

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

SUMMER 2013

"Awards become corroded, friends gather no dust" ~ Jesse Owens

CONTENTS

Page:

2	Chair's Piece
3	MMKAC Ladies back on the promotion trail as they win UKWAL Division Three
4	Daniel Oderinde writes about FISEC 2013
5	News Round-Up 1, Joey Duck/Michael Glowacki
6	News Round-Up 2, Track Maintenance Team retire.
7	Young Ladies "leaping" up the rankings etc
8	Success at the Greensand Ridge Relay
9	The 30 th East Midlands Grand Prix series
10/11	Promotion for the u17/20 YDL team Team manager's reviews
12	Lady Hammer throwers smash the records England vest for Devon Byrne
13	Jane Goodey (1954-2013)
14	Ultra running scene
15	EVAC teams march on to League final
16	Southern Athletics League review
17	SAL/Southern Men's League YDL u15 team review
18	MMKAC athletes at major Championships Club T & F Rankings up-date Down Memory Lane for road rankings A huge thanks to Jim Miller
19	Road Rankings up-date
20	THE BACK PAGE 2013 Tour of Milton Keynes, Annual Awards Evening, Chiltern Cross-Country League etc

TRIUMPH AND DISPAIR OVER 18 DAYS IN SUMMER

- 28 July U17/20 Youth Development team crowned champions
- 3 August UK Women's League team win Division Three and are promoted to Division Two
- 7 August Veterans teams qualify for EVAC league final
- 10 August Relegation for the flagship Southern Athletics League team
- 14 August Greg Rutherford fails to qualify for World Championships Long Jump Final in Moscow

From UKA web site:

Greg Rutherford missed out on a place in the final of the long jump as he could only manage a best jump of 7.87, in the qualifying rounds, outside of the 12 athletes that qualified. Although he had suffered a hamstring injury only a matter of weeks ago, Greg was disappointed not to be taking part in the final

He said: "It wasn't the outcome I expected today, it's gutting to come into something feeling great with all the expectations in the world and then not being good enough, which is what it comes down to.

"I'm not hurting now which is massive, I've done something incredible in coming back five weeks after not just a tear, I ruptured one of my hamstrings and split it in half. That was amazing to come back from, but that's by the by. I felt great, running down the runway I felt fast, on plant I didn't hurt and after the first round I genuinely thought I could do something - but it wasn't good enough today.

Chair's piece

Track Season

With just the Eastern Veteran's Final and one open meeting at Stantonbury to go, we are reaching the end of another track season, in which there were some outstanding results and some where we have not performed as well as we should. Brian has summarised these achievements in the following pages.

The club relies on a large number of volunteers who turn out in all weathers to help the club. At the end of the season, we do need to thank all the coaches, officials and team managers for the work they have done. It is always a pleasure, for a volunteer, when people acknowledge and thank them for their help.

We had a number of new team managers this year; all have done an outstanding job. In the first year of the Youth Development League (YDL) the Under 15 squads were managed by Alana Slater and Gordon Fallow, who put out strong squads in what turned out to be a highly competitive league. In the Under 20 matches our teams were managed by old stalwart, Graham Ghaleb and newcomer, Richard Pownall, who put out very strong teams that dominated the opposition in every match.

In the UK Women's League, where we have dropped a couple of divisions in recent years, it is very pleasing to report that the team, again passionately managed by Julia Gibbens, has reversed this trend by gaining promotion as Division 3 Champions.

For the Southern Athletics League (SAL) team, which came second two years ago, under strength men's squads negated the strong support of the women. Despite a strong win in the last match at Stantonbury, we could not quite avoid relegation. Similarly, the men's B Team in the Southern Men's League (SML) finished bottom of their Division. The strong evidence is that we can no longer sustain teams in both the SML and SAL. Team managers, Ian Stewart, Jackson Ryan, Carly Scott and Jim Lawrence are working together to come up with a solution for next season, in which we need to regain our position in the top flight of the SAL.

The MMK Teams in the Eastern Vets League, managed by new managers, John Turner and Lesley Byrne, has seen much-needed new blood to reinvigorate both squads, in another successful season where both the MMK men and women have qualified for the League Final in Bedford on 8 September.

Grounds Maintenance

Many people are aware that the club has been responsible for managing the Athletics Stadium at Stantonbury for the last 20 years, and has been responsible for all grounds maintenance since 1998. Throughout the last 15 years all the grounds maintenance has been carried out by three unsung heroes who have worked at the track, almost every Friday morning, mowing, weeding, line-marking and keeping the site tidy. Club President, Milford Callow, who has been a member of the club for nearly 60 years, has led this team, ably assisted by Jim Morrison and Paul Toombs. They have taken great pride in their work, and the stadium has always looked immaculate. We have been extremely fortunate to have benefitted from their outstanding public service.



Milford (now 78), Jim (70 next year), and Paul (66) have recently indicated to me that this year will be their last. We will need to replace them as a matter of some urgency, so that whoever takes over will have time to work with the existing team until the end of the year. We do have a range of equipment to support the maintenance team, such as mowers and a tractor.

We are looking for (ideally three) individuals, perhaps early retirees, who would be willing to help the club in this way. Training, where needed, would be given. If we do not get volunteers we would have to consider paying people to do the job, as we have to ensure that the stadium is maintained. If you are interested in helping the club, could you please see me, or perhaps turn up on a Friday morning at around 9:30-10am, to talk to the team.

It's not quite "Last of the Summer Wine", but there are opportunities for people to work as a team and have fun at the same time!

Milton Keynes Festival of Running

The Club will have made over £10000 from this year's Milton Keynes Festival of Running. The date for next year's event has been fixed at Sunday 9 March 2013. This is a week after the Silverstone Half Marathon and the Reading Half Marathon. We will need more than 100 helpers on the day to ensure its continued success. Please book the date in your diary.

Cross Country

As the track season winds down, so the cross country season begins. Last season Marshall Milton Keynes won the Overall Trophy in the Chiltern League for the 12th time in the last 15 years. The first league meeting of the season is at Cassiobury Park, Watford on 19 October. The key to success in this league is getting a good start. Please try to be there. The third match will be a home match in Campbell Park on 7 December.

Awards Evening

The Club Awards Evening is on Saturday 5 October, at Harben House, Newport Pagnell. Tickets should be on sale by the beginning of September. It would greatly help Jackson Ryan if last year's trophy winners could return their trophies to him as soon as possible, preferably in a clean state, so they can be prepared for this year's winners.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

UK Women's Athletics League

AFTER TUMBLING DOWN FROM THE TOP ECHELON IN RECENT YEARS THE LADIES COMFORTABLY WIN DIVISION THREE AND RETURN TO DIVISION TWO NEXT SUMMER

They opened up at Leeds on 8 June and scored a superb victory:

1 MMKAC	196
2 Belgrave H	188
3 Liverpool H	174

Next down to Exeter on 6 July where they placed 2nd:

1 Bristol	237
2 MMKAC	198
3 Exeter	165

Going into the third and final match at Bedford league positions were:

1 MMKAC	15pts(394)
2 Bristol	12 (402)
3 Belgrave H	12 (341)

And so to Bedford on 3 August where second again to Bristol was more than enough to become league champions:

1 Bristol	221
2=MMKAC	210
2=Bedford	210

FINAL LEAGUE TABLE

1	MMKAC	624	21.5 league points
2	Bristol & West	643	20
3	Bedford & Co.	518	14.5
4	Belgrave H	492	13
5	Liverpool H.	471	12
6	Exeter	451	11
7	Leeds City	432	10
8	Aldershot F & D	351	6

MMKAC won promotion to the UKWAL for the summer of 2003. Competing in the then Division 4 they placed 2nd to Peterborough and gained promotion to Division 3. From 2004 they worked themselves up the League to eventually make the Premier League in 2009. A step too far perhaps but sadly dropping back down the Divisions since then has not been good for morale. Breaking this downward spiral had to be done this summer and how pleasing to see the ladies, with great team spirit under the leadership of Julia Gibbens, make a superb effort, especially with no qualms about making long journeys to Leeds and Exeter to compete.

Ten ladies competed in all three matches:

Diane Baldwin	Emma Beardmore
Lara Bromilow	Rachel Gibbens
Sophie Gibbens	Nichola Gibson
Andrea Jenkins	Heidi Nicholas
Faye Richold	Rita Twum

AND back in 2003, Lara, Rachel and Sophie competed.



