 Wycombe PH	3816
12 Tring Running Club	3790
13 Silson Joggers	3617
14 Dacorum & Tring	3207

MATCH 4
12 JAN
LUTON

MATCH 5
9 FEB
WING

■ CAN WE DEFEND OUR LEAGUE TITLE??

■ A BIG ASK, BUT WE HAVE DONE IT BEFORE

■ WITH THE FINAL TWO MATCHES RELATIVELY CLOSE TO MK, TRAVEL SHOULD NOT BE TOO MUCH OF A PROBLEM

■ THANKS TO EVERYONE WHO MADE THE JOURNEY TO WINDSOR WHERE OUR 2ND PLACE KEPT US IN THE TOP THREE

LEADING MALE TEAM POSITIONS AFTER 3 MATCHES:

1 Bedford & County	5678
2 Windsor SE&H	5606
3 Harrow AC	5504
4 MMKAC	5419

LEADING FEMALE TEAM POSITIONS AFTER 3 MATCHES:

1 Bedford & County	2190
2 Windsor SE & H	2040
3 Chiltern Harriers	1919
4 MMKAC	1815



U13 boys- Alfie Yabsley leads Harvey Green; **U15 boys-** (from the left) Conrad Webber (60), Charles Wheeler (62) & George Wheeler (61); **U17/20 ladies-** Fern Yull leads Amy Botham AND Rebecca Marshall ahead of Gemma Childs; **Senior ladies-** new signing, Jessica Webb (from Woodstock); **Senior men-** Tom Comerford battles with Sam Deathe on lap 2 AND Ross Threlfall leads Tom Cox.





AGE GROUP POSITIONS AFTER 3 MATCHES

SENIOR/JUNIOR/VETERAN MEN

1 Harrow	4796
2 MMKAC	4301
3 Windsor	4138

U17 MEN

(10th) 57

U15 BOYS

1 Bedford	544
2 MMKAC	483
3 Aylesbury	414

U13 BOYS

1 Windsor	679
2 Chiltern	625
3 Bedford	622
4 Luton	607
5 MMKAC	578

SENIOR/VETERAN WOMEN

1 Windsor	693
2 MMKAC	684
3 Bedford	671

UNDER 17/20 WOMEN

1 Bedford	227
2 MMKAC	223
3 Luton	206

UNDER 15 GIRLS

1 Windsor	597
2 Bedford	545
3 Luton	458
4 MMKAC	418

UNDER 13 GIRLS

1 Chiltern	752
2 Bedford	747
3 Windsor	573
4 Luton	492
5 MMKAC	490

**IN THE LIGHT OF OWEN SEAMARK'S VICTORY
WE WERE INTERESTED IN THE FOLLOWING....**

**WHEN DID WE LAST HAVE AN UNDER 15BOYS
WINNER?**

IT WAS TEN SEASONS AGO –

Scott Goodwin won the fifth and final race for the 2002/3 season at Luton. Prior to that Sam Redding twice placed 2nd in the 2009/10 season, Danny Murphy took a 3rd place in 2007/8, Eliot Winter was twice 3rd in 2005/6 and Jack Rooney took a 3rd place in 2004/5.

At Luton in 2003 Scott also led the team to victory backed up by Sam Bradley(3rd), Sam Brasier(5th) and Andy Stockbridge(12th).

A look at some other club results that day –

Senior Men: 6-Alex Bowden, 17- Ian Van Lokven, 18-Daryn Castle, 19-Paul Wright, 20-Adrian Cox, 32-Phil Jones, 24-Kevin Farmer, 25-Paul Fisher, 27-Jim Docherty, 53-Ian Pheasey.

U17 Men: 1-Andy Whetstone, 2-Phil Macey, 5-Kyle Bennett, 9-Gavin Wilcox.

U13 Boys: 3-Tom Nightingale, 4-Grant Tilley, 5-Ross Docherty, 9-Josh Lyman.

Senior Ladies: 5-Carly Scott.

U17 Ladies: 1-Kayleigh Docherty, 2-Anna Roskilly,

U15 Girls: 6-Kirsten Berryman

U13 Girls: 4-Tanya Taylor

MMKAC were easily league champions that season scoring 12,113pts with Windsor 2nd(10,739). Bedford were not in the league at that time.

ACTION FROM SLOUGH (1 December

Top: Owen Seamark on his way to victory in the U15boys race/
Chloe Collett(U13girls) surrounded by a bevy of Chiltern Harriers young ladies.
Centre: Senior Men – Tom Cox leads Jeremy Vick/Chris Hearn leads Matt Clarke.

Above: The welcome return of Kim Lowden(McBride)/Emily Bousfield(F17)

THE ING NEW YORK CITY MARATHON

Karen Tincknell reports:

Hurricane Sandy hit New York City on Monday 29th October. Millions were without power and there was devastation in parts of the city, particularly on Staten Island, where the marathon was due to start. Mayor Bloomberg declared the "marathon would go on" but everyone was uncertain if this would really be the case!

