

Athletics MK

The Newsletter for



SPRING 2013

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

Muhammad Ali

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Opening Southern Athletics League Match({Portsmouth)

out of their blocks at Portsmouth:
Dorothy Oduguwa, Rita Twum &
Daniel Oderinde.



Chair's piece

Marshall Amplification plc

I am delighted to be able to announce that Marshall Amplification plc, a world-renowned, Bletchley-based company, that has sponsored our club for the past seven years, has decided to continue to sponsor the club until the London World Championships in 2017. It is a real boost for the club at a time when sponsors have been cutting back on their activities because of the current economic climate.

The decision will allow the club to continue to support its elite athletes over the next five years, and to continue the bursary scheme for MMK athletes at university.

Greg Rutherford Indoor Centre

The planning of this major addition to our facilities, on the site of the tennis courts close to the clubhouse, is continuing. We are working closely with Stantonbury Campus, the Council and Sport England to devise a scheme that will meet the needs of the Campus, the Community and the Club. There have been two meetings this year, so far. I had hoped that we could make significant progress towards having the new centre by next winter, but it seems more likely that the earliest the centre can be built is early in 2014. We have been pushing for this facility for nearly seven years and I'm confident we now have the momentum to complete the task.

Track Season

The track season has arrived once again and I am looking forward to seeing a number of changes that I proposed a few years ago, are now being implemented. In a competition review, commissioned by England Athletics, and chaired by me, we recommended that the National Young Athletes' League (for U17s, U15s and U13s) and National Junior League (for U20s) be reconfigured into a League for U15s and U13s, and a League for U20s and U17s. It has taken a long time, against some fierce opposition, to make this change, but the Youth Development League starts this year. Indeed, by the time you read this newsletter we may well have had our first U20 match at Leicester, and even our first U15 match at Milton Keynes. There will undoubtedly be teething troubles associated with any major change, but the concept is right, and we can do very well in both categories this year.

We have entered both parts of the League, with three new managers (U15 Girls Alana Slater; U15 Boys Gordon Fallow; U20 Men Richard Pownall) plus Graham Ghaleb (U20 Women). We wish them well.

With the YDL we will have more league competition than for a number of years. It is important that while we support these new formats, we must also continue to support the other leagues. The turnout at Portsmouth last weekend, particularly by the men, was disappointing as the club has done very well in this league in the last two years. More importantly, we do need our strongest female athletes to support the UK Women's League Team. Only 4 years ago we were in the top division of this league. This year we have slipped into the bottom division. We need to arrest this decline if our best women are to have access to competition at the highest level. With matches at Leeds, Exeter and Bedford, please make yourselves available if required.

Our men must strive, as ever, to gain access to the British Athletics League.

MK Half Marathon and Festival of Running

Thank you to everyone who helped with this year's event on 10 March. Almost 5000 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. We really need over 100 volunteers to man the feeding stations, marshal round the course and organise the start and finish. On the day we only had about 80 helpers from the club, so that we were not able to cope as well as we should have. Thank you to everyone who did help in any capacity. There are articles by Dave Barratt and Carl Baldwin later in this newsletter, outlining some of the problems we have in putting on a major event of this kind.

South of England Road Relays

We were very unfortunate with the Road Relays this year, where the event was cancelled at the last minute due to the cold and icy conditions. After the hugely successful event on the new course round Linford Woods last year, we had 113 men's and women's teams entered for this year's event, and so there was a great deal of disappointment. The club has lost out financially as all the entry fees were reimbursed to the clubs, but the loss is small compared with the amount raised from the Festival of Running.

There were some club members who were out early on the day trying to get the course ready for the event in very cold conditions. It is often the same people who volunteer each time, and the Club Committee will be looking at ways in which we can increase this volunteer base.

Road Running

It was noticeable (and Brian has commented on it later in the newsletter) that several of our road runners were not wearing their club vests at recent events (and in particular in the Festival of Running). In team events, competitors can be disqualified by the Referee if the athlete is not wearing the club vest (under UKA Rule 17), so it is your own interest to wear, and take pride in, the MMK Club vest.

Clubmark Accreditation

Marshall Milton Keynes was one of the earliest clubs in the county to acquire Clubmark Accreditation, and has had its accreditation renewed some years ago. More recently, Diane Baldwin has been working hard to ensure that the accreditation is renewed again. I'm happy to report that, apart from a few minor details that have to be resolved, the Club has come through this process again.

Club Membership Fees

To those of you who have already paid your membership fees for 2013, many thanks. Already more than 440 members have renewed 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

MKAC clinch title for the first time!

The Milton Keynes Athletic Club have won the Chiltern Cross-Country League for the first time in their history. MKAC won the fifth and final fixture at Aston Clinton last weekend and having built up an overall lead of over 400 points they won the final match by 99 points on the day with Bracknell second.

This was the headline in the MK Citizen in February 1998 and also featured on the front page of the Spring Newsletter. Harrow had been the dominant club for some years previous but the advent of the ladies races now becoming part of the scoring system for the 1997/98 season proved to be to our advantage. That season there were just two female age group races, under 15's and senior/veterans.

After three matches we were 28pts behind Harrow but in those days we could still host matches in Brickhill Woods. Using this advantage we scored 2097pts with Harrow 2nd(1620) and Windsor 3rd(1608). And so to Aston Clinton for match five which we won with 1504pts, 100 ahead of Harrow.

FINAL LEAGUE TABLE

1 Milton Keynes AC	8962
2 Harrow AC	8398
3 Windsor, Slough & Eton	7540
4 Chiltern Harriers	6834
5 Wycombe PH	6297
6 Vale of Aylesbury	6158
7 Bracknell AC	6133
8 Oxford City AC	5937
9 Vauxhall AC	5794
10 Leighton Buzzard AC	5397
11 Watford Harriers	5313

The ladies scored 1071 pts, the u15's were 2nd overall(618) to Windsor whilst the ladies placed 4th overall(453) with Chiltern leading the way. Combining the two age groups Windsor won(1367) with MKAC 2nd(1071)

Leading points scorers:

Diane Baldwin	92(4 matches)	<i>Under 15's</i>	
Sara Cox	84(4)	Lara Bromilow(5)	154
Gill Donaldson	75(3)	Claire Penfold(4)	140
Deborah Scott	66(3)		

Senior Men:

Adrian Cox	708(5)	<i>U13 Boys</i>	
Tim May	601(5)	Paul Wright(4)	143
Daniel Pinna	579(4)	James Wright(5)	116
Dave Findel-Hawkins	526(4)	Kyle Bennett(3)	112
Martin Broderick	510(4)		
Paul Fisher	469(3)		

U15 Boys

Michael McKenna	152(4)
Matt Siglechner	132(5)
James Jones	130(4)
Ian Wood	114(4)

U17 Men

Chris Hearn(4)	40
Simon Kocklebergh	36



The men's team at Aston Clinton-*back row*: Trevor Hook, Terry Burbidge, Jim Morrison, Adrian Cox, John Hamilton, Jackson Ryan, Tim May, Ian Van Lokven, Phil Bilton, Carl Baldwin, Josh Reynolds, Ian Russell & Tony Kocklebergh. *front*: Jim Lawrence, Robbie Macpherson, DFH, Kevin Farmer & Mark Booth

CLUB HISTORY AS U20 MEN AT WIN THE SILVER MEDALS AT THE SOUTH OF ENGLAND CHAMPIONSHIPS

Competing at Parliament Hill on 31 January the quartet of Andrew McKenna (26th), Paul Fisher(37th), Daniel Pinna(39th) & Daryn Castle(47th) took silver behind Aldershot with Portsmouth the bronze medallists.



On the podium - Daniel, Andrew, Daryn & Paul

More from Parliament Hill:

The Under 13girls raced to fifth team place with the foursome of Michelle Jessop (17th), Emma Hunt(44th), Greer Woolley(56th) and Rachel Gibbens(78th)

The Under 15boys placed sixth - Michael McKenna leading them home in 22nd place followed by Ian Wood(34th), James Jones(72nd) and Paul Winfield(84th).

Individually Rosanne Iannone finished 11th and Carly Scott 20th in the U20 ladies race whilst Charles Herrington ran to the second best-ever senior men's position of 40th.

CLUB BESTS FOR MICHELLE AND EMMA at the "NATIONALS"

Competing at Leeds on 14 March, Michelle Jessop placed 16th and Emma Hunt 20th. Rachel Gibbens(213) backed them up but they had no fourth runner to complete a team.

A VICTORY FOR CHARLES HERRINGTON AT THE BEDFORD HALF-MARATHON

Held on 8th February, Charles won with a PB of 69.45 and a 3min22 margin of victory. Dick Crabbe(M55/87.58) and Margaret Swithenby(W45/95.56) were age group winners.

the indoor scene

BRITISH AND EUROPEAN RECORD FOR JANET LAWSON

Janet, in the v45 age group, in her first indoor race at Birmingham in January ran 8.54. Then on 1st March in the British Vets Championships at Glasgow she ran 8.35 to clip the previous best of 8.42. Stephen Wells tells me once she gets her start sorted out.....just watch more records fall.....whats next.....World!

Paul Fisher knocked two seconds off his 800m record in the AAA under 20 championships(1.58.15) whilst Daniel Leonard won the bronze medal for the under 15 boys long jump in the South of England Championships at Bedford(4m58). Hayley Griffin set a club senior ladies record with her time of 2.20.58 at Birmingham. In the mens 400m only Matt Douglas((48.39) has ran faster than Robert Fanning's time of 49.33 this year. In the under 20 mens rankings Neil Wells moves up to number four in the 60m and number three in the 200m.

13th OVERALL DIVISION ONE CHILTERN LEAGUE CHAMPIONSHIP WIN



We took a big step towards reducing Bedford's overall lead with an emphatic victory at Luton on 12th January:

1 MMKAC	2530
2 Chiltern Harriers	2309
3 Bedford & Co.	2199

AND so to Wing on 9th February where it was a repeat of last year. In the earlier races it was 50:50 with Bedford but as the senior men swept down from the start it was obvious that our opponents did not have a particularly strong team out. To be fair to Bedford they were concentrating on the following weeks' South of England XC Championships (which with the addition of their London based runners they won). We had almost our strongest men's team out and the deficit of 303 pts was obliterated as we beat Bedford by 800pts!!

FINAL LEAGUE TABLE

1 MMKAC	12235
2 Bedford & County	11909
3 Chiltern Harriers	10986
4 Windsor ,SE & H	10593
5 Harrow AC	10453
6 Luton AC	9969
7 Vale of Aylesbury AC	8201
8 Headington RR	7138
9 Leighton Buzzard AC	7109
10 Wycombe PH	6682
11 Tring RC	6364
12 Silson Joggers AC	6152
13 Oxford City AC	5551
14 Dacorum & Tring AC	5224

NO LESS THAN 143 CLUB MEMBERS REPRESENTED US THROUGH THE FIVE MATCH SERIES - A BRILLIANT EFFORT

Sen. Men	47	Sen. Ladies	18
U17men	5	U17/20	12
U15boys	15	U15girls	9
U13boys	15	U13girls	9
U11boys	9	U11girls	4
91	+	52	= 143

Thanks to all the athletes concerned, coaches, team managers, parents etc – you are all part of a day when the CLUB COMPETES ACROSS ALL THE AGE GROUPS.

