

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

Summer 2014

"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better" Samuel Beckett

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TWO MORE
INTERNATIONAL
TITLES
FOR THE
LEAPING
MAN



AND
THE
FUTURE
IS
ORANGE



Chair's piece

Track Season

As the track season draws to a close, it is right to reflect on what has been an excellent year for the Club, with some fine individual and team performances. Brian has summarised these achievements in the following pages.

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

The YDL Teams have done really well this year, with the Upper Age Group Team gaining promotion to Midlands Premier 1, the top league in the Midlands, and the Lower Age Group just missing promotion to Midland Premier 1, having very narrowly avoided demotion last year. It is possible, under a proposed regionalisation of the Premier Divisions to avoid excessive travelling, that both teams will be in Midlands Premier (East) next year competing against teams that will include Birchfield, Rugby & Northampton and Wolverhampton & Bilston. The decision will be taken at the AGM in November.

In the UK Women's League, despite a small turn-out for each meeting, and a rather shaky start, we have consolidated our position in Division 2.

Our Southern Athletics League (SAL) team was demoted last year from the top Division. As a consequence we decided to pull out of the Southern Men's League in order to focus on the SAL. I'm pleased to report that the turnout by the men has been much improved this year, which has enabled us to bounce straight back to the top flight.

The Eastern Vets League has had considerable organisational problems this year, and we took a late decision to join a breakaway group of clubs to ensure our vets continued to have access to league competition. It was pleasing to see that both the men's and women's team continued to enjoy success with the women winning their league and the men finishing second. One unfortunate consequence of this breakaway league is that there will be no grand final which, in previous years, has often provided an outstanding end-of-season competition for the club.

Grounds Maintenance

Last year our three long-serving grounds-maintenance volunteers retired after looking after the stadium for 15 years. We are very fortunate that Kelvin Smith stepped forward to take on a substantial role in making sure that the grass was cut, lines were marked and weeds were removed. He has done an excellent job this year, ably assisted by Paul Toombs. It would be really helpful to be able to share this load with others, and I would encourage anyone who has a morning to spare each week, to talk to Kelvin or to me.

Milton Keynes Festival of Running/SEAA Relays

The Club made well over £15000 from this year's Milton Keynes Festival of Running in March. The date for next year's event has been fixed at Sunday 8 March 2015. We will need more than 100 helpers on the day to ensure its continued success. Please book the date in your diary. Similarly, the South of England Road Relays will be held at Stantonbury on Sunday 29 March.

Cross Country

As the track season winds down, so the cross country season begins. Last season Bedford & County swept the board in the Chiltern League, winning twelve of the 18 categories. Marshall Milton Keynes were a distant second in eight of those categories including the Overall Trophy. To beat them this year we will need to get large numbers of runners out for every match. The first league meeting of the season is at Cassiobury Park, Watford on 11 October. The key to success in this league is getting a good start. Please try to be there. The fourth match will be a home match in Campbell Park on 10 January and the fifth match will also be in Milton Keynes on 7 February, hosted by Leighton Buzzard. It is likely this final fixture will be over a new course using the Teardrop Lakes.

Delivery/collection of Children

It has been noticeable for some time that many children are making their way to the car park after training and wait there to be collected by their parents. This has caused some concern, particularly now that the nights are getting darker. Please be advised that U11s and U13s should be delivered to the clubhouse on training nights and collected from there after training. It is not considered safe for your child to be waiting in the car-park area unsupervised, sometimes for a considerable time, waiting to be collected.

Clubhouse

There have been a couple of occasions over the summer when the clubhouse has been left unlocked after training. If you are the last to leave, and the clubhouse is unlocked, there is a key in the office that can be used to lock the building. If you are a keyholder, please ensure that, when you leave, there is a keyholder still present who will take responsibility for securing the building. We have been very fortunate that no damage was done, but it only takes one opportunity for someone to do considerable damage.

Greg Rutherford Indoor Centre

Greg's recent exploits at the Commonwealth Games and European Championships have again put the onus on the club to recognise his outstanding achievements by having a new indoor centre built close to the track in his name. Unfortunately the Campus has been dragging its feet, not recognising that this needs to be given high priority, and not allowing the club to go ahead, independently, to raise the funding. At last, with a new Charitable Trust set up to manage the Theatre, Leisure Centre and outdoor areas (including the track), things are beginning to move. Consultants have been invited to submit reports on developing those areas of the Campus, with high priority given to developing and building the indoor centre. Their next meeting is on 1 September. We await developments.