Flights to NY were cancelled on Tuesday and Wednesday, and we checked the websites anxiously not sure if we'd even be able to get out there. By late Wednesday, flights were back on and the New York Road Runners were still adamant that the show would go on. Dan, Wendy and I flew on Friday 2nd November and as I wasn't running this year, I enjoyed a beer on the flight whilst the others sipped their waters. On arrival, we jumped into a cab and were driven to a deserted part of the city – Tribeca. Our hotel was in darkness with a man sat in reception telling people the hotel had no power and was shut! Not a great start! Hundreds of runners experienced the same issues with hotels having no power below 34th street. Fortunately, we were able to find a room; one of the two that appeared to be remaining on hotels.com. So we quickly booked and jumped back into our cab, and headed over to Central Park.

Relieved to have a home for the next five nights, we checked in and then headed straight out to the Expo for Dan and Wendy to register and collect their numbers and T-shirts. As we approached the Javits centre I received a text to say "marathon cancelled." There were TV crews outside whilst hundreds of runners were arriving to register, all being told the bad news. After months of training it was bitterly disappointing for all of the runners taking part, especially at this late stage. Everyone was still able to collect their T-shirt – a small consolation and at effectively \$250, an expensive bit of training gear! As they weren't marking your numbers as you collected your T-shirt in the usual strict fashion, Dan was able to get me a T-shirt as well, reducing his cost to \$125 per T-shirt! Disappointed, we headed off to a bar - we might as well all have a beer now!

On Saturday morning we headed out to a cold, but sunny Central Park to run. There were many other runners out, all enjoying the sunshine, determined to run despite the last minute change of events. The local news channels showed shocking pictures of the devastation and with the death toll still rising, the marathon had been cancelled due to increasing criticism. It was clear that it was the right decision, but a shame that the decision had been made so late; meaning all 20,000 international runners had already travelled to NY.

Sunday 4th November would have been the 43rdth NYC marathon. Instead, thousands of runners adorned in bright orange marathon T-shirts turned up in Central Park, on what would have been a perfect day to run a marathon – a cold, clear and sunny autumn day with very little breeze. It was an amazing sight; a stream of orange dots bobbing up and down going round the 6.5 mile loop of Central Park in both directions, running 1, 2, 3 and some even 4 laps of the park – the full 26.2 miles, on what was the original marathon course. Central Park is certainly not an easy running course, with numerous undulations all the way round, and after the first lap of enjoying the sunshine and the atmosphere, I was starting to feel a little tired as Dan and Wendy announced we were "going round again." Many New Yorkers were out in the park to spectate and there were cheers and shouts, with thousands of runners experiencing the same emotions of disappointment yet enjoyment at being part of what must have been the biggest ever social run to take place.

Just before we reached 13 miles, which I had been promised was the end, Dan and Wendy sped off after running at my pace for the whole 2 laps, and when I finally saw them at what would have been the finish line, we had run 14 miles – the slowest 14 miles he had ever run Dan announced! Having planned to enjoy being a spectator this year while Dan and Wendy put in the hard work; I was feeling pretty tired, but come Monday, they were keen to run again – another lap of Central Park, taking our total mileage for the trip to the marathon distance – and we even have the medals to prove it!! Yes, it's true. Richard Inchley, who was out there working for Sports Tours, had been given medals to hand out, so kindly gave us all one – they could be a collector's item one day! It has still not been announced what will happen in 2013 and if the runners will be guaranteed their entries for next year.

Photo – Wendy and Karen wearing their T-shirts in Central Park.



ON THE ROADS

ABINGDON MARATHON (21 October) - Sub 3 hours for Martin Erasmus and Fran Malin becomes the 8th fastest MK female runner.

Martin clocked 2:59.08 to become our 76th sub-three marathoner. Fran improved by almost seven minutes from her 2012 London run to 3:14.43 at Abingdon – 8th fastest on the all-time female rankings and just 10-seconds off Margaret Swithenby's F45 age group best(3:14.33) set in 1999.

ALEX KNOWLES HITS THE TOP OF THE F45 RANKINGS

Alex, after a lengthy lay-off, has returned with some flourish. She ran 32.51 in the Olympic/Stratford 5miles last March, at the time second best F45 time and then 97.37 in the MK half-marathon. Injury marred her summer but Alex bounced back with 41.10 in the Candleford 10km(4th best-ever) and then on 18 November set a F45 10miles best with 66.10 at Preston, clipping 44-secs off Margaret Swithenby's record set back in 1996. And to the Wolverton Five where Alex moved to the head of the F45 age group with her 32.04 and Fran Malin ran 33.33:

Leading six F45 5mile performances:

1 Alex Knowles	32.04	Willen	2012
2 Margaret Swithenby	32.33	Sharnbrook	1996
3 Anick Valapinee	32.51	Corby	2004
4 Fran Malin	33.33	Willen	2012
5 Jane Bird	33.52	Willen	1996
6 Di Knight	33.56	Cranfield	2003

ALL-TIME LADIES MARATHON TOP TEN

MichelleLee	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
Fran Malin	F45	3.14.43	Abingdon	2012
Julie Dalzell	F40	3.15.22	London	2008
Anick Valapinee	F45	3.17.04	London	2004

LONDON MARATHON 2013 CLUB DRAW

The lucky recipients were:

Chris Cahill, Kevin Church, Paul Erwood & Malcolm Kidby
Reserve: Matt Clarke

THE 10TH WATCHLESS WOLVERTON 5(13 December)

31 competitors for the 10th running at this very popular social evening. Peter O'Sullivan was the winner with a time 3secs off his estimate. Equal 2nd, 7-secs out were Jeremy Vick & Andy Sutton. Hazel Cockerill took the wooden spoon by running 4:25 quicker than her estimate.