ATHLETES FINISHING IN THE TOP TEN CHILTERN LEAGUE RANKINGS

Senior Ladies	4 th Lara Bromilow	W45	3 rd Fran Malin
W55	2 nd Diane Baldwin	W35	8 th Maria Calleia
U17Ladies	4 th Jess Hall		
	5 th Amy Botham		
	6 th Fern Yull		
	7 th Ellie Hemmings		
U15Girls	3 rd Amy Radford		
U13Girls	4 th Sophie Botham		
	5 th Emma Mears		



Senior Men
M50

U15Boys

U13Boys

8th Steve Tuttle M20
2nd Ian Van Lokven M60
M60

1st Owen Seamark
9th Toby Herdman-Smith
2nd Alfie Yabsley
7th Harvey Green

7th Tom Cox
3rd Kelvin Smith
4th Paul Mason



Chiltern League 1-2-3

Owen Seamark(u15boys) at Luton
Alfie Yabsley(u13boys) at Luton
Amy Radford(u15girls), chasing
Hope Goddard at Wing



Athletes who competed in all 5 matches(both 12 each male & female)

Senior Men etc:	Matt Clarke, Sam Deathe, Chris Mahon & Ian Wood
Under 15Boys:	Toby Herdman-Smith & Jacob Tresham
Under 13Boys:	Harvey Green, Ed Jennings, Marcus Lovell , Jack Meijer & Alfie Yabsley
Under 11Boys:	Alex Meijer
Senior Ladies etc:	Maria Calleia
Under 17Ladies:	Amy Botham, Sophie Crisp , Jess Hall, Chelsea Hunt & Fern Yull
Under 15Girls:	Sophie Botham & Elizabeth Shirley
Under 13Girls:	Chloe Collett, Amber Harman & Emma Mears
Under 11Girls:	Montana Edghill



- ❑ Jack and Alex Meijer at Luton
- ❑ Amber Harman at Slough
- ❑ Marcus Lovell(70) at Luton
- ❑ Chelsea Hunt & Sophie Crisp at Wing

TEAM RESULTS

SENIOR WOMEN, U17/20 WOMEN & SENIOR MEN ARE WINNING TEAMS OVERALL BUT IT WAS ALL DOWN TO THE WIRE AT WING

❑ The senior men were 364pts behind Harrow prior to the final match but with a resounding team performance on the day they turned this deficit round for a victory by 101pts; 7335 to 7234.

❑ The U17/20 ladies were 12 down on Bedford going into the final match and with a close win turned the tables round to beat Bedford by a single point: 318 to 317.

❑ The senior ladies were equal top with Bedford on 912pts each but won on the day by just 8pts to take the winner's trophy: 1167 to 1159.

Our other team positions: U13Girls 3rd U13Boys 3rd
U15Girls 4th U15Boys 2nd
U17Men 10th



The leading points scorers for the winning u17/20 ladies team:
Jess Hall(9) & Ellie Hammings at Shuttleworth
Amy Botham(1) and Fern Yull(3) at Luton
Gemma Childs(6) in the leading pack at Slough



PS from the League Secretary:

"record number of competitors this season, 5125, an increase of 418 over the previous best of 4707 from 2005/6. That is an average of 1025 per match. The final match at Wing attracted it's best-ever turn-out of 960 runners."

BUCKS AA CROSS-COUNTRY CHAMPIONSHIPS

Campbell Park, MK.
5th January 2013

- 5 Individual gold medalists
& 2 veteran golds
- 7 Team victories



U13GIRLS – individual gold and team bronze

Emma Mears led up the steep hill to the top of the park [pictured above and surrounded by a group from Chiltern Harriers, including eventual silver medallist, Jessica Orr(10)]. Emma hung on for a close victory but not surprisingly Chiltern took team gold as MMKAC had to settle for bronze this year with Charlotte Moyse(12th) and Holly Jamieson(18th).

U13BOYS – individual gold and team silver AND a super turn-out of no less than 14 boys.

Alfie Yabsley and Harvey Green (pictured right) storm up the big hill before Alfie pulled away to improve on his silver from last year. A great run from Jake Cox(son of Adrian) to snatch 7th ahead of Harvey (8th) with Ewen Forsythe(14th) completing the scoring team.

Many thanks to Sharon Edghill for getting more youngsters to compete here and many of them then ran in the two final Chiltern XC League races.



U15GIRLS – Amy Radford retains her title

Amy represented Thornton College on this occasion (as they had a team, the influence of Tamara Webb and Sophie Wilkins). Sophie Botham closed in 7th for MMKAC with Isabella Thornton-Bett(10th) and Iona Norwood(12th) for team bronze. Out of interest had Amy ran for MK it would have a home team victory!

U15BOYS – Louis Clarke is perhaps a surprise winner

Louis had only run the opening ChilternXC League match at Oxford but was soon at the head of the field in Campbell Park and went on to record a 21-second victory. He led Owen Seamark(4th), Toby Herdman-Smith(6th) and Dominic Murphy(8th) to team gold. Nine MK runners from the field of 23.

U17/20 WOMEN – Easy team gold for MMKAC

With MK fielding 9 of the 12 runners around their 5.6km course it was not too difficult to forecast that MK would defend their team title. Jasmine Finlay took the bronze medal in a very close finish with Sophia Cliffe(4th) and Jess Hall(5th) completed the winning trio. All these ladies were actually in the u17age group and here Jasmine placed 2nd and Sophia 3rd.

U17 MEN – just one MMKAC finisher

We have struggled with low numbers in this age group over the winter and Mick Greener flew the flag to finish 8th.

SENIOR/VETERAN LADIES – Individual and team gold for MMKAC

There were 41 ladies(8 from MK) contesting the two lap 5.6km course. Lara Bromilow took an early lead but then had a nasty fall coming off the Belvedere(she lost a shoe). To her credit Lara eventually regained the lead from Juliette Minter(Olney) and went to win by 16-seconds. Webber Wendy took a well-deserved bronze medal and with Alex Knowles, in her first cross-country race on her come-back trail 8th, it was a comfortable team victory over Aylesbury. Alex was 2nd F45 and in the next two positions were Fran Malin and Julie Dalzell, and 3rd and 4th in the F45 age group. Ursula Ghaleb has run throughout the winter and pleasing to see her, 28th overall win the F55 gold medal.

INDIVIDUAL MEDALISTS

GOLD:

Emma Mears
Alfie Yabsley
Amy Radford
Louis Wright
Lara Bromilow

u13Girls
u13Boys
u15Girls
u15Boys
sen. Ladies

BRONZE:

Jasmine Finlay
Wendy Webber
VETERAN GOLD:
John Skelton
Ursula Ghaleb

u17/20 women
sen.ladies
M60
F55

TEAM MEDALISTS

TEAM GOLD FOR:

U15 BOYS
U17/20 WOMEN
U20 MEN
SENIOR MEN
VETERAN MEN
SENIOR LADIES and VETERAN LADIES

TEAM SILVER FOR:

U13 BOYS

TEAM BRONZE FOR:

U13 GIRLS
U15 GIRLS



Pictured above:

Left: Sophie Botham & Isabella Thornton-Bett.
(u15girls)

Right: Ewan Forsythe leads Edward Jennings(u13boys).
Louis Clarke on his way to u15 gold.

24TH TEAM WIN FOR SENIOR MEN SINCE THEY FIRST WON THE CHARLES ALLEN TROPHY BACK IN 1977(37 years)

DAVE FINDEL-HAWKINS CONTESTED HIS 35TH BUCKS AA xc CHAMPS (DFH was in the 1977 winning team)

The combined age group field attracted 92 runners. The U20 men raced 3 laps(8.4km) and the foursome of Ryan Burling(5th), Sam Redding(8th), Luke Elton(9th) & Tom Cox(11th) won team gold. For good measure Steve Cox placed 12th. The M60's ran the same distance and saw John Skelton(after a lengthy lay-off) retain his title. Kelvin Smith was 2nd, Paul Mason 3rd, DFH in his 35th Bucks Championship was 4th whilst it was good to see Jim McKellar back in action, 2nd M70.

The senior men and M40/50's completed 4 laps(11.2km). Tom Comerford would have liked to have made it a hat-trick of gold medals but said he is still catching up on fitness after an injury-torn summer. In the end he had to settle for 4th place but took comfort in leading the team to victory yet again. Steve Tuttle placed 6th, Steve Green 11th, Richard Ashton 12th (3rd M40), Steve Herring 15th (4th M40) and Sam Deathe 16th to complete the scoring six. Although Chiltern Harriers had 3 in the top10, Sam Deathe was in before their 4th scorer and Mark Dowson, our "unlucky 7th man" finished 18th.

The men vets team also comfortably took team gold ahead of Aylesbury, Richard and Steve(as mentioned above) plus Robin Dowsell(9th) and Chris Cahill(11th).



Tom Comerford & Steve Tuttle
Alex Knowles & Lara Bromilow

DOWN MEMORY LANE

TEN YEARS AGO - 2003 A VIRTUAL CLEAN SWEEP OF THE TEAM AWARDS AND SEVEN INDIVIDUAL GOLD MEDALS at AMPHILL

Tanya Taylor won the U13 race and backed up by Lucy Millett(5th) and Chloe Whalley(7th) to win team gold. The U15 girls saw Charlie Gasper and Kirstin Berryman land a 1-2 with Laura Hunt, 4th. Kayleigh Docherty(2nd), Sophie Wright(4th) and Sarah Thomson(5th) won team gold for the U17 ladies.

Michelle Lee took silver in the senior ladies race with Sarah Cox(5th) and Claire Rooney(7th) making up the winning team. Claire was 2nd F35. Lara Bromilow placed 9th this year.

Ross Docherty won the U13 boys race just ahead of Chad Lambert. Josh Lyman(5th) and Duncan Taylor(6th) completed the winning team. It was a 2-3-4-5 for the U15 boys, namely Scott Goodwin, Sam Bradley, Andy Stockbridge & Sam Brasier.(Tom Comerford placed 18th). Andy Whetstone was a convincing U17 men's winner backed up by Phil Macey(5th), Kyle Bennett(6th) and Matt Baker(7th). Paul Wright led a 1-2-3-4 in the U20 men's championship- Phil Winfield(2nd), Oli Stephens(3rd) and James Wright(4th).

In the men's senior race Charles Herrington and Alex Bowden gave MK another 1-2. Chris Hearn placed 6th, Neil Ovington 9th, Adrian Cox 10th and Kevin Farmer 11th to complete the winning team. The procession continued with Phil Jones 12th, Jim Docherty 13th, Daryn Castle 14th and Campbell Noon 15th.

Tony Suter sadly died on 7 May 2003. We had a "memorial" run on 13 July, an "O" type event won by Brian Daniells & Trevor Hook.

On the 13th November a bench and tree was unveiled trackside in his memory. Fiona Suter, 5th from left, standing, his great mates, Geoff Pucci and Dave Pattison on the right.



OVER 3500 RUNNERS GATHER IN MILTON KEYNES

- 2738 finishers in the Half-Marathon (1 less than last year!)
- Eight MMKAC runners in the top100 - 3rd Marcin Fudalej(72.10), 16th Steve Herring(77.12), 23rd Mark Dowson(78.52), 28th Dan Webber (79.28), 42nd Gary Blaber(81.04), 67th Wendy Webber(83.15), 69th Chris Cahill(83.27) & 91st John Skelton(85.15)
AND PB's for Mark, Wendy and Chris.
- Age Groups win for John Skelton(M60), Julie Dalzell(F45/96.05) and Jim McKellar (M75/2:26.05). Steve Herring was 2nd M40 whilst Paul Mason was 2nd M60
- M60 club age group record for John Skelton
- Wendy Webber moves from 8th to 6th in the ladies all-time rankings.
- And what about Steve Herring; after representing Buckinghamshire at the Inter-Counties Cross-Country Championships(12km) the day before, he was running again on Sunday finishing second MK man home and only 90-seconds off his PB

AND A HUGE THANKS TO EVERYONE WHO HELPED ON THE DAY



Marcin Fudalej (1791/above) was with the leaders early on before the eventual winner, Richard Williams(Shaftesbury Barnet/Bristol University) pulled away to win on the new course with a time of 71.44. Rick Weston (Serpentine) finished fast for second place and a gun time of 71.50, interestingly his chip time was 70.36! Marcin was a comfortable third. Another fast finisher was the first lady home, Jenny Jagger (Bristol) who clocked 79.47, a winning margin of 2min30. Another PB from Wendy Webber (clipping over 2min off her 2012 best) and leap-fogged from 8th to 6th in the all-time rankings.