Action from Bedford:
Rachel Gibbens on her way to clearing 3.80 in the pole vault/Faye Richold in the long jump/Emma Beardmore, here winning the "B" discus/4x400m relay - Sophie Gibbens hands over to Joey Duck; Nichola Gibson anchors the team/Heidi Nicholas, 100m Hurdles.





**DANIEL
ODERINDE'S DIARY
OF HIS
EXPERIENCES IN
HUNGARY**

**INTERNATIONAL CATHOLIC SCHOOLS' GAMES
KECSKEMET, HUNGARY**

Friday 5 July:

A crazy morning started after 'waking' – no sleep at all. Saw my sister cry for the first time. Got to Manchester around 9.15am but heard a train was on fire. Finally to airport at 9.45; meet team members. I was the first to get told off – for having a comb in my hair.

The food? Could be better.

Saturday 6 July:

Breakfast was alright, went for the healthy Muesli. Then went for a shopping spree in Tesco - BUT no one spoke English!!!! We had a good track session - 4 x 100m(bends), not fast. Two x starts was alright. Lunch and dinner were good. Opening Ceremony was crazy! Danced hard and had a good time. French girls love it.

Sunday 7 July:

First day of competition. Breakfast was normal, but the warrior was getting ready to eat.

100m heat was chilled. Shut off at 50m, walked at 90m- 11.58. In my 200m heat, shut off very early at 100m but I thought that I had won. (actually 2nd in 23.45). Later to a Hungarian Macdonalds.

God is good,

Monday 8 July:

Thank God it's Monday – the Champ is here! Knowing I had qualified for the 200mSF, my mind was at ease. I won my 100m semi-final in 11.26. The 100m final was won- my first international victory(10.94.-1.5w) I am World Champ. Up for the double.

Watched my first swimming event and GB won loads of medals.

Tuesday 9 July:

Celebration turned into despair.

After winning the 100m yesterday I was ready for the 200m. I ran my semi a lot more smarter and qualified comfortably (23.05) but my hamstrings kicked in. Come the final I knew it was going to be the hardest race of my life. After four strides a pain I had never felt before came up. A stride later the leg wouldn't go down again.

I had let everybody down. Did not finish, France won.

Wednesday 10 July:

"The Day After" - after being ant-social and sleeping it off, I just wanted to forget about everything, and that's what I did – when I got to the track the first thing I did was to congratulate the medallists. Then everyone was wishing me a positive recovery (I was still bitter)

As the day went by Malta made me feel better,,,,,,in the sense of a water fight! GB v Malta v Austria v France. We won!!!!

Closing ceremony was that night.

Thursday 11 July:

I'm coming home. What an experience. First International competition and a gold medal.....would have been good to have done the double but we will never know now. I have met great people and will surely keep in contact.

Here's to FISEC 2013



Photo of Daniel with his gold medal taken at the track on his return.
(Roy Campbell)

I'd firstly like to thank God and my family for their support all year round and even in Hungary - I couldn't have done it without them. I'd then like to send appreciation to my school, St. Pauls for bringing such an opportunity to actually represent my country at such an international level. I'd also like to say a BIG thank you to both my coaches Mike Leonard and Rob Purton for their support and help leading up to Hungary and also to my team mates for being there for me.

I would like to give thanks to Jackson Ryan and the guys at Body Limits for their help leading up to Hungary as I've been battling injury all year. In regards to recovering from my injury in Hungary I'd like to send thanks and appreciation to the team at ISIS Clinic for taking me on and embarking a journey to get me fit again. But in the end I'd to say thanks to Marshall Milton Keynes Athletics Club, I hope I did everyone proud! –

Daniel Oderinde

PS: Daniel's enthusiasm for our club was highlighted at Loughborough when the YDL team contested their final league match. Being unable to sprint, he took part in the shot and threw a PB of 10.01 for second place.



On the podium in Kecskemet with his French rivals on either side

RETURN OF JESSICA WEBB

Great to see Jessica back in action again after her horrific knee injury sustained in the Chiltern League at Wing on 9 February. Jessica ran 39.23 in the Thame 10km on 30 June.



Jessica seen here in the Chiltern League at Slough last December.

AND JOEY DUCK GETS BACK ON THE TRACK AFTER A YEAR OUT WITH A BACK INJURY

- South of England Champion
- Near miss at the 400m club record
- 5th in the UK Championships

Joey, after a solid indoor season, made her summer debut clocking 11.91/55.40 in the 100/400m at Newport on 18 May. She won the "athlete of the match" award representing MMKAC in the SAL match at Chelmsford (12.2/24.05) for the 100/200m. The following weekend, 22/23 June, Joey won the South of England 200m Championships at Watford clocking 23.98.

[Photo below – holding off Laura Turner (314) at Watford]

Nicola Crowther's club 400m record was set back in 1992 with a time of 54.21. Joey ran in the Welsh Championships at Cardiff on 29 June and in finishing 2nd clocked 54.28, just 0.07 off the record.

At the UK Championships held in Birmingham on 14 July, Joey took 2nd in her 200m heat (24.02) and then 5th in the final with a season's best of 23.88.

It was great to have Joey competing in the final UKWAL match at Bedford on 3 August. Here she comfortably won both the 100 and 200m, then anchored the 4 x 100m relay to 2nd place have clawed back two positions but could not quite catch the Bristol & West team. She then ran leg 3 for the 4 x 400m relay team handing them over in 2nd place which Nichola Gibson held to the end.



MICHAL GLOWACKI NEARLY MAKES MK MARATHON HISTORY IN MANCHESTER (28 April)

Michal finished third in the race which started and finished at Old Trafford stadium. He went through 10km in 32.56 (5th place) and then half-way in 72.29 (4th). Up to 3rd place by 20-miles (1:52.02) for a final time of 2:26.45 – just 35seconds off Kevin Farmer's record set back in the 1989 London Marathon. (2:26.10)



Michal, seen here at the start of the MK 10km last March. He improved his marathon PB by some 10mins in the race at Manchester.

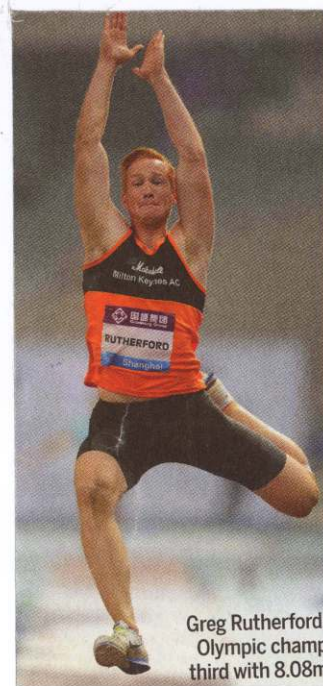
LEADING MMKAC 5KM TIME

Michal won the Marston 5km in June with 15.44, the fastest 5km time of the year to-date.

GREG RUTHERFORD COMPETES IN THE DIAMOND LEAGUE IN SHANGHAI WEARING HIS CLUB VEST.

You might be the Olympic Champion but his sponsorship deal with Nike has ended. Unable to agree reduced terms Greg is looking to set up his own clothing business.

So we see him at Shanghai wearing MMKAC colours. He placed 3rd with 8.08m. Two weeks later on 31 May he set a season's best of 8.22 at Eugene, USA.



Greg Rutherford: Olympic champ third with 8.08m



RAFER JOSEPH RETURNS TO MILTON KEYNES

Those with long memories will remember Rafer from our very successful Southern Mens' League team from the late 80's/early 90's. He came back to MK with the Basingstoke team for the final SAL match.

He still holds three clubs records – Pole Vault(4.50), Discus(48.88) and Decathlon(7186pts). AND is second ranked in the 110mH(15.1), High Jump(1.96) and third in the shot(14.01). Rafer, now in his mid 40's, is involved with coaching at Basingstoke and has a massive amount of experiences to pass on. With MKAC he competed in the 1987 European Junior Championships, gained a number of GB vests and then later competed in the 1994 Commonwealth Games.

One of my lasting memories is Rafer taking part in the 1988 Tour of MK – yes, a track and field man doing the "TOUR". He had overheard us talking about the event and said "can I come along?" - fast forward to the cross-country race at Furtho Farm. Rafer was just behind me as we approached a stile, he overtook me and, with his hurdling technique, jumped straight over it! It took me 50m to catch him up.

Photo of Rafer with Jack Kee and Brian Graves



FAREWELL TO ANDREA JENKINS

Andrea, although a first claim member of Nene Valley Harriers, has competed as a Higher Claim athlete for MMKAC in the UKWAL for the past 10 years. Julie Gibbens was keen that: "we make mention of her loyal service to the club having stuck with us through thick and thin, as they say."