Fastest net times over the years:

Ian Van Lokven	28.17(2006)
Steve Herring	29.19(2011)
Jeremy Vick	29.37(2012)
Andy Wasdell	29.49(2008)

Chris Youens starts off on his run:





Marshall Milton Keynes AC
30th TOUR OF MILTON KEYNES
1983 - 2012

THE 30TH TOUR OF MILTON KEYNES

- Would I have thought that back in the summer of 1983 after post training banter in the Galleon at Old Wolverton that we would have reached this milestone?
- A shedload of memories since; could fill this Newsletter with them.
- The first event had 30 finishers and was won by Simon Rayner who won all six races. We started with a 5mile cross-country in the then City Park(now Campbell Park) – just a wide open space then with mounds of earth dumped from grid-road construction. Next to the OU where we ran to and from Willen Lake(similar to the current Willen race but 2miles longer). Next was the "Castlethorpe 10" – one of the regular Tuesday night training runs. The City Centre "mile" followed – a "chariot style" race along where Waitrose and the Theatre District now stand.Thursday we ran the original Wolverton 5 course and finished with a hill race in Brickhill Woods.
- Names to remember from the inaugural Tour – Terry Laybourn was 2nd, DFH, 4th, Jim Bennett 5th, Kevin Farmer 6th, Jim Morrison 8th, Tom Webb 9th and Steve Herring 10th. In the next bunch were Mick Kelly 12th, Alasdair Gibson 13th, Jane Bird 19th and then Milford Callow 24th, Sam Kirkpatrick 27th and Pete Hall 29th.

"Top 20" Tour finishers:

Dave Findel-Hawkins	27	John Gillespie	17
Jim Morrison	27	Carl Baldwin	17
Eddie Hill	24	Mick Kelly	16
Sam Kirkpatrick	22	Dave Storer	16
Milford Callow	22	Kevin Farmer	15
Andy Harrison	21	Robbie Macpherson	15
Steve Rice	21	Jim McKellar	14
Diane Baldwin	18	Geoff Pucci	14
Jim Miller	18	Ian Russell	14
Chas Herbert	18	Chris Mahon	14
		Paul Toombs	14

Sam Kirkpatrick completed his 22 Tours in consecutive years whilst John Gillespie did likewise for his tally of 17.

AND THE 30TH TOUR

"A UNIQUE BROTHER AND SISTER TRIUMPH"

Wendy Webber was the first lady in each of the six races, Dan Webber won the first two races in the male category, Matt Clarke won the cross-country, Tom Comerford the Mile and Peter Mackrell the Campbell Park race. However by the start of day six, the Willen 10km, Dan had a 55-second advantage over his closest challenger, Steve Herring and although Matt Clarke came through to win, Dan placed 2nd and 20-seconds ahead of Steve. Dan finished with a total time of 149:16, 85-seconds ahead of Steve Herring but the latter's second place also gave him the Veterans Trophy.

Amazingly Ian Van Lokven had never run the Tour before and his 6th place saw him easily win the M50 trophy. Paul Mason has had a fine M60 debut year and there was no surprise with him winning this age group. Martin Erasmus, in his debut, was first M45, Andy Harrison took the M55 award and Keith Cook the M65 trophy. Malcolm Kidby was the most improved male, up 12 places from 2011.

For the ladies, Fran Malin won the veterans cup and Diane Baldwin the most improved trophy, up 16 from last year.

Thanks to all the competitors who make such a great CLUB week

THE FUTURE OF THE EVENT

The TOUR must continue but I'm unsure whether I can continue to be sole organiser. Last year the event took a lot out of me Perhaps after 30-years it really is time to hand over the baton. Any offers??