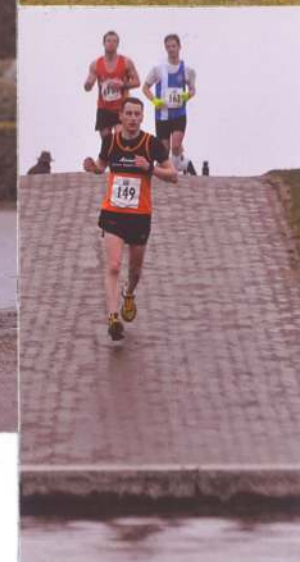
LADIES HALF-MARATHON TOP TEN

Michelle Lee	FS	75.23	Great North Run	2008
Vicky Pincombe	FS	79.44	Silverstone	2004
Jane Preen(Ovington)	F35	79.53	Reading	2008
Jane Bird	F35	80.30	Bath	1984
Imogen Thornburgh	FS	80.50	Watford	2006
Wendy Webber	FS	83.15	Milton Keynes	2013
Rita Quill	FS	83.30	Milton Keynes	1988
Kim McBride	F35	84.18	Silverstone	2006
Katrina White	FS	86.11	Windsor	1999
Alex Knowles	FS	88.19	Wokingham	1999

John Skelton, after missing most of 2012 with injury, got back to form at the end of last year with 30.35 in the Willen 5 and 89.49 in the Bedford Half-Marathon. His opening race of 2013 saw him improve his M60 record (87.48 from 2011 at Bedford) by some 2.5 mins to 85.15.

M60ALL-TIME TOP SIX

John Skelton	85.15	Milton Keynes	2013
Terry Laybourn	90.05	Great North Run	1998
Keith Cook	91.31	Milton Keynes	2008
John Greenall	92.02	Hitchin	1999
Kelvin Smith	92.30	Peterborough	2011
Paul Mason	92.48	Milton Keynes	2013



"belvedere action" – Wendy Webber/Jo Greenslade/Katie Penrose/
Steve Herring/John Skelton/Gary Blaber



10km Race

- 620 finishers – a 25% improvement over 2012
- 2nd place for Michal Glowacki(33.45)
- Age Group wins for:
 Ian Van Lokven(M50/37.26)
 Mick Kelly(M55/42.36)
 Kelvin Smith(M60/42.54)



Start photos – (1) Ian Van Lokven just ahead of Michal Glowacki. On the right is Phil Holland(Amphill), eventual winner and also first home last year.

(2) Mick Kelly and on his left, Ivor Howard(636) who placed 3rd M50 with a time of 40.49

AGE GROUP CLUB RECORDS

10km

MEN			
M20	Tony Forrest	32.30	MK 1995
Sen.	Kerry Hayes	29.45	Harrow 1989
M40	Jackson Ryan	33.18	Bruges 1995
M45	Terry Laybourn	33.06	MK 1983
M50	Phil Jones	35.03	Motherwell 2005
M55	Terry Laybourn	37.31	MK 1994
M60	John Skelton	37.54	MK 2011
M65	John Greenall	42.00	MK 2000
M70	John Greenall	44.43	MK 2006
M75	John Greenall	55.56	MK 2010
WOMEN			
F20	Tanya Taylor	39.30	Silverstone 2006
Sen.	Michelle Lee	33.55	Windsor 2006
F35	Linda Dewhurst	35.20	MK 1994
F40	Jane Bird	36.20	Silverstone 1988
F45	Alex Knowles	39.59	Southport 2013
F50	Diane Baldwin	41.25	Silverstone 2010
F55	Deb Hindmarch	42.30	Silverstone 2011
F60	Rosemary Muston	46.53	MK 2008
F65	Chris Daniells	52.04	Silverstone 2008

HALF-MARATHON

MEN			
M20	Mark Booth	72.16	Fleet 1982
Sen.	Kerry Hayes	66.32	Fleet 1989
M40	Ian Van Lokven	72.35	Peterborough 2003
M45	Terry Laybourn	71.54	Bedford 1983
M50	Phil Ashbourn	79.22	Berkhamsted 1987
M55	John Skelton	84.03	MK 2010
M60	John Skelton	85.15	MK 2013
M65	John Greenall	90.10	Grunty Fen 2002
M70	John Greenall	96.30	Grunty Fen 2006
M75	John Greenall	117.04	MK(nspcc) 2010
WOMEN			
Sen.	Michelle Lee	75.39	Wokingham 2004
F35	Jane Ovington	79.53	Reading 2008
F40	Jane Ovington	80.57	Peterborough 2011
F45	Margaret Swithenby	91.21	Wokingham 1999
F50	Margaret Swithenby	91.38	Stroud 2000
F55	Rosemary Muston	96.30	MK 2004
F60	Chris Daniells	119.43	Barbados 2003
F65	Chris Daniells	114.61	Wootton 2007

ALL-TIME MEN TOP 20

Kerry Hayes	66.32	Fleet	1989
Charles Herrington	67.54	Newcastle(GN)	1999
Simon Rayner	68.18	MK	1984
Kevin Farmer	68.42	Bedford	1987
Marcin Fudalej	68.53	Wootton	2008
Ian Thompson	69.06	Fleet	1991
Clive Owen	69.15	Minehead	1982
Geoff Bourne	70.03	Chigwell	1979
Dave March	70.48	Welwyn	1983
Alex Bowden	71.08	MK	2006
Mick Kelly	71.38	Wakefield	1990
John Crouch	71.40	MK	1989
Terry Laybourn(M45)	71.54	Bedford	1983
Dave Kennedy	72.02	Chigwell	1978
Dave Catlin	72.06	Welwyn	1978
Jon Wilson	72.10	MK	1988
Phil Corley	72.11	St.Neots	1987
Mark Booth(M20)	72.16	Fleet	1982
Robbie Macpherson	72.23	Reading	1984
Gordon Faulds	72.30	Winsford	1989

Some notes on the Half Marathon Rankings:

The 1984 MK half-marathon was run from Stantonbury Campus and then later in the 1980's based around Woughton Leisure Centre. And, of course, in more recent years from the OU/CMK. Plus the NSPCC race has been held from Stantonbury for many years.

The Fleet half-marathon has been going since 1982 and in its early years always attracted a top-class field with accordingly fast times. I seem to remember that Kerry Hayes went through 10miles in around 49mins in his record breaking run.

The 1980's Bedford half-marathon was run around the northern perimeter of the town whereas the Bedford Harriers promotion(Great Barford/Wootton etc) has been held west of Bedford.

The M40 record was set back in 1982 by Terry Laybourn with 72.42 in the Bernie-Hames race at Chigwell, Essex. Ian Van Lokven clocked 72.43 in 2002 and then, the following year clipped the record by 7-seconds with his 72.35 at Peterborough.



CLUB VESTS

It was a little disappointing to see quite a few of our club members not wearing club colours at the MMKAC promoted Festival of Running. We were well outshone by the green vests of the David Lloyd Redway runners!!



A Volunteers perspective – Carl Baldwin writes

Organizing a race is a team effort and although the race organisers, especially Mick Bromilow, do a great deal of the work leading up to the event, for the race to be a success on the day is down to the great team work and efforts of a large number of volunteers. Volunteering to help with the organisation of the Milton Keynes Festival of Running over the past few years has allowed me to participate in the event; it can be as tiring and enjoyable as running.

Two years ago Mick sliced his hand with a knife opening packages of water in the finish area and he had to go to hospital for treatment. This meant he was unable to collect the race signage after the event. At the time I was only able to 'potter around' in the finish area doing odd jobs. Di had helped man the registration desk before the race, run the event and having finished was helping removing chips for runners in the finish area. Because of Mick's accident we volunteered to go around and collect the signs, a job he had always done. Last year, the cold wet day, we helped Mick put out the signage; Di rode the tail end bike and between us we took in all the signage after the event, in all we were out working for approximately a 12 hours shift. It was after returning home last year to defrost that I decided I may be able to get more involved in the signage in 2013 – a brave decision.

Why did I drive, cycle or walk around 160 miles to complete this event when the longest race is 13.1 miles? And why did we get followed for acting suspiciously at 1am by a Police Car?

Three weeks before race day Mick asked if he could borrow a bike, to cycle with the Official Course Measurer. I agreed, and asked if I could join them because the course was new this year and what better way to learn the route in preparation for erecting and taking down any signs on the day. Even with all the new technology, officials who measure the course must use a Jones counter on a bicycle which has very hard tyres to combat any creep in distance from tyre deflection and also has to be calibrated both before and after measuring the course. All very non-technical but the result is very accurate. As the three courses were measured every mile and/or kilometre were marked down with a yellow paint line on the road/path. I am sure many runners have seen these near the distance boards, which for convenience will usually be erected on the nearest post or tree if it is within 10metres of the mark.

Measurement of the course is in 'reverse' starting at the finish line which was just outside the Escape building. This confused me; however it is necessary in order that all 3 races can use the same finish line. When the measurement wheel got to the appropriate distance for each race, a line is painted and recorded to give the three different start locations. The other really surprising, but obvious, thing the Recorder did was to ensure the shortest distance is measured at all the bends and roundabouts. To do this he even cycled the wrong way up the dual carriageways, (in between the traffic gaps) and cut across the main dual carriageway roundabouts near the race start! I bottled out with Mick and we cycled/walked on the verges. Even in Eaglestone, where the course goes from road to redway, he measured the grass short cut not the asphalt! Definitely no short cuts for runners on this course! After measuring the half marathon and 10km, which fortunately overlapped each other, we did the 5 km route. Overall we cycled nearly 20 miles and this took about 4 hours, I took my own GPS to record all the mile and kilometre marks for easy location for setting out the signs later. At least it was just, slightly warmer than the race day would be, but still cold and quite tiring.

10 days before; setting up the road closure signage

Almost every road race requires road closures. Late on the Tuesday afternoon, Mick forwarded us an e-mail asking could we help as the Road Closure Public Notice signs must be collected from the Civic Offices that day and erected in the next 24 hours to meet legislation in order for the Road Closures to happen on the Race Day. The Council have usually done this as part of the payment, however not this year due to spending cuts. We collected the Public Notices just before the Civic Offices closed. After Tuesday night training we spent a few hours trying to decipher the official Public Notice signs and worked out where they needed to be placed and then just before midnight we went out in the freezing conditions to erect these signs, 40 of them. This took almost two hours, at least the parking was

easier than during the day, however we smiled when we saw we had attracted the attention of the local police who were following us around keeping a close watch on us – it may have been the camouflaged balaclava!

The Day before.

By this time I had agreed with Mick, that we would set out the signs for part of the half marathon course. I had marked up on 1:2500 maps all the junction points, path intersection, distance markers etc that were needed on my section. Extracting from this information I counted how many 'Arrows', 'Caution Runners' and which distance 'mile/Km' signs were needed to collect from Mick.

The Big Day

At 3.45am the alarm clock went off and about an hour later Di and myself set out to Woughton where we started erecting the signage. Light snow was falling, so yes another cold one. Those zip ties are mighty fiddly when your hands are freezing.

