

# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.

JANUARY 2014

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear" - NELSON MANDELA



## "OUR OLYMPIC LEGACY"

December 2013

- ❑ no less than 48 under 11/under 13 boys and girls compete in the Chiltern Cross-Country League match in Campbell Park.
- ❑ some 30 + youngsters taking part in indoor circuit training.

(left): Greg Rutherford's gold medal is celebrated at the MK Rose



**Gold Medal Winner**  
Greg Rutherford  
Athletics: Men's Long Jump



## Chair's piece

### Volunteers

Volunteers are the lifeblood of any voluntary organisation, and Marshall Milton Keynes relies very heavily on many people who help out at club events. Unfortunately, it is becoming harder to recruit people, and so, at our AGM, I proposed to offer a financial incentive in the form of reduced subscriptions, to those members who committed to volunteer (or to provide a volunteer) at one of our meetings. This proposal was voted out at the AGM last November. This leaves us with a quandary: should we stop doing some activities, where we know we are going to find it difficult to get people to help, or should we try harder to persuade people to help out?

The club would like to appoint a volunteer coordinator, to contact members from time to time (mostly via email), when volunteers are needed, and to work with our event organisers to sort out and liaise with those volunteers. There would be an honorarium of £400 per year to the right person, with the necessary IT skills. Please contact me if you are interested in taking this on.

### Youth Development League

Our Under 20/17 team gained promotion to the Midland Premier 2 Division last year, while our Under 15/13 team was unlucky to be demoted from its Midland Premier 2 Division. Fortunately for us, one of the Premier 2 Division Under 15/13 teams (Bristol & West) decided not to take up its place, and we were successfully reinstated after a paper match with three other clubs. Thus both teams will compete in Midlands Premier 2 in 2014. We have been allocated home matches on 22 June for the under 15/13s and June 29 for the U20/17s.

### Officiating

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

### Chiltern League

The penultimate match in the Chiltern League was held last Saturday, incorporating the Club Championships. Congratulations to all those who won medals. It does look as though our bid to retain our overall League title will come to nothing as Bedford and County has amassed a very big lead. However, they have notoriously failed to muster good senior teams for the last match, so that there is still a small chance we can pull it off.

There is some uncertainty about the venue for the last fixture, as the course at Wing has become unavailable in the last few days. Several people have been working hard to ensure the last fixture goes ahead, including Jackson Ryan, who has confirmed that Campbell Park could be used again if necessary, using the Cricket Pavilion for the presentations. An announcement on the venue will be made shortly.

## MK Half Marathon and Festival of Running

The MK Half Marathon and 10km races and the 5km fun run take place on Sunday 9 March, with the first race starting at 10am. All three races start outside the XScape Building, running down the V7 before heading over to Woughton-on-the-Green via Pear Tree Lane and then to Willen Lake. Details of the courses can be found on the MMK website. The V7 will be closed to traffic as will various estate roads around the course. Marshalling these courses will stretch the club's resources. With limited help from the police on the day we will need well over 100 people to help. A significant proportion of the profits from the race will be used by the club, for example, to subsidise transport costs, entries to road races and championships, and to pay for officials and coaches to attend courses. Last year the club's income from the race was about £19k. Please volunteer to help with this event. I am putting out a separate letter, with a return slip, which you can bring along to training, or send in with your membership renewal form. If you are under 18 you can help, for example, at the feeding stations or at the finish. If you are over 18 as an athlete, a parent or a friend, please let us know that you are available, and how you are able to help. All helpers will be given a free lunch and a T-shirt.

### South of England Road Relays

The Club is again hosting the South of England Men's 12-stage and Women's 6-stage Road Relay Championships on Sunday 16 March, with the men starting at noon and the women starting at 1pm. The race will be run from Stantonbury Athletics Stadium, using the redways around Linford Wood. This race attracts many of the best runners from the South of England. In the past we've had Olympic Champion, Mo Farah, Olympic Silver-medallist Sonia O'Sullivan, plus Liz and Hayley Yelling, taking part. We will again be looking for marshals to ensure we get another spectacular event.

Note that this event is just one week after the MK Festival of Running. To make a success of this event we need 30-40 volunteers to marshal the relay course on a rota basis. If you can help, please complete and return the form.

### Club Membership Fees

The New Year is also the time when Club Subscriptions are renewed. I have enclosed with this newsletter a printout of the information that we hold for you on our database. To renew your subscription it is only necessary to amend this form, correcting any inaccurate information, and return it to the Membership Secretary with your subscription (If the year at the bottom of this form is 2014, you have already paid this year's membership fee). The subscription levels have not increased this year, and at £60, club membership is still outstanding value for money. The track fee (payable by all Under 17s and those senior athletes who use the track on a regular basis) is £50. This is much lower than in many other clubs which charge athletes £2-£3 for each session they have on the track. There are no other training fees for the unlimited use of the Stantonbury track, outside school hours. There are, as ever, discounts for those who pay before the end of February.

Happy New Year.

Mick Bromilow ([mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk))

Chair, Marshall Milton Keynes AC

[www.mkac.org.uk](http://www.mkac.org.uk)



# ANNUAL GENERAL MEETING FOR YEAR 2012/13



3 DECEMBER 2013, STANTONBURY TRACK CLUBHOUSE

## □ A summary of the main points from the meeting:

- 23 members attended.
- Treasurer's Report – refer to column opposite.
- The proposal for a membership fee increase was rejected.
- The proposal for a pro-rata membership fee for those new members joining during the year was agreed.
- The proposal that Carl Baldwin be made a Life Member of the Club was unanimously supported.
- Election of Officers:

### The following were elected:

Chair:	Mick Bromilow
Secretary:	<b>Vacant</b>
Treasurer:	Alec Walliker
Coaching Secretary:	Sharon Edghill
Cross-Country Secretary:	Jackson Ryan
Road Running Secretary:	Martin McPheat
Ladies Secretary:	<b>Vacant</b>
Track & Field Secretary:	Jim Lawrence
Fixtures' Secretary:	Jim Lawrence
Membership Secretary:	Peter Scott
Officials' Secretary:	Jackson Ryan
Veteran's Sec(Summer)	Jim Lawrence
Veteran's Sec(Winter)	<b>Vacant</b>
Equipment Officer:	Peter Hall
Development Officer:	<b>Vacant</b>
Track Liaison Officer:	Jack Kee
Press Officer:	Ian Russell
Newsletter Editor:	Brian Graves
Young Athletes' Rep/1	Ryan Burling
Young Athletes' Rep/2	<b>Vacant</b>
Other Committee Members	Ian Stewart(Welfare Officer)
	Gordon Fallow
	Dave Millett
	Kyle Bennett
	<b>2 vacancies</b>

### Notes:

**Diane Baldwin** stood down as Secretary. She was warmly thanked for her services in recent years. Diane set a really high standard in this job and has worked tirelessly in the last year to ensure that the Club's renewal of its Clubmark status with Sport England has been achieved.

**Jim Bennett** stood down from his role of Coaching Secretary. Likewise Jim, in post since 2003, should be proud of the current coaching set-up in our Club. We welcome Sharon Edghill as his successor.

**Press Officer** - Ian Russell now lives in France and the Committee would prefer someone to take over the role who is closer to the club, however in the absence of a volunteer Ian will continue in post.

Any person interested in the vacancies should contact Mick Bromilow or talk to a committee member

# Marshall Milton Keynes Athletic Club Financial Report Year ending 30<sup>th</sup> September 2013

The last 12 months has been another successful year showing a profit of £9.6k up £5.9k over the previous year. Reserves at the bank now stand at a healthy £99,925.

Growth in income was up £16.9k with annual subscriptions up £12k and track management fees and event income showing increases of £1.6k and £2.1k respectively. Our part in hosting the MK Festival of running was very fruitful bringing in £19k. Salary contributions are down as the sources of income have moved from the schools partnerships and Stantonbury School to work picked up by the Community coach in his part time capacity.

Expenditure grew £11k year on year with a considerable amount (£17.3k) paid out to maintain the track, field and clubhouse. Travel and Subsistence was up affected by the away fixture at Exeter. Affiliation grew as the relevant payments to England athletics grew year on year. Salary expenditure was down reflecting the first full year since the Community Coach post was reduced to part time. £5k of the balance at the bank is money set aside for payments from the Marshall Amplifications sponsorship for "elite" athletes.

We must not forget that a sizeable part of our reserves will be used to get the Greg Rutherford Indoor Centre project off the ground.

Alec Walliker  
Treasurer

November 2013

## Balance sheet for year October 2012 - September 2013

Income	Last Year	This Year	Variation
Subscriptions	29596.50	41550.50	11954.00
Track Management Fee	16736.10	18359.89	1623.79
Events	21858.89	23939.51	2080.62
Awards eve (gross)	1123.00	2100.00	977.00
Grant / Award	7700.00	7966.40	266.40
Club Kit	1264.00	3378.00	2114.00
Salary Contributions	10727.60	8504.50	-2223.10
Kitchen net takings	3002.40	3107.70	105.30
Other Income	26.74	0.00	-26.74
Bank Interest/charges	34.99	58.31	23.32
<b>Total Income</b>	<b>92070.22</b>	<b>108964.81</b>	<b>16894.59</b>
Expenditure	Last Year	This Year	Variation
Travel	6713.25	9641.60	2928.35
Equipment	7019.86	10079.31	3059.45
Grounds / buildings	4050.31	17337.63	13287.32
Hall Hire	8829.75	10414.54	1584.79
Newsletter/Magazine	4803.89	3683.95	-1119.94
Course Expenses	500.00	115.00	-385.00
Coaches courses	2420.00	2222.00	-198.00
Entry Fees	2437.69	2014.00	-423.69
Affiliation fees	3278.33	5065.00	1786.67
Events expenses	11466.28	10471.37	-994.91
Awards Evenings (gross)	3267.08	3833.79	566.71
Club Kit	1080.28	3217.97	2137.69
Marshall Distributions	10920.14	5537.00	-5383.14
Salaries	17810.39	12489.23	-5321.16
Office	1308.23	1000.75	-307.48
Other	2496.93	2289.55	-207.38
<b>Total Expenditure</b>	<b>88402.41</b>	<b>99412.69</b>	<b>11010.28</b>
<b>Profit / Loss</b>	<b>3667.81</b>	<b>9552.12</b>	
<b>Brought Forward 9/2012</b>	<b>90373.46</b>		
<b>Balance at 30/09/13</b>		<b>99925.58</b>	
<b>Current Account</b>		<b>28329.67</b>	
<b>Reserve account</b>		<b>71595.91</b>	



# 31<sup>st</sup> TOUR OF MILTON KEYNES

**2- 7<sup>th</sup> SEPTEMBER**

64 finished the overall TOUR. Early on in the event I thought the record (67 from 1992/the 10<sup>th</sup> TOUR) might be beaten but three MMKAC retirements from injury (Kelvin Smith, Finn Hansen and Julie McPheat) AND all scheduled to run in the Round Norfolk Relay the following week, saw the record survive.

## Numbers per race:

Tattenhoe 11km	82	
Potterspurty XC	74	
Stantonbury Mile	80	
Brickhill woods	74	
Campbell Park	71	
Willen Lake 10km	77	Average = 76 per race

## Breakdown of the finishers:

MMKAC	33	DLRR	11
Leighton Buzzard	10	Other Clubs	4
Unattached	6		

## Individual winners:

Four in the men's race: Pete Mackrell(Tattenhoe & Willen) and Glen Turner(Brickhill & Campbell Park), 2 each. Matt Clarke(Potterspurty) and Tom Comerford(Track mile) 1 each. Wendy Webber comfortably won all six ladies' races.

## The race unfolds:

Pete Mackrell soon forged ahead on Day 1 with Dan Webber(2012 winner) in 2<sup>nd</sup> place and Glen Turner 3<sup>rd</sup>. The latter took the lead at Potterspurty and made the guesting Matt Clarke work very hard to overhaul him in the closing stages. Not surprisingly Tom Comerford ran the fastest mile(4.43.5) and at this half-way stage Glen Turner led overall(72.46) from Tom(73.09) with Dan Webber 3<sup>rd</sup>(73.31).

Glen soon took the initiative in the Hill Race winning comfortably in 12.53 from Steve Ratcliffe(guest) and Tom Comerford. On to Campbell Park where the Leighton Buzzard runner won easily in 23.53 from Pete Mackrell and Steve Green. Overall Gary Blaber was now in third place.