From the top: Award winners, Celebrating 30 years, Wendy and Dan AND Eddie Hill at Potterspury(24th Tour) and DFH in the hill race on his way to completing his 27th TOUR

Men							
200m	10	Chris Clarke	M23	20.65	w+0.2	Irvine, USA	29-Apr
400m	12	Chris Clarke	M23	46.02		Walnut, USA	21-Apr
	77	Ben Sturgess	M23	48.5		Walton	09-Jun
3000m Sc	71	Eliot Winter	M23	9.47.48		Birmingham	03-Jun
	83	Chad Lambert	M23	9.51.5		Chelmsford	14-Jul
1 mile	94	Sam Deathe	M23	4.25.83		Oxford	28-Jul
Long Jump	1	Greg Rutherford		8.35m	w+2.0	Chula Vista, USA	03-May
Triple Jump	60	Chuko Cribb	M20	14.16m		Milton Keynes	19-May
Discus	96	Jackson Curtis	M20	40.46m		Chelmsford	14-Jul
Hammer	43	Sam Ridgway	M23	53.49m		Bedford	17-Jun
	69	Mark Roberson	M35	48.41m		Walton	09-Jun
Javelin	1	Mervyn Luckwell		82.15m		Loughborough	19-May
	17	Freddie Curtis	M20	67.84m		Bedford	16-Jun
	22	Jackson Curtis	M20	67.15m		Crystal Palace	07-Jul
	23	Michael Cox		66.55m		Milton Keynes	19-May
4x100m	75	SML (NW,DO,BS,R)	M23	43.2		Thurrock, Grays	28-Jul

Women							
100m	21=	Kadi-Ann Thomas		11.68	w+1.2	Azusa, USA	20-Apr
200m	15	Kadi-Ann Thomas		23.70	w+2.0	Azusa, USA	20-Apr
400m	74	Amy Freeman		56.44		Birmingham	02-Jun
5000m	79	Lara Bromilow		17.30.58		Bedford	25-Aug
10000m	71	Di Baldwin	F55	42.24.03		Horspath, Oxford	05-Aug
1500m Sc	24	Rebecca Marshall	F20	5.27.22		Milton Keynes	01-Sep
	43	Jade Leggett	F20	5.37.62		Gateshead	07-Jul
2000m Sc	29	Elle Roche	F20	7.19.9		Chelmsford	14-Jul
	98	Jade Leggett	F20	8.29.8		Portsmouth	27-May
Pole Vault	8	Lucy Bryan		4.11m	ind	Birmingham	18-Feb
	13	Rachel Gibbens		3.85m	ind	Bedford	15-Mar
Long Jump	45	Sophie Wilkins	F23	5.76m	w+0.3	Loughborough	30-May
Discus	22	Emma Beales	F40	42.66m		Milton Keynes	19-May
	97	Emma Beardmore		35.09m		Horspath, Oxford	12-May
Hammer	25	Andrea Jenkins	F35	53.25m		Sandy	14-Apr
	31	Kayleigh Presswell	F20	50.78m		Bedford	20-Oct
	50	Sadie Watts	F23	45.21m		Chelmsford	14-Jul
	78	Emma Beardmore		42.16m		Chelmsford	14-Jul
Javelin	47	Sadie Watts	F23	40.40m		Milton Keynes	01-Sep

U23 Men							
100m	65	Robert Broadley		10.9		Chelmsford	14-Jul
200m	3	Chris Clarke		20.65	w+0.2	Irvine, USA	29-Apr
	74	Ben Sturgess		22.25	w+2.0	Milton Keynes	01-Sep
400m	4	Chris Clarke		46.02		Walnut, USA	21-Apr
	28	Ben Sturgess		48.5		Walton	09-Jun
800m	32	Chad Lambert		1.51.92		Stretford	07-Jul
	73	Sam Deathe		1.54.87		Watford	11-Jul
1500m	40	Chad Lambert		3.49.80		Bedford	17-Jun
1 Mile	25	Sam Deathe		4.25.83		Oxford	28-Jul
3000m	53	Chad Lambert		8.37.86		Watford	27-Jun
	74	Matt Eager		8.49.30		Watford	25-Jul
400m Hur	37	Adam Smith		57.7		Walton	09-Jun
3000m Sc	24	Eliot Winter		9.47.48		Birmingham	03-Jun
	31	Chad Lambert		9.51.5		Chelmsford	14-Jul
Discus	73	Sam Ridgway		31.75m		Cheltenham	04-Jun
Hammer	8	Sam Ridgway		53.49m		Bedford	17-Jun
	41	Iain Lawrence		30.52m		Milton Keynes	09-Sep
Javelin	27=	Jon Constantinou		53.54m		San Mateo, USA	27-May

U23 Women							
Long Jump	11	Sophie Wilkins		5.76m	w+0.3	Loughborough	30-May
Triple Jump	36	Sophie Wilkins		10.45m		Stevenage	01-Jul
Discus	20	Sadie Watts		34.04m		Milton Keynes	01-Sep
Hammer	13	Sadie Watts		45.21m		Chelmsford	14-Jul
Javelin	9	Sadie Watts		40.40m		Milton Keynes	01-Sep

U20 Men							
2000m Sc	99	Steve Cox		7.18.81		Milton Keynes	01-Sep
Triple Jump	15	Chuko Cribb		14.16m		Milton Keynes	19-May
Javelin	4	Freddie Curtis		67.84m		Bedford	16-Jun
	5	Jackson Curtis		67.15m		Crystal Palace	07-Jul