We were pleased and glad that we had prepared beforehand where to erect the signs, as it did make the task easier. Fortunately we had a few spare ones for some awkward areas and also placed some red/white bunting for reassurance at some areas.

All was going quite straight forward, until walking down towards the 7 mile mark in Broughton. Oh dear! There were enormous puddles across the asphalt paths, up to 6 inches deep from the recent rainfall. They had not been there when measuring the course. So what to do? Should we reroute the course across the slightly higher grass/mud route? I rang Mick, who was also out that early in the morning erecting some the signage. Hooray, he answered: mark the course as officially measured. Wet feet at 7 miles was not good but we somehow realised people would cut across the grass to try to keep their feet dry! We finished just 45 mins before the race start, having erected 112 signs and inspected the course – almost four and a half hours.

Time for a hot drink at home then a mad dash up to the start to report in and collect a race radio so we could keep in contact with the organiser as we followed the race around collecting signage. After seeing the starts, we then got back in the car and started the task of collecting all the signage back in. We were one of the first cars through following the road opening vehicles, so collecting the first few mileage signs quite quickly.

Taking signs down is much easier since no fiddling doing up zip ties, just having to cut them with side-cutters, then walk back and throw them into back of the car. By Willen I dropped Di to walk through and collect the signs along the lake, however she caught up the last runner, sorry walker accompanied by the tail cyclist who was having to push his bike and walk along encouraging the last person in the race! We decided it was pointless following the last person so we nipped across to the 9mile point where we knew Maria Calleia was marshalling at this cold and exposed spot. Maria was very cold so Di swapped positions with Maria to wait for the last 20 or so runners to come through whilst Maria came with me in the car whilst I collected signs until Di let us know to pick her up when the last runner had gone by. Maria decided to stay with us to collect the remaining signs. Yes, at Broughton the Herd had tried to avoid the puddles and churned the grass up a bit! After nearly 6 hours collecting 166 signs and 12 marker stakes, driving 98 miles and walking a few more our day of helping was nearly over. All we had to do was drop off the radio to Jackson who was at Stantonbury.

Joy! Now off for coffee and cake.

Post race Blues

All of the wet, bedraggled signs were just dropped into the garage in a pile. Having slept for 14 hours, I dried off and de-zip tied all the signs, catalogued them and neatly stacked into appropriate piles ready to be taken to Stantonbury ready for the Road Relays.

Final Comment

I must give a very big thank you to all the other marshals, helpers and volunteers who gave up a lot of their spare valuable time on the very cold day, in order to allow others to compete and enjoy the excellent course. Di and I were possibly the lucky ones in being able to nip in and out of the car, so did not have to stand around in the cold as many others had to do.

Thanks again to all.

Female Welfare Officer Required

Welfare covers a range of issues such as safeguarding and protecting children, anti-bullying, equity, poor practice in coaching and disciplinary and grievances matters. Welfare is essential to contribute to good practice within our sport, develop performance and to ensure the safety and enjoyment of athletes, coaches, officials and volunteers.

Every athletics club should appoint at least one Welfare Officer, preferably two, one male and one female. The Welfare Officer's role is to advise and support the club officers and committee to implement welfare policies and procedures and to support the club to adhere to codes of conduct and good practice.

The Welfare Officer will need to attend short courses in Safeguarding and Protecting Children Training and Time to Listen Training for Club Welfare Officers.

We already have one welfare officer Ian Stewart, but would ideally like to appoint a female officer. This is not a position which demands lots of time at the club, but is nevertheless important in the context of ensuring MMKAC provides a safe and equitable environment for our athletes.

If you are interested, please contact Ian Stewart...email ian.stewart2260@gmail.com or phone him on 07785 761664

Marshals

With Easter now out of the way, we should soon see some warmer weather. Those of you who stood out in the cold and snow for the MK Festival of Running will hopefully, by now, have warmed up a little. My own, and the club's, grateful thanks to every single one of you. As has been said on more than one occasion, our major events (like the Half Marathon/Festival of Running) bring in substantial sums of money that are then used to finance the other fixtures throughout the year. Without a willing band of marshals we cannot host these major races.

The South of England Relays, which we should have hosted on 24 March, were cancelled at the last minute due to the Race Referee considering the snow covered course to be too dangerous to race on. Nevertheless, again may I thank those of you who volunteered to help out.

For both of the above – Half Marathon and SEAA Relays – we really needed more people to come forward as marshals/volunteers. This will also be the case for forthcoming club events/meetings. With this in mind, would you please note the following dates in your diary:

Tuesday 2 July 2013 **Milton Keynes 10k.** This is the final round of the 2013 East Midlands Grand Prix series and is based at the Open University. Last year we really struggled for marshals and we had some runners who got lost on the course. Please come forward with offers of help this year

The Track & Field fixtures for this year are on the club website. The home matches are as follows:

4 May (Saturday)	Youth Development League (U15/U13)
18 May (Saturday)	Southern Athletics League
2 June (Sunday)	Youth Development League (U20/U17)
30 June (Sunday)	Youth Development League (U20/U17)
7 August (Wednesday)	Eastern Veterans League
10 August (Saturday)	Southern Athletics League

If anyone needs any more information, please let me know
Dave Barratt
07919 365790
dave@bubbler.co.uk

facebook

Mmkac Road Runners now have their own Facebook page. If you want to become a friend search for Mmkac Road Runners. Once you become a friend you will be included on updates for training, planned races, events etc. Also if there is something you want to tell everyone one about (try to keep it running related) you can post on the timeline....I think that's how it all works! If you have any ideas for the page then please let me know.

Martin McPheat

THE 31ST TOUR OF MILTON KEYNES

**"THE SHOW MUST GO ON"
or will it be the final countdown!!**

In the previous Newsletter I asked for some assistance with organising the 2013 TOUR. Sadly nothing was forthcoming. Now in April I felt that I had to do something. I have now booked Woughton Playing Fields for the final evening, albeit it will have to be Saturday 7th September. The EVAC final is next day although this clash has often happened and only probably affects a few athletes.

I guess the programme will be:

Monday	Tattenhoe 11km
Tuesday	Brickhill Woods Hill Race
Wednesday	Track mile
Thursday	Potterspury(?) cross-country
Friday	Campbell Park Race
Saturday	Willen Lake 10km

However the venues for Tuesday, Thursday and Friday are certainly inter-changeable.

Whatever, this will certainly be my last TOUR as sole organiser. I'll be more than grateful to hear from anyone who would like to assist this year. I'll probably be on holiday around the August Bank holiday period (a week previous) so someone to take the entries would be a great help.

Brian Graves

A short history of male Long Jumping in MK



Early days

Although the original Wolverton AAC produced a number of successes in the 1920's and 30's, it was almost entirely a running club. It was not until the late 1940's when Jack Cox competed for them did they have a regular field event athlete. Jack won the 1949 Bucks AA title, held at RAF Halton, jumping 19feet 9inches(6m02). Cedric Parry was the long time PE teacher at the Raddcliffe School. In his active days he achieved a lot of success as at triple jumper and in the long jump leapt out to 6.43 at Wolverton Park in 1957. Ten years later Jack Cox's son, John following in the family footsteps, improved the club record to 6.52 winning the British Rail championships at Crewe. This record last 15-years.

PROGRESS OF THE MALE LONG JUMP RECORD

18.06.49	Jack Cox	6.02	RAF Halton	Bucks AA Champs
09.07.57	Cedric Parry	6.43	Wolverton Park	Inter Club Match
16.06.60	Keith Colton(U17)	6.46	Kettering	Inter Club Match
17.06.67	John Cox	6.52	Crewe	British Rail Champs
15.05.82	Paul Hewlett	6.56	High Wycombe	Bucks AA Champs
05.06.82	Mark Pickerill	6.59	Luton	Southern League
02.07.83	Mark Pickerill	6.68	Enfield	Southern League
25.05.85	Tony McMurray(U17)	6.89	Cambridge	Southern League
08.06.85	Tony McMurray(U17)	6.91	High Wycombe	Bucks Schools Cps
12.07.85	Tony McMurray(U17)	6.92	Hull	England School Cps
20.07.85	Tony McMurray(U17)	7.03	Dublin	Schools International
07.06.86	Darren Gomersall(U20)	7.42	High Wycombe	Bucks Schools Cps
31.05.87	Darren Gomersall(U20)	7.60	Corby	Inter-Counties Cps
19.07.87	Darren Gomersall(U20)	7.61	Birmingham	AAA U20 Champs
05.06.05	Greg Rutherford(U20)	7.63	Glasgow	GB vUSA vRussia
19.06.05	Greg Rutherford(U20)	7.90	Mannheim, Ger.	Invitation Meet
22.07.05	Greg Rutherford(U20)	8.14	Kaunas,Lithuania	Euro Junior Cps
15.07.06	Greg Rutherford	8.26	Manchester	AAA Sen.Champs
20.08.09	Greg Rutherford	8.30	Berlin	World Champs
04.06.11	Greg Rutherford	8.32w	Eugene, USA	Diamond League
03.05.12	Greg Rutherford	8.35	Chula Vista,Cal.USA	Pre-olympic meet

Good competitiveness from Paul Hewlett and Mark Pickerill

Paul Hewlett and Mark Pickerill joined the club in the early 1980's and in 1982 the duo improved the long jump scenario. Firstly Paul won the Bucks AA title at High Wycombe leaping 6.56 then three weeks later Mark added another 3cm in a Southern League match at Enfield. Next year Mark improved to 6.68 in a SL match at Cambridge. Lurking in the younger age groups were two young men who would take local long jumping over the 7metres plus barrier.

Tony McMurray breaks 7m/English Schools Champion

During 1984 both Darren Gomersall and Tony McMurray jumped 6.64 in the U17 ranks. Next year Tony (as can be seen in the progress listing) gradually improved the club record culminating a great week for him. The Leon schoolboy won the English Schools title with 6.92 at Hull and then, the following week, selected for the England Schools team, won the Home Countries international in Dublin with his breakthrough jump of 7.03. This U17 record endured 18-years until 2003 when Greg Rutherford added 1cm.

Darren Gomersall competes in the European U20 Championships

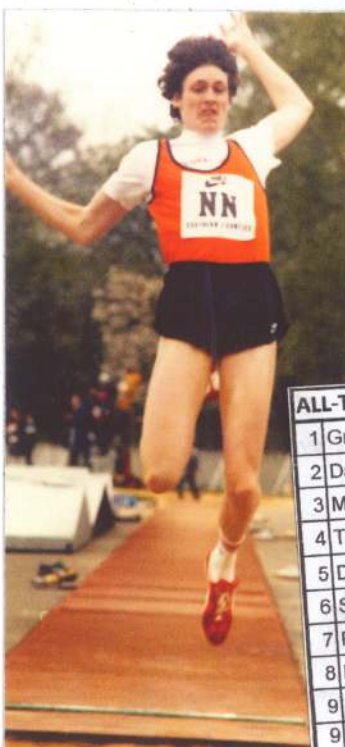
Darren had an U17 best of 6.76 but really broke through in 1986, in his first year as an U20, adding no less than 39cm with a jump of 7.42 at High Wycombe. Even better next year, 7.60 at the Inter Counties and then 7.61 for silver at the AAA u20 Champs held in Birmingham. This latter performance gained Darren selection for the European u20 Championships being held in Birmingham. Here he jumped 7.56 in round one and was placed 3rd. Unfortunately he injured himself in round two whilst jumping 7.45. I witnessed this event and it was very sad to see Darren limping away. He finally ended up 7th. The local press called this a "Euro-flop" - an absolutely disgraceful comment.