This season she has thrown the hammer 48.59, the discus 39.14 and gone out to 10.27 with the shot for MMKAC. Last year Andrea placed third in the hammer(49.86) at the European Masters Champs in Germany. And partly to concentrate on veterans' Andrea feels that we now have sufficient younger ladies to take her place. *Photo: Andrea throws the discus in the final UKWAL match at Bedford*



EVER CONSIDERED WHO CUTS THE GRASS AT THE TRACK INCLUDING THE SURROUNDING BANK, PICKS UP ALL THE DISCARDED WATER BOTTLES, MARKS OUT THE THROWING AREAS, KEEPS THE TREES TRIMMED, WEEDING ETC ????????

Three of our elder statesmen, Milford Callow, Jim Morrison and Paul Toombs have performed these duties for the past 20-years or so. Quietly and efficiently they meet on Fridays to do their best to keep the track and surrounding areas as tidy as possible. With an average age of 70+ they now intend to retire.

- **ANY OFFERS TO TAKE OVER THESE DUTIES??**
- **MILFORD CALLOW (tel:319551) WILL BE PLEASED TO HEAR FROM YOU.**
- **PERHAPS A SPECIAL AWARD AT THE CLUB PRESENTATION EVENING IN APPRECIATION OF THEIR LONG STANDING SERVICES.**



**21 JULY
OLYMPIC PARK
"5"**

10 MMKAC FINISHERS including LADIES POLE VAULT RECORD HOLDER!

57 Steve Green (MS) 28:56; 198 Ross Threlfall (MS) 31:30; 201 Paul Erwood (MS) 31:31; 383 Chris Youens (MS) 33:08; 761 Chris Worton (M45) 35:10; 1096 Nick Washington (MS) 36:26; 1295 Terry Down (M55) 37:05; 1406 Richard Scrase (M40) 37:26; 3155 Rachel Gibbens (FS) 40:58; 4436 Malcolm Kidby 44:36; 11841 finished.

And certainly improved our 5mile rankings which were looking quite poor prior to this race.

NAOMI GREENER

Her best long jump of 5.42 has taken her to no.2 in the u17 ladies rankings



LAURA ZIALOR

Laura has three times broken the U17 ladies triple jump record this year with a best of 11.28. Her best outdoor high jump is 1.60 (=3rd in rankings) and has also long jumped 5.13 and pole vaulted 2.80



LUCY JOHNSTON

Her best high jump of 1.64 has moved her to no.2 in the u17 ladies rankings. Lucy has triple-jumped 11.22 this summer for another 2nd place in the club rankings.



YOUNG LADIES "LEAPING UP THE RANKINGS"

CHUCKO CRIBB MOVES UP TO NO.3 IN THE ALL-TIME TRIPLE JUMP RANKINGS.

Chucko started 2013 with a PB of 14.16. He must enjoy competing in MK as in the opening SAL match on 18 May he jumped 14.05 and then in the home UKDL match on 20 June he added 21cm to his PB with 14.37. (9th best in the M20 UK rankings at time of writing). The MMKAC all-time top six is now:

1 Darren Gomersall	M20	15.06	1986
2 Mark Pickerill	SM	14.82	1987
3 Chucko Crbb	M20	14.37	2013
4 Andy Bell	M20	14.35	2002
5 Kershall St Helene	M20	14.24	2004
6 James Wright	M20	14.12	2010

EMANUELA MOTTA

☒ equals U17 pole vault record

Emanuela commenced 2013 with a PB of 2.73 and, under the guidance of Lawrie Wilkinson moved up to 3.10 at the South of England Champs. She then leapt 3.20 at the SEAA inter-counties to equal Rachel Gibbens' record set back in 2001.



EBONY CARR MOVES UP THE u15 SPRINT RANKINGS - 4th in both the 100/200m

100m		
1 Joey Duck	11.79	2003
2 Habee Folami	12.22	2004
3 Kadi-Ann Thomas	12.3	2000
4=Natalie Jowett	12.4	2001
4= Ebony Carr	12.4	2013
6 Charlotte Beckett	12.6	2000

200m		
1 Joey Duck	24.06	2003
2 Habee Folami	24.8	2004
3 Charlotte Beckett	25.20	2000
4 Ebony Carr	25.55	2013
5 Kadi-Ann Thomas	25.7	2000





Greensand Ridge Relay

Saturday 22 June

- ❑ FOUR MMKAC TEAMS COMPETE
- ❑ MK LADIES RETAIN THE TITLE
- ❑ A RECORD 44 TEAMS START

LADIES BREAK THE FEMALE RECORD WITH 4:18.31

Not only were they first to finish but also beat the "Female Ridge" record set back in 1997 by the then MKAC team of Jane Bird, Julie McPheat, Linda Dewhurst, Joanne McKellar, Paula Chammings and Chris Daniells who clocked 4:19.26



Above: 5/6th of the 1997 team who were also the first team to finish overall – hence two trophies: Julie McPheat, Chris Daniells, Jane Bird, Joanne McKellar & Paula Chammings.

This year first timers Kim Lowden, Wendy Webber and Katie Penrose joined forces with Diane Baldwin, Leah Hartwell and Maria Calleia. On the day MK started 25mins down on Dunstable Road Runners. By the end of leg 2 the deficit was 13mins and then Wendy Webber on the 8mile third leg stormed through to take the lead which was never surrendered. Amphill came through for second place(4:33.14) with Dunstable finishing 3rd (4:48.52).

MK TIGERS RUN THE 5TH FASTEST TIME OVERALL

Martin McPheat's team started at 12.33 and came through from 34th to 12th by the end. They were anchored by Jeremy Vick on leg 5 and then Dan Webber on leg 6 who both ran the 4th quickest of the day on their respective legs. An excellent final time of 3;54.40

THE 21ST APPEARANCE OF THE "MK ORIGINALS"

The "MK Originals" first competed in this 33mile race back in 1993 finishing 3rd from just a dozen teams. Milford Callow and Brian Graves are the only two still competing who ran that day but have since graduated to the "70's" squad. Jim Miller has 17 appearances for the team who also welcomed Hazel Cockerill and Kevin Church for their inaugural runs in this race.

AND THE 70ish TEAM FINISH or was it "THE LIFE OF BRIAN"

As Michael Johnson said "just get the baton round" – that had to be the aim for our team, average age 73.2 but matters went a little astray at the first changeover. I had run leg 1 and it's a nice feeling with about 100m slightly downhill on the road to complete the leg.....but where is Brian Gilks! Fortunately Brian Daniells was watching here so we asked the officials if he could be driven round to the leg 3 changeover and then start his leg. I then get a phone call that Brian Gilks had unfortunately misjudged his start time- "a senior moment" He was able to run his leg later which meant that Keith Cook, Jim Morrison and Milford Callow could finish the team



From the top: 5/6th of the winning ladies team-Leah Hartwell, Di Baldwin, Wendy Webber, Maria Calleia & Katie Penrose; Carl Baldwin(MK Originals) chases down Brian Gilks(MK 70's); Katie Penrose climbs the hill up to Haynes; Maria Calleia on leg 6; Dan Webber anchors The MK Tigers at Northall; Hazel Cockerill brings home the MK Originals.



30th EAST MIDLANDS GRAND PRIX 2013

THE
RUNNING
SHOP NORTHAMPTON

16 MK RUNNERS COMPLETE THE GRAND PRIX SERIES

TOP 10 PLACE(7th) FOR MATT CLARKE

FOUR VETERAN AGE GROUP WINS -

Diane Baldwin	F55
Kelvin Smith	M60
Keith Cook	M65
Milford Callow	M75

AGE GROUP PLACINGS FOR:

F45	2 nd Julie Dalzell
M60	2 nd Paul Mason
M50	3 rd Malcolm Down
M55	3 rd Steve Howe

MMKAC GRAND PRIX FINISHERS(minimum 5 races)

F45	2 nd	Julie Dalzell	6 races	11pts
F55	1 st	Diane Baldwin	7 races	5pts
Sen Men	7 th	Matt Clarke	8 races	39pts
	12 th	Jeremy Vick	8 races	87pts
	16 th	Andrew Wasdell	6 races	122pts
	38 th	Ian Pheasey	5 races	271pts
M40	28 th	Richard Scrase	6 races	155pts
M45	7 th	Martin Erasmus	6 races	37pts
M50	3 rd	Malcolm Down	5 races	15pts
M55	3 rd	Steve Howe	6 races	16pts
	16 th	Terry Down	5 races	85pts
M60	1 st	Kelvin Smith	6 races	8pts
	2 nd	Paul Mason	8 races	11pts
	10 th	Ed Hill	7 races	42pts
M65	1 st	Keith Cook	6 races	8pts
M75	1 st	Milford Callow	6 races	8pts

TEAMS: Only the men's teams ran at least 5 races- the seniors placed 3rd overall and the veterans 6th- the seniors winning at MK.