And so to a sunny evening at Woughton on the Green for the sixth and final race. Pete Mackrell won his second TOUR race(36.19) which moved him up to second overall and to win the MMKAC trophy – but only just, 7-seconds ahead of Gary Blaber. Dan Webber, Glen Turner, Andy Inchley and Gary then finished within 9-seconds and with Tom Comerford down in 13<sup>th</sup> place, Gary held onto third overall with Dan 4<sup>th</sup> and Tom 5<sup>th</sup>.

## Leading positions:

1 Glen Turner	LBAC	146.14
2 Pete Mackrell	MMKAC/LBAC	148.49
3 Gary Blaber	MMKAC	148.56
4 Dan Webber	MMKAC	149.21
5 Tom Comerford	MMKAC	149.38
6 Andy Inchley	LBAC	150.43

## Ladies:

1 Wendy Webber	MMKAC	163.17(18 <sup>th</sup> overall)
2 Abi Gooch	DLRR	186.44(37 <sup>th</sup> )
3 Diane Baldwin	MMKAC	190.16(39 <sup>th</sup> )
4 Amy Inchley	LBAC	202.07(48 <sup>th</sup> )



**MMKAC trophy winners**

All the veteran prize winners with the exception of the M45's were in place over the final days. Here, Chris Mahon could not shake off Gary Biddle(DLRR) to be the leading overall man in the M45's.

## Leading TOUR finishers:

Dave Findel-Hawkins	28
Jim Morrison	28
Eddie Hill	25
Milford Callow	23
Sam Kirkpatrick	22
Andy Harrison	22
Steve Rice	21
Diane Baldwin	19
Chas Herbert	18
Jim Miller	18

## 2013 MMKAC age group winners

M40	Gary Blaber
M45	Chris Mahon
M50	Ian Lamb
M55	Mervyn Phillips
M60	Paul Mason
M65	Keith Cook

**Lady Vet: Diane Baldwin**

## The most improved trophies

The increased entry over last year meant that virtually every runner who completed both 2012 and 2013 were in a deficit position.

I therefore looked at comparing times over the two years and as the courses were almost identical it seemed the logical way to go: there were 21 MMKAC athletes in this category of which 13 had an improved overall time from 2012.

## The winners were:

Ladies	Chris Ryder	+13.34
Men	Kevin Church	+11.34

And we presented the trophies at the club session on 24<sup>th</sup> September.

## TOUR POSTSCRIPT

In the January Newsletter I included a plea for help with the 2013 TOUR. Eventually Andrew Wasdell and Martin Erasmus came on board and I was extremely grateful for their assistance. Andrew looked after the entries and organised the T-shirts. Martin had the task of collecting in and sorting all the trophies. I continued to look after the administration which includes liaison with land owners, risk assessments and organisation of the presentation evening.

Kevin Farmer had again agreed to organise the cross-country at Potterspurty and use chip-timing if necessary. I then casually asked him about timing the whole TOUR – he readily agreed. I'm sure everyone will agree his input made the week go very smoothly. For his services we agreed to give him free family membership for 2013/14. Kevin has five Tour victories(1988,1991,1992,1998 & 2002) to his credit with 2<sup>nd</sup> places in 1984,1987,1989,1994 & 1996.....some record!

He wants to get more involved with MMKAC and provided notable assistance with the Wolverton Five.

**Me- I now intend to officially retire after my 31 years tenure.**



## "A View From the Back" - Chris Ryder

September comes around all too quickly and then it is time to think about sending an entry form in for the Tour. After doing the sales pitch on Jason and Peter I thought it would be rude not to sign up myself.

The nice thing about the Tour is there are little "battles" going on all through the field and as Malc dubbed it this year, there was a real fight going on for the prestigious 56<sup>th</sup> position! The guys at the front aren't the only ones under pressure. It's all relative. Myself, Ursula, Malc, Peter and Hazel were all at the rear of the field, with lots of banter and mutual support going on.

The weather was again kind to us and the addition of race timing meant we were able to see the results online quickly and suss out tactics to beat the opposition. We drew the line at tying people's laces together!

My personal goal was to improve on my 2012 times, which I did in every race - so I was a very happy lady when I won the "most improved" trophy. The t-shirts were bright, the camaraderie excellent and as Kevin declared at the presentation we will no doubt all be back to repeat the experience in 2014.

.....but a world of warning to Malc Kidby..I am aiming to claw back the 11 seconds next year....55<sup>th</sup> position is my aim!!!



Members of the endurance(improvers) group - Peter Tye, Ursula Ghaleb, Chris Ryder, Malcolm Kidby, Hazel Cockerill & Jason Carvalho

## CROSS-COUNTRY ACTION



1-Kevin Church leads Keith Cook & Liam Baldwin  
2-Gary Blaber leads Peter Mackrell/Steve Howe leads Martin McPheat & Mervyn Phillips  
3-Jason Carvalho, Milford Callow & Wendy Webber (2013 Bucks AA vest) thru' the ditch/Dave Findel-Hawkins (1980's Bucks AA vest) on his way to his 28<sup>th</sup> TOUR completion



# BMW 40<sup>th</sup> BERLIN MARATHON

29<sup>th</sup> SEPTEMBER

Sub 3-hours for Gary Blaber and Wendy Webber, the latter joining the ladies elite sub-3 group. Near miss for Adrian Maidment.

Further PB's for four other finishers.

## MK Results

*"Seven finishers with a differential of less than 5mins over the two halves of the race"*

	Half1	Half2	Diff.	TIME
Gary Blaber(MS)	1:27.10	1:28.00	-0.50	2:55.10PB
Wendy Webber(F35)	1:28.28	1:27.57	+0.31	2:56.25PB
Adrian Maidment(MS)	1:29.34	1:31.36	-0.02	3:01.10PB
Jane Ovington(F40)	1:30.47	1:33.51	-03.04	3:04.38
Neil Ovington(M50)	1:30.48	1:46.21	-15.33	3:17.09
Sarah Bacon(W50)	1:56.55	1:59.16	-02.21	3:56.11PB
Ursula Ghaleb(F60)	2:03.15	2:07.51	-04.36	4:11.06PB
Chris Ryder(F50)	2:09.42	2:10.32	-0.50	4:20.14PB
Alison Ray(F45)	2:09.43	2:18.38	-08.55	4:28.21PB

## LADIES "SUB 3 CLUB"

Michelle Lee	FS	2:35.51	London 2004
Imogen Thornburgh	FS	2:48.43	London 2006
Jane Preen(Ovington)	F35	2:52.19	Berlin 2007
Katrina White	FS	2:54.37	London 2000
Wendy Webber	F35	2:56.25	Berlin 2013
Jane Bird	F35	2:57.13	London 1984

## CHRIS RYDER WRITES:

12 months ago a casual conversation about celebrating "milestone" birthdays by running a marathon led to four of us starting our training. Alison Ray and Ursula Ghaleb were experienced marathoners. Sarah Bacon and myself were new to the whole thing. We met at Sarah's over pizza, to discuss the plan and the scene was set.

Over the following months we each had our own training schedule. We had the Tuesday sessions led by Brian G, Carl & Malcolm, which helped our cause. We were also really lucky to have Brian Daniels and Jim Miller around to take us on some lovely (when they were over!) long runs. We were extra lucky to have a great summer in which to train. We ran together, we ran separately but we kept in touch with how it was all going and all of a sudden September loomed.

There were other MMKAC, LB & DLRR runners all heading for Berlin and we hoped to be able to celebrate with a few beers. The four ladies arrived in a sunny but cool Berlin – perfect running conditions. We watched the exciting in-line skater's race on the Saturday and then prepared for our adventure. There were some nerves but a lot of smiles and a determination to enjoy the event and do as well as we could. The event is a huge one and a bit daunting for a first timer – but we survived the expo, collected our numbers and we were ready.

Sunday morning was cool but we had blue skies and sunshine...perfect.. Sarah was aiming for a sub 4 hours but she had been suffering with an injury which meant she hadn't ran for more than 2 weeks...it was "fingers crossed" time. Ursula got to the start bright and early and was at the front of the last group. Alison and myself opted to run together and have a good old natter for much of the way. We applauded every band, high-fived children and the official mascot...a handsome looking weasel called Fridolin Flink ☺ The course was flat, the crowds were amazing, the music varied and really motivational...altogether a really superb event.

We all managed to find each other at the finish and we ALL had exceeded our expectations...which was the icing on the cake. Photos followed, wearing our handsome medals. There were some impressive blisters and heavily bandaged toes but I know we all felt it was worth every bit of discomfort. Celebrations were quiet...a meal with fellow MMKAC runners Neil and Jane Ovington and a bottle of bubbly for the ladies back at the hotel.

There were some impressive waddling penguin impressions the day after as the muscles objected to our treatment of them...and why is it everywhere you want to go has a flight of steps involved..just when you don't need it? Well, now we are back and so far we have raised nearly £1200 for the Leo Appeal...if anyone would like to add to this please follow the link: <http://www.justgiving.com/Ursulaandco>



Alison, Chris, Sarah & Ursula at the finish.

## MORE EUROPEAN MARATHONS

(Half marathon splits in brackets)



TCS AMSTERDAM MARATHON 2014

20 October/11,278 finishers

848 Martin Erasmus(M45)	3:12.00	(90.30 +101.30)
1524 Fran Malin(W45/15 <sup>th</sup> )	3:23.52	(100.11 + 103.41)

## FRANKFURT MARATHON

27 October/10,999 finishers

104 Michal Glowacki	2:34.38	(73.11 + 81.27)
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## Airtricity DUBLIN MARATHON

28 October/12,317 finishers

2265 Katie Penrose(W35/50 <sup>th</sup> )	3:33.01	(101.28 + 111.33)
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## MARATÓN DIVINA PASTORA VALENCIA

17 November/ 9646 finishers

110 Dan Webber	2:40.55(PB)	(78.50+ 82.05)
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## SOME WORDS OF WISDOM FROM ALISON RAY TO HELP RACE ORGANISERS

### Please be bothered to.....

Before I start I will own up to having not done this myself in the past. In the rush and excitement(!) of getting ready for a run I have not bothered, or I forget, to complete my, and my next of kin's, details on the back of the race number. Why bother? I ask myself: I'm in Britain, we all speak the same language; I'm in my home town; I know the race organisers; I've friends with me, who'll notice my absence; I'm fit, nothing will happen. The one thing I have never thought about is the people who have to cope with a non-responsive runner and the need of the emergency services for the runner's details and medical history, at the point of the incident.

Recently I helped marshal a local half marathon. Although it was December the weather was excellent, and the prospects looked good for a pleasant time cheering the runners along the course. I did not reckon with having to cope with a young runner collapsing on me, and having to kick start my First Aid training (luckily for me and them, refreshed a fortnight earlier, but really only suitable for sailors not runners!) and calling the emergency services. With no details on their number I did not have a full name, let alone know their medical situation. Whether there was anyone at the finish line, or who we could call for information. It made the situation more stressful than it should have been.

It all ended happily. The emergency services responded promptly, and via a lot of phone calls to the race organisers we were able to provide a little information

### YOUR PERSONAL & MEDICAL DETAILS

As a condition of entry to this event you are required to complete your personal and medical details on this form.....your next of kin/emergency contact should be someone who is contactable on the day of the event.....ETC

for the hospital to contact the next of kin. I understand the runner responded well to medical attention, and hopefully had a good Christmas.

As a runner, this exercise really brought home to me the importance of spending two minutes of my pre-race organisation completing the required information on the back of the race number. As a marshaller, I will always have a mobile phone on me (like most people in this day and age, this is standard procedure for any place or time), but I would also double check I know the name(s) of the road I am marshalling near. The more information you can provide to the emergency services call handler the better.

If you are reading this and are starting to think twice about marshalling, please don't! These occurrences are very rare, and the benefits to the race organisers, and the friends you are supporting, is well worth your time.

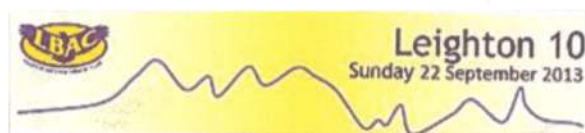
## CLUB UNDER 20 LADIES MARATHON RECORD FOR JESS HALL



Jess, running with her father David, clocked an impressive time of 3:31.48. 9<sup>th</sup> lady overall and first in her age group. Overall Jess placed 103<sup>rd</sup> from 511 finishers.

Her time at Leicester on 13<sup>th</sup> October is also the 19<sup>th</sup> best on the ladies all-time marathon rankings.

Jess, right, here seen in the November Chiltern XC league match at Oxford.