Photos right: Mark Pickerill, Tony McMurray and Darren Gomersall

The young age groups

Sie Alla holds the U13 record with 5.32 from 1992. Darren Gomersall is 2nd(5.20) and Greg Rutherford 3rd(5.04). Adam Brydon set the U15 record with 6.54 in 1997. Scott Herbert is next(6.38/1988) with Greg 4th, 6.16 in 2001. With Greg(7.04) and Tony McMurray(7.03) leading the U17's, Scott Herbert is 3rd(6.87/1990) and Darren Gomersall 4th(6.74/1985).

Greg leapt 7.28 in 2004 and then really hit the big time in 2005 improving firstly to 7.63 and then to 8.14 when winning the European Under 20 Championships in Kaunas(Lithuania). The rest is history.....



ALL-TIME TOP TEN LONG JUMPERS				
1	Greg Rutherford		8.35m	2012
2	Darren Gomersall	M20	7.61m	1987
3	Matt Douglas		7.11m	1996
4	Tony McMurray	M17	7.03m	1985
5	David Vidgen	M20	6.94m	1993
6	Scott Herbert		6.88m	1996
7	Franklin Ocran		6.84m	2009
8	Danny Goodwin	M20	6.79m	1999
9	Mark Allison		6.76m	1988
9	James Wright	M20	6.76m	2010



ladies long jumping from the 1960's onwards

PROGRESSION OF THE CLUB RECORD

16.06.60	Cecily John(U15)	5.06	Kettering	Inter-Club
09.07.61	Cecily John(U15)	5.23	Buckingham	Inter-Club
11.06.80	Cathy Goddard(U15)	5.26	High Wycombe	Bucks Schools Champs
06.06.81	Cathy Goddard(U15)	5.29	Crystal Palace	Southern Inter-Counties
22.05.82	Cathy Goddard(U17)	5.59	Norwich	EYAL
12.06.82	Cathy Goddard(U17)	5.62	High Wycombe	Bucks Schools Champs
24.06.90	Emma Beales(U20)	5.68	Hanover(Ger)	GB v Germany(Hept)
31.08.91	Emma Beales	5.72	Middlesbrough	Home Countries Int.
17.05.92	Emma Beales	5.77	Milton Keynes	Bucks AA Champs
31.05.92	Emma Beales	5.99	Harrow	SWL
18.07.92	Emma Beales	6.20	Southampton	SWL

The 1960's

Female long jumping falls into three stages. Firstly in the early 1960's two u15/17 young ladies, Cecily John and Averil Read were jumping around 5m. And don't forget these were the days of grass tracks/run-ways. Cecily John's best of 5m23 is still the second best-ever in the club all-time U15 rankings.

Cathy Goddard, 30 years on, is still the holder of the U13, U15 and U17 club long jump records.

Cathy Goddard joined the fledgling young athletes team in 1979 having moved up from Plymouth with her parents. This was the first year for MKAC in the Eastern Young Athletes League and Mike Everitt and myself managed the team that summer. Cathy set the inaugural U13 record with 4.46 at Kings Lynn and improved to 4.85 at Luton. Next year Cathy added 3cm to the U15 record with 5.26 at High Wycombe and then in 1981, leapt 5.29 representing Bucks in the Southern Women's Inter-counties Champs at Crystal Palace. As an U17 in 1982 Cathy improved the all-time record to 5.59 and then 5.62 at High Wycombe in the Bucks School Champs.

Natalie Jowett is the second best as an U13(4.77 in 1999) and then 5.40 in 2003 as an U17.

Cathy, like her successor Emma Beales, was a superb all-round athlete and, in 1983, won an international vest in the heptathlon representing GB in Amsterdam.

Emma Beales takes the record over 6m

Emma Beales, 8-years on, added 6cm to the club record whilst representing GB in Hanover(Germany) – an international heptathlon competition. This distance of 5.68 remains the U20 club record. Emma, then, over the next four years gradually improved the record to 6.20 set in a Division 1 Southern Women's League match at Southampton. After 1994, Emma had a break from athletics but made a successful come-back in 2005 mainly in the discus and shot events. Has been a big points scorer in both Senior and the Eastern Veterans track & field league matches.

ALL-TIME LADIES LONG JUMP RANKINGS

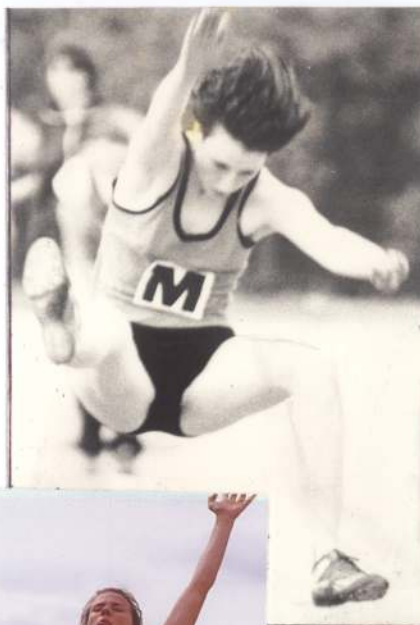
Emma Beales	6.20	Southampton	1992
Sophie Wilkins	5.76	Loughborough	2012
Cathy Goddard(u17)	5.62	High Wycombe	1982
Faith Cripps(u20)	5.60	Milton Keynes	2001
Kirstin Joseph	5.56	Bracknell	1990
Jenny Truelove	5.47	Abingdon	2003
Katryna Hardcastle	5.40	Connah's Quay	2010
Natalie Jowett(u17)	5.40	Corby	2003
Nicola McSweeney(u17)	5.31	Basingstoke	2004
Mandy Clarke(u17)	5.30	Crystal Palace	1983

Photos:

Cathy Goddard – 1981 MK Games, Wolverton

Sophie Wilkins – 2009 Bucks AA Champs, MK

Katryna Hardcastle – 2010 UKWAL, Connah's Quay



TOP SIX YOUNG ATHLETES			
UNDER13 GIRLS			
1	Cathy Goddard	4.85m	Luton 1979
2	Natalie Jowett	4.77m	Kingston 1999
3	Faye Richold	4.67m	Croydon 2000
4	Melanie Reid	4.54m	Wolverton 1980
5	Molly Adams	4.49m	Kingston 2012
6	Melody Brammer	4.40m	Milton Keynes 2009
UNDER15 GIRLS			
1	Cathy Goddard	5.29m	Crystal Palace 1981
2	Cecily John	5.23m	Buckingham 1961
3	Natalie Jowett	5.22m	Bedford 2001
4	Nicola McSweeney	5.12m	Hemel Hempstead 2003
5	Naomi Greener	5.01m	Rugby 2012
6	Faye Richold	5.00m	Bedford 2002
UNDER17 LADIES			
1	Cathy Goddard	5.62m	Wycombe 1983
2	Natalie Jowett	5.40m	Corby 2003
3	Nicola McSweeney	5.31m	Basingstoke 2004
4	Mandy Clarke	5.30m	Crystal Palace 1983
5	Sophie Wilkins	5.27m	Milton Keynes 2007
6	Donna Hutt	5.22m	Luton 1987

EMMA BEALES



STILL HOLDER OF FIVE SENIOR CLUB RECORDS of which four are now 20-years old (and FOUR U17 RECORDS)

Long Jump	6.20m	Southampton	1992
High Jump	1.76m	Trondheim(Norway)	1992
Shot	14.53m	St.Helier(Jersey)	1992
Discus	54.68m	Bedford	1995
Heptathlon	5632pts	Wrexham	1993

As a fine all-round athlete Emma also held three other club records. She clocked 14.31 for the 100m hurdles in 1995, a performance that lasted 15-years until Chloe Whalley ran 14.12 in 2010. Over the 400m hurdles Emma ran 64.7 at MK in 1990, a time which endured to 2001 when Faith Cripps clocked 64.2. As a thrower, Emma held the javelin record of 42.54m(1996) until the specification was changed in 1999.

For good measure her surviving Under 17 Ladies Records (all set in 1988) are:

300mH	44.81	Heptathlon	4638pts
Shot	11.91m	Discus	53.94m



Emma high jumping at Stantonbury in the 1990's

Emma, has many of you know, has concentrated on the shot and discus in her veteran years and I have often used photographs of her in the Newsletter competing in these disciplines. On the previous page Emma is highlighted as the club record long jump holder - but we do not have a photograph of her in this event. Bob Beales found the above high jump photograph which, in turn, led me to put together this story of her all-round ability.

Number One W40 Discus thrower in the UK last year
Emma headed the 2012 W40 rankings with her best throw of 42.66m. Her best shot of 10.62 placed Emma 6th in this event.

AND RANKED 25TH IN THE UK ALL-TIME DISCUS RANKINGS with her throw of 54.68m from 1995.

(out of interest the UK record is over 30-years old; set by Meg Ritchie with 67.48m in 1981)

MMKAC OLYMPIC MURAL



The trackside mural which was commissioned by Club President, Milford Callow was unveiled on 6th March. Greg Rutherford, his mum Tracy and Mervyn Luckwell's parents were present.



- ☐ Enlarged photos of Greg and Mervyn.
- ☐ Greg with the parents.
- ☐ Rose and Milford Callow with Greg.



The mural was painted by Arkade Graphics. Have a look at their web-site: (www.arkadegraphics.com) for other commissions in Milton Keynes



INDOOR SEASON WINTER

2012 – 2013

Reviewed by Jim Lawrence.

The Indoor season was relatively quiet this year but there were some very encouraging performances for those athletes who competed on the boards.

The best indoor run of the season was by Chris Clarke. He won the European Trials & UK Championships 200m title but unfortunately this event is nowadays recognised in the major overseas championships. Nevertheless a new MMKAC indoor senior record of 20.96.

A marvellous performance from Subomi Onanuga in winning the South of England Students 60m title. His time of 7.0 puts him 5th in the all-time rankings. Robert Broadley also ran fast as did young U17 newcomer Lee Westley. John Browne won the M55 EVAC (Eastern Vets A.C) sprint title.

Ivars Licietis(M55) was just outside the medals over 400m & 800m at the British Masters Championships. Malcolm Down(M50) and Alasdair Gibson(M60) represented EVAC in the Inter Area match. EVAC finished second. Chad Lambert escaped the muddy cross country for a short while and made a superb debut over 1500m at the British University Champs(4.04.76), 7th fastest all-time. Chucko Cribb leapt to number 3 in the all-time triple jump rankings.

On the female front it was good to see Joey Duck running nearly back to her best over both sprints after a long absence due to injury. Young U15 Ebony Carr continues to impress over the short sprints. Dorothy Oduguwa improved the 17 record over the rarely run 100m indoors. Emmanuela Motta(F17) scaled new heights in the Pole Vault whilst the F17 Triple Jump record was beaten firstly by Laura Zialor(9.70m) then smashed by Lucy Johnston with 10.48m. Laura's high jump of 1.60m equalled the 2nd best in the F17 rankings.

Devon Byrne's shot of 10.97m is the 2nd best-ever in the senior rankings whilst her 400m time of 61.33 is the 5th fastest all-time.

Back to the veterans, Jan Lawson represented EVAC in the Inter Area match whilst Jan Hardcastle(F50) was just outside the medals at the European Indoor Masters Champs.