THE MK 10KM- Tuesday 2nd July

405 finishers, par for the course - 392 last year and 417 in 2011. Must have been one of the closest finishes for many years, At the OU bridge with 500m to go, Phil Holland(Amphill) had a 10m lead but eventual winner(Damian Carr/Coventry) and Chris McCarthy(Kenilworth) were chasing hard.....just 4-seconds separating them at the tape.

For MMKAC Matt Clarke has dominated the series running all eight races and finishing 8th on the night(34.44) just ahead of Tom Comerford(34.49) and the 2nd and 3rd fastest 10km times in the 2013 rankings. Gary Blaber, 17th on the night ran the 6th 2013 best with 35.55 and then came Steve Green(36.23) and Dan Webber(36.31) for the 7th and 8th fastest times this year.

Club M55 age group record for Ian Van Lokven - Ian, who turned 55 a few weeks earlier, clocked 37.13(39th overall/1st M55) eclipsing the record of 37.34 set by Terry Laybourn in the 1994 MK10km.

Kelvin Smith and Paul Mason continued their M60 duelling - the duo had " 6 head to heads", Kelvin winning 5 but, apart from at MK, there was only one place between them.

Diane Baldwin continued her clean-sweep through the F55 age



**OU action: Matt Clarke/Ian Van Lokven
Diane Baldwin/Steve Howe
Kelvin Smith/Paul Mason**

group whilst Ursula Ghaleb celebrated her first race as a F60 with an age group win here. 2nd places on the night to Malcolm Down(M50), Di Farmer(F50) and Milford Callow(M75) whilst 3rd places went to Julie Dalzell(F45) and Steve Howe(M55).

UNDER 17/20 TEAM

■■ GREAT SUCCESS FOR THE TEAM
 UNDER THE GUIDANCE OF GRAHAM
 GHALEB AND RICHARD POWNALL.
 ■■ VICTORIES IN ALL FOUR MATCHES.
 ■■ PROMOTION TO PREMIER 2
 (MIDLANDS REGION) NEXT SUMMER.

FINAL LEAGUE TABLE

1 Marshall Milton Keynes	28pts	2754 Lge pt
2 Charnwood AC	22	1967
3 Leicester Coritanian AC	21	1597
4 Derby AC	17	1419
5 Coventry Godiva H.	9	1080
6 Burton AC	9	976
7 Mansfield Harriers	6	735



Isabella Thornton-Bett & Sophia Cliffe(800m), Owen Seemark(2km S/C),
 Charlton Kerr (1500m), Jasmine Finlay (1500m S/C), Alex Clinkard, ex-
 MK, now Derby, R), Taylor Cowan-Williams (100m), Davina Oduguwa (shot),
 Maja Jennings(300mH), Laura Zialor(High Jump) & Nic Williams(100m).

Marshall Milton Keynes



U17/20 Team

TEAM MANAGER'S REPORTS

Richard Pownall - men

Graham Ghaleb - women

This season saw the start of a new format for Young Athletes' Track & Field competition. Where previously the Juniors (U20) had their own league, we now have the U20's and U17's competing together in the upper age group competition, and U15's and U13's in the lower. Both are joint male/female competitions, and both are under the auspices of the Youth Development league.

You might have seen there has been a degree of criticism in the athletics blogosphere about the YDL format. A number of people have railed against, in particular, the way in which it limits competitive opportunity for the U17's; although I note that I've not spotted many constructive alternatives being proposed. For the record, I've not found it a problem in the least. In the relatively rare circumstances that we have more than one competitive U17 in an event where competing with U20's would mean doing so with a higher implement weight or hurdle height, no athlete has had a problem with having a go with the higher specification, either in the interests of the team or in practice for future years' competition.

With the newly assembled league there's an element of lottery as the teams get seeded into their various divisions. We in the upper age group were placed in Division 1 of the Midland section, effectively the third tier underneath Premier 1 and Premier 2. With hindsight we probably deserved to be a notch higher, but we were not to know that as the season started.

We were lucky to land two of the four fixtures at home. It helps to encourage people to take part when there is no long bus journey involved. Credit to Mick Bromilow who was fast to respond with an offer when one of the opposition found they were unable to play host on their turn. And thanks, too, to the small army of officials and other volunteers necessary to run a home match, who ended up doing double duty.

So it came to the first match day, in Leicester, on a cold, dull day at the end of April. And it was a long day too, the newly constructed match timetable proving far too generous, and resulting in a lot of sitting around between events (happily the league were willing to learn from experience, and quickly abridged it for use in the subsequent matches). We had raised a good team, with only a few gaps in covering the events, and by the time we were half way through it was clear that the opposition from the likes of Charnwood, Leicester and Coventry was not as strong as we had expected. We had a healthy lead. By the end of the day, with about 700 points, we were some 200 points clear of our nearest rival. A strong win, and a great opportunity to see the newly formed team in action, and to get to know their strengths.

Two home matches followed at either end of June. Home advantage was turned into two more victories, although with a slightly smaller margin than before. The final fixture was at Loughborough at the end of July – the home ground of Charnwood, the team that had finished second to us on each of the previous occasions. Although the chance of being overtaken in the league was now slim, we were keen to keep our clean sheet and come out on top again. By now it was summer holiday season, and with the addition of some unwelcome injuries into the mix, raising the full team was proving more difficult. The gaps were growing and I wondered if we were not going to be able to keep a 100% record. In the event it turned out that our holiday losses were by no means unique, and we were able to close the season with four wins out of four.

On the men's side I'm pleased to say that we were able to call upon a total of 34 different athletes across the season, who were a pleasure to "co-ordinate". And of the 34, thirteen stalwarts turned out for the club on all four occasions.

The "ever-presents" were:

Archie Rippin
Chuko Cribb
Lee Westley
Oli Lum
Taylor Cowan-Williams

Caleb Simon
Harrison Caird
Lewis Barnes
Owen Seamark
Toby Herdman-Smith

Callum Ballantyne
Jonathan Pownall
Nic Williams

I'm really pleased that the men are making a strong showing, and on one occasion even managed to contribute more points to the team's tally than our always strong women, which I'm told hasn't happened in quite a while.

Although it proved difficult to fill all the slots in the women's team, particularly in the hurdles and some of the middle distance events, many of our athletes showed great commitment to the team, with some prepared to try events they had not done before, some quite successfully. As with the men's team there were a number of athletes who turned out for all four matches and they deserve mention:

Kayleigh Presswell
Laura Zialor
Elysia Marriott

Laeken Impey
Dorothy Oduguwa

Lucy Johnston
Davina Oduguwa

And there were a number of others who were disappointed they could not compete in all 4 matches because of holidays, injury or Duke of Edinburgh Award expeditions. In all 26 women represented the Club this season.

There were some fine male performances, with Grade 1's for Chuko Cribb, Jonathan Pownall and Redford Curtis, and Grade 2's for Tom Purton, Lee Westley and Archie Rippin. We achieved a new club record in the U20 men 4x100m relay, all the more commendable for a squad that contained two U17 runners. Chuko even achieved and held the overall league Triple Jump record for a short while.

Just as welcome was a real willingness from many to muck in and do an extra event when the team needed it, and when the (sometimes unreasonable) team manager asked. I'd single out Lewis Barnes, Oli Lum, Harrison Caird and George and Charlie Wheeler for special mention in that regard.

On the women's side it felt like a genuine team effort with all those who participated making a contribution to the overall success of the team. However there were a number of performances that deserve mention. The contribution of our hammer throwers, led by Kayleigh Presswell and Laeken Impey (photo below) but ably supported by Kai Kahembe and Rita Twum, was formidable with an unblemished record of 12 wins out of a possible 12. They scored heavily in the other throws and together with Davina Oduguwa and Katie James made a substantial contribution to the team's success.



Likewise our jumpers, led by Laura Zialor, Naomi Greener and Lucy Johnston but supported by Elizabeth Read, Olivia Fletcher and all-rounders Rita Twum and Kai Kahembe, gained a number of wins with high class performances, notably by Naomi in the Long Jump, Laura and Lucy with club records in the Triple Jump, while Lucy moved to number 2 on the club's all-time under 17 rankings with an excellent PB in the High Jump. Laura also won the Pole Vault on each of the three occasions she competed.