Awards Evening

The Club Awards Evening is on Friday 4 October, at Harben House, Newport Pagnell. Tickets should be on sale by the beginning of September. It would greatly help Jackson Ryan if last year's trophy winners could return their trophies to him as soon as possible.

Annual General Meeting

The Club's AGM will be on Tuesday 18 November in the Clubhouse, starting at 8.30pm.

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

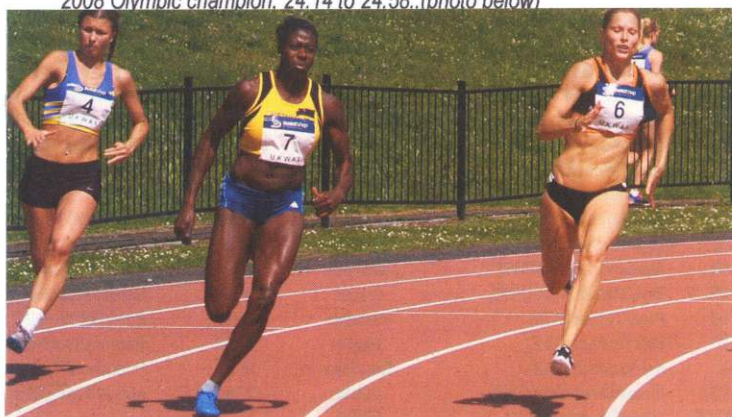
Chair, Marshall Milton Keynes AC

www.mkac.org.uk

	Final	League	Match 1/Cardiff	Match 2/Newham	Match 3/Portsmouth
	pts.	pts.	posn.	pts.	posn.
1 Bristol & West AC	649	22	1	235	2
2 Cardiff	649	22	3	185	1
3 Newham & Essex Beagles	548	17	2	190	3
4 Havering	525	16	4	168	5
5 Marshall Milton Keynes	428.5	9	7	122.5	6
6 Reading	422	9	5	163	7
7 City of Portsmouth	390.5	9	6	134	4
8 Herne Hill Harriers	357.5	4	8	113.5	8



Match 1 was at Cardiff on 10 May and a smallish team of 8 athletes made the long journey to South Wales where they finished 7th, ahead of Herne Hill Harriers and just behind City of Portsmouth. Next to Newham on 8th June in East London where a stronger team (albeit 9) placed an improved 5th and not too far off 4th position. Joey Duck faced local hero Christine Ohuruogu in the 200m and scored an excellent victory over the 2008 Olympic champion, 24.14 to 24.58. (photo below)



A few examples of athletes showing exemplary team spirit included unlikely sprinters in the shape of Martina and Sadie who contested the 100m, Kayleigh Presswell, more known for her throwing exploits took 3rd place (1m45) in the "B" high jump whilst Emma Beardmore again ran a leg of the 4x400m relay - (on the day the throwers scored 50pts between them, almost a third of the total points)

Bedford & County won Division 3 and will come up with Harrow to replace Portsmouth and Herne Hill. Bristol and Cardiff are promoted to Division 1 and City of Glasgow and Shaftesbury/Barnet join MMKAC in Division 2.



Above: the 4x400m relay team pose with Christine: Sophie, Martinha, Emma and Lara.

This left MMKAC in 6th place with one match remaining, the 7th and 8th clubs would face relegation. The final match gave home advantage to then 7th placed City of Portsmouth and therefore it was essential for MMKAC to put out a stronger team as possible. A team of 11 made the trip to the south coast, and covering 31 out of the 35 events took 6th place to ensure safety.....BUT only on match points scored as the 5th, 6th and 7th clubs all finished with 9 league points!!

5 th	MMKAC	428.5
6 th	Reading	422
7 th	City of Portsmouth	390.5

The old adage – every point throughout the three matches counts.

The eleven-strong team at Portsmouth included four ladies who competed in all three matches – Emma Beardmore, Martinha Ferreira, Sophie Gibbens and Nichola Gibson. They were augmented by Lara Bromilow, Emma Beales, Rachel Gibbens, Corinne Nurse, Kayleigh Presswell and Sadie Watts in their second appearance plus Diane Baldwin returning from serious injury.



photos: Rachel Gibbens(HJ), Emma Beardmore(SP), Martinha Ferreira (800m), Sophie Gibbens(S/C) and Sadie Watts(JT)

SOUTHERN ATHLETICS LEAGUE DIVISION 2 (NORTH)

AFTER A HARD FOUGHT MATCH AT HIGHGATE ON 2 AUGUST, MMKAC BEAT THAMES VALLEY HARRIERS TO ENSURE IMMEDIATE PROMOTION BACK TO DIVISION ONE.