U20 Women							
100m	100=	Alice Ritchie		12.8		Chelmsford	14-Jul
800m	55	Elle Roche		2.16.63		Watford	22-Aug
	66	Rebecca Marshall		2.17.98		Watford	13-Jun
1500m	39	Elle Roche		4.38.56		Watford	13-Jun
3000m	35	Elle Roche		10.12.66		Watford	27-Jun
100m Hurd	71	Jessica Balderston		16.7		Milton Keynes	15-Apr
	92	Alice Ritchie		17.50	w-0.8	Milton Keynes	19-May
1500m Sc	19	Rebecca Marshall		5.27.22		Milton Keynes	01-Sep
	29	Jade Leggett		5.37.62		Gateshead	07-Jul
2000m Sc	11	Elle Roche		7.19.9		Chelmsford	14-Jul
	34	Jade Leggett		8.29.9		Portsmouth	27-May
High Jump	68	Devon Byrne		1.55m	ind	Loughborough	08-Dec
Triple Jump	90=	Elizabeth Read		10.00m		Abingdon	27-May
Shot	33	Devon Byrne		10.78m	ind	Loughborough	08-Dec
	47	Kayleigh Presswell		10.30m		Milton Keynes	24-Jun
Discus	28	Kayleigh Presswell		33.84m		Milton Keynes	24-Jun
Javelin	89	Kayleigh Presswell		27.85m		Walton	09-Jun
Hammer	10	Kayleigh Presswell		50.78m		Bedford	20-Oct

GREG RUTHERFORD MBE

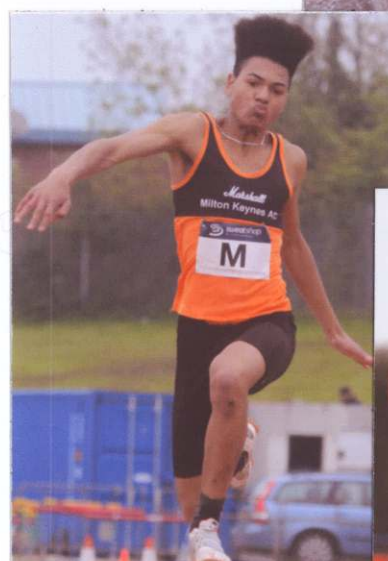
2012 WORLD LONG JUMP RANKINGS

Only 6 cm between the top 6 athletes -

1 Greg Rutherford(GBR)	8.35
2 Sergey Morgunov(Russia)	8.35
3 Sebastian Beyer(Germany)	8.34
4 Marquise Goodwin(USA)	8.33
5 Godfrey Mokoena(S.Africa)	8.29
6 Aleksandr Menkov(Russia)	8.29



MMKAC ATHLETES IN UK TOP 100



Ben Sturgess/Diane Baldwin/
Chuko Cribb/Elizabeth Read





MMKAC ATHLETES IN UK TOP 100



Jonathan Pownall, Laura Zialor, Archie Rippin and Molly Adams (here seen under the watchful eye of Greg Rutherford)

U17 Men

100m	12	Daniel Oderinde	10.91	w+1.7	Bedford	18-Aug
200m	23	Daniel Oderinde	22.28	w+0.1	Bedford	19-Aug
Shot	10	Lewis Barnes	14.92m		Peterborough	20-May
Discus	11	Lewis Barnes	45.19m		Milton Keynes	27-May
Hammer	23	Lewis Barnes	51.72m		Milton Keynes	15-Apr
Javelin	18	Ed Wilson	52.18m		Horspath, Oxford	13-May
	21	Redford Curtis	51.39m		Abingdon	17-Jun
	25	Ben Pointon	51.15m		Leamington	16-Jun
	62	Jack Panter	46.37m		Milton Keynes	06-May

U17 Women

400m	68	Amy Botham	61.37		Milton Keynes	01-Sep
800m	63	Amy Botham	2.18.01		Watford	15-Jul
	48	Jasmine Finlay	2.19.60		Watford	15-Jul
1500m	30	Jasmine Finlay	4.49.58		Watford	13-Jun
3000m	58	Jessica Hall	10.51.1		Rugby	17-Jun
	72	Jasmine Finlay	10.56.83		Watford	27-Jun
	87	Fern Yull	11.05.46		Watford	25-Jul
80m Hur	40	Rebecca Davies	12.1		Peterborough	25-May
300m Hur	54	Maya Jennings	48.1		Rugby	17-Jun
Pole Vault	33	Emmanuela Motta	2.73m		Bedford	12-Aug
Long Jump	94=	Rebecca Davies	5.09m		Bedford	13-May
Shot	93	Emmanuela Motta	9.05m		High Wycombe	16-Jun
Hammer	20	Laeken Impey	37.44m		Horspath, Oxford	26-Aug
	87	Kai Kahembe	24.28m		Milton Keynes	06-May