## MMKAC AGAIN WIN THE TEN TO SCORE TEAM RACE

5 Dan Webber	58.57	16 Ross Mackenzie	63.21
21 Gary Blaber	66.11	24 Andrew Wasdell	66.27
26 Wendy Webber	66.36	30 Mike Kerrigan	66.56
46 Neil Jones	70.26	54 Chris Nicholson	72.09
101 Kevin Church	82.27	111 Finn Hansen	83.54

BUT on a re-count! Originally Kevin Church was missed from the results so on the day the prize of £100 was awarded to Leighton Fun Runners whose 10<sup>th</sup> scorer placed 122<sup>ND</sup>. On the day Ursula Ghaleb was listed as our 10<sup>th</sup> scorer in 137<sup>th</sup> place.

The team generously decided to donate the £100 to Willen Hospice.



There were 7 MMKAC finishers from the 25 who completed the OU TOUR – a 5mile, a 5km and a 10km race on alternate days. Six\*\* completed both this and the MMKAC TOUR. Keith Cook was first M65 in both. In the MK TOUR, Kevin Church beat Dan Weinbren by just 21-seconds after the six races but here Dan reversed the positions with a 49-seconds gap.

### MMKAC RESULTS:

1 Marcus Whelband**	1:28.12
5 Stewart Fraser	1:41.08
6 Dan Weinbren**	1:42.26
7 Kevin Church**	1:43.15
11 Keith Cook**	1:49.35
20 Hazel Cockerill**	2:09.18
25 Milford Callow**	2:32.42



# Awards Evening 2013

## Saturday 5 October

### Harben House, Newport Pagnell



#### Mixed Awards

Athlete of the year	Greg Rutherford
Club Person	Milford Callow, Jim Morrison & Paul Toombs
Sportsperson	Carl Baldwin
Coach of the Year	Gordon Fallow
Official of the Year	Nick Folwell
Ultra Runner	Richard Harrison

#### Male Awards

Swain Winter	Matt Clarke
Swain Summer	Chris Clarke
Rayner Trophy (U17)	Daniel Oderinde
Road Runner	Michal Glowacki
Veteran Winter	Ian Van Lokven
M40 Veteran	Paul Canning
M50 Veteran	Dennis Edghill
M60 Veteran	Kelvin Smith
Track Trophy	Chad Lambert
Field Event Trophy	Chuko Cribb
Chiltern League	Sam Deathe
Indoor Trophy	Subomi Onanuga
U11 Cross Country	Alex Meijer
U11 Track & Field	Leo Freeland
U11 Sportshall	Hugo Wallace
U13 Cross Country	Alfie Yabsley
U13 Track & Field	Ethan Wiltshire
U13 Sportshall	Tim McElligott
U15 Cross Country	Owen Seamark
U15 Track & Field	Felix Lum
U17 Cross Country	Michael Greener
U17 Track & Field	Archie Rippin
U20 Cross Country	Ryan Burling
U20 Track & Field	Freddie Cox
Southern Athletics League	Steve Tuttle
Southern Men's League	Steve Green
YDL U20	Lewis Barnes
YDL U15	Niklas Adoniji-Adio
Most Improved	Harrison Caird



In action – clockwise: Matt Clarke, Owen Seamark, Michael Greener & Alfie Yabsley

**Photo centre L:** Greg with Milford Callow(L), Paul Toombs & Jim Morrison(R) – the recipients of the "Club Person of the Year" award. This award was made to the retiring trio for their work over the past 15 years for all the track maintenance work. They will be hard to replace.

**Centre R:** Carl Baldwin (Sportsperson of the Year) and Nick Folwell (Official of the Year)



THANK  
YOU

■ Gordon Fallow did the bulk of the organising.

■ Mick Bromilow chaired the sub-committee -(Sharon Edghill, Gordon Fallow and Jackson Ryan) that made the final decisions. Club coaches and officials were invited to forward their nominations to this group.

■ Jackson again had the Herculean task of rounding up all the trophies (63 no less), getting them engraved and ordering all the medals.

■ And to Greg Rutherford for coming along to present the awards.

Female Awards	
Women's Winter	Lara Bromilow
Women's Summer	Devon Byrne
Chiltern League	Fran Malin
Road Runner	Wendy Webber
Veteran Winter	Alex Knowles
F35 Veteran	Alana Slater
F45 Veteran	Lesley Byrne
F55 Veteran	Diane Baldwin
Track Trophy	Joey Duck
Field Event Trophy	Kayleigh Presswell
Indoor Trophy	Emanuela Motta
U11 Cross Country	Montana Edghill
U11 Track & Field	Imogen King
U11 Sportshall	Tamzin Hill
U13 Cross Country	Emma Mears
U13 Track & Field	Amber Evans
U13 Sportshall	Iris Mae-Morse
U15 Cross Country	Amy Radford
U15 Track & Field	Paige Barnes
U17 Cross Country	Jessica Hall
U17 Track & Field	Laura Zialor
U20 Cross Country	Gemma Childs
U20 Track & Field	Alice Ritchie
UK Women's League	Emma Beardmore
Southern Athletics League	Sophie Gibbens
YDL U20	Lucy Johnson
YDL U15	Ebony Carr
Most Improved	Sophie Botham



Photos, clockwise: Lesley Byrne, Devon Byrne, Laura Zialor, Montana Edghill, Lara Bromilow & Sophie Botham





# ENGLISH CROSS COUNTRY ASSOCIATION

## RELAY CHAMPIONSHIPS- MANSFIELD

2 November

- A RECORD 13 MMKAC TEAMS COMPETE
- TEAMS IN ALL AGE GROUPS EXCEPT U13GIRLS

<b>Senior Men</b>	4x5km
<b>39 MMKAC "A"</b>	<b>69:47.7</b>
48 Steve Tuttle	16:52.0
26 Chad Lambert	16:26.8
33 Liam Smith	17:53.1
39 Chris Hearn	18:35.8
<b>74 MMKAC "B"</b>	<b>74:15.5</b>
97 Graham Jones	18:14.6
90 Sam Deathe	18:36.8
78 Elliot Winter	18:26.6
74 Ross Threlfall	18:57.5
<b>130 MMKAC "C"</b>	<b>85:25.3</b>
135 Jeremy Vick	19:38.4
129 Josh Lyman	20:20.1
131 Chris Youens	22:12.2
130 Ian Pheasey	23:14.6
157 teams finished	

<b>Under 20 Men</b>	3x3km
<b>50 MMKAC</b>	<b>31:57.9</b>
76 Oli Lum	10:43.6
64 Michael Greener	10:31.3
50 Sam Redding	10:43.0
56 teams finished	

<b>Under 17 Men</b>	3x3km
<b>51 MMKAC "A"</b>	<b>32:12.1</b>
46 Owen Seamark	10:06.1
56 Charlie Wheeler	10:59.3
51 George Wheeler	11:06.7
<b>67 MMKAC "B"</b>	<b>34:00.3</b>
73 George Glinski	10:44.4
66 Toby Herdman-Smitl	11:18.8
67 Nathan Nurse	11:57.1
69 teams finished	

<b>Under 15 Boys</b>	3x2km
<b>55 MMKAC "A"</b>	<b>22:36.6</b>
59 Daniel Haynes	7:19.7
49 Harvey Green	7:28.9
55 Daniel Murphy	7:48.0
<b>72 MMKAC "B"</b>	<b>23:33.5</b>
53 Jake Cox	7:15.4
67 Ewan Forsythe	7:55.9
72 Ed Jennings	8:22.2
82 teams finished	

<b>Under 13 Boys</b>	3x2km
<b>67 MMKAC</b>	<b>25:37.7</b>
39 Jack Meijer	7:37.3
78 Olly Megeary	8:44.5
67 Owen Williams	8:15.9
79 teams finished	

<b>Senior Women</b>	3x3km
<b>32 MMKAC</b>	<b>35:51.2</b>
19 Lara Bromilow	10:50.6
29 Kim Lowden	12:17.8
32 Lauren Hankers	12:42.8
99 teams finished	

<b>Under 20 Women</b>	3x2.5km
<b>15 MMKAC</b>	<b>30:02.7</b>
12 Elle Roche	9:12.4
13 Fern Yull	10:21.8
15 Jasmine Finlay	10:28.5
25 teams finished	

<b>Under 17 Women</b>	3x2.5km
<b>27 MMKAC</b>	<b>30:24.7</b>
20 Amy Radford	9:36.1
33 Amy Botham	10:40.1
27 Izzy Thornton-Bott	10:08.5
52 teams finished	

<b>Under 15 Girls</b>	3x2km
<b>41 MMKAC</b>	<b>24:21.7</b>
42 Emma Mears	7:52.7
43 Sophie Botham	8:07.2
41 Natalie Nurse	8:21.8
85 teams finished	



PHOTOS: Juniors - Emma Mears, Charlie Wheeler & Harvey Green  
Seniors - Graham Jones, Kim Lowden & Lauren Hankers



### LEADING TEAM RESULTS FROM MANSFIELD SINCE 1999

Sen Ladies	2003	14th	Michelle Lee	Imogen Thornburgh	Carly Scott
Jun Ladies	2012	4th	Elle Roche	Rebecca Marshall	Gemma Childs
U17 Ladies	2009	2nd	Mel Wood	Beth Swords	Elle Roche
		2nd	Beth Swords	Elle Roche	Mel Wood
U15Girls	1999	2nd	Kayleigh Docherty	Michelle Jessop	Emma Hunt
U13Girls	2000	3rd	Laura Hunt	Kirsten Berryman	Charlie Gaspar
U13Boys	2010	7th	Toby Herdman Smith	Owen Seamark	Dominic Murphy
U15Boys	2012	19th	Archie Rippon	Toby Herdman Smith	Owen Seamark
U17Men	2002	16th	Andy Whetstone	Phil Macey	Matt Baker
Jun Men	1999	10th	Andrew McKenna	Chris Hearn	Daryn Castle
Sen Men	2002	27th	Richard Nifah	Andrew McKenna	Daryn Castle
					Phil Jones



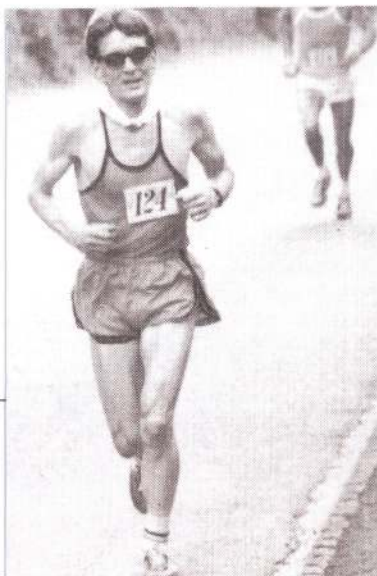
## TERRY LAYBOURN MOVES BACK TO THE NORTH EAST



Terry joined MKAC from Jarrow AC in August 1979 when he came south from Newcastle to work at the newly opened John Lewis store in Milton Keynes centre.

He brought down a very fine pedigree (i.e. 10m/50.38) with him but it was as a marathon runner that Terry made the headlines in MK. Terry did the lot throughout his MK career: – road, track, cross-country, team manager, race official, coaching, committee member with a spell as Club Chairman in the 1980's

Terry, seen here climbing Whitchurch Hill, in the then very popular Rex Foulkes 20km race from Aylesbury. Here in 1980 he clocked 67.17. Note the then trendy Ron Hill mesh vests.



**Club Marathon Record/The first London Marathon(1981)**  
In 1980 Terry ran 2:34.47 in his marathon debut at Sandbach clipping 90-seconds from Dave March's record. 1981 saw his big breakthrough- in the first London Marathon, Terry, at the age of 44, broke the 2:30 barrier – just, crossing the line with the first lady, Joyce Smith with a time of 2:29.57. Two weeks later he ran 1:54.20 in the Finchley 20 and in early summer placed 2<sup>nd</sup> vet(54.09) in the inaugural Leighton Buzzard 10. Over shorter distances Terry ran 26.15 in the Banbury 5, a time that survived as a vets club record until Ian Van Lokven clocked 26.08 in 1998.

### "Marathon triumph Terry"

The local press headline as Terry improved the club record to 2:28.40 in the 2<sup>nd</sup> London Marathon. This time prevailed as the record until Kevin Farmer ran 2:26.10 in the 1989 race. Over 10km Terry ran 33.09.7 on the track and 33.10 on the roads at Oxford.