League table – (top6)	match pts.	League pts
1 Thames Valley H	1143	19
2 MMKAC	1079	19
3 Harrow AC	1114	18
4 Ipswich	935	15
5 Herts Phoenix AC	969	14.5
6 Oxford AC	886	14

MATCH RESULTS:

19 APRIL-MILTON KEYNES

1 MMKAC	215
2 Luton AC	201
3 Peterborough AC	151
4 Dacorum & Tring	138

17 MAY-MILTON KEYNES

1 MMKAC	239
2 St Albans	175
3 Oxford City AC	158
4 Ryston AC	156

21 JUNE-HARROW

1 Harrow	220
2 MMKAC	187
3 Herts Phoenix	172
4 Basildon AC	141

12 JULY- NEWHAM

1 MMKAC	225
2 Newham & Essex B	162
3 Wycombe PH	162
4 Ealing, Southall & Mx	125

2 AUGUST-HIGHGATE

1 MMKAC	212
2 Thames Valley H.	204
3 Highgate H	157
4 Ipswich	151



Such was the spirit on the day. Congratulations!!!!!!!!!!!!!!

Some action from Highgate: clockwise – Aaron Adom wins the 200m/Maya Jennings on her way to a 100mH win/"Nearly synchronised steeplechasing" from Sophia Cliffe and Michelle Simonds
AND WHAT A TEAM!!



SAL MEN'S REVIEW 2014 by Jim Lawrence

Into the 2014 track season there were some changes at the top with regards to the men's side of the Southern Athletics League. With the sad demise of the Southern Men's League last year, I became the new Manager of the SAL with Jackson Ryan as my assistant.

We unfortunately got relegated from Division one last year so we started this season in Division 2 North. So our main aim this year was to get straight back into Division One.

FANTASTIC DAY

We started the season off with a home match on Apr 19th. What a fantastic day we had. Brilliant double wins for Ross Threlfall and Sam Deathe in the 800m. Double tops in the 1500m with majestic runs from Chad Lambert and Liam Smith. There was a superb and extremely competitive 5000m with Chris Hearn winning the 'b' string. Ryan Burling fulfilled his exciting potential over the 2000m Steeplechase with a great victory. Double wins in the Long Jump for new signing and former multi-event specialist Louis Evling-Jones and Subomi Onanuga. Louis had a marvellous day as he won the Shot and Discus as well. The 4 x 100m sprint relay team put in some last minute baton practice to good effect & had a brilliant win. Our combined men's & women's points score was a team win with 215 which gave us an early 3rd place in the league table.

BRING IT ON HOME

We had another home fixture for our next match on May 17th. Excellent weather helped our cause. Aaron Adom and Lee Westley won the 200m. Archie Rippin and Owen Seamark had a double in the 1500m. History may have been made when we had a two wins in the 110m Hurdles courtesy of Adam Balderston and Robbie Brown. Louis and Lewis Barnes won both Shot and Discus. Mark Roberson was back to winning ways in the Hammer. Two victory's for Chuko Cribb and Louis in the Long Jump.

Performance of the day must surely go to Chuko in the Triple Jump. He hopped, stepped & jumped out to 14.97m. That is just 9cm shy of Darren Gomersall's record set back in 1986. We rounded off the day with two winning relays. Some slick baton changing in the 4 x 100m and a nice winning margin in the always exciting 4 x 400m. A huge winning score of 239 put us up into 2nd place. With only the first two teams go up from this region of the league, we knew we had to keep the pressure up for the rest of the season.

THE HEAT IS ON

Off to Harrow on 21st June for their home fixture. Harrow are notoriously strong at home and so it proved. Unfortunately due to my ankle injury sustained in April and having had surgery a few days before this match and was unable to attend. Unfortunately for me I missed an absolutely enthralling match. I asked my wife Jeanette to help out Jackson on the day. The weather helped – A beautiful sunny day. Just what athlete's want (especially sprinters!). Aaron Adom got us off to a blazing start winning the 200m. Ross had an emphatic win in the 800m whilst new signing Mark Ryall after two winning non scoring appearances previously, finally gained a scoring victory for us in the 5000m. Ryan Burling has really matured as an athlete this year and he won the 2000m Steeplechase in style with a new MMKAC record of 6:05.0. Chuko did the business yet again in the Triple Jump and recorded a huge PB in the High Jump. Such was the spirit on the day we put out two teams in the 4 x 400m. We finished 2nd to Harrow but they crept up to 3rd position in the league with more match points than us. So close it was at the sharp end.