U15 Boys

800m	48	Archie Rippin	2.06.23		Watford	11-Jul
	63	Charlton Kerr	2.07.1		Milton Keynes	15-Apr
1500m	42	Archie Rippin	4.23.04		Watford	25-Jul
	78	Louis Clarke	4.28.70		Watford	30-May
	95	Owen Seamark	4.29.54		Watford	14-Jul
3000m	16	Owen Seamark	9.33.75		Watford	25-Jul
	29	Archie Rippin	9.48.41		Watford	27-Jun
	67	Dominic Murphy	10.04.42		Watford	27-Jun
	77	Toby Herdman-Smith	10.10.07		Horspath, Oxford	13-May
	93	Charles Wheeler	10.17.34		Watford	25-Jul
Long Jump	52	Tyrell Dankwa	5.69m		Horspath, Oxford	13-May
Discus	11	Jonathan Pownall	39.77m		Peterborough	20-May
Hammer	67	Jonathan Pownall	32.74m		Horspath, Oxford	13-May
Javelin	3	Jonathan Pownall	55.73m		Watford	27-Jun

U15 Girls

100m	89	Ebony Carr	12.94	w+1.0	Horspath, Oxford	12-May
3000m	15	Amy Radford	10.26.00		Watford	25-Jul
High Jump	24=	Lucy Johnston	1.58m		Milton Keynes	09-Sep
	38=	Laura Zialor	1.55m		Abingdon	25-May
Pole Vault	57=	Laura Zialor	2.20m		Milton Keynes	06-May
Long Jump	39=	Naomi Greener	5.01m		Rugby	17-Jun
Triple Jump	12	Laura Zialor	10.16m		Watford	15-Jul
	38	Naomi Greener	9.56m		Milton Keynes	17-May
	76	Olivia Fletcher	8.89m		Sandy	29-Sep
Hammer	35	Paige Barnes	33.51m		Bedford	20-Oct
	54	Ellen Dewson	27.94m		Watford	25-Jul

U13 Boys

800m	35	Alfie Yabsley	2.20.5		Rugby	17-Jun
1500m	29	Alfie Yabsley	4.46.93		Kingston	22-Jul
3000m	1	Alfie Yabsley	10.11.27		Watford	25-Jul

U13 Girls

75m	36=	Grace Linnett	10.4		Rugby	28-Apr
	36=	Rachel Oderinde	10.4		Peterborough	20-May
100m	59=	Grace Linnett	13.6		Telford	08-Sep
	100	Rachel Oderinde	13.71	w-0.3	Kingston	22-Jul
150m	73=	Grace Linnett	21.0		Rugby	28-Apr
200m	42=	Grace Linnett	28.2		Telford	08-Sep
High Jump	88=	Grace Linnett	1.35m		Welwyn G.C.	06-Apr
Long Jump	48=	Molly Adams	4.49m		Kingston	22-Jul
Shot	19	Sade Ross	9.17m		Kingston	22-Jul
Discus	64	Sade Ross	20.02m		Kingston	22-Jul
Javelin	79	Bethan Partidge	21.48m		Sandy	16-Aug



ANNUAL GENERAL MEETING

13 November

13 members in attendance.

A resume of the main points discussed:

❑ ELECTION OF OFFICERS

Chair: Mick Bromilow
 Vice Chair: To be elected at first committee meeting
 Secretary: Diane Baldwin
 Treasurer: Alec Walliker
 Coaching Sec. Jim Bennett
 Cross-Country Sec: Jackson Ryan
 Ladies Secretary: Agreed to leave vacant; become additional committee post
 Track & Field Sec: Jim Lawrence
 Fixtures Secretary: Jim Lawrence
 Membership Sec: Peter Scott
 Officials Secretary: Jackson Ryan
 Veterans(Summer) Jim Lawrence
 Veterans(Winter) Dave Barrett
 Ladies Rep: Jade Leggett(to be supported by Diane Baldwin)
 Equipment Officer: Peter Hall
 Development Off. Vacant
 Track Liaison Off. Jack Kee
 Press Officer: Ian Russell
 Newsletter Editor: Brian Graves
 Young Athletes Reps: Ryan Burling & Jade Leggett
 Other Committee Members:
 Ian Stewart(Welfare Officer), Gordon Fallow,
 David Millett, Jan Harcastle, Kyle Bennett &
 Lawrie Wilkinson

❑ FINANCIAL REPORT FOR 2012

MMKAC made a profit of £3668 in the last 12 months compared to a loss of £5884 in the previous 12 months. This leaves a healthy bank balance of £90373.

As expected income fell sharply by £15359 to £79481 due mainly to reduced donations and salary contributions from the now defunct school partnerships. Improved collection of subscriptions and a smaller decline in the annual grant to maintain the Stadium helped soften the effect of these reductions.

Expenditure was down almost £25000 to £75813 which again was expected due to reductions in equipment expenditure (we spent £15000 on pole vault equipment in 2011) and salary payments. (The Community Sports Coach has only worked 2 days a week since January 2012).

The next year will be challenging again. The after effect of Greg Rutherford's success will hopefully swell membership in 2013. However the grant from the council to maintain the facilities at Stantonbury will reduce further and, as you may have read on the website, England Athletics are raising their affiliation fees from £5 per athlete to £20 for senior athletes. £15 for under 17s and £10 for non track athletes.