(continued on page 20)

LADY HAMMER THROWERS SMASH THE RECORDS



Hammer medallists at the Bucks AA Champs- (from L): Laura Cumino(2nd U15), Lauren Presswell(3rd U15), Laeken Impey(1st U17), Paige Barnes(1st U15), Kayleigh Presswell(1st U20) and Emma Beardmore(1st senior).

Kayleigh Presswell broke the long-standing club record(50.12 from 1995) with 50.78 last October. She has now twice improved this distance. Firstly, when finishing 4th in the England AA u20 Champs throwing 51.32 and then on 5 July in the English Schools Champs at Birmingham taking the silver medal with 52.16.

Emma Beardmore has been a regular SAL and UKWAL competitor this summer and in winning the Bucks AA senior title added over 2m to her PB throwing 44.22. Emma is now no.2 in the discus rankings with her best of 35.99m to-date.

Laeken Impey started 2012 with a PB of 37.44. She soon went over 40m and then threw 44.90 for the bronze medal in the English Schools Champs(intermediate, girls).

Leading Lady Hammer Throwers

Kayleigh Presswell	(F20)	52.16	2013
Jean Clark	(FS)	50.12	1995
Sadie Watts	(FS)	49.33	2010
Laeken Impey	(F17)	44.90	2013
Emma Beardmore	(FS)	44.22	2013
Helen Gibbens	(F20)	40.15	2004

Paige Barnes – Lauren Presswell – Laura Cumino: Shake up the u15 girls rankings

Paige with a 2012 PB of 32.29 soon went over 35m this year and then leapt to the top of the rankings throwing 39.20 to win the Bucks AA title and then threw 38.69 at the Bucks Schools Champs. Finally going over 40m with 40.34 at the SEAA inter-counties.

Lauren has doubled her PB from 2012(17.43). 3rd at the Bucks AA with 33.46 and in the final YDL match at Loughborough threw 37.52.

Laura had a 2012 PB of 18.18 and this year in taking the bronze medal at the Bucks AA nearly doubled this with 34.98.

Leading u15 Girls Hammer Throwers

Paige Barnes	40.34	2013
Lauren Presswell	37.52	2013
Laura Cumino	36.64	2013
Sadie Watts	35.60	2005
Laeken Impey	35.23	2011
Helen Gibbens	34.68	2001

Leading u17 Ladies Hammer Throwers

Sadie Watts	47.67	2007
Laeken Impey	44.90	2013
Kayleigh Presswell	44.88	2011
Helen Gibbens	37.52	2003

(as at 16 August)



Laeken & Kayleigh, in Bucks Schools colours, with their medals and coach, Jack Kee



ENGLAND VEST FOR DEVON BYRNE

Devon represented England in the annual Home Countries multi-events international at Stoke over the weekend of 3/4 August. Lying 7th at the end of day 1 in the Heptathlon with 2650pts, she moved up to 6th after the long jump and javelin. The 800m is the final event and Devon(pictured below) needed to get near her PB** of 2.21.02 to have any chance of a top three place.. Finishing 2nd with 2.23.09 elevated Devon to 3rd place with a final score of 4586pts, her second best-ever total.

Devon had commenced the season with a Heptathlon PB of 4216pts from 2011. In May she scored 4595 at Woodford Green and then on 2 June improved to 4771, finishing 5th in the England AA Championships at Bedford. Devon is now up to 3rd in the club all-time rankings:

1-Emma Beales	FS	5632	1993
2-Sophie Wilkins	F20	4877	2010
3-Devon Byrne	F23	4771	2013
4-Chloe Whalley	F23	4533	2010



** Three days later at a Watford Open Meeting, Devon clocked 2.18.88, the leading MMKAC 800m time this year, to-date.

Jane Goodey (1954 – 2013)

Prior to joining MMKAC in late 2005, Jane had run for many years with the Open University groups. Encouraged by Jenny Melton to take part in the 1999 Race for Life, Jane began to train more seriously. An OU/MK venture to Rheims in France saw Jane compete the 10km race in 54.46.

In 2000, the then annual MK/OU pilgrimage to the Bruges veterans Grand Prix took place and Jane had a really fine race in the 25km to finish as 2nd W45 with a time of 2:07.30. Colin finished alongside Jane. (photo of Jane and Colin at Bruges with Margaret Swithenby, John Gillespie and Brian Daniells)



2001 saw their marathon debut in Paris and they ran negative splits (2.00/1.55) for a final time of 3.55.02.

European marathons followed for the next three years:

2002 Prague	3.52.30	2003 Rome	3.52.51
2004 Lisbon	3.47.33		

Also in 2004 Jane competed in the "Man v Horse" marathon (actually 22 miles) just over the Welsh borders at Llanwrtyd Wells and was first W50 in a time of 3:31.31

After joining MMKAC, Jane completed the 2006 London Marathon in a time just outside her personal best with 3:56.51 - 7th best in the club W50 rankings. In 2007 she clocked 40.05 at the Corby "5", 48.38 at the Silverstone 10km and 114.20 in the Bedford Half-Marathon. Jane clocked 4.09.37 at the 2008 London which included 2.56.25 in the Oakley 20 as part of her build-up. She also competed in a number of our teams in the Greensand Ridge Relay.

Having beaten breast cancer and now in the W55 age group, Jane turned her attention to shorter races. She took second place in this age group at the 2010 East Midlands Grand Prix series running five of the races and won her age group at the Banbury and Corby five mile races. Jane then completed the first of two MK TOURS this year where she placed 45th overall, 5th lady from 10(2nd veteran). (picture R: Jane in the TOUR mile race) Season's bests were 40.02 at the Harborough 5 and 51.53 at the Bearbrook 10km.

Next year Jane placed 3rd in the East Midlands Grand Prix series, running six races with season's bests at the Banbury "5"(40.10) and the MK 10km(50.38). 2012 saw Jane improve her W55 bests with 39.22 at the Wellingborough 5 and 50.01 at the Silverstone 10km. Her second TOUR completion saw Jane finishing 37th, 7th lady from 12(5th veteran).

Jane was first W55 at the 2013 MK Festival of Running 10km recording 52.27.

It was with great sadness that her family and friends lost her to secondary cancer, diagnosed in the Spring.

Jane passed away on 10th July.

TRIBUTES FROM:

CHRIS RYDER:

I hadn't known Jane as long as many of her friends, but in a short time I recognized a very kind, considerate and moral person. Jane was dedicated to her work, family & and running. She was also a very generous hostess who enjoyed feeding and looking after her guests. We had both travelled to many of the same places and enjoyed sharing our various travel tales. We also suffered together, watching some pretty awful MK Dons performances! We were lucky enough to have a lovely week in the Alps with Brian G, Chris & Brian D, Jim & Colin and I look back at the photos with happy memories."

MARGARET SWITHENBY:

I first got to know Jane back in the late 1990s following a very enjoyable running trip to Rheims that I'd help organise. It was as a result of that memorable weekend that Jane and Colin (Burnett) began their all to short but very happy life together.

Jane was not only a great (and fearless!) runner but a very good friend, always showing concern for others. Jane and I not only shared an interest in running and mountain trekking and a love of the outdoors in general, but we both had sons of a similar age who went on to study for sport-related degrees. So there was a lot of common ground to compare notes on. Inevitably, the first thing Jane would say to me on meeting was: So how's Joe doing? - and always before I would have a chance to ask her about her Tom. Sadly, Jane was too ill to attend Thomas' graduation, so Joe's degree ceremony, which took place the very day after Jane's funeral, was particularly poignant for me.

I feel privileged to have known Jane and like so many others, will miss her greatly.

ROSEMARY MUSTON:

Jane was part of the OU running community for some years. Like most of us, she found the lunchtime 'release' and the opportunity to run with those outside her immediate work group very 'therapeutic'. Although I didn't run 'with' Jane very often, we did meet on the start line of the OU handicap races each month. It's fair to say, though, that whatever the distance Jane would return, having achieved a jolly decent time, looking as though she'd been for a stroll in the park. She was immaculate - not a bead of sweat in sight and not a hair out of place. How did she do that?



THE ULTRA SCENE



THE WELSH 3000's - Richard Harrison & DFH

There are 15 mountains in North Wales with a height in excess of 3000' - completing a traverse of these summits is a popular challenge for fell runners/walkers.