### "British M45 Marathon Champion"

Competing at Stone, Staffs, Terry won this age group with another sub 2:30 performance – 2.29.40. Another vets club record came at the Nene Valley 10 with a time of 53.00.

The above were probably Terry's golden years but he continued to compete right through to 2003 when he finally "hung up his running shoes"

He still holds many club age group records:

5miles- M45(26.16/1984),  
M55(29.24/1993)  
10miles - M50(56.57/1987),  
M60(63.48/1998)  
Half-M - M45(71.54/1983)  
20miles – M60(2:19.46/1998)  
Marathon – M60(3:03.34/1998)  
AND his 2:28.40(M40) from 1982 is no 3 in the all-time marathon rankings.

Right: Terry competing, as it subsequently turned out, in one of his final races for MKAC- the EVAC cross-championships (M60 gold) in Campbell Park, February 2003.



## Duncan Taylor – a MKAC member in the early 2000's

Now making his name as a rugby player for Saracens and made his debut for Scotland in the recent autumn internationals.

Duncan, in his first race for MKAC, won the u11's race at the Ampthill Cross-Country Trophy in November 2000. By 2002, in his second year as an U13, he had competed in a wide range of events including the throws. He set a club record for 3000m(10.30.08) – still the second fastest in the club rankings. His family moved to Australia in 2003 where he began to mature as a rugby player. Back in the UK and at Ousedale School he played for Olney RFC before signing in 2007 for Bedford RFC aged 17. Two years later he was in their first team and then joined Saracens for the start of the 2011/12 season. He qualifies for Scotland through his Scottish parents.



He was coached by Barry Hearn in those early years. Barry commented to me .....one of the things I bring up to this day is how courteous he was, after every training session he would come up to me and say "thank you for coaching me tonight Barry"

Left: Duncan(298) battles with Grant Tilley in the 2002 u13 Bucks AA 800m championship; he placed 3rd in 2.32.0. Below: On his way to scoring a try for Saracens in the Heineken Cup group matches last month.



## HARROW SCHOOL "LONG DUCKERS" RACE- Louis Clarke breaks the record set by Chad Lambert in 2009.

This race is 10.4 miles long and is run from central London(Marble Arch) back to Harrow School. Chad, in 2009, recorded 59.47 (10.6miles?).

This very historical event with some 600 boys taking part has been held for over 100 years. Last November, Louis (right) ran a record breaking time of 58.32.







## THE 49<sup>TH</sup> WOLVERTON FIVE

23<sup>rd</sup> November

Sponsored by



WORKING WITH KEVIN FARMER'S RACE TIMING  
SYSTEMS COMPANY WAS A GREAT SUCCESS

- The 23<sup>rd</sup> race on the Willen Lake course.
  - 297 finishers – best for five years.
  - 60 sub-30mins(20%, as last year).
  - Winning time(23.49) by Ian Kimpton(Lincoln) was the 10<sup>th</sup> fastest on this course and the best since 2009.
- Also the second fastest in the UK this year

AND A HUGE VOTE OF THANKS TO ALL OUR HELPERS ON  
THE DAY.



Eddie Hill, here in his 18<sup>th</sup> race from the 23 run on this course.

Best age group times:

M40 29.26 1991  
M45 30.59 1996  
M50 33.27 1999  
M55 34.58 2005  
M60 38.25 2009  
M65 39.44 2013

Eddie has just completed his 28<sup>th</sup> year with the Club. The time of 29.26 from 1991 is his 5mile PB.



### UP FRONT

Michal Glowacki (photo above) led home the 45 MMKAC runners, 10<sup>th</sup> in 26.25. He ran in the 2011 race, then representing Hillingdon AC, finishing 4<sup>th</sup> with 26.04. In the first 10 finishers for MMKAC were newcomers – Liam Smith(12<sup>th</sup>/26.39), Mark Palsler(24<sup>th</sup>/27.46), Graham Jones(31<sup>st</sup>/28.16) & Jonathan Peters(44<sup>th</sup>/29.05). Ryan Burling made his debut in this event and his time of 26.49 was just outside the MMKAC top 30. Matt Clarke's 27.18 was his best time in MK colours. He ran 26.38 representing Daventry in the 2001 Willen race. Just outside the MK top 10 there were PB's from Gary Blaber(28.46) and Luke Elton(29.36).

Picture above – the chasing pack: Matt Clarke, Sam Deathe & Ross Threlfall. Bottom left: Liam Smith.

### ANOTHER RECORD FROM JOHN SKELTON

John Skelton bounced back from injury problems with yet another M60 record. He ran 30.24 in 2011 but went sub-30mins this year, 60<sup>th</sup> overall in 29.50. This time is the 4<sup>th</sup> best M60 performance in the UK for 2013. Paul Mason is also in the top 100 for this age group, 34.05 from the Harborough 5.

### EXCELLENT DEBUT BY FERN YULL

Not as many MK ladies(just five) competing this year but a fine run from Fern Yull,(photo above) 12<sup>th</sup> lady overall with a debut time of 33.12 and just making the club all-time ladies top 25 for this event. Fern placed 2<sup>nd</sup> F20 on the day. Pictured left are Julie Dalzell and Fran Malin, 6<sup>th</sup>(34.19) and 7<sup>th</sup>(34.34) F45's.



## BEST MK TIMES AT WILLEN

### MEN ALL TIME TOP 30

Tony Forrest	M20	24.09	1995
Richard Nifah	MS	24.13	2002
Ian Thompson	MS	24.33	1991
Marcin Fudalej	MS	24.40	2008
Andy McKenna	MS	24.43	2002
Daryn Castle	MS	24.51	2004
Charles Herrington	MS	25.00	1998
John Crouch	MS	25.03	1992
Tom Comerford	MS	25.03	2010
Ray Crabbe	MS	25.04	1992
Alex Bowden	MS	25.09	2004
Kevin Farmer	MS	25.42	1991
Paul Erwood	MS	25.53	2009
Paul Fisher	M17	26.00	1994
Andy Harris	MS	26.01	1994
Ian Van Lokven	M40	26.08	1998
Mick Kelly	MS	26.14	1992
Andy Whetstone	MS	26.15	2007
Nigel Fenwick	MS	26.17	1991
Chris Hearn	MS	26.17	2003
Michal Glowacki	MS	26.25	2013
Jackson Ryan	M40	26.30	1994
Campbell Noon	MS	26.31	1992
Daniel Pinna	M17	26.31	1995
Gavin Wilcox	M20	26.37	2004
Liam Smith	MS	26.39	2013
Richard Ashton	M40	26.40	2009
Steve Green	MS	26.42	2007
Adrian Cox	MS	26.43	1992
Phil Jones	MS	26.43	1994

### WOMEN ALL TIME TOP 25

Linda Dewhurst	F35	27.57	1993
Rita Quill	FS	28.22	1992
Emily Tallen	FS	28.48	2012
Michelle Lee	FS	29.14	2002
Vicky Pincombe	FS	29.39	2004
Claire Rooney	F35	30.30	2004
Kinga Keresztes	F20	30.45	2004
Kim McBride	FS	30.56	2005
Imogen Thornburgh	FS	30.58	2002
Sarah Cox	FS	31.33	2003
Diane Baldwin	FS	31.40	1991
Jo Benham	FS	31.54	2006
Alex Knowles	F45	32.04	2012
Gemma Childs	F20	32.06	2012
Julie Dalzell	F40	32.13	2007
Lauren Licietis	FS	32.27	2008
Tanya Taylor	F17	32.28	2005
Elle Roche	F20	32.32	2011
Lyn Jolley	FS	32.42	1995
Trudy Green	F35	32.54	2004
Margaret Swithenby	F45	32.55	1991
Kerry Farmer	FS	33.09	2002
Fern Yull	F20	33.12	2013
Charlie Gaspar	F20	33.15	2005
Katrina White	FS	32.17	1998

## LOUISE SIMPSON - THE FIRST REGISTERED BLIND COMPETITOR IN THE WOLVERTON FIVE

Louise contacted me a week prior to the race asking whether I could find her a guide for the event. A colleague of Robin Dowsnell, Kevin O'Rourke very kindly volunteered. I asked Kevin for a few lines to describe his experience.

"This was Louise's 2nd run that day she had done her 50th parks run that morning.

She never trains in the week and races as often as she can at weekends when she can get a guide.

Lots of people automatically think that it's her first run and whilst they mean well with their comments they can be a little patronising. Louise understands their sentiments and of course she likes the thought but as other runners we should not automatically assume things.

She didn't want to be last and we went hunting and caught 3 runners.

For me it was great to give back to our sport. I love marshalling and coaching and pacing others to achieve their goals but this was quite special and different as you need to advise on raised pavements, turning left/right and thinking of other runners who may not realise you are with a blind runner.

Thanks for the opportunity and I recommend it to any runner"



## LOUISE SIMPSON- her sporting background

As Kevin mentioned above, this was her second run of the day. Louise set a PB earlier in the day running the Mile End(East London) 5km with 25.23. Her time at Willen(53.29) was another PB.

However her main sport is Goalball. She played her first international tournament in Denmark in 1996 and has been playing for Great Britain ever since. At London 2012, Louise took part in her second Paralympic Games having competed in Sydney 2000, placing fifth.

In London GB beat Brazil to qualify for the quarter-finals. Here, their medal hopes ended as they lost to Sweden by a 'golden goal' in the opening seconds of overtime.

Louise was part of the gold medal team that competed at the 2009 European Championships held in Munich, Germany. The GB team placed 11<sup>th</sup> in the 2010 World Championships held in Sheffield.



Louise with Kevin head into the final kilometre

## THE FIRST "WILLEN" 5(23.11.91)

257 finishers AND 118 (46%) break 30mins.

The winner was Larry Mangelshot(Woodford Green) with a time of 23.56. Ian Thompson 5<sup>th</sup>(24.33) led Kevin Farmer, 20<sup>th</sup>(24.42) and John Crouch, 24<sup>th</sup>(26.01) to second place in the team race. The ladies, however, went one better winning their team race with the trio of Linda Dewhurst(28.38), Rita Quill(28.40) and Diane Baldwin(31.40).

Other times of current/associate members:

Mick Kelly	SM	26.35
Mike Burling	SM	27.02
Dave Findel-Hawkins	M40	27.14
Stewart Fraser	SM	27.38
Robbie Macpherson	M40	27.48
Keith Cook	M45	27.52
Phil Corley	M40	28.02
Sean O'Sullivan	SM	28.04
Alasdair Gibson	SM	28.32
John Gillespie	M40	28.45
Terry Laybourn	M50	29.16
Eddie Hill	M40	29.26
Mervyn Phillips	SM	29.39
Ron Winter	M40	30.04
Alan Green	M40	30.59
Dom Willmott	SM	31.37
Tom Webb	M45	32.55
Brian Graves	M50	33.16
Milford Callow	M50	33.28
Chris Daniells	W50	34.30
Steve McMorro	M40	34.38
Jim Lawrence	SM	37.04
Pete Hall	M50	37.45
Dave Storer	M40	38.01



Keith Cook(above) who ran for Vauxhall AC in 1991, here seen in 2013 on his way to 2<sup>nd</sup> M65 at Willen



# CHILTERN CROSS – COUNTRY LEAGUE

## A TOUGH ASK NOW TO RETAIN THE LEAGUE TROPHY

### OVERALL LEAGUE TABLE AFTER 3 MATCHES

*(two matches remaining)*

1 Bedford & County	11362
2 <b>MMKAC</b>	<b>10140</b> (-1222pts)
3 Chiltern Harriers	9704
4 Harrow AC	9021
5 St Albans Striders	9018
6 Windsor SE & H.	8528
7 Luton AC	7197
8 Vale of Aylesbury	6316
9 Wycombe PH	5559
10 Watford Harriers	5537
11 Leighton Buzzard AC	5321
12 Headington RR	5024
13 Silson Joggers AC	4922
14 Tring RC	4141

### MATCH ONE- WATFORD(19 October)

1 Bedford & Co	3932
2 <b>MMKAC</b>	<b>3657</b>
3 Harrow AC	3487
4 Chiltern Harriers	3451
5 St Albans Str.	3247
6 Windsor SE & H	2961

A record Chiltern League turn-out of 1278 athletes(+ 175 on previous best) and with record fields in both the men's(385) and women's(200) meant for a high scoring match. There were also record fields in the u15boys(87), u13boys(119) and u13girls(112) races.