These affiliation fees are paid on behalf of athletes from their annual subscriptions which are currently £55 with an additional £45 for track usage and £200 family membership. It is inevitable that annual subscriptions will need to rise to cover these increases. The committee therefore proposes to soak up some of the increase from England Athletics by raising annual subscriptions for 2013 to £60, £50 and £210.

The above measures should be sufficient to return a small working profit in 2013.
Alec Walliker, Treasurer

Accounts for Oct 2011 to September 2012

INCOME	2010/11	2011/12	VAR
Subscriptions	24254	29596	5343
Track Management Fee	18916	15479	-3437
Events (net)	11958	11650	-308
Awards eve (gross)	0	0	0
Grant / Award	16931	7700	-9231
Club Kit	1974	1264	-710
Salary Contributions	18733	10728	-8005
Kitchen net takings	2019	3002	984
Other Income	17	27	10
Bank Interest/charges	39	35	-4
Total Income	94840	79481	-15359

EXPENDITURE	2010/11	2011/12	VAR
Travel	7857	6713	-1144
Equipment	24171	7020	-17151
Grounds / buildings	4325	4050	-274
Hall Hire	9492	8830	-662
Newsletter/Magazine	3462	4804	1342
Coaches expenses	420	500	80
Coaches courses	1935	2420	485
Trophies	293	0	-293
Entry Fees	2006	2438	432
Affiliation fees	3124	3278	154
Events expenses	0	0	0
Awards Evening net	715	2144	1429
Club Kit	2233	1080	-1153
Track Fee	0	0	0
Athlete Sponsorship	625	0	-625
Marshall Distributions	8335	10920	2585
Salaries	27945	17810	-10135
Admin Expenses	1200	1308	108
Other	2585	2497	-88
Total Expenditure	100723	75813	-24910

Profit / Loss -5884 3668

Brought Forward Sept 2010 86706

Balance at 30/09/12 90374

Current Account 36274

Reserve Account 51576

Pending 2523

❑ RESOLUTION PASSED

Membership fee to be increased to £60. Track fee to £50 and family membership to £210
Associate membership to remain at £15

❑ NOTE

The vote was taken on the basis of England Athletics raising their affiliation fees as per their announcement on 28 September last.

Club Chair, Mick Bromilow, on the next page, outlines the background to the registration scheme and the subsequent consultations with Club representatives which, in turn, forced England Athletics to review their decision.

"Victory for the clubs" -ED

The England Athletics Registration Scheme

In this article I will attempt to explain what happened when England Athletics tried to impose large increases in the registration fee for competing athletes, how the clubs reacted to this increase and what has been the outcome.

A registration scheme was introduced in 2007 in which all competing athletes over the age of 11 in a registered club had to pay £5 to affiliate with England Athletics. For this small fee all athletes were insured whilst competing and training with the club. It has been estimated that, in 2011, the sum raised by this method represented approximately 8% of the income of England Athletics, where the rest of the income came largely from Sport England grants and other sponsorship arrangements. The funding is used to support networks (including the Bucks Athletic Network), coaches, officials and clubs, and has been crucial in the modernisation of the sport.

Earlier this year England Athletics submitted its bid to Sport England for funding over the next four years. I had been involved in some of the early discussions about this bid and knew that Sport England had made it clear that it expected the sport to raise significantly more of its own funding in the current economic climate. I'm told that the England Athletics Board decided in March what its new Registration Scheme would be, but members were sworn to secrecy until the announcement on 28 September. The new scheme would be

Senior Athlete Membership	£20
Off Track Membership	£10
U17 Athlete Membership	£15
Athletic 365 (u11s)	£15

Disappointingly, the new scheme did not come with any additional benefits and there was widespread concern about the scale of the increases. Club Secretary, Diane Baldwin, tried to find out about the scheme for Under 11s but was told that no details were available. With our AGM in November, we had no choice but to increase our membership and track fees by £5 each to cover the proposed increases.

The groundswell of opposition continued to mount and at the end of November/beginning of December England Athletics met with Club representatives at consultation evenings in the North, Midlands and South. These meetings were at times rather noisy ill-tempered affairs, with people complaining about the registration process as well as the scale of the increases. England Athletics agreed to revisit their scheme, and on 21 December the revised registration scheme was announced in which a flat-rate fee of £10 will be charged for all competing members. The optional Under 11s scheme will also be charged at the same rate, although the details are still not available. The full statement can be found at <http://www.englandathletics.org/page.asp?section=1743§ionTitle=2013%2D17+Affiliation#Statement>

In the meantime, Sport England has announced that the grant for England Athletics will be £22m over the next 4 years (a small increase on the £20.4m in the previous 4 years) although £8.8m of this is earmarked for supporting increased participation in road running.

Normally I would have taken steps to reverse the decision taken at the AGM, in particular to remove the increase in the track fee, in view of this change in the affiliation fee. However, we have been investigating the cost of necessary track repairs, together with some resurfacing of the long jump and javelin run-ups. This is likely to cost in the region of £8000. It would therefore be prudent to use this increase in the track fee to cover this cost.