TRAMPLED UNDERFOOT

So on to July 12th with more blazing sunshine waiting for us at Newham. A double victory in the 100m for Subomi Onanuga and Aaron Adom, who also won the 200m. One of our most loyal and unsung heroes, Ross Threlfall had yet another two excellent tactical wins in the 800 & 1500m. This guy is producing mature performances every time I see him run.

A double tops in the 3000m Steeplechase courtesy of Steve Tuttle and Josh Lyman with a brilliant new personal best. Long Jump wins for Subomi & Chuko Cribb, who also again won the Triple Jump. Mark Roberson peppered the 49m line again in the Hammer but was beaten this time by a quality 60m thrower from Newham. Newham had one or two high performers out on the day, one of which set a new SAL league record in the High Jump with 2.20m.

A great double win in the Javelin for Louis Evling-Jones and for Lewis Barnes who gained a PB. There was a clear but safe win in the 4 x 100m down to Subomi, Aaron, Nic Williams & Scott Herbert. With some slicker baton changes, this four could have gone much

faster. The match rounded off with a very competitive 4 x 400m with a superb split by Stuart Ellison. Mention must be made to Oli and Felix Lum, who will do anything that is asked of them. They are a credit to the SAL team & MMKAC. We again recorded a marvellous team victory. It was a fantastic match full of team spirit once again and it was a privilege to witness. We stayed 2nd in the league.

WINNER TAKES IT ALL

So on to the last match on Aug 2nd at Parliament Hill. We were against the league leaders Thames Valley Harriers. Looking at the league table and its various permutations – this was a match that we had to win. Unfortunately this was a match that I had to miss as I had already got tickets for the Commonwealth Games. I asked Barry Hearn to act as manager on the day (which he very kindly agreed) to act as help to Jackson. We all knew what an extremely close match this would be and so it proved. Aaron once again won the 200m. A double win in the 800m for Ross Threlfall and Sam Deathe, with Ross also taking the 1500m yet again. Sam Winters duly took the 'B' race. Two vastly improved athletes this year, Ryan Burling and Josh Lyman took the honours in the 2000m S'chase. Chuko Cribb equalled his personal best winning the High Jump. There were double wins in the Discus for Louis Evling-Jones and Lewis Barnes. Mark Roberson nearly got a PB in the Hammer with a massive throw of 50.48m. The 4 x 100m was won in a very fast 43.9 thanks to Subomi, Dickson Kusi, Nic Williams & Aaron.

I received a text message from Barry at 4.55 p.m. to give me the great news. I cannot tell you how happy I was to read that. We won the match by 8 points thus finishing runners up in the league and securing promotion back to Division One. Four team victory's out of five. Not bad a season!

OUT OF TIME

The tremendous season we all had would not go amiss without all the help and support we had. We utilised a hard core of officials who helped throughout. The main ones being Jackson (Track), Di Baldwin (Track), Mick Bromilow (Time) plus Carl Baldwin, Jeanette Lawrence, Hazel Lawrence and Mike Burling (Field). It is extremely important that we get a good set of officials out for each match, as at Parliament Hill, where crucially points were so vital.

Forty one athletes scored for us this year, of which the following made more than 3 appearances. Ryan Burling, James Cowell, Dickson Kusi, Subomi Onanuga, Gaith Taha & Steve Tuttle.

The following made four outings :- Sam Deathe, Chuko Cribb, Graham Jones, Oli Lum, Felix Lum, Josh Lyman, Lewis Barnes, Archie Rippin, Eliot Winter & Nic Williams.

Four athletes competed in all five matches – Aaron Adom, Louis Evling-Jones, Mark Roberson & Ross Threlfall.
2015 will become even more challenging for us as a team and we must all work together (athletes & ALL coach's) so that we can have another great season.

And not forgetting the ladies:

Team Manager Carly Scott has been away in Canada so I have not had time to ask her for a ladies review; hopefully for the next edition. The introduction of the SAL has been a huge step forward in league athletics with combined teams.

A few notes from this season:

- No less than 31 ladies competed through the summer.
- Emma Beardmore (as in the UKWAL) & Alana Slater (photo R) competed in all 5 matches.
- 4 appearances from Lara Bromilow, Sophie Gibbens & Carly Scott.
- At least 3 outings for Emma Beales, Amy Botham, Gemma Childs, Martinha Ferreira, Sophie Gibbens, Casey Hodges, Katie James, Michelle Simonds, Kewe King & Elle Roche.