There were 103 athletes(66male + 37 female) representing MMKAC. Steve Tuttle had his best ever Chiltern League run with 5<sup>th</sup> in the senior race, Chad Lambert, returning from injury placed 11<sup>th</sup> whilst newcomers Liam Smith(22<sup>nd</sup>) and Graham Jones(54<sup>th</sup>) made encouraging debuts as the scoring 10 closed in with Eliot Winter(now back first-claim) in 62<sup>nd</sup> position. The ladies welcomed back Elle Roche and she and Lara Bromilow (photo below) had a good duel before the latter pulled away in the closing stages to place 5<sup>th</sup> and Elle 8<sup>th</sup>.

There were a number of fine runs from athletes moving up to new age groups. Amy Radford, finished 5<sup>th</sup> overall (photo below)but 4<sup>th</sup> u17 in the combined F20/17 race whilst Emma Mears was 10<sup>th</sup> in the F15 race. Good to see a much stronger u17men's team led by Owen Seamark(13<sup>th</sup>) placing 2<sup>nd</sup> in the team race with the U15boys doing likewise led by Alfie Yabsley in 12<sup>th</sup> position.

**And Sharon Edghill brought along no less than nineteen u13 boys who undoubtedly made a big impact on the record field noted above – great stuff!!!**



#### Action from Oxford:

Holly Jamieson  
(u13girls)-Charley  
Madgrin leads Max  
Pearson(u13boys)-  
Harry Morton(u17men)-  
Ryan Burling.



### MATCH TWO – OXFORD(9 November)

1 Bedford & Co	3769
2 <b>MMKAC</b>	<b>3382</b>
3 Harrow AC	3151
4 Chiltern Harriers	3148
5 St Albans Str.	2871
6 Windsor SE & H	2710

MMKAC had 124 competing for the club around the rolling Oxford course. Star of the day was Chad Lambert with 3<sup>rd</sup> individual place in the senior race. Here Gary Blaber was our 10<sup>th</sup> scorer(54<sup>th</sup>).Liam Smith was 21<sup>st</sup> just ahead of Ryan Burling(25<sup>th</sup>). Paul Mason placed 2<sup>nd</sup> M60. Another nineteen u13boys plus seven for the U11's.

The senior ladies put 3 in the top 10 – Lara Bromilow(2<sup>nd</sup>), Elle Roche 4<sup>th</sup> and first F20) and Wendy Webber(9<sup>th</sup> and first F35.) but had to wait for Kim Lowden(23<sup>rd</sup>) to complete the scoring team, narrowly beaten here by Luton. Good to see no less than 16 ladies competing in MK colours. Sophie Botham(6<sup>th</sup>) turned the tables on Emma Mears(9<sup>th</sup>) in the u15girls race whilst Jess Nuttall improved from 15<sup>th</sup> 13<sup>th</sup> to again lead the u13 team home. Best placed younger ladies team were the u17/20's(3<sup>rd</sup>) where Isabella Thornton-Bott finished 11<sup>th</sup> overall.

**AND SO to THE NEW CHILTERN LEAGUE VENUE IN MK.....**





### **MATCH THREE – MILTON KEYNES (7 December)**

1 Bedford & Co	3671
2 Chiltern Harriers	3125
3 MMKAC	3122
4 St Albans Str,	2907
5 Windsor SE & H	2861
6 Luton AC	2535

Bedford sent a strong team to MK and moved away in the league table after three matches with a big lead of 1222points over us. Although we had home advantage the senior men were down as our 10<sup>th</sup> scorer was only 73<sup>rd</sup>. And in the final analysis Chiltern Harriers just piped us for second place – this relatively newish club are certainly now as they say – making waves in Buckinghamshire..

At the sharp end another superb run from Chad Lambert and it was only the in-form, Dan Woodgate(Luton) who again halted Chad's progress for a number one placing. Unfortunately there was quite a gap before the club stalwarts – Matt Clarke(21<sup>st</sup>), Ross Threlfall(22<sup>nd</sup>) and Chris Hearn(27<sup>th</sup>) closed-in. Mark Palser(40<sup>th</sup>) made the scoring 10 in his debut. U20 Michael Greener made the scoring 10 for the first time, closing the team as mentioned above in 73<sup>rd</sup> place.

The senior ladies were also not at full-strength and, after placing 2<sup>nd</sup> in the first two matches, dropped to 4<sup>th</sup> here. The u17/20 ladies were 3<sup>rd</sup> as they have been in the two previous matches.

All our younger age group teams are finding it tough this season. Both u17men and u15boys placed 4<sup>th</sup> and the u13's 5<sup>th</sup>. The u15girls were 5<sup>th</sup> and the u13's 7<sup>th</sup>.

### **ON THE DAY**

We received many plaudits from the visiting clubs for arranging such an excellent cross-country course – the Stevenage team manager said "I thought Milton Keynes was flat"

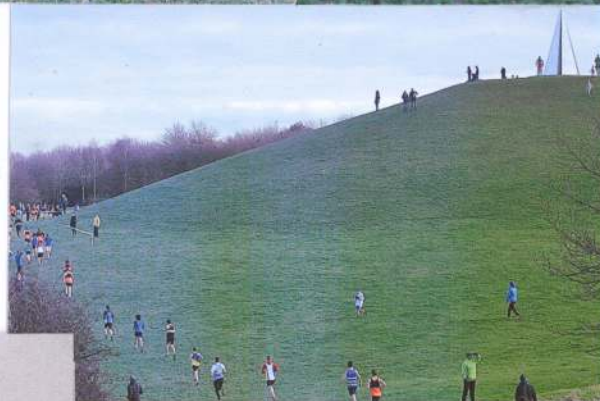
**BUT** we were very short of help, especially at the end of the day when we had to leave the Park as tidy as possible.

**This situation must improve if we are to continue to promote events.**



### **ACTION FROM CAMPBELL PARK**

Top: under 11 boys in the dip before the big climb.  
Centre: under 13 boys climb the big hill; under 15 girls descend from the Belvedere path to the pond.  
Right: under 15 boys contouring around the Belvedere;  
Jonathan Peters ascending the main hill.  
Left: Chad Lambert on his way to an impressive 2<sup>nd</sup> place.





# MMKAC Athletes in UK National Rankings

## TOP 100 for 2013

Track & Field compiled by Jim Lawrence

MEN						
100m	13	Craig Pickering		10.29	w +1.6	Bedford 27-May
	31=	Chris Clarke		10.51	w-0.2	Gateshead 14-Sep
200m	2	Chris Clarke		20.22	w-1.3	Bedford 25-Aug
400m	99	Ben Sturgess	M23	49.1		Luton 04-May
800m	95	Chad Lambert	M23	1.52.19		Watford 07-Aug
1500m	87	Chad Lambert	M23	3.47.79		Watford 04-Sep
Mile	52	Chad Lambert	M23	4.09.95		Iffley Rd , Oxford 20-Jul
2000m S/C.	94	Steve Tuttle		6.39.2		Chelmsford 15-Jun
3000m S/C.	89	Tom Comerford		9.55.67		Bedford 05-May
Long Jump	1	Greg Rutherford		8.22m	w+1.6	Eugene, Oregon, USA 31-May
Triple Jump	45	Chuko Cribb	M20	14.37m		Milton Keynes 02-Jun
Hammer	71	Mark Roberson	M35	47.88m		Milton Keynes 10-Aug
Javelin	10	Freddie Curtis	M20	69.48m		Bedford 16-Jun
	19	Michael Cox		65.18m		Bedford 27-May
	28	Jackson Curtis	M23	62.51m		Flanders, Belgium 03-Aug
	75	Redford Curtis	M17	54.25m		Milton Keynes 10-Aug
WOMEN						
100m	34	Joey Duck		11.90	w+0.6	Loughborough 23-Jul
200m	25	Joey Duck		23.98	w+1.3	Watford 23-Jun
				23.88	w+2.5	Birmingham 14-Jul
400m	18	Joey Duck		54.28		Cardiff 29-Jun
400m Hur	96	Faye Richold		67.77		Horspath, Oxford 26-May
				66.3		Braintree 13-Jul
1500m S/C.	79	Sophie Gibbens		5.42.88		Milton Keynes 10-Aug
2000m S/C.	72	Sophie Gibbens		8.10.84		Milton Keynes 18-May
High Jump	79=	Rachel Gibbens		1.65m		Bedford 03-Aug
Pole Vault	14=	Rachel Gibbens		3.80m		Bedford 03-Aug
Shot	75	Devon Byrne	F23	11.23m	indoor	Loughborough 07-Dec
				11.18m		Bedford 06-May
Discus	78	Emma Beardmore		35.99m		Milton Keynes 18-May
	95	Kayleigh Presswell	F20	35.04m		Braintree 13-Jul
Hammer	26	Kayleigh Presswell	F20	52.16m		Birmingham 05-Jul
	54	Emma Beardmore		45.03m		Derby 15-Sep
	57	Laeken Impey	F17	44.90m		Birmingham 06-Jul
Javelin	79	Devon Byrne	F23	36.59m		Loughborough 27-Apr
Heptathlon	14	Devon Byrne	F23	4771		Bedford 02-Jun
U23 MEN						
200m	83	Ben Sturgess		22.48	w+1.8	Bedford 02-Aug
				22.19	w+2.5	Milton Keynes 10-Aug
400m	46	Ben Sturgess		49.1		Luton 04-May
				49.42		Milton Keynes 10-Aug
800m	28	Chad Lambert		1.52.19		Watford 07-Jul
1500m	22	Chad Lambert		3.47.79		Watford 04-Sep
Mile	13	Chad Lambert		4.09.95		Iffley Rd, Oxford 20-Jul
400m Hur	33	Moritz Zwerger		58.2		Chelmsford 15-Jun
	56	Adam Smith		60.70		Milton Keynes 10-Aug
Javelin	12	Jackson Curtis		62.51m		Flanders, Belgium 03-Aug
U23 WOMEN						
200m	76	Devon Byrne		26.41	w+1.5	Bedford 01-Jun
400m	60	Devon Byrne		59.83		Milton Keynes 10-Aug
	94	Hannah Bushell		61.63		Bedford 05-May
800m	73	Devon Byrne		2.18.88		Watford 07-Aug
100m Hur	31	Devon Byrne		15.62	w +0.5	Bedford 01-Jun
High Jump	36	Devon Byrne		1.53m		Bedford 01-Jun
Long Jump	37	Devon Byrne		5.25m	w+1.8	Bedford 02-Jun
				5.27m	w+4.0	Loughborough 27-Apr
Shot	19	Devon Byrne		11.23m	ind	Loughborough 07-Dec
				11.18m		Bedford 06-May
Javelin	11	Devon Byrne		36.59m		Loughborough 27-Apr
Heptathlon	4	Devon Byrne		4771		Bedford 02-Jun
U20 MEN						
400m	71	Tom Purton		50.1		Milton Keynes 02-Jun
				50.51		Horspath, Oxford 25-May
3000m S/C.	44	Steve Cox		10.46.08		Milton Keynes 18-May
	48	Tom Cox		10.54.01		Milton Keynes 18-May
High Jump	66=	Chuko Cribb		1.85m		Milton Keynes 18-May
Triple Jump	9	Chuko Cribb		14.37m		Milton Keynes 02-Jun
Shot	37	Lewis Barnes		12.97m		Horspath, Oxford 25-May
Discus	33	Lewis Barnes		33.56m		Bedford 08-Sep
Hammer	40	Lewis Barnes		45.55m		Milton Keynes 25-Aug
Javelin	2	Freddie Curtis		69.48m		Bedford 16-Jun
	87	Ed Wilson		43.45m		Milton Keynes 30-Jun
4 x 100m	57	Taylor Cowan-Williams, Lee Westley, Harrison Caird, Nic Williams.		45.3		Milton Keynes 02-Jun
4 x 400m	48	T C-W, Oli Lum, Sam Redding, Tom Purton		3.37.9		Milton Keynes 30-Jun



Photos (from the top) - Joey Duck; Sophie Gibbens; Devon Byrne; Jackson Curtis; Ben Sturgess; Lewis Barnes





Photos(from the top)- Daniel Oderinde; Kayleigh Presswell; Jonathan Pownall; Owen Seamark; Naomi Greener; Laura Zailor and u15 relay team- Ebony Carr, Rachel Oderinde, Grace Linnett & Lizzie Adam