WINTER 2012-13 INDOOR RANKINGS(MALE)

60m				
Subomi Onanuga	M23	7.0	Lee Valley	05-Dec
		7.23	Sheffield	23-Feb
Robert Broadley	M23	7.25	Birmingham	06-Feb
Lee Westley	M17	7.50	Birmingham	17-Feb
Tyrell Dankwa	M17	7.65	Lee Valley	02-Feb
Sean Maloney	SM	7.85	Lee Valley	27-Jan
John Browne	M55	7.89	Lee Valley	01-Jan
Randall Kakaire	M17	8.34	Eton	02-Feb
John Turner	M55	8.65	Lee Valley	24-Feb
Kreston Edghill	M15	9.02	Lee Valley	12-Jan
Caleb Simon	M17	9.29	Birmingham	17-Feb
200m				
Chris Clarke	SM	20.96	Sheffield	10-Feb RECORD
Nic Williams	M20	23.64	Birmingham	17-Feb
Lee Westley	M17	23.73	Birmingham	17-Feb
Ivars Licietis	M55	26.71	Lee Valley	10-Mar
John Turner	M55	28.66	Lee Valley	24-Feb
Kreston Edghill	M15	29.03	Birmingham	02-Feb
300m				
Kreston Edghill	M15	49.16	Birmingham	02-Feb
400m				
Ivars Licietis	M55	58.77	Lee Valley	09-Mar
800m				
Oli Lum	M20	2.15.79	Lee Valley	13-Jan
Malcolm Down	M50	2.20.7	Lee Valley	07-Apr
Ivars Licietis	M55	2.27.92	Lee Valley	10-Mar
Alasdair Gibson	M60	2.33.3	Lee Valley	07-Apr
1500m				
Chad Lambert	M23	4.04.76	Sheffield	23-Feb
Long Jump				
Tyrell Dankwa	M17	5.63m	Lee Valley	02-Feb
James Mottram	M15	4.63m	Birmingham	23-Mar
Kreston Edghill	M15	4.13m	Lee Valley	12-Jan
Triple Jump				
Chuko Cribb	M20	13.89m	Sheffield	23-Feb
James Mottram	M15	10.43m	Birmingham	23-Mar

WINTER 2012-13 INDOOR RANKINGS(FEMALE)

60m				
Joey Duck	SW	7.66	Cardiff	26-Jan
Ebony Carr	F15	8.01	Lee Valley	02-Feb
Dorothy Oduguwa	F17	8.02	Birmingham	23-Feb
Alice Ritchie	F20	8.17	Lee Valley	26-Jan
Elysia Marriott	F17	8.17	Birmingham	23-Feb
Rachel Oderinde	F15	8.44	Lee Valley	02-Feb
Lizzie Adam	F15	8.54	Lee Valley	02-Feb
Molly Adams	F15	8.72	Eton	03-Mar
Olivia Fletcher	F17	8.86	Birmingham Hi Per	24-Mar
Jan Lawson	F60	11.30	Lee Valley	07-Apr
100m				
Dorothy Oduguwa	F17	13.03	Birmingham Hi Per	24-Mar F17 RECORD
Olivia Fletcher	F17	14.12	Birmingham Hi Per	24-Mar
200m				
Joey Duck	SW	24.21	Birmingham	02-Feb
Ebony Carr	F15	25.7	Birmingham	24-Feb
Elysia Marriott	F17	27.61	Birmingham	09-Feb
Lizzie Adam	F15	27.94	Lee Valley	02-Feb
Hannah Bushell	F23	28.10	Sheffield	24-Feb
Mel Brammer	F17	28.56	Lee Valley	02-Feb
Dorothy Oduguwa	F17	29.38	Lee Valley	02-Feb
300m				
Maya Jennings	F17	46.13	Lee Valley	13-Jan
400m				
Devon Byrne	F23	61.33	Birmingham	06-Feb
800m				
Amy Botham	F17	2.24.43	Birmingham	23-Feb
Jasmine Finlay	F20	2.25.60	Lee Valley	13-Jan
Devon Byrne	F23	2.27.42	Sheffield	05-Jan
Molly Adams	F15	2.59.15	Lee Valley	31-Mar
60m Hurdles				
Alice Ritchie	F20	9.84	Lee Valley	26-Jan
Dorothy Oduguwa	F17	9.85	Birmingham Hi Per	24-Mar
Devon Byrne	F23	9.90	Loughborough	02-Feb
Molly Adams	F15	11.36	Lee Valley	31-Mar
Pole Vault				
Emmanuela Motta	F17	2.90m	Bedford	02-Feb F17 RECORD
Long Jump				
Devon Byrne	F23	4.95m	Sheffield	23-Feb
Molly Adams	F15	4.27m	Eton	03-Mar
Jan Hardcastle	F50	3.76m	in Sebastian, Spain	20-Mar
Triple Jump				
Lucy Johnston	F17	10.48m	Birmingham	23-Mar F17 RECORD
Laura Zialor	F17	9.70m	Lee Valley	02-Feb F17 RECORD
Jan Hardcastle	F50	8.20m	in Sebastian, Spain	22-Mar
High Jump				
Laura Zialor	F17	1.60m	Lee Valley	02-Feb
Devon Byrne	F23	1.55m	Loughborough	08-Dec
Molly Adams	F15	1.30m	Lee Valley	31-Mar
Lucy Johnston	F17	1.55m	Birmingham	23-Mar
Jan Hardcastle	F50	1.25m	in Sebastian, Spain	21-Mar
Jan Lawson	F60	1.05m	Lee Valley	07-Apr
Shot				
Devon Byrne	F23	10.97m	Sheffield	24-Feb
Sade Ross	F15	8.98m	Lee Valley	02-Feb
Davinia Oduguwa	F17	7.75m	Lee Valley	02-Feb
Jan Lawson	F60	7.02m	Lee Valley	07-Apr
Molly Adams	F15	5.66m	Lee Valley	31-Mar
Pentathlon				
Devon Byrne	F23	3115 pts	Sheffield	05-Jan
Molly Adams	F15	1883pts	Lee Valley	31-Mar

2012 ROAD RANKINGS - top ten in major distances

5km				
1	Marcin Fudalej	MS	15.18	Milton Keynes
2	Michal Glowacki	MS	15.47	Milton Keynes
3	Matt Clarke	MS	17.00	Bedford
4	Richard Ashton	M45	17.03	Milton Keynes
5	Steve Herring	M40	17.04	Marston Forest
6	Steve Green	MS	17.08	Milton Keynes
7	Steve Ratcliffe	MS	17.13	Milton Keynes
8	Mark Dowson	MS	17.21	Luton
9	Dan Webber	MS	17.22	Bedford
10	Emily Tallen	FS	17.29	Milton Keynes
5miles				
1	Sam Deathe	MS	26.46	Willen
2	Tom Comerford	MS	27.19	Willen
3	Ross Threlfall	MS	27.50	Willen
4	Matt Clarke	MS	27.52	Banbury
5	Emily Tallen	FS	28.48	Willen
6	Jeremy Vick	MS	29.13	Coventry
7	Gary Blaber	MS	29.23	Banbury
8	Chris Cahill	MS	29.29	Banbury
9	Tom Cox	M20	29.33	Willen
10	Dan Webber	MS	29.40	Corby
10km				
1	Steve Herring	M40	34.50	Peterborough
2	Steve Green	MS	35.17	Milton Keynes (CMK)
3	Matt Clarke	MS	35.25	Milton Keynes
4	Emily Tallen	FS	35.30	Milton Keynes
5	Rachel Pearson	FS	35.53	Lincoln
6	George Ashdown	MS	36.01	Winslow
7	Matt Clarke	MS	36.05	Weedon
8	Mark Dowson	MS	36.10	Flitwick
9	Dan Webber	MS	36.13	Silverstone
10	Ian Van Lokven	M50	36.58	Flitwick
10miles				
1	Ian Van Lokven	M50	58.52	Maidenhead
2	Gary Blaber	MS	61.03	Sandy
3	Mark Dowson	MS	61.36	Leighton Buzzard
4	Jane Ovington	F40	62.47	St Albans
5	John Skelton	M60	64.25	St Albans
6	Alex Knowles	F45	66.10	Preston
7	Andrew Wasdell	MS	66.53	Leighton Buzzard
8	Chris Cahill	M40	67.14	Leighton Buzzard
9	Neil Ovington	M45	67.35	Bramley
10	Neil Jones	MS	68.59	Leighton Buzzard
Half-Marathon				
1	Marcin Fudalej	MS	73.06	Milton Keynes
2	Michal Glowacki	MS	73.42	Paris
3	Steve Herring	M40	75.47	Milton Keynes
4	Richard Ashton	M45	76.10	Bedford
5	Matt Clarke	MS	76.14	Bedford
6	George Ashdown	MS	77.36	Milton Keynes
7	Dan Webber	MS	79.01	Milton Keynes
8	Ian Van Lokven	M50	79.23	Milton Keynes
9	Mark Dowson	MS	80.04	Reading
10	Gary Blaber	MS	80.59	Peterborough
20miles				
1	Marcin Fudalej	MS	1.50.30	Oakley
2	Jane Ovington	F40	2.14.06	Bramley
3	John Skelton	M60	2.18.36	Bramley
4	Wendy Webber	FS	2.22.00	Oakley
5	Adrian Maidment	MS	2.26.39	Bramley
6	Chris Cahill	M40	2.27.37	Oakley
7	Terry Down	M55	2.27.59	Ashby
8	Geoff New	M45	2.29.54	Finchley
9	Chris Worton	M40	2.35.44	Oakley
10	Katie Penrose	F35	2.41.57	Oakley
Marathon				
1	Michal Glowacki	MS	2.36.15	Warsaw
2	Dan Webber	MS	2.46.15	London
3	Steve Herring	M40	2.47.17	Chester
4	Martin Erasmus	M45	2.59.08	Abingdon
5	Jane Ovington	F40	3.01.46	Milton Keynes
6	Gary Blaber	MS	3.02.34	London
7	Mark Dowson	MS	3.04.03	Milton Keynes
8	Andy Stiles	M45	3.11.45	London
9	Richard Harrison	M50	3.12.51	London
10	Fran Malin	F45	3.14.43	Abingdon

Club Record
F40 Record
M60 Record

F40 Record



Action from the MK 10km last year - Mark Dowson (who has five 2012 rankings), Emily Tallen (leading lady with 3), Matt Clarke (who has 4) and Chris Cahill.

Fastest man (and 10th fastest) 30, 20 and 10-years ago				
1982	Fastest		10th Fastest	
5miles	Alan Green	25.06	Mick Kelly	27.48
10km	Terry Laybourn	33.10		
10miles	Alan Green	52.42	Tom Webb	56.23
Half-Mar.	Clive Owen	69.02	Jim Morrison	80.28
Marathon	Terry Laybourn	2:28.40	Dave Faulkner	2:52.28
1992	Fastest		10th Fastest	
5miles	Ian Thompson	24.39	Ian Russell	26.47
10km	Ray Crabbe	32.38	Sean O'Sullivan	34.10
10miles	Kevin Farmer	52.08	Mark Booth	57.48
Half-Mar.	Mark Booth	72.17	Phil Bilton	79.26
Marathon	Sean O'Sullivan	2:36.52	Tony Suter	3:14.33
2002	Fastest		10th Fastest	
5miles	Richard Nifah	24.15	Ian Pheasey	28.33
10km	Ian Van Lokven	34.20	Martin McPheat	36.24
10miles	Richard Nifah	49.44	Ian Russell	63.43
Half-Mar.	Mick Kelly	78.36	Andy Stiles	84.14
Marathon	Trevor Hook	2:57.14	Ian Russell	3:19.51

FULL 2012 RANKINGS ON CLUB WEB SITE

EVENTS THAT DID NOT QUITE "HAPPEN"

SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS

The set date was 26 January and was cancelled five days previous due "to snow and dangerous conditions on Hampstead Heath" AW reports that on the Saturday conditions in London were mild and looked green compared to the snowier courses at the Midland(Stafford) and Northern(Liverpool) Championships. One can imagine the jibes from up north about the "soft southerners" but in reality it was the Hampstead Heath management committee who made the decision.....but five days ahead!!