THE MILTON KEYNES sub 4-MINUTE MILE CONNECTION

May 2014 was the 60th anniversary of Roger Bannister's epic first sub-four minute mile (photo below: 3.59.4 at Oxford). *Athletics Weekly* published the list of those 190 British athletes who have been sub-4.



There are two names with strong MMKAC associations:

Ian Stewart who is ranked 21st (3:53.20) from 1982 and Neil Ovington who is at no 69 (3:57.07) from 1986.

Firstly Ian recalls his race in 1982 which took place in Koblenz, Germany:

I'd had a good winter, lots of mileage, good strength and conditioning work (they called it circuit training & weights in those days!), and I'd ran one or two races indoors which went well. The track season had gone well...several GB races, 2nd in the Emsley Carr Mile to Dave Moorcroft. I'd run in the Dream Mile in Oslo on 7th July that year running a personal best of 3.54.4, my first big mile race, and I was 3rd in an Oslo 3,000m race in 7.43 just a couple of weeks prior, just behind Steve Ovett and Suleiman Nyambui (Tanzania)...so things were looking good. My aim that season was to get in the England team for the Commonwealth Games, which were going to be held in Brisbane, Australia late September, but my chances were slim as Coe, Ovett and Steve Cram were in pole position, and it was really down to whether they "wanted" to be selected. Approaching Koblenz, which was 25th August, I'd pretty much given up hope of selection and this was going to be close to the end of the season for me.



Ian Stewart leads Steve Ovett in a GRE match at Brighton in 1979

It's quite a while ago but things I remember about Koblenz fall in to two topics...the build-up, and the race itself.

I remember sharing accommodation the night before the race in Koblenz with at least 4 other Brits in a room rather like a youth hostel...all of us were full GB internationals...but no luxury. The mile was timed to be the last race of the night being shown live on European TV channels at 10pm, so staying relaxed was a challenge for the day. We had the most fascinating breakfast with Colin Hart, a legendary sports journalist, who in those days covered athletics as well as his beloved boxing career. He gave us "youngsters" a great insight in to sports journalism, and the rumours circulating at the time about when Coe would next race Ovett. I also remember being offered a pre-race meal of German sausages

and red-cabbage, but I politely declined and resorted to some bread and my trusty Weetabix (always in my case for such eventualities!)

Anyway, I managed to get a bit of sleep in the afternoon, and whilst the nerves were building, I arrived at the track a short walk from the deluxe 5 start hotel/ dodgy youth hostel in good shape a couple of hours before my race. I don't remember much of the warm up, but I do remember the crowd, which wasn't as big as Bislett in Oslo, but seemed much noisier.

Rumours abounded that Steve Scott, the American was going for a U.S. record, and that pacemakers had been lined up to go through 800m in 1.53, which got the attention of my adrenal gland somewhat! The field was pretty much the top milers of the day bar Ovett, Coe and Cram :- Steve Scott(USA), Thomas Wessinghager(Germany), Sydney Maree(S Africa), Tom Byers(USA), Ray Flynn(USA), and the legendary John Walker(NZ).

I think it was an 800m runner Robinson from the USA that was paid to pace-make, and the race started at a hell of a speed...I went through 400m in 55 seconds and I was about 10th! I was trying to run as even paced as possible and went through 800m in 1.54-55...the leaders went through in 1.53! Then my education of being in a top flight mile really started...I used to think the 3rd lap was a lap of consolidation before you kicked with a lap to go....in this race, they seemed to kick with 2 laps to go, so I basically hung on for dear life. I gained several places over the last 600m and came in 8th with a PB of 3.53.20....as it turned out, it was to be my best ever mile race, and something of which I am enormously proud. Steve Scott won in 3.49.72.

Footnote :- Unfortunately for Ovett, but fortunately for me, he hurt himself on some church railings while out running, and dropped out of the Commonwealth Games, so I got a very late call up, although by that time I had started my end of season break so didn't quite recover enough fitness to do myself justice in Brisbane.

Circle of Life Note :- My mother was born with a hole in the heart and had an operation to repair it before I was born. One of the doctors caring for her post-op was the one and only Sir Roger Bannister!!!