U 20 WOMEN						
3000m	94	Jessica Hall	11.01.41	Milton Keynes	10-Aug	
5000m	10	Beth Swords	18.02.52	Cornell,NJ,USA	06-Apr	
1500m S/C.	38	Jasmine Finlay	5.49.8	Milton Keynes	30-Jun	
400m Hur	51	Alice Ritchie	69.2	Chelmsford	15-Jun	
Shot	57	Kayleigh Presswell	9.82m	Hendon	11-Aug	
	89	Rita Twum	9.19m	Milton Keynes	10-Aug	
Discus	22	Kayleigh Presswell	35.04m	Braintree	13-Jul	
Hammer	4	Kayleigh Presswell	52.16m	Birmingham	05-Jul	

U17 MEN						
100m	20	Daniel Oderinde	10.94	w-1.5	Kecskemet,Hungary	08-Jul
	90	Lee Westley	11.25	w+0.3	Birmingham	05-Jul
200m	69=	Daniel Oderinde	22.7		Portsmouth	20-Apr
			23.05	w-0.6	Kecskemet,Hungary	09-Jul
	83=	Lee Westley	22.8		Grays,Essex	13-Jul
			23.28	w+1.2	Ashford	18-Aug
400m	90	Harrison Caird	52.04		Milton Keynes	10-Aug
800m	61	Archie Rippin	1.58.36		Milton Keynes	18-May
1500m	97	Archie Rippin	4.10.87		Watford	26-Jun
Mile	19	Archie Rippin	4.40.03		Iffley Rd, Oxford	20-Jul
	26	Owen Seamark	4.43.64		Iffley Rd, Oxford	20-Jul
3000m	21	Archie Rippin	8.49.54		Watford	21-Aug
400m Hur	92=	Ben Brown	63.4		Milton Keynes	30-Jun
1500m S/C.	53	Owen Seamark	5.02.6		Milton Keynes	30-Jun
Hammer	62	Jonathan Pownall	37.49m		Leicester	28-Apr
Javelin	5	Jonathan Pownall	58.35m		Cambridge	16-Mar
	12	Redford Curtis	55.74m		Abingdon	16-Jun

U17 WOMEN						
100m	73=	Dorothy Oduguwa	12.6		Milton Keynes	30-Jun
			12.82	w +0.5	Horspath Rd,Oxford	25-May
	95=	Elysia Marriot	12.7		Milton Keynes	30-Jun
			12.92	w +0.5	Horspath Rd,Oxford	30-Jun
3000m	71	Sophia Cliffe	10.43.3		Milton Keynes	02-Jun
300m Hur	54	Maya Jennings	48.15		Horspath Rd,Oxford	26-May
400m Hur	42	Maya Jennings	72.3		Braintree	13-Jul
			72.36		Milton Keynes	10-Aug
High Jump	21=	Lucy Johnston	1.64m		Loughborough	28-Jul
	41=	Laura Zialor	1.60m		Milton Keynes	10-Aug
Pole Vault	20=	Emanuela Motta	3.20m		Hemel Hempstead	11-Aug
	33=	Laura Zialor	2.80m		Milton Keynes	10-Aug
Long Jump	22=	Naomi Greener	5.42m		Milton Keynes	08-Jun
	76	Laura Zialor	5.13m		Braintree	13-Jul
Triple Jump	12	Laura Zialor	11.34m	w +2.2	Bedford	01-Sep
			11.28m		Milton Keynes	30-Jun
	14	Lucy Johnston	11.22m		Milton Keynes	30-Jun
	86	Kewe King	10.28m		Milton Keynes	10-Aug
Shot	85	Davina Oduguwa	9.25m		Milton Keynes	08-Jun
Hammer	6	Laeken Impey	44.90m		Birmingham	06-Jun
	84	Kai Kahembe	27.43m		Loughborough	13-Jul
4 x 300m	35	Maya Jennings,Kai Kahembe, Sophia Cliffe, Amy Botham	3.01.1		Milton Keynes	02-Jun

U15 BOYS						
3000m	77	Daniel Hynes	10.07.79		Watford	24-Jul
Hammer	96	Niklas Adio	28.46m		Coventry	13-Jul
Pentathlon	70	Felix Lum	2069 pts		Milton Keynes	25-Aug

U15 GIRLS						
100m	10	Ebony Carr	12.4		Milton Keynes	04-May
			12.36	w+3.6	Bedford	31-Aug
			12.42	w +0.7	Horspath Rd,Oxford	25-May
200m	12	Ebony Carr	25.55	w -0.1	Birmingham	05-Jul
1500m	92	Sophie Botham	4.54.21		Watford	26-Jun
Mile	14	Sophie Botham	5.27.20		Iffley Rd, Oxford	20-Jul
3000m	50	Sophie Botham	11.06.8		Milton Keynes	14-Jul
	72	Emma Mears	11.19.0		Milton Keynes	14-Jul
Shot	46	Sade Ross	9.95m		Hendon	11-Aug
Discus	83	Paige Barnes	23.96m		Horspath Rd,Oxford	25-May
Hammer	9	Paige Barnes	43.56m		Ashford	18-Aug
	20	Lauren Presswell	38.63m		Sandy	28-Sep
	24	Laura Cumino	36.81m		Peterborough	26-Aug
4 x 100m	6	Ebony Carr, Grace Linnett, Lizzie Adams, Rachel Oderinde	50.0		Coventry	13-Jul

U 13 BOYS						
100m	94	Ethan Wiltshire	13.1		Coventry	13-Jul

U13 GIRLS						
1200m	99	Jessica Nuttall	4.07.8		Leigh	27-Jul
Long Jump	55	Amber Evans	4.47m		Milton Keynes	08-Jun
	58	Iris Mae-Morse	4.47m		Loughborough	22-Jun
	98=	Eva Brammer	4.34m		Cheltenham	01-Jun
Pentathlon	68	Amber Evans	1506 pts		Milton Keynes	25-Aug
4 x 100m	56	Amber Evans,Adwa Tsumasi, Amy Milne,Iris Mae-Morse	56.0		Coventry	13-Jul





**"WELCOME TO THE HILL"**

## – A UTMB Race report by Richard Harrison

Where to start...well, the headline is borrowed from a famous banner that welcomed another British sportsman on a foreign excursion a few years ago. Actually, the sportsman was a team – Manchester United – and the banner read "Welcome to the hell" (sic). But you get the idea.

As many of you know, at the end of August I took part in what is most probably the most highly venerated trail race in Europe, UTMB or Ultra Trail du Mont Blanc. The total course distance recorded on my finishing time is 168.7km and the overall height gain 9796m. That's roughly equivalent to running up and down Snowdon 9 times and then running from London to Milton Keynes and back again. If I did that, you'd probably ask "why"? A lot of people could be forgiven for asking the same question of UTMB.

This is a "race" that's been on my agenda for a few years and in 2012 I managed to accumulate enough points to enter the ballot for a place. With UTMB you can't just fill in a form and go for it. Like the Boston Marathon (which I've also run) -- but considerably harder, first you have to qualify. Qualifying points are awarded by completing specific races and you need a total of 7 points from three of them to gain the right to enter your name in the ballot for a slot in UTMB itself. To give an example, completing the South Downs 100 gets you 4 points. Finishing the 2-day Northampton to Tring and return 90 gets you 2 points (and some very strange looks from anyone you tell about it). Amazingly, once I'd got my qualifying points secured, I was successful in the lottery ballot on my first attempt. I am told that it usually takes closer to six goes before getting a number. If I am honest, instant success was a mixed blessing; in October 2012 I developed a herniated disc in my upper back and ideally would have liked a year to allow that condition to heal.

The UTMB race starts and finishes in Chamonix. It effectively tours anti-clockwise around the Mont Blanc massif, going from France into Italy, then Switzerland and finally back into France. Before you ask, yes, you do need a passport or EU ID to run (true) and you also need to be completely fluent in Italian, French, German and English (not true).



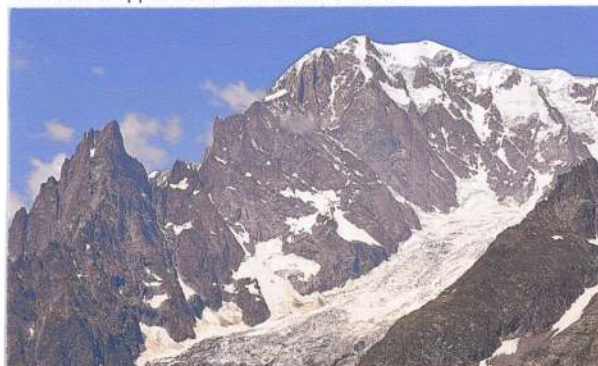
The start was at on Friday 30th August and the streets of Chamonix were totally packed with supporters and families. For the 2470 runners, I think it was a rather emotional time and I am sure I was not the only one on the start line unsure he could complete the distance. At 4:30pm promptly we were off to the accompaniment of the rather rousing Vangelis

recording, "Conquest of Paradise".

The first part of the course heads down to Les Houches via a relatively small climb to Saint-Gervais and then to the first major feed station at Les Contamines. The feed station was a total bun fight, and I managed to lose my brand new water bottle after which I had to manage the rest of the race with the pack bladder, which is much harder to drink from. The refreshment posts were great, a veritable buffet with salami's, cheese, hot soup and other drinks on offer, as well as flapjacks, fruit tarts and the usual sweets.

After Les Contamines things got a bit more serious with the first big climb, the Croix du Bonhomme (2443m) which was for me run in the middle of the night. Trekking poles were put to use and were used from then on -- there is no way I would have got around without them. It is an amazing sight when, roughly half way up you can look up and see a line of head torches ascending for a kilometre ahead; and then you turn around and can see the same behind you. After the pass there is a big descent to Les Chapieux, where we all had to go through a compulsory kit check, making sure everyone had two torches, spare batteries, phone, waterproofs etc.

The next big pass (Col de la Seigne 2516m) was also crossed during the hours of darkness and it was only after the Arête du Mont Favre (2435m) and the start of a very long descent to Courmayeur in Italy that dawn arrived. The views over the Noire du Peuterey and the glaciers descending from Mont Blanc were truly stunning. Courmayeur is probably the biggest aid station on the route, and while not quite halfway round it was also where we were able to pick up our bag drop and make and kit changes, grab spare torch batteries and food, etc. I made it a mission to get in and out of Courmayeur as fast as I reasonably could...and before the nagging doubts about completing really took over. Courmayeur is the major point where people bail out, as it is a relatively short trip back through the Mont-Blanc tunnel to Chamonix. In total 32% dropped out over the total distance.



The climb out of Courmayeur is steep but once you top out there is a bit of breathing space and magnificent views of Mont Blanc (above) and then the Grand Jorasses before tackling the highest point on the route, the Grand Col Ferret (2537m). After the Col Ferret there is another long descent, this time into Switzerland and the feed station at La Fouly. Although it was only 9k in distance, it seemed to go on for ever. The next 12k was also mentally tough as darkness was rapidly approaching again and the prospect of another 10 hours by head torch was not a cheery one. This was particularly so as my back was playing up and I had developed a rather pronounced "lean" to the left with my upper body.

At all the checkpoints and aid stations the support is fantastic, whatever the hour. In true alpine fashion one is greeted with cowbells ringing, shouts of "Allez Allez" "Courage" etc. I must admit however I was frustrated on this section as I could hear the cowbells for miles but the aid point never seemed to get any closer...until the penny eventually dropped it was a herd of cows on the mountain that was distracting me!

The main aid station in Switzerland was Champex-Lac and it was totally dark when I left there accompanied by the head torch again. There were still three major summits to go, two of which involved solid uphill struggles of at least two hours. Bovine at 1987m and Catogne at 2027m are very steep, rocky and root strewn...totally unrelenting. I was very pleased with myself that up until the very last pass, I had managed each uphill section without stopping from bottom to top. My back by this stage was becoming very sore and at Vallorcine aid station I sought some assistance from the medical team. Paracetamol and ibuprofen gel were administered, not that either was of any real use. The lady in charge was not overly happy about my continuing, particularly when I walked into a large metal barrier and knocked it over...but eventually let me go. 21k and 900m of ascent left and there was no way on earth I was stopping!

I managed to keep going remarkably well until the last summit, La Tête aux Vents at which point, with only 10k descent back (pass La Flegere) to Chamonix, the wheels finally came off! I knew by then I was going to finish but I just could not move faster than a walk on the descent. Having managed to get as far up the field as 832 I dropped almost 260 places in the last 21k...but by now I really didn't care anymore.

Much to my embarrassment, I was followed for the last half hour by a television camera and my rather unusual gait was recorded for all to see. I was reliably informed the German's in particular love to see the suffering (note: it's called revenge)! I can remember telling the cameraman I was definitely going to finish as I really wanted the t-shirt and I most definitely wasn't doing it again.