End to end is some 22miles but with 1.5miles to the first summit and 4miles from the last back to civilisation brings it up to 27.5miles. AND the climbing, almost 12,000feet - akin to walking up Snowdon four times.



(Richard on the Crib Goch ridge)

On 1st June the duo set out at 0555 and arrived at Crib Goch, the first summit at 0650. They traversed Snowdon at 0743 and finished on Foel Fras(1804) with a net time of 11hours04mins. Overall time on their feet was just over 13hours.

They were supported by Merrian Lancaster and Brian Graves, the latter has completed this traverse three time and in 1976 finished in 11hours10mins - but we were a lot younger then!



(A celebratory drink)

LDWA 100MILE EVENTS

Over the weekend of 1/2nd June Raymond Hickman became the 6th MMKAC member to complete a LDWA 100miler.

Year	Name	Age	Time (hrs/min)	Venue
1975	Keith Peel	42	23.30	South Downs
1977	Brian Graves	37	24.28	South Downs
1997	Dave Findel-Hawkins	46	24.38**	South Downs
2005	Andy Sutton	35	27.23	Chilterns
2005	Jim Morrison	61	29.42	Chilterns
2013	Ray Hickman	51	27.37	Devon/Cornwall

** DFH's best time - he has completed no less than 17 LDWA 100's!!



32 MILES

1 JUNE

WENDY WEBBER IS THIRD LADY HOME AND THE LADIES ARE SECOND TEAM

11 th	Wendy Webber	4:35.09	3 rd lady
56 th	Julie Dalzell	5:13.55	2 nd F45
100 th	Neil Jones	5:39.15	MS
149 th	Sue Davey	6:04.54	F35
150 th	Ian Davey	6:04.55	MS

183 finished

FOUR ROAD MARATHONS IN FOUR WEEKS FOR JULIE DALZELL and THREE FOR NEIL JONES

April		Julie	Neil
14	Brighton	3:37.52	3:17.07
21	London	3:34.30	
28	Shakespeare	3:34.59	3:34.59
May			
6	Milton Keynes	3:50.49	4:11.16



(Julie and Sue in the London Marathon)

GOOD LUCK TO RICHARD HARRISON AS HE TACKLES THE TOUGHEST ULTRA CHALLENGE IN EUROPE:

THE TRAIL DU MONT BLANC

Over the weekend of 30/31 August, Richard will be one of the 2300 competitors in this famous race.

A distance of 168KM.
9,600metres CLIMB.
A number of mountain passes in excess of 2500m to be traversed.

Start and finish in Chamonix.





TRACK & FIELD LEAGUE

GREAT STARTS FOR NEW TEAM MANAGERS and BOTH TEAMS QUALIFY FOR THE LEAGUE FINAL ON 8TH SEPTEMBER

At Sandy on 1 May the men under John Turner won whilst Lesley Byrne's ladies were second. A month later at Stevenage the positions were reversed and then at Kettering for the July match both teams won, the ladies, albeit it by a single point.

And so to the final match which we hosted at Stantonbury. Here the men continued in a winning vein but a slightly under-strength ladies team had to take second place to Fairlands Valley.

FINAL LEAGUE TABLE – CENTRAL DIVISION

MEN		WOMEN	
1 MMKAC	367	1 Fairlands VS	308
2 Fairlands VS	323	2 MMKAC	301
3 Kettering Town	126	3 Kettering Town	90
4 Biggleswade	98	4 Biggleswade	34

Introduction of M35 events:

There have been four events for the M35 age group at each match and over the series Mark Dowson, Scott Herbert, Ian Pheasey (high jumping at Kettering, below), Mark Roberson and Jeremy Vick (800m at Stevenage) have made their EVAC debuts.



League Records for Diane Baldwin

Diane improved her F55 League records for the 2km walk at Sandy- 11.14.0 as against 11.23.2 and then at Kettering ran 5.37.0 for the 1500m clipping no less than 14-secs off her previous record.

Veteran Mens' 4 100m club record equalled at Kettering.

The M50 team of John Browne, Ivars Licietis, Denis Edghill & John Turner clocked 52.3 which equalled the time set by Chris Watts (M40), Mike Burling (M45), Andy Smith (M45) & Jim Lawrence (M50) at Basildon in 2007. Obviously this obliterated the old M50 figures of 54.2 which was held by John Browne, Alasdair Gibson, John Turner & Jim Lawrence set at Cambridge in 2011.

Sam Barnes and Di Presswell follow their off-springs into throwing for MMKAC.

Making their debuts at Stevenage, the duo have really got involved with the team in the throws. Di even ran a leg of the 4 x 400m relay at Stevenage. (Sam Barnes, pictured right, at Kettering.)

Corinne Nurse celebrates her 35th birthday winning the EVAC 800m at Stevenage on 5 June



Corinne, pictured above, originally represented MKAC between 1990 and 1995 and had middle-distance bests of:

400m 62.4 (F20)
800m 2.21.7 (F17)
1500m 5.04.2 (F15)

Other PB's include- 100m (13.4), 200m (27.7), HJ (1m50), LJ (4m12), AND NOW 18 years later Corinne has run 2.32.2 for the 800m.

Her winning time at Stevenage was 2.38.6, the 9th best on the veterans all-time rankings. Later that evening, Corinne, along with Kerry Adams, Alana Slater and Chrispina Wilson set a new veterans 4x400m relay club record with 4.53.9 (original best was 5.04.1 from 2007).

At Kettering the same quartet broke the F35 League Record for the 4 x 100m relay with 60.1 clipping 0.1 from the time set by Peterborough in 2012. Corinne won the 400m in 65.7

And so to the home match where in the opening race she won the 400mH in 79.7 – 5th best on the club rankings. Later Corinne won the 800m improving her PB to 2.32.2 (7th best all-time).

Rob Balderston (pictured below) was a busy man at Stevenage. He firstly won the M40 400H in 82.5, then 4th in the 800m (2.35.3) which was followed by a win in the 200m (28.2). For good measure he was a member of the winning 4 x 400m relay.



SOUTHERN ATHLETICS LEAGUE DIVISION ONE

SADLY OUR FLAGSHIP TEAM LOSE THEIR DIVISION ONE STATUS.

IN SPITE OF A BIG WIN IN THE FINAL MATCH AT HOME, THIS WAS NOT ENOUGH TO REPAIR THE DAMAGE FROM A COUPLE OF POOR RESULTS AT AWAY MATCHES.

RESULTS

20 April (Portsmouth)

Portsmouth	208
Walton AC	200
MMKAC	142
Worthing & Dist	140

18 May (HOME)

Radley AC	201
MMKAC	178
Nene Valley H	171
Harrow AC	158

15 June (Chelmsford)

Southampton	201
Enfield & Harr.	192
Chelmsford	171
MMKAC	130

13 July (Braintree)

Colchester	204
Havering	188
Stevenage	181
MMKAC	150

10 August (HOME)

MMKAC	218
Basingstoke	187
Herts Phoenix	165
Blackheath & B.	139

The opening match at Portsmouth saw only eight men competing whilst the ladies with eleven athletes were able to contest all the events. Emma Beardmore, more known as a thrower, epitomised the ladies team spirit by volunteering to run a leg of the 4 x 400m Relay. Enough to snatch third place over Worthing. The Home match in May saw MK against two of the top three teams but could not hold Radley but held off a strong Nene Valley team.

Our Division One status was effectively lost at the two matches in Essex. With just seven male athletes, no one contesting the 800m/1500m in both matches, nobody in the 100m at Chelmsford points were just thrown away. Overall we only required another 19 match points to have finished ahead of Portsmouth!! The ladies continued to put out full teams.

Ever present for the men, however, were Chucko Cribb and Mark Roberson. Diane Baldwin, Sophie Gibbens, Carly Scott (also ladies team manager) and Rita Twum contested all five matches for the ladies who averaged between 12 and 13 athletes per match.