The rescheduled date of 16th February was not popular with many especially as the National XC Champs were to be held the following weekend. On the day there were just 541 finishers in the men's race. Many thanks to the 15 MMKAC runners who flew the flag for us. Pity we could not find one more senior man/under 15 girl to complete their relative teams.

RESULTS



Dominic Murphy runs in the 2012 Championships at Brighton- (24th in the U13 boys race)

Senior Men

- 131 Steve Herring
- 141 Mark Dowson
- 168 Gary Blaber
- 311 Andy Wasdale
- 416 Paul Mason
- 541 finished

Senior Women

- 41 Lara Bromilow
- 255 finished

Under 20 Men

- 64 Ryan Burling
- 82 finished

Under 17 Women

- 42 Jasmine Finlay
- 51 Ellie Hemming
- 102 finished

Under 15 Boys

- 91 Dominic Murphy
- 127 Jacob Tresham
- 194 finished

Under 15 Girls

- 50 Amy Radford
- 59 Sophie Botham
- 139 Isabella Thornton-Bett
- 187 finished

Under 13 Boys

- 48 Harvey Green
- 204 finished

SADLY, TO MY MIND, NO TEAMS WERE ENTERED FOR THE "NATIONAL" CROSS-COUNTRY CHAMPIONSHIPS WHICH WERE HELD AT SUNDERLAND ON 23RD FEBRUARY

NO MMKAC TEAM AT THE 2013 CALDERDALE RELAY

An event we have competed in for over a decade will not have a MMKAC team. The race, until 2011, had always been held in December with the emphasis on mountain running in Winter conditions. The change to a May date was not universally accepted but we still had teams running in the last two years. Unfortunately, our new team manager Martin McPheat, has been unable to get enough runners to compete this year(12 in a team) so we shall not be in Yorkshire.



SOUTH OF ENGLAND 12-STAGE/6-STAGE ROAD RELAY CHAMPIONSHIPS

MMKAC have hosted this prestigious event since 1999 and was run, until last year, from the Open University. The new venue was a great success and we were bathed in spring sunshine.



The weekend of the 23/24th March was designated for the Area Championships. The adverse weather conditions had already forced the cancellation of both the Midland (Sutton Coldfield) and Northern (Blackpool) races but Mick Bromilow and his team had worked hard to try and ensure that the Southern race would go ahead. The race referee arrived at 9.30 on the Sunday morning and after an inspection decided that it was too dangerous for the race to go ahead.



Views of the track and cleared entrance at 9.30am on the Sunday morning. Members of Tonbridge AC, who arrived by coach, on for a run around MK



VETERAN ATHLETES in 2012 NATIONAL

RANKINGS [top 50]

compiled by Jim Lawrence

VETERAN WOMEN

Rank	100m					
11	Alana Slater	F35	13.63	Milton Keynes	w+2.0	
9	Jan Lawson	F55	15.4	Kettering		F55 Record
33	Jan Hardcastle	F50	15.6	Stevenage		
12	Diane Baldwin	F55	16.1	Kettering		
11	Jan Lawson	F60	16.8	Milton Keynes		
200m						
14	Alana Slater	F35	27.66	Milton Keynes	w+2.5	
27	Jan Hardcastle	F50	32.5	Milton Keynes		
10	Jan Lawson	F55	32.54	Derby	w-0.6	F55 Record
9	Jan Lawson	F60	35.2	Milton Keynes		
13	Diane Baldwin	F55	34.6	Milton Keynes		
400m						
20	Alana Slater	F35	64.53	Milton Keynes		
4	Diane Baldwin	F55	72.8	Walton		F55 Record
31	Di Farmer	F50	79.1	Hastings		
	for mmkac	F50	85.3	Stevenage	#	
22	Ursula Ghaleb	F55	89.9	Kettering		
800m						
29	Alana Slater	F35	2.34.9	Milton Keynes		
4	Diane Baldwin	F55	2.40.3	Solihull		F55 Record
24	Di Farmer	F50	2.54.8	Hastings		
	for mmkac	F50	2.59.3	Milton Keynes	#	
1500m						
4	Diane Baldwin	F55	5.51.0	Kettering		F55 Record
25	Ursula Ghaleb	F55	6.49.7	Kettering		
3000m						
2	Diane Baldwin	F55	12:01.3	Sandy		F55 Record
23	Di Farmer	F50	12:12.4	Eastbourne		
	for mmkac	F50	12:24.8	Milton Keynes	#	
25	Ursula Ghaleb	F55	14:08.0	Bedford		
10000m						
2	Diane Baldwin	F55	42.24.03	Oxford		F55 Record
80m Hurdles						
9	Lesley Byrne	F45	16.7	Stevenage		
400mH						
12	Lesley Byrne	F45	89.5	Milton Keynes		
4	Diane Baldwin	F55	98.9	Bedford		F55 Record
23	Alison Ray	F35	117.2	Milton Keynes		
2000mSc						
1	Diane Baldwin	F55	08:58.9	Bedford		F55 Record
High Jump						
6=	Jan Hardcastle	F50	1.30m	Dunfermline		
13=	Lesley Byrne	F45	1.25m	Kettering		
25	Jean Harry	F40	1.15m	Stevenage		
40	Maria Calleia	F40	1.05m	Kettering		
16	Diane Baldwin	F55	0.90m	Walton		
Pole Vault						
11	Lesley Byrne	F45	1.50m	Milton Keynes		
Long Jump						
11	Jan Hardcastle	F50	4.12m	Derby	w+1.4	
14	Lesley Byrne	F45	4.04m	Kettering		
24	Alana Slater	F35	4.04m	Milton Keynes		
9	Diane Baldwin	F55	3.37m	Stevenage		F55 Record
Triple Jump						
6	Jan Hardcastle	F50	8.48m	Milton Keynes		
20	Lesley Byrne	F45	8.08m	Bedford		
12	Di Farmer	F50	8.19m	Hastings		
	for mmkac	F50	7.61m	Milton Keynes	#	
19	Ursula Ghaleb	F55	5.75m	Milton Keynes		
Shot						
5	Emma Beales	F40	10.62m	Milton Keynes	4kg	F40 Record
14	Lesley Byrne	F45	7.89m	Milton Keynes	4kg	
9	Jan Lawson	F60	7.04m	Milton Keynes	3kg	
26	Jan Lawson	F55	5.64m	Stevenage	3kg	
Discus(1kg)						
1	Emma Beales	F40	42.66m	Milton Keynes		F40 Record
22	Lesley Byrne	F45	19.68m	Bedford		
29	Jeanette Lawrence	F50	16.15m	Bedford		
13	Jan Lawson	F60	15.38m	Milton Keynes		
20	Jan Lawson	F55	15.02m	Bedford		
29	Jeanette Lawrence	F55	13.77m	Milton Keynes		
37	Diane Baldwin	F55	12.98m	Milton Keynes		
Hammer						
7	Jeanette Lawrence	F55	24.98m	Watford	3kg	F55 Record
19	Jeanette Lawrence	F50	20.73m	Milton Keynes	3kg	
30	Jan Lawson	F55	15.05m	Stevenage	3kg	
42	Alison Ray	F35	12.99m	Milton Keynes	4kg	
Javelin						
26	Lesley Byrne	F45	18.58m	Bedford	600gm	
12	Jan Lawson	F55	16.90m	Bedford	500gm	

second claim member

VETERAN MEN

Rank	100m					
17th	Paul Canning	M45	12.4	Milton Keynes		
4th	John Browne	M55	12.33 w +0.9	Zittau,Germany		
26th=	John Turner	M55	13.7	Kettering		
29th	Paul Toombs	M65	16.4	Milton Keynes		
200m						
22nd	Paul Canning	M45	25.50 w +0.3	Horspath, Oxford		
8th	John Browne	M55	25.7	Solihull		
		M55	25.71 w+0.3	Zittau,Germany		
13th	Ivars Licietis	M55	26.12 w-0.6	Derby		
22nd	Paul Toombs	M65	32.5	Milton Keynes		
400m						
12th	Paul Canning	M45	56.62	Oxford		
6th	Ivars Licietis	M55	58.08	Derby		
27th	Malcolm Down	M50	59.7	Sandy		
36th	Dennis Edghill	M50	60.7	Sandy		
33rd	John Turner	M55	67.8	Milton Keynes		
44th	Andy Harrison	M55	75.4	Stevenage		
800m						
21st	Malcom Down	M50	2.14.80	Derby		
33rd	Dennis Edghill	M50	2.17.7	Sandy		
19th	Ivars Licietis	M55	2.25.8	Thurrock		
50th	Kevin Smith	M60	2.58.3	Milton Keynes		
1500m						
38th	Malcolm Down	M50	4.46.5	Sandy		
52nd	Kevin Smith	M60	6.01.6	Stevenage		
3000m						
54th	Steve Herring	M40	9.53.6	Milton Keynes		
40th	Ian Van Lokven	M50	10.22.0	Corby		
49th	Malcolm Down	M50	10.31.6	Bedford		
4th	John Skelton	M60	10.45.1	Milton Keynes		
44th	Kevin Smith	M60	12.22.0	Bedford		
5000m						
52nd	Steve Herring	M40	17.08.5	Braintree		
35th	Malcolm Down	M50	18.02.1	Bedford		
400m Hurdles(91.4cm)						
11th	Paul Canning	M45	69.3	Milton Keynes	M45 Record	
400m Hurdles(84cm)						
8th	Brian Slaughter	M50	69.5	Milton Keynes	#	
14th	Ian Van Lokven	M50	75.0	Milton Keynes		
5th	Andy Harrison	M55	89.8	Bedford		
3000m Steeplechase						
28th	Steve Herring	M40	11.52.2	Braintree		
4th	Carl Baldwin	M55	15.09.5	Braintree		
Long Jump						
12th	Carl Baldwin	M55	4.44m	Kettering		
28th	John Turner	M55	3.93m	Milton Keynes		
18th	Paul Toombs	M65	3.47m	Milton Keynes	M65 Record	
39th	Andy Harrison	M55	3.00m	Stevenage		
46th	Kevin Smith	M60	2.89m	Stevenage		
Triple Jump						
8th	Paul Canning	M45	10.18m	Milton Keynes		
15th	Brian Slaughter	M50	10.10m	Eastbourne		
		M50	10.02m	Milton Keynes	#	
11th	Carl Baldwin	M55	9.29m	Bedford		
25th	Paul Toombs	M60	4.43m	Bedford		
High Jump						
16th	Carl Baldwin	M55	1.35m	Kettering		
26th	Andy Harrison	M55	1.20m	Stevenage		
29th=	John Turner	M55	1.15m	Kettering		
Pole Vault						
8th=	Carl Baldwin	M55	2.60m	Mile End		
8th=	Brian Slaughter	M50	2.60m	Milton Keynes	#	
42nd	David Goldsworth	M50	1.70m	Bedford		
Shot (6kg)						
20th	John Turner	M55	9.37m	Milton Keynes		
30th	Carl Baldwin	M55	8.50m	Kettering		
38th	Mike Burling	M55	7.80m	Milton Keynes		
48th	Jim Lawrence	M55	6.69m	Milton Keynes		
Shot (4kg)						
9th	Jack Kee	M70	9.86m	Copthall		
Discus (1.5kg)						
10th	John Turner	M55	33.24m	Milton Keynes		
28th	Mike Burling	M55	25.61m	Peterborough		
36th	Carl Baldwin	M55	22.85m	Bedford		
50th	Jim Lawrence	M55	19.26m	Milton Keynes		
Discus (1kg)						
6th	Jack Kee	M70	32.28m	Milton Keynes		
29th	Paul Toombs	M65	23.26m	Milton Keynes		
42nd	Paul Toombs	M60	22.50m	Milton Keynes		
Hammer(6kg)						
12th	Mike Burling	M55	31.70m	Sandy		
29th	Mike Burling	M50	31.28m	Copthall		
19th	Carl Baldwin	M55	27.21m	Stevenage		
25th=	Jim Lawrence	M55	23.20m	Milton Keynes		
Hammer(4kg)						
2nd	Jack Kee	M70	46.37m	Derby		
Javelin (700gm)						
12th	Ian Stephenson	M55	31.39m	Milton Keynes		
46th	Mike Burling	M50	25.99m	Copthall		
27th	Mike Burling	M55	22.85m	Sandy		
44th	Jim Lawrence	M55	17.36m	Copthall		
Javelin (600gm)						
48th	Paul Toombs	M60	19.40m	Milton Keynes		
Javelin (500gm)						
12th	Jack Kee	M70	23.62m	Copthall		



YOUTH DEVELOPMENT LEAGUE

Summer 2013

Spring is here, and it won't be long until the summer track and field season is upon us. This note is from the Young Athletes' team managers to let everyone in Marshall Milton Keynes AC, athletes, parents and coaches, know details of the Young Athletes' inter-club league competitions, and the opportunities there are for competing for the club.