The reception in Chamonix was incredible and I really cannot describe the feeling other than to say it was very emotional...as well as a huge relief. It was also great to be re-united with my long suffering wife Sue...and to get my back straightened out by the race osteopath who truly worked a miracle. Would I do it again...NO, my wife has forbidden it, but I don't think I would anyway. Would I recommend it...YES, BUT!



## PUSHING THE EDITOR'S AGED LEGS TO THE LIMIT IN THE ALPS

I've had the privilege of running in the Alps over the past 25 years, mainly in Austria, France, Italy and Switzerland and have enjoyed some superb mountain panoramas over the years. I first went to Zermatt in 1990 and can still remember my first sight of the Matterhorn dominating the small town – that iconic shape which used to be emblazoned on the Alpen muesli packs.

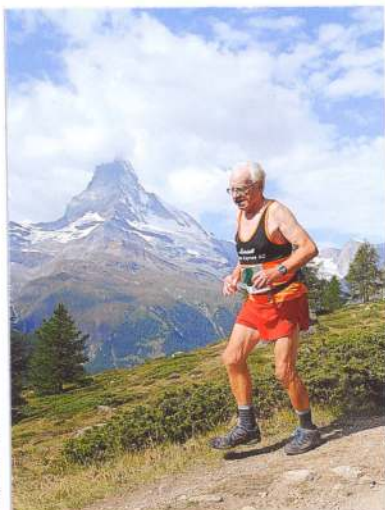
I have run in a number of races before in this area but was lured back there last August for a new event. The majority of Alpine races are uphill only (usually finishing at a mountain restaurant where one can then sit in the sun and enjoy a beer and pastry). This new series of mountain races were actually "up and down" and courses of 16km, 30km and 46km were available. In my younger days I would have loved to have competed in the longer races but it had to be 16km now. 16km doesn't sound too far but we faced an initial climb of some 750m to the Sunnegga checkpoint at 2300m.

There was a long line of competitors toiling up through the initial forest tracks but once out into the sunshine we jogged along taking in the embracing view of many 4000m summits – the Matterhorn standing aloof: **this is what it is all about.**

I know I'm getting old but I couldn't believe that it had taken me almost 78mins to complete 7km!

We now descended some 300m before climbing back up the other side of the valley to the second checkpoint at Riffelalp (2220m) and 11km in.

I had gained a few places on this section and was looking forward to the descent, albeit mainly on twisting forestry tracks. Over the years I have gained plenty of experience of downhill running BUT here my aged legs were not doing what my brain was telling them – they were absolutely lifeless!



Gravity took me down to the final kilometre where we trotted around the village centre encouraged by many spectators to the finish – 3hrs10.15. I placed 311<sup>th</sup> overall from 370 finishers and 4<sup>th</sup> out of 8 M70's. It had taken me 52mins to complete that final 5km.

On reflection I had probably underestimated the toughness of the course. You sometimes think you can do what you were capable of doing many years ago. However I hope to back in the Alps this summer and plan to compete in the World Masters Mountain Running Championships being held in the Stubai Alps, Austria (just south of Innsbruck) in early September. I have competed in these Championships previously but this course is one of the best with the feeling of being on a real mountain as against, when I ran in 2012 in the Black Forest, 80% of the race was in the forest with just the view in the final kilometre.

Some of you will remember Keswick 2005 – a real Championship course.

## AT THE TOP OF THE AGE SCALE: BRIAN GILKS MAKES HIS DEBUT AS AN 80-Year OLD.

**1** 9 days after his 80<sup>th</sup> birthday, Brian competed in the Portsmouth Coastal Waterside Marathon on 22<sup>nd</sup> December. An "out and back" course from Portsmouth to Hayling Island and return. "A very wet and windy day, mainly off-road but including beach running, old railway lines and lots of puddles" Brian commented. There was a 3-hour cut-off time which was reached in 2:58 but the marshal at this point was concerned that he won't make it to the mainland crossing before the tide comes back in and was subsequently asked to retire. He was accompanied by Jacquie Maycock.



## Spartan Beast Race, Nutley (East Sussex) 9<sup>th</sup> Nov. 25km, 75 obstacles; Chris Watts reports

After 10 years or more coaching, and not doing much in the way of fitness or gym work. I decided I needed to give myself a kick up the backside, and do something! Not content with just toddling along to the gym, I decided to look into what these Spartan races were all about. Still wanting a challenge, but with being 2 years off 50 and not done anything like this since my Army days nearly 27 years ago, it wasn't going to be easy!

Still, it was 25km and 75 obstacles. I trained my upper body and ran a couple of 5km runs a week for 2 months. Slowly but surely I was falling apart, but travelling with my mate, to deepest Sussex on one of the coldest and wettest days of the year, I was at the start line, paracetamol and ibuprofen hopefully starting to work!

The first obstacle was a river crossing, and got progressively worse! Carrying telegraph poles, wading through swamps, monkey bars and ropes, army style assault courses. Losing count how many rivers we encountered, and mud, oh the mud! Crawling on hands and feet for what felt like hours, under barbed wire and over rocks. The 100m trench under barbed wire full of mud and water was further "enhanced" in that it was full of ice cubes! And so carried on, picking stuff up, pulling stuff, climbing stuff until the 10ft wall, huge rope climb, atlas stone carry, death slide and finish line with "Spartans" trying to knock you off your feet marked the end of an absolute gruelling adventure.



It was a great feeling, working together with total strangers, helping each other on with the ultimate aim of finishing. After 5hrs 12 minutes, finished ahead of over nearly 1000 runners, and 800 non finishers, I was pretty pleased! The cold was the hardest thing to deal with, although I could hardly walk the last kilometre too! I'm still in pain 2 months later, but would I do it again?

26th January, Winter Tough Guy...yes, us throwers are indeed mad!

PS: the "tough guy" was a popular MKAC challenge some years ago.....memories!!!

Further details: [www.spartanrace.com](http://www.spartanrace.com)



## MEN TOP TEN

### 5km

Michal Glowacki	MS	15.44	Marston
Tom Comerford	MS	16.18	Bedford
Matt Clarke	MS	16.20	Northampton
Liam Smith	MS	16.33	Bedford
Steve Green	MS	16.46	Milton Keynes
Steve Ratcliffe	MS	16.58	Milton Keynes
Jeremy Vick	MS	17.22	Blisworth
Dan Webber	MS	17.26	Milton Keynes
Mark Dowson	MS	17.34	Milton Keynes
Adrian Maidment	MS	17.55	Northampton
Graham Jones	MS	17.57	Delamere Park

### 5miles

Michal Glowacki	MS	26.25	Willen
Liam Smith	MS	26.39	Willen
Ryan Burling	M20	26.49	Willen
Matt Clarke	MS	27.18	Willen
Ross Threlfall	MS	27.27	Willen
Mark Palser	MS	27.46	Willen
Chris Hearn	MS	27.58	Willen
Graham Jones	MS	28.16	Willen
Gary Blaber	M40	28.46	Willen
Steve Green	MS	28.56	Olympic Park

### 10km

Liam Smith	MS	33.25	Brighton
Michal Glowacki	MS	33.45	MK Festival
Matt Clarke	MS	34.44	Milton Keynes
Tom Comerford	MS	34.49	Milton Keynes
Mark Dowson	MS	35.26	Silverstone
Steve Herring	M40	35.32	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

### 10miles

Matt Clarke	MS	56.48	Nene Valley
Dan Webber	MS	58.57	Leighton Buzz.
Gary Blaber	MS	60.41	Maidenhead
Chris Cahill	M40	61.30	Maidenhead
Ross Mackenzie	MS	63.21	Leighton Buzz.
Andrew Wasdell	MS	66.27	Leighton Buzz.
Wendy Webber	F35	66.38	Leighton Buzz.
Neil Jones	MS	70.26	Leighton Buzz.
Mick Kelly	M50	70.43	Thornborough
Kelvin Smith	M60	71.04	Maidenhead

### Half-Marathon

Marcin Fudalej	MS	72.10	Milton Keynes
Dan Webber	MS	75.38	Bedford
Steve Herring	M40	77.12	Milton Keynes
Matt Clarke	MS	77.27	MK(up & running)
Mark Dowson	MS	78.48	Milton Keynes
Gary Blaber	M40	80.39	Bedford
Jeremy Vick	MS	80.54	Silverstone
Tom Comerford	MS	82.12	Gt. North Run
Ian Van Lokven	M50	82.13	Sheffield
Chris Cahill	M40	82.57	Reading

### Marathon

Michal Glowacki	MS	2.26.45	Manchester
Dan Webber	MS	2.40.55	Valencia
Steve Herring	M40	2.42.32	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	M40	2.55.10	Berlin
Adrian Maidment	MS	3.01.10	Berlin
Jeremy Vick	MS	3.07.10	London

## LADIES TOP FOUR

### 5km

Lara Bromilow	FS	18.23	London
Jane Ovington	F40	18.25	Northampton
Charlotte Harris	FS	19.32	Basingstoke
Julie Dalzell	F45	21.23	Milton Keynes

### 5miles

Fern Yull	F20	33.09	Willen
Kim Lowden	F40	34.00	Corby
Julie Dalzell	F45	34.19	Willen
Fran Malin	F45	34.34	Willen

### 10km

Jane Ovington	F40	38.06	Thame
Wendy Webber	FS	39.18	Milton Keynes
Jessica Webber	FS	39.23	Thame
Alex Knowles	F45	39.59	Southport

### 10miles

Wendy Webber	F35	66.38	Leighton Buzz.
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### Half-Marathon

Wendy Webber	FS	83.15	Milton Keynes
Jane Ovington	F40	85.04	Bedford
Julie Dalzell	F45	96.05	Milton Keynes
Jo Greenslade	F40	98.31	Oxford

### Marathon

Wendy Webber	F35	2.56.25	Berlin
Jane Ovington	F40	3.04.38	Berlin
Frances Malin	F45	3.19.21	London
Katie Penrose	F35	3.30.05	London

## LEADING ROAD RANKINGS FOR 2013

Full rankings will be available on club web site shortly



**Willen "5"**  
Ryan Burling, Chris Hearn,  
Graham Jones leads Jeremy Vick





## **England Athletics Registration System: Help your Club by Keeping Your Details up to Date and Make Sure You Don't Miss Out on Benefits**

### **Becoming Registered**

Every year the club registers the details of all members (athletes and volunteers such as coaches and officials) of MMKAC who are 11 years old or older with our Governing Body England Athletics.

The club makes the appropriate registration payment to England Athletics as this is included as part of your club membership fee.

When a new member sends their details to our Membership Secretary, Peter Scott ('Peter') he sets up your details on the club's membership file and arranges for relevant club information to be given or sent to you. Periodically Peter passes details of new members to our Club Secretary. Using basic details such as name, address and date of birth, our Club Secretary registers all new members on the England Athletics Registration System ('EA System').

Each new member is allocated a Unique Registration Number ('URN') by the EA System. This URN is used to generate your England Athletics Registration Card ('EA Card'), which will be sent to you by England Athletics with a Welcome Pack to your postal address.

There is normally a delay of up to 4 weeks between your URN being generated and you receiving your EA Card. If you need to know your URN number before you receive your EA Card or if you experience any problems with regards your England Athletics Registration you should contact our Club Secretary who will be able to assist.

Once registered with England Athletics your URN stays the same from year-to-year. It is not normal practice for England Athletics to re-issue a new EA Card every year. If you lose your EA Card or find details displayed on it are incorrect then please inform our Club Secretary who will be able to assist.

When existing members renew their annual membership with the club then Peter will inform our Club Secretary to renew the England Athletics Registration for those members. If you do not renew your membership with the club then your England Athletics Registration will become inactive. For members this will mean England Athletics benefits of registration will cease, so for competitive athletes this will mean you will not be able to take part in the majority of competitions and for road runners because checks are being made whether athletes registration is up to date so you may be requested to pay the unaffiliated levy when entering some races (Run Britain entry system checks status of England Athletics registration).

If any member is unsure of their URN then they should contact the Club Secretary who will be able to assist.

### **England Athletics Relationship with Athletes and Volunteers**

Much of your involvement in the sport comes through your club, however all registered members can receive information directly from England Athletics on relevant topics. To do this you should ensure your contact details, most importantly your email address and contact preferences about information you wish to receive, are input to the system and kept up to date on your profile. Use your URN and password (sent to you with your EA Card) to log in at

[www.englandathletics.org/editmyprofile](http://www.englandathletics.org/editmyprofile).