FINAL LEAGUE TABLE

Club	Match points	League points
1 Southampton	1133	20
2 Radley	989.5	17
3 Nene Valley H	972	15
4 Basingstoke	967	15
5 Chelmsford	904	14
6 Blackheath & B.	864	13
7 Walton	898.5	12
8 Enfield & Har.	887.5	12
9 Havering Mayes.	853.5	12
10 Colchester H.	849.5	12
11 Stevenage & N.H	877.5	11
12 Portsmouth	836	11
13 MMKAC	818.5	11
14 Harrow	863	10
15 Herts Phoenix	773	8
16 Worthing & Dist	739.5	7

HOME MATCH ACTION

Kayleigh Presswell(hammer), Steve Tuttle(S/Chase), Chris Hearn & Ross Threlfall(1500m), Carly Scott & Maya Jennings (4x 400m Relay) AND Ben Sturgess, after a 48.6 anchor leg, just fails to catch Basingstoke on the line in the men's 4x400m Relay



Ever-present in the SAL: Sophie Gibbens & Mark Roberson



SOUTHERN MENS LEAGUE

DIVISION ONE(East)

tough season for the "B" team

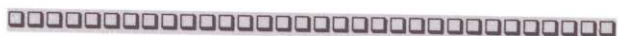
Final League Table

Medway & Maidstone	906	22
Bexley	766	17
Thurrock	654	14
Harlow	624.5	14
Luton	473	9
Milton Keynes	427.5	8

Jim Lawrence and Nick Washington worked hard to get teams out for this League. Promoted from Division 2(East) it was always going to be a long slog with last years' champions, Bexley and 4th placed Medway in their group. Some of the clubs do not compete in the SAL so effectively they are "A" teams.

They opened with 4th place at Luton on 4 May, then 6th at Gillingham(18 May), 5th at Bexley(15 June) and 6th again in the final match at Thurrock on 13 July. A good bit of travelling round the eastern arm of the M25 etc.,

Jim will review the season and what might be happening in 2014 in the next Newsletter.



UNDER 15 BOYS & GIRLS

FINAL LEAGUE TABLE

1 Charnwood AC	1941	21 League pts
2 Solihull & Small Heath AC	1830	19
3 Cheltenham & County	1816	16
4 City of Stoke AC	1752	12
5 MMKAC	1675	9
6 Coventry Godiva H.	1558	6

A tough season for the youngsters in this inaugural season. They opened at Home on 4 May and placed 3rd. This was followed by 5th place at Cheltenham on 1 June, where only 67pts covered all six teams. Another 5th place in match 3 at Loughborough on 22 June saw them drop into the relegation zone. And then to Coventry for the final match on 13 July. Whilst only 58pts covered all the teams MMKAC had to settle for 6th place on the day, and 5th place in the League. Next summer they will participate in one of the regional leagues.

Many thanks to Alana Slater and Gordon Fallow for managing the teams and to all officials and parents who assisted throughout the summer.



One of the highlights of the season has been the fine sprinting by the u15girls - Ebony Carr/Rachel Oderinde/Grace Linnett & Lizzie Adam(pictured above) have twice beaten the club age group record for the 4 x 100m relay. First off at Cheltenham they recorded 50.8, clipping the time of 50.9 from 2002 - back then the team included current senior ladies, Joey Duck and Faye Richold.. Then at Coventry they ran a very impressive 50.0.



From the home match:
Molly Adams(u15Long Jump) &
Cameron Dankwa(u13 200m)

MMKAC ATHLETES AT MAJOR CHAMPIONSHIPS

(at 15 August)

1/2 June

Bedford

ENGLAND AA HEPTATHLON CHAMPS

Senior Ladies: 5th Devon Byrne (4771pts) PB and 1st under 23 and British University Championships

15/16 June

Bedford

ENGLAND AA u20/u23 CHAMPIONSHIPS

□u20 Men: Javelin- 1st Freddie Curtis (69.48) PB and CLUB RECORD
□U20 Ladies: Hammer- 4th Kayleigh Presswell (51.32) PB and CLUB RECORD
□U23 Men: 1500m 10th Chad Lambert (3.54.96)

22/23 June

Watford

SOUTH OF ENGLAND CHAMPS

□Senior Ladies: 200m – 1st Joey Duck (23.98); 100m 5th (12.02)
□U20 Ladies: Hammer- 3rd Kayleigh Presswell(50.46)
Pole Vault- 6th Emanuela Motta(3.10)PB
□U20 Men: Shot- 4th Lewis Barnes (12.18); Discus- 5th (40.17)PB
ENGLISH SCHOOLS CHAMPIONSHIPS
□Sen.Boys: Javelin- 2nd Freddie Curtis (64.63)
□Sen.Girls: Hammer- 2nd Kayleigh Presswell(52.16) PB and CLUB RECORD
□Inter Girls: Hammer- 3rd Laeken Impey(44.90) PB

6/7 July

Birmingham

ENGLISH SCHOOLS CHAMPIONSHIPS

□Sen.Boys: Javelin- 2nd Freddie Curtis (64.63)
□Sen.Girls: Hammer- 2nd Kayleigh Presswell(52.16) PB and CLUB RECORD
□Inter Girls: Hammer- 3rd Laeken Impey(44.90) PB

13/17 July

Birmingham

UK CHAMPIONSHIPS

□Sen.Ladies: 200m- 5th Joey Duck (23.88)
□Sen.Men: Javelin- 7th Freddie Curtis (62:28)



LEADING ROAD RANKINGS 10, 20 and 30 YEARS AGO

5miles	2003		1993
Daryn Castle	25.35	Kerry Hayes	25.02
Alex Bowden	25.42	John Crouch	25.36
Chris Hearn	26.17	Ian Thompson	25.45
10km			
Ian Van Lokven	33.22	Kerry Hayes	30.41
Mark Booth	34.16	Ian Thompson	31.21
Ian Pheasey	34.24	Ray Crabbe	32.05
10miles			
Ian Van Lokven	54.52	Kerry Hayes	53.04
Phil Jones	55.48	Mick Kelly	57.15
Neil Ovington	57.30	Steve Haycock	57.47
Half Marathon			
Ian Van Lokven	72.35	Bruce Smart	74.12
Didier Oesch	76.00	Mick Kelly	74.52
Michelle Lee	77.59	Tim May	75.17
Marathon			
Michelle Lee	2:43.41	Ian Russell	2:47.11
Didier Oesch	2:44.50	Sean O'Sullivan	2:48.43
Ian Russell	2:49.38	Kevin Connolly	2:50.40
5miles	1983		Half Marathon
Simon Rayner	23.54	Simon Rayner	70.12
Dave March	25.09	Dave March	70.48
John Crouch	26.02	Terry Laybourn	71.54
10km			Marathon
Simon Rayner	31.13	Terry Laybourn	2:30.47
Rob. Macpherson	32.20	Chas Kendall	2:35.43
Dave March	32.28	Bob Forster	2:35.51
10miles			
Dave March	53.07		
Terry Laybourn	53.43		
Dave F-Hawkins	53.52		

Who else was around in 1983.....

Jackson Ryan ran 57.27/83.13 for 10m/HM

Jim Bennett ran 26.56/55.16 for 5m/10m

DFH ran 74.49/2:47.59 for HM/Marathon

CLUB RECORDS (senior & junior) SET THIS SUMMER

Age Group	Event	Name	Perf.	Venue	Date	Competition
U17Ladies	Triple Jump	Laura Zialor	10.76	Leicester	28-Apr	YDL
U17Ladies	Triple Jump	Laura Zialor	10.76=	Milton Keynes	18-May	S.A.L
U15Girls	Hammer	Paige Barnes	39.20	Oxford	26-May	Bucks AA
U15Girls	4x100mRelay	Rachel Oderinde	50.8	Cheltenham	01-Jun	YDL
		Lizzie Adam				
		Grace Linnett				
		Ebony Carr				
U20Men	4x100mRelay	Harrison Caird	45.3	Milton Keynes	02-Jun	YDL
		Nic Williams				
		Lee Westley				
		Taylor Cowan-Williams				
U20Men	Javelin	Freddie Curtis	69.48	Bedford	15-Jun	Eng.U20Cps.
U20/SenLadies	Hammer	Kayleigh Presswell	51.32	Bedford	15-Jun	Eng.U20Cps.
U17Ladies	Triple Jump	Laura Zialor	10.78	Chelmsford	15-Jun	S.A.L
U17Ladies	Triple Jump	Laura Zialor	11.28	Milton Keynes	30-Jun	YDL
		Lucy Johnston	11.22	Milton Keynes	30-Jun	YDL
U20/SenLadies	Hammer	Kayleigh Presswell	52.16	Birmingham	05-Jul	English Sch.Cps
U15Girls	4x100mRelay	Rachel Oderinde	50.0	Coventry	13-Jul	YDL
		Lizzie Adam				
		Grace Linnett				
		Ebony Carr				
Sen.Men	Mile	Chad Lambert	4.09.95	Oxford	21-Jul	BMC Meet
U17Men	Mile	Archie Rippen	4.40.03	Oxford	21-Jul	BMC Meet
U17Ladies	Pole Vault=	Emanuela Motta	3.20=	Copthall	11-Aug	SEAA int/county
U15Girls	Hammer	Paige Barnes	40.34	Copthall	11-Aug	SEAA int/county



A HUGE THANKS TO JIM MILLER

Jim is hanging up his coaching manuals. After at least 15 years of leading/coaching road groups, Jim is taking well earned rest from this job.