This year there is a new format to the league, now known as the **UK Youth Development League** (<http://www.ukydl.org.uk/>). There are two separate competitions, and MMKAC is entered in both.

U20 and U17 men and women compete together on Sundays

Dates for your diaries are:

Sun 28th April	at Leicester
Sun 2nd June	at Milton Keynes
Sun 30th June	at Milton Keynes
Sun 28th July	at Loughborough

The team will contest **Midland East Division One** and the other competing clubs are:

Burton AC, Charnwood AC, Coventry Godiva Harriers, Derby AC, Leicester Coritanians and Mansfield Harriers.

U15 and U13 boys and girls compete together on Saturdays

Dates for your diaries are:

Sat 4th May	at Milton Keynes
Sat 1st June	at Cheltenham
Sat 22nd June	at Loughborough
Sat 13th July	at Coventry

The team will contest **Midland Premier Division 2** and the other competing clubs are:

Charnwood AC, Cheltenham Harriers, City of Stoke AC, Coventry Godiva Harriers and Solihull & Small Heath AC.

For the away fixtures the club provides coach transport for athletes and (if there is room) parents/supporters, so getting there needn't be a problem.

In both competitions there is a full programme covering all track and field events, so we want to raise large teams to cover the events. We know from experience that strength in depth is the key to success, and avoiding empty places is vital. Yes, we want to field our best people, but it really isn't for the superstars only.

With the change in format we now have four team managers to organise the teams. These are, with contact details:

U20/U17 Men Richard Pownall
rpownall@f2s.com 07736 237460

U20/U17 Women Graham Ghaleb
graham_ghaleb@yahoo.co.uk 07793 589875

U15/U13 Boys Gordon Fallow
gordon.fallow@mkac.org.uk 07952 917556

U15/U13 Girls Alana Slater
alanaslater35@sky.com 07504 369539

Three of us (except for Graham) are new to the role this year, and so will appreciate any help you can give towards getting to know the athletes in our group. We'll be working with the coaches and around the training groups in the weeks leading up to the competition dates to see who is keen and available, and to select teams. So please look out for us then, but please also use the contact information above to let us know of availability, questions, preferences or updates as we go along.

Of course, parents and supports are welcome at all the events. In fact more than welcome, because although the club can organise the required track officials, we also have to provide a small band of field event helpers, which we usually recruit from our supporters on the day. If you are a parent we'd be pleased to hear from you if you'd be willing to lend a hand (no prior experience necessary), and especially pleased if you are a graded official (of which we need just one at each event).

That's all for now. Do look up your team manager, and remember that the reason for doing all this is to give a wide range of our young athletes some good and enjoyable competition, and for them to be able to do it as part of a supportive and achieving team.

Thanks,

Richard, Graham, Gordon, Alana

THE LONGEST STANDING YOUNG ATHLETES CLUB RECORDS					
U13Girls	High Jump	Cathy Goddard	1.42m	Luton	1979
	Pentathlon	Cathy Goddard	2455pt	Enfield	1979
U15Girls	High Jump	Cathy Goddard	1.60m	C.Palace	1980
	High Jump	Sophie Wilkins	1.60m	Southampton	2005
	Long Jump	Cathy Goddard	5.29m	C.Palace	1981
	Shot	Jackie Rose	11.93m	Wolverton	1981
U17Ladies	Shot	Jackie Rose	1.67m	S.Mandeville	1983
	High Jump	Cathy Goddard	1.67m	Watford	1986
	400m	Nicola Crowther	57.3	Woking	1988
	80mHurd.	Donna Hutt	11.9	Birmingham	1988
	300mHurd.	Emma Beales	44.81	Welwyn GC	1988
	Shot	Emma Beales	11.91m	Welwyn GC	1988
	Discus	Emma Beales	43.94m	Stoke on Trent	1988
	Heptathlon	Emma Beales	4638pt	C.Palace	1980
	1500m	Simon Rayner	4.01.1	Luton	1983
	800m	Mark Everitt	1.56.1	Birmingham	1988
U17Men	Triple Jump	Darren Gomersall	14.87m	Highgate	1981
	800m	Mark Everitt	2.01.1	Mansfield	1990
U15Boys	Pentathlon	Damian Shadie	2360pt	Milton Keynes	1991
U13Boys	80mHurd.	Thomas Wheelhouse	12.4		
	4x100mRelay	Thomas Wheelhouse			
		Robert Fanning			
		Paul Herring			
		Adam Poland	53.5	Milton Keynes	1991



21 APRIL

15 MK RUNNERS

- Steve Herring back to form, just a minute off his PB.
- Five runners sub-3hours is the best at London since 2005.
- BUT both Gary Blaber and Wendy Webber agonisingly the wrong side of 3-hours.

Pos	M/S	Cat		Cat	Half 1	Half 2	Time
242	238	38	Steve Herring	M40	1:20:39	1.21.53	2:42:32
355	347	250	Daniel Webber	MS	1:21:12	1.24.53	2:46:05
574	560	107	Michael Kerrigan	M40	1:22:53	1.27.45	2:50:38
796	769	488	Paul Erwood	MS	1:23:43	1.30.40	2:54:23
950	914	133	Andrew Stiles	M45	1:26:46	1.29.45	2:56:31
1394	1338	781	Gary Blaber	MS	1:28:18	1.32.30	3:00:48
1468	63	45	Wendy Webber	FS	1:28:17	1.33.22	3:01:39
1924	1815	1019	Jeremy Vick	MS	1:26:19	1.40.51	3:07:10
2096	1967	304	Martin Erasmus	M45	1:29:16	1.39.40	3:08:56
3235	309	34	Frances Malin	F45	1:38:29	1.40.52	3:19:21
4739	626	393	Katie Penrose	FS	1:41:46	1.48.19	3:30:05
5401	811	100	Julie Dalzell	F45	1:44:29	1.50.01	3:34:30
6534	5411	1109	Chris Cahill	M40	1:32:35	2.08.26	3:41:01
14665	11263	1579	Kevin Church	M45	1:54:17	2.22.57	4:17:14
30189	20329	2642	Malcolm Kidby	M45	2:28:30	3.14.57	5:43:27

Good to see Steve Herring back to something like his old marathon form with his 2:42.32, just a minute down on his PB from 2010. Dan Webber, consistent in the mid 2:40's ran 10-seconds quicker than last year! 2-mins off his PB from Berlin 2011. A fine run from Mike Kerrigan who improved his PB by a minute from 2009(Berlin). Paul Erwood made the big jump from a Track middle-distance runner in his marathon debut and comes at no 59 in the all-time marathon rankings. And Andy Stiles proved himself still a fine competitor where his 2:56.31 in the 9th fastest in the M45 all-time rankings. Gary Blaber took nearly 2-mins off his PB to fall just 48-secs off the elusive 3-hour barrier..... next time!!

Wendy Webber, 45th senior lady overall, led four MK ladies home, improved her PB by a minute from Berlin 2011 but surely would have loved to been sub-3hours. It will happen I'm certain.

Fran Malin (the best placed age-group MK runner) put in another good marathon after her 3:14.43 at Abingdon last year, Katie Penrose was only a few secs. off her PB from 2008 and then came the very remarkable Julie Dalzell clocking 3:34.30 after her 3:37.52 at Brighton the week previous.

Jeremy Vick, after an injury-strewn lead up to the marathon, made a satisfactory debut with 3:07.19 and another good marathon from Martin Erasmus but short of his "sub 3" at Abingdon last October.



Photos above: Andy and Jeremy.
Right: Wendy, Fran, Martin and Gary



SOUTHERN ATHLETICS LEAGUE DIVISION ONE PORTSMOUTH (20 April)

- LATE SURGES GAINS THE TEAM 3RD PLACE.
- LADIES SCORE NEARLY 60% OF THE POINTS.
- A RATHER UNDERSTRENGTH MEN'S COMPETE WELL BUT HAVING NO COMPETITOR IN 15 EVENTS MADE FOR AN ALMOST IMPOSSIBLE TASK.

1 Portsmouth	208
2 Walton AC	200
3 MMKAC	142
4 Worthing	140

The MMKAC senior track and field team made the journey down to the south coast for their opening Division One match at Portsmouth. A rather understrength team worked hard but for most of the match and were lying in 4th(and last) place before a late surge took them up to 3rd place ahead of Worthing but a long way behind the City of Portsmouth club who won the match with Walton AC in 2nd place. Fortunately we have a home match next month(18 May) where they should regain some lost ground.

The ladies team covered virtually all the events. Here Emma Beardmore won both the hammer((44m02) and shot(10m31) as well taking 2nd in the discus and 4th in the javelin. And after all that then helped out the 4x400m relay team in the battle to pass Worthing in the last few events. Other victories came from Dorothy Oduguwa (100m/12.9), Elizabeth Read(High Jump "B"/1m35), and Laeken Impey(Hammer "B"/40m69). Good to see team manager Carly Scott back on the track again and along with Diane Baldwin and Lara Bromilow looked after the middle-distances race, but Lara aggravated an achilles injury in the 3000m. Two of the Gibbens clan were competing, Sophie in diverse events as the 3000m, 2km steeplechase and high jump and the welcome return of Bryony in the pole vault and 400m. Faye Richold contested both the flat 400m and the 400m hurdles.

The men were very understrength (just nine athletes) and in 15 events they had no competitor! On the bright side there was an impressive sprint double from young Daniel Oderinde winning the 100m(11.3) and 200m(22.7). Subomi Obanuga won the "B" 100m(11.5) and was a very close 3rd in the 200m(23.1) where the first finishers were all given the same time. Steve Tuttle worked hard on the track in the sunny conditions with 2nd places in the two longest races, the 5000m and 2000m Steeplechase whilst Ross Threlfall was the sole MK runner in the 800m and 1500m and also ran a leg of the sprint relay. They had better luck in the field events where Chuko Cribb(13m12) and Franklin Ocran(12m72) won both triple jump events, Lewis Barnes won the discus(37m18) and Mark Roberson the hammer(46.59m). Young Jonathan Pownall was only beaten with the penultimate javelin throw where he threw 50m66 for a personal best with the senior implement.

Finally thanks to our officials, Carl Baldwin, Mick Bromilow, Jim Lawrence. and Jackson Ryan.

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