If you have lost your password or URN details you can contact England Athletics Membership Services on 0121 347 6543 or [affiliation@englandathletics.org](mailto:affiliation@englandathletics.org)

### **Benefits for Registered Athletes**

The ability to submit your views to England Athletics on how the sport is run and funded in a way that reflects your fundamental importance to the sport.

Personal profile page on Power of 10 for competing athletes with access to rankings; ability to upload your own photo for the athlete or volunteer profile – Officials and Coaches must have their photograph printed on their EA Card; ability to enter and maintain own emergency contact details which an increasing number of organisers at major events would be able to access if needed.

Entry discounts (minimum £2) on UKA licensed road and multi-terrain events; race organisers and race entry systems are increasingly verifying whether affiliated athletes are indeed registered on the EA System and those not able to provide a valid active URN will be charged the unaffiliated levy; only EA registered athletes will be permitted to compete in organized league, county and national competition.

E-bulletins (which you will need to opt to receive fortnightly from your EA System profile) including key information on the sport. You should ensure your email address and mailing preferences are up to date at

[www.englandathletics.org/myprofile](http://www.englandathletics.org/myprofile).

Opportunities for you, (and at times your club or your school) to get involved in exclusive events and experiences in association with British Athletics

Discounts and vouchers for money off. Details are given in your athlete pack and online at

[www.englandathletics.org/myprofile](http://www.englandathletics.org/myprofile):

Athletics kit and footwear from Sweatshop; Sunwise sunglasses; Coaching courses; Athletics Weekly magazine; Products and services from other partners.

Reduced fees for courses and other development opportunities for coaches, officials and volunteers. Please note that anyone wishing to become a qualified coach or official who is a member will be able to reclaim the course fees from the club.

The task would be made much less of a burden for the Membership and Club Secretary if each of you would maintain your own details on the EA System on a regular basis. If we can be sure that your contact details are maintained then it would be possible for the club to use the England Athletics Registration System to contact you on a regular basis with club information which may be of interest. Please help by updating this information.

*Diane Baldwin*



LEAGUE FINAL – Bedford(8<sup>th</sup> September)

MEN		WOMEN	
1 Bedford & County	288	1 Fairlands Valley	242
2 Peterborough	283	<b>2 MMKAC</b>	<b>229</b>
<b>3 MMKAC</b>	<b>245</b>	3 Chelmsford	216
4 Southend	203	4 Ryston AC	190
5 Chelmsford	194	5 Wellingborough	149
6 Fairlands Valley	179	6 Huntingdonshire	148
7 Huntingdonshire	164	7 Loughton AC	141
8 Loughton AC	125	8 Kettering AC	108

Both men and women went into the final as defending champions. The women's match was intriguing as MK and Fairlands Valley have had close encounters right through the summer with the Herts club just piping us 308 to 301 in the Central Division final league table. In the final analysis the one day format probably suited FVS better and MK had to settle for the silver medals. Congratulations to new team manager Lesley Byrne.

Likewise the men were under new management and again John Turner worked hard through the summer to organise and motivate the team. On paper I thought we had a good chance to defend the trophy but both Bedford and Peterborough had all their "big guns" out and we had to settle for a comfortable third and the bronze medals.

British Masters Championships  
Birmingham 14/15 September

M55		
100m B Final	4 Ivars Licietis	13.39
	5 John Turner	13.69
400m Final	5 Ivars Licietis	61.10
800m Final	4 Dennis Edghill	2:22.81
5000m	7 Mick Kelly	20:02.44
Discus	4 John Turner	31.20m
M60		
800m Final	6 Alasdair Gibson	2:39.43
Shot	6 Bunt Scott	9.64m
Discus	8 Bunt Scott	34.53m
Hammer	2 Bunt Scott	36.72m
M70		
Shot	3 Jack Kee	9.79m
Weight	1 Jack Kee	16.87m
Discus	3 Jack Kee	31.27m
Hammer	1 Jack Kee	43.37m
Javelin	9 Jack Kee	22.79m
Wgt Pentathlon	1 Jack Kee	

## SPORT MILTON KEYNES



John Browne wins the over 50 men's award for 2013 at their annual presentations held on 3<sup>rd</sup> December

Photo right: John Turner and John Browne at the EVAC match held at Sandy in May.

MMKAC RENEWS IT'S CLUBMARK  
ACCREDITATION WITH SPORT ENGLAND

Clubmark shows that a club provides the right environment which ensures the welfare of **members** and encourages **everyone** to enjoy sport and stay involved throughout their lives.

An accredited club is recognised as a safe, rewarding and fulfilling place for participants of all ages as well as helping parents and carers know that they're choosing the right club for their young people.

Clubmark is the universally acknowledged cross sport accreditation scheme for community sports clubs. It is based on criteria which must be supported by specific evidence. Based on four key areas of club development it centres around:

Activity/playing programmes - this includes, for example, coaching qualifications required, insurance and coach to participant ratios

Duty of care and welfare - appropriate risk assessments, health and safety policies, training, compliance and child protection policies

Knowing your club and its community - this ensures that your club is committed to fairness and equity in respect of the way in which it seeks to attract and retain members from your local community

Club management - which covers issues to do with club and committee structures and the general running of the organisation

*With grateful thanks to Diane Baldwin who has worked tirelessly over the past year to get the accreditation up-dated.*



Amy Frith, England Athletics club and coach officer for Bucks, Berks & Oxon presents the accreditation certificate to Mick Bromilow and Diane Baldwin.





## MEN'S RANKINGS REPORT FOR 2013

### by Jim Lawrence.

It was an interesting year for the men's rankings. Starting with the sprints there were eight under 12 sec for the 100m headed by a 10.29 by Craig Pickering. Nowadays he is concentrating on making the Great Britain Bobsleigh team for the forthcoming Winter Olympics. Over 200m Chris Clarke had a major breakthrough, recording 20.22 & 20.25 on the same day at Bedford, winning the Inter-Counties. Chris went on to do a World Challenge meet in Rieti, Italy and an IAAF Grand Prix Diamond League meet in Belgium, recording 20.44 & 20.45. Chris's time is the U.K. number two this year and is no. nine on the GB all-time rankings. and obviously the club record. Ben Sturgess (11.2 100m/22.19 200m) was the only sub 50 sec 400m runner this year. His season's best of 49.1 set at the first Southern Men's league match at Luton in May. Tom Purton was agonisingly close with 50.1.

Middle distance wise in the 800m only three guys under 2 mins this year Chad Lambert, Ross Threlfall and Liam Smith (all coached by Barry Hearn). Chad came ever so close to the senior 1500m record, just 0.67 outside it. He had to settle for the mile record instead. That was set at Iffley Road, Oxford made famous by Roger Bannister's landmark figure which is 60 years old next year.

Distance-wise Marcin Fudalej and Tom Comerford went under 16 mins for 5000m whilst Tom was the only sub 10 minute runner in the 3000m Steeplechase.

Hurdles wise we only had one sub 60 sec 400m hurdler but we welcomed the re-appearance of Adam Smith going close. Only one performance in the 110m Hurdles. More please !!

In the jumps, Olympic Champion Greg Rutherford leads the way in the Long Jump leaping 8.22m at the Diamond League Prefontaine Classic in

Eugene, USA. Greg qualified for the IAAF World Championships in Moscow but unfortunately injury reared its ugly head once again for him. He went to the Worlds but was not able to perform at his best. Chuko Cribb is the outstanding all-round jumper in the club this year with High Jump and Long Jump season's best of 1.85m & 6.24m and in his speciality Triple Jump, his mark of 14.37m moves him up to number 3 in the club's all-time rankings. Franklin Ocran had a useful set of performances but I feel that as a club we do need some more quality jumpers. Once again we only have a handful of Pole Vault performances for example.

Throws-wise Lewis Barnes heads up the list in both senior and junior Shot & Discus. He was closely followed by Mark Roberson with the senior implements. Mark is the clear leader in the Hammer (47.88m) with Lewis getting better and Iain Lawrence just creeping over 31m again. A vintage year for the Javelin in the rankings once again this year - even without the injured Mervyn Luckwell. Three young men over 60m with another two over 50m all coached by Chris Watts. Freddie Curtis gained the junior record with 69.48, closely followed by Michael Cox, Jackson Curtis (after early season serious injury), Redford Curtis and Jonathan Pownall.

There were two good times in the 4 x 100m relay. 44.84 at the home Southern Athletics' League match (Subomi Onanuga, Taylor Cowan-Williams, Harrison Caird & Aaron Adom) and a new junior record of 45.3 at our home NYAL match (Taylor Cowan-Williams, Lee Westley (U17), Harrison Caird (U17) and Nic Williams).

One of the races of the year was the 4 x 400m at MK (SAL) on Aug 10<sup>th</sup>. Ben Sturgess (running the last leg) took the baton a good 60m down and nearly managed to pull off a win. His split was a sensational 48.7. Eagerly looking forward to the 2014 season already.

*(All leading performances on page 16 of this Newsletter)*

## GREG RUTHERFORD HEADS BACK TO THE BOARDS



*From AW:* Greg admits he is stepping into the unknown somewhat as he prepares to line up indoors for the first time in three years.

After his injury-blighted season ended prematurely he made an early start to winter training and encouraging a return to the indoor scene. He says the UK indoor record of 8.18m will be one target for him during a season which will include the Glasgow British Athletics International on 25<sup>th</sup> January. He said "8.18 is a distance that I can jump quite regularly when fit and everything. Now indoors is a slightly different entity to me because I've not done it particularly many times and there are a lot of differences indoors for sure for whatever reason. "But if I'm feeling good and jumping well there's no question I want to jump far and I want to jump over 8.20m indoors".

The World Indoors in Sopot (Poland) in March is not at the forefront of his mind as he intends to concentrate on the Commonwealth Games. He hopes a new training group and slightly more emphasis on speed will see him regain his form of 2012.

### BEST INDOOR PERFORMANCES:

2009	6 <sup>th</sup> European Indoor Champs (Turin, Italy)	8.00m
2005	3 <sup>rd</sup> AAA u20 Champs	7.64m

## THE RETURN OF ALEX BOWDEN

Alex was a regular club-man in the late 90's through to 2006. Now just turned 40 he made his re-debut in the Bucks cross-country at Luton finishing 13<sup>th</sup> overall. He made the scoring six(5<sup>th</sup> scorer as part of the winning team) and took the bronze medal in the M40 age group. (photo below)

Back in 2006 he ran the MK half-marathon in 71.08 and then did a 3km steeplechase in 9.58.9 in early May. As far as I can tell that was his last race in MK colours.

He has PB's of 1.52.45(800m) and 3.50.98(1500m) and on the roads ran 25.19 for 5miles and 33.57 for 10km.



## 25 YEARS AT STANTONBURY NOW

**Should we celebrate this in some way????????????????**



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Greg Rutherford heads back to the boards.

## MILTON KEYNES FESTIVAL OF RUNNING

Sunday 9th March 2014  
Half Marathon, 10KM and 5KM event

**MK**  
HALF

**MK**  
10KM

**MK**  
5KM

**MK**  
FESTIVAL  
OF  
RUNNING

This event is a huge money-spinner for the club but does require lots of help. So, please, if you are not running contact Mick Bromilow or Jackson Ryan with any offers to assist on the day.

NEWSLETTER EDITED

BY

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CONTRIBUTIONS ALWAYS  
WELCOME!



## LATE NEWS GREAT BRITAIN VEST FOR DEVON BYRNE

After her 6<sup>th</sup> place in the recent England Indoor Pentathlon Championships where she set a PB of 3683 points, Devon will represent GB at Sheffield on 25/26 Jan. The Czech Republic, France, the Netherlands and Spain will be the opposition

## BUCKINGHAMSHIRE CROSS-COUNTRY CHAMPIONSHIPS

Held jointly with the Bedfordshire Champs. at Stockwood Park, Luton on 4<sup>th</sup> January.

### MMKAC winning teams:

**Senior/Veteran Men** - Chad Lambert(1), Steve Green(6), Ross Threlfall(8), Graham Jones(9), Alex Bowden(13) Gary Blaber(16).

**Senior Ladies** - Elle Roche(3), Lara Bromilow(5) & Wendy Webber(6); (*Lara before and after a fall*)

**U17 Men** - Owen Seamark(2), Harry Morton(4), George Glinski(7) & George Wheeler(9)



AND our 60's team whose race was declared void after a real mess-up with the marshalling. Paul Mason, Kelvin Smith and Dave Findel-Hawkins in his 36<sup>th</sup> Bucks XC Champs.