Jim, pictured left, brings home the MK Originals at the 2012 Greensand Ridge Relay

TOP TEN MEN AND TOP FOUR LADIES ROAD RANKINGS (at 9th August)

MEN			
5km			
Michal Glowacki	MS	15.44	Marston
Tom Comerford	MS	16.18	Bedford
Liam Smith	MS	16.33	Bedford
Matt Clarke	MS	16.38	Northampton
Steve Green	MS	16.46	Milton Keynes
Jeremy Vick	MS	17.22	Blisworth
Mark Dowson	MS	17.34	Milton Keynes
Ian Van Lokven	M50	18.02	Milton Keynes
Adrian Maidment	MS	18.16	Milton Keynes
Ross Mackenzie	MS	18.17	Milton Keynes
5 miles			
Matt Clarke	MS	27.57	Blisworth
Steve Green	MS	28.56	Olympic Park
Jeremy Vick	MS	29.24	Banbury
Adrian Maidment	MS	30.08	Banbury
Malcolm Down	M50	30.09	Banbury
Chris Cahill	M40	30.15	Blisworth
Andrew Wasdell	MS	31.01	Harborough
Ross Threlfall	MS	31.30	Olympic Park
Paul Erwood	MS	31.31	Olympic Park
Martin Erasmus	M45	32.08	Blisworth
Chris Youens	MS	33.08	Olympic Park
10km			
Michal Glowacki	MS	33.45	Milton Keynes(CMK)
Matt Clarke	MS	34.44	Milton Keynes
Tom Comerford	MS	34.49	Milton Keynes
Mark Dowson	MS	35.26	Silverstone
Steve Herring	M40	35.33	Stanwick
Gary Blaber	MS	35.55	Milton Keynes
Ross Mackenzie	MS	36.21	Silverstone
Steve Green	MS	36.23	Milton Keynes
Dan Webber	MS	36.31	Milton Keynes
Jeremy Vick	MS	36.45	Winslow
Half-Marathon			
Marcin Fudalej	MS	72.10	Milton Keynes
Steve Herring	M40	77.12	Milton Keynes
Mark Dowson	MS	78.48	Milton Keynes
Daniel Webber	MS	79.28	Milton Keynes
Jeremy Vick	MS	80.54	Silverstone
Gary Blaber	MS	81.04	Milton Keynes
Chris Cahill	M40	82.57	Reading
Mike Kerrigan	M40	83.17	Watford
Ian Lokven	M55	83.18	MK(NSPCCA)
Malcolm Down	M50	84.43	Stafford
Marathon			
Michal Glowacki	MS	2.26.45	Manchester
Steve Herring	M40	2.42.32	London
Daniel Webber	MS	2.46.05	London
Michael Kerrigan	M40	2.50.38	London
Matt Clarke	MS	2.52.42	Stratford/Avon
Paul Erwood	MS	2.54.23	London
Andrew Stiles	M45	2.56.31	London
Gary Blaber	MS	3.00.48	London
Jeremy Vick	MS	3.07.10	London
Martin Erasmus	M45	3.08.56	London

LADIES			
5km			
Lara Bromilow	FS	18.23	London
Jane Ovington	F40	18.25	Northampton
Charlotte Harris	FS	19.32	Basingstoke
Lauren Cripps	FS	21.49	Milton Keynes
5miles			
Kim Lowden	F40	34.00	Corby
Diane Baldwin	F55	34.40	Banbury
Julie Dalzell	F45	35.09	Banbury
Jo Greenslade	F45	35.53	Corby
10km			
Jane Ovington	F40	38.06	Thame
Wendy Webber	FS	39.18	Milton Keynes
Jessica Webb	FS	39.23	Thame
Alex Knowles	F45	39.59	Southport
Half-Marathon			
Wendy Webber	FS	83.15	Milton Keynes
Julie Dalzell	F45	96.05	Milton Keynes
Katie Penrose	F35	98.41	Milton Keynes
Jo Greenslade	F45	100.58	Milton Keynes
Marathon			
Wendy Webber	FS	3.01.39	London
Fran Malin	F45	3.19.21	London
Katie Penrose	F35	3.30.05	London
Julie Dalzell	F45	3.34.30	London



Photos clockwise- Jane Ovington(3km on the track at Bedford recently), Jo Greenslade at the MK 10km, Gary Blaber & Martin Erasmus at the MK 10km, Mark Dowson on the track at Stevenage.

Our sprinters performed well against at times some high quality opposition with Dorothy Oduguwa, Elysia Marriott and Alice Ritchie all recording wins in the sprints with both Alice (400m Hurdles) and Elysia (300m) also competing at distances way outside their comfort zone. Amy Botham, Katie James, Jasmine Finlay and Maya Jennings scored good points in the flat 400 metres and also contributed to the success of our relay teams. In the middle distance events Amy Botham, Izzy Thornton-Bott, Jess Hall and Chelsea Hunt all recorded wins, while Sophia Cliffe, Jasmine Finlay and Leigh Inness scored good points in their events.

However it was disappointing that generally the other clubs did not field their better middle distance runners which meant we were deprived of the chance to see some high quality races. I hope this will change as we progress into a higher division. Although we were unable to fill all the slots in the hurdles events it should be noted that both Becky Davies and Leigh Inness won the sprint hurdles, while Dorothy Oduguwa and Lucy Johnston performed well in the under 17s event. Maya Jennings won all her 300m hurdle races while Alice Ritchie and Vicky Ashley both ran creditably in the 400m hurdles.

One of the risks of mentioning specific athletes is the fact that you inevitably forget certain individuals, so my thanks to everyone who competed and contributed to the team's success. It was a pleasure for me to be able to manage such an enthusiastic and committed group of young women and to see so many good performances during the season. My thanks and best wishes go with the small number of athletes who will be moving out of the junior ranks and who will be too old for the team next year, although at the same time I look forward to welcoming the new group of under 17s who will be eligible for the team next season.

So we end the season earning promotion to Premier Division 2, and it's clear that we'll have a tougher level of competition next year. I'm looking forward to the challenge. I'll be sorry to lose some of the 'old men' of the team who will graduate to the senior ranks, in particular Chuko Cribb and Nic Williams, but look forward to welcoming some obvious young talent coming up from the U15's.

I hope the extra competition will be good for the athletes and their performances, but it means that we'll need to be even better at covering the event schedule to hold our own. My plea to male young athletes, and to their coaches, is to consider having a try at one or two of the more technical events (hurdles, pole vault, high jump, throwing), where we are relatively weak. You might enjoy it, and who knows, you might be really good at it. I can almost guarantee you a place in the team to practise your skills.

And of course we couldn't do this without the support of officials, timekeepers etc. Thanks to the various parents and supporters who chipped in to, for example, rake the long jump pit, and in particular to Carl and Di Baldwin, who supported us and kept us straight throughout the season.

As a couple of our coaches underlined to me at the beginning of the season... if you want a PB go to Watford - in these league events you're building experience and doing it for the club! And let's not overlook that it's a lot of fun competing as part of a team too.

Thanks, team. Until next year...

Richard Pownall and Graham Ghaleb



- ☐ **MAKE A DIARY NOTE NOW.**
- ☐ **TICKETS/MORE INFORMATION TO FOLLOW.**
- ☐ **TROPHY WINNERS FROM LAST YEAR-**
Please return trophy to club house/
kitchen as soon as possible.

31st ANNUAL SIX DAY TOUR OF MILTON KEYNES

Monday 2nd September to

Saturday 7th September

**(Road race; Cross-Country; Track Mile; Hill Race;
Campbell Park race; Willen 10km)**

ENTRY FORM ON CLUB WEB SITE



DATES/VENUES FOR THE FORTHCOMING SEASON:

19 October (Watford)

9 November (Oxford)

7 December (?venue)

11 Jan. 2014 (?venue)

8 Feb. 2014 (Wing)

49th WOLVERTON FIVE MILE RACE Saturday 23rd November

**NEWSLETTER EDITED
BY
BRIAN GRAVES
b.graves134@btinternet.com**

**CONTRIBUTIONS ALWAYS
WELCOME!**