Important changes to the EVAC Track & Field League 2013

Plans for the 2013 EVAC Track & Field League are already well under way. Early indications are that the two men only teams from 2012 may also enter ladies teams in 2013 giving us 17 teams in both competitions, the first time that this will have happened for many years.

We are reverting to our traditional format in 2013. Matches will be held on the first Wednesday of the month and start at 7.00pm. The dates are May 1st, June 5th, July 3rd & August 7th. The league final will be held at Bedford Stadium on Sunday 8th September.

The match venues have still to be agreed and will depend on the final format of the League. At our 2012 AGM we made the decision to include M35's from 2013 and so bring EVAC into line with National and International Masters guidelines. We also agreed to review of the whole evening competition programme to see how the events could be staged more efficiently as competitions were increasingly finishing closer to 10:00pm rather than 9:00pm.

A sub-group has developed ideas and met in December 2012 (John Turner represented MMKAC) to agree a set of proposals to be put to the EVAC membership for comment before final refinement, agreement and implementation for the 2013 season. Your feedback and input into these fairly radical proposals would be very much welcomed. Please e-mail your comments to John Turner, jrtturner56@btinternet.com by 20 January 2013

The proposals for the 2013 T&F League competition programme are:

1. Have four divisions of 4 teams (5 teams in the division inc. Norwich).
 2. 8 team final would be: winner of each division + best 4 across all four divisions.
 3. M35s to be included as a separate category with a limited number of events.
 4. Men's age group relays become M35 to M49 & M50+.
 5. 400 Hurdles to be removed from the programme (and final).
 6. Sprint Hurdles - restricted Match 1&3 M40,W45 - Match 2&4 M50,W35.
 7. Walks- new categories M35 & M50, W35 & W50 only.
 8. Pole Vault- Minimum opening heights to be introduced:
1.60m Men, 1.30m Women.
 9. Number of throws/jumps remain at 4 but fewer teams in each match.
 10. Non-Scorers from participating clubs limited to 2 per gender per event.
- Match Organisation: Host clubs to confirm names of Field and Track Referees to League Secretary before the match day and ensure that the field and track referees have copies of the League rules before the match.

Please note the above is an extract of the proposals, team managers have been sent full details and they are also on the club website.

The move to four divisions of 4 teams will have the greatest effect on speeding up the programme but will also be a major challenge in terms of organisational capability and the provision of competent officials as this is also a major factor in determining the speed at which the programme is completed. The final composition of the four divisions has yet to be agreed, several formats have been looked at, but the composition might be:

Essex Division- Chelmsford, Loughton, Southend, Thurrock.
Fenland Division- City of Norwich, Ryston Runners, West Norfolk, Cambridge & Coleridge, Huntingdonshire
Midlands Division- Corby, Peterborough, Kettering, Wellingborough
Central Division- Bedford & Co, Biggleswade, Fairland Valley Spartans, **Marshall Milton Keynes.**



2013 Road Race Marshalling

First of all, may I thank each and every one of you that marshalled the Wolverton 5. Your input was invaluable and enabled us to have a successful race.

During the early part of 2013 we have two major road race events:

Sunday 10 March MK Half / Festival of Running

Sunday 24 March South of England 6 and 12 Stage Relays

Neither of these events can take place unless we have an adequate supply of marshals to keep the competitors safe. Could I therefore ask that:

1-You put the dates in your diary.

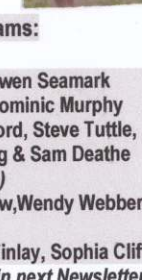
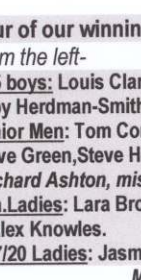
2- If you are available to help with one or both events, that you contact me to let me know. You can reach me on 07919 365790 or at dave@bubbler.co.uk

Many thanks, Dave Barratt

BUCKS AA COUNTY CROSS-COUNTRY CHAMPIONSHIPS- Campbell Park(5th Jan)

Seven individual champions

Seven team titles



Four of our winning teams:

From the left-

U15 boys: Louis Clarke, Owen Seamark, Toby Herdman-Smith & Dominic Murphy
Senior Men: Tom Comerford, Steve Tuttle, Steve Green, Steve Herring & Sam Deathe (Richard Ashton, missing)

Sen. Ladies: Lara Bromilow, Wendy Webber & Alex Knowles.

U17/20 Ladies: Jasmine Finlay, Sophia Cliffe & Jessica Hall.

More in next Newsletter.....

Sport England has invited all Olympic and Paralympic medal winners to nominate the community club where they discovered their love of sport.



Joining Sport England at Marshall Milton Keynes Athletics Club on 19th December, Greg witnessed first-hand the continued good work of the club which nurtured his talent and set him on his road to winning gold at this year's Olympic Games. He also unveiled a plaque celebrating his Olympic success and links to the club.

Greg said: "It is fantastic to be back at Marshall Milton Keynes Athletics Club where it all began. Winning gold at London 2012 was an unbelievable experience however it wouldn't have been possible if I hadn't received the support and encouragement from this club. It is important that clubs like this receive all the help they need to get more people into and enjoying sport."



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