In 2004, the 50th anniversary, Neil wrote the following article on his race for our Newsletter:

On so I believed on a typical British summer evening at Crystal Palace on Friday July 11 1986. Yes, it was tipping it down. It was a great night though: I think they called it the Peugeot Talbot Games. I was awe struck. It was the first time I'd been "invited" to a race and I was feeling a bit special. Sitting down in the warm-up area with all these stars just milling around.

Also on the bill that night were Linford Christie, Zola Budd(who ran a UK 2000m/5.30.19 record that night), Seb Coe(who strolled round an 800m in a slow 1.45 for his first race of the year), Said Aouita, John Walker, Steve Scott, Ed Moses and many more that I can't remember now.

I was never very good at chasing times, I used to like to race. The thing is I wasn't bothered about running sub 4, I was more concerned about the other British guys in the race and whether I could give a decent account of myself and not finish last.

Luckily I suppose for the likes of Seb Coe (competing in the 800m), Steve Ovett and Steve Cram were either injured or competing elsewhere so that left only a few decent British guys, Peter Elliot, Rob Harrison, Gary Staines, Steve Martin, Malcolm Edwards, all of these already sub 4 men plus Mark Rowland and then me with my personal best sitting at 4.02 from earlier in the year on a sunny day at Woking.

Interestingly enough out of all the British guys in that race I was the only one who never went to a major championship. In fact that same summer Elliott and Edwards made the final of the Edinburgh Commonwealth 800m finishing 3rd and 5th to Steve Cram and Tom McKean. Rob Harrison and Steve Martin made the final of the 1500m finishing 4th and 7th also to Steve Cram. Mark Rowland in 1988 set the current UK record for the steeplechase(8.07.96), he only took it up because we had too many decent runners at 800 and 1500 and this was someone who went on to run 3.52.9 later for the mile(no 20 all-time)

When I walked onto the track for the first time I felt quite nervous, yes I'd run in front of big crowds before and made UK finals, but this time the TV cameras were there and I really didn't want to make a fool of myself. The most nerve racking thing

Still I do like front running even if I am rubbish at it! Luckily the pace was comfortable and I decided that being at the front was better than getting boxed in so I'd stay there. The next two laps were quite uneventful, I was quite happy leading through 800 in 1:59 although I was starting to wonder when some of the faster guys would go by. I remember a little Swiss guy overtaking me on the 3rd lap, he must have been little because even I thought he was little (I'm only 5'7"). The sod slowed it down, We hit the bell in 3 minutes dead. Whoosh the whole field practically sprinted past me. I was about 7th place and was beginning to think I'd come last. I dug in and tried to hang on to the shirt tails of Rob Harrison all the time thinking I don't want to be last. I can't be last. We hit the home straight and Harrison took off and just pipped Peter Elliott to win in 3:54.5. The last 100m I could hear the crowd screaming, normally you can hear if somebody is coming up on your shoulder, not this time. Mark Rowland shot past to run his first sun 4 in 3:55.9 and Pat Scammel from Australia had inched me too. That left me 9th but more importantly not last and in front of some of the British guys. Strangely enough I didn't find out until the next day what time I had run - 3:57.07.

Ian joined the then Wolverton AAC in 1975. He won the Bucks AA u15 400m title(53.1) and then his major breakthrough winning the inter-boys English Schools 800title at Durham with 2.02.0 – still the second best time on the club all-time u15 rankings, nearly 40-years on. Ian then moved to Luton AC for better competition, they were then a British League club. He remained a second-claim member for some years and helped the club win a number of Bucks AA cross-country team titles.

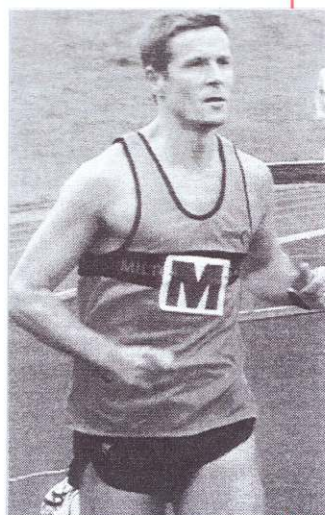
He made a return to Milton Keynes in 1983 to win the Wolverton "5" in 23.39 with Simon Rayner setting a club record of 23.54 in 2nd place.

Ian has always lived /worked locally and "returned" to MMKAC in 2010. He is currently CEO of Routeco plc, formerly an Austrian company, that now has branches in Austria, Holland and the UK. They distribute industrial automation and control products, and employ more than 250 people in the UK. Ian is also Chairman of MKSNAP, a charity which helps disabled people into work, and sits on the MK Sports Board, tasked with improving sport in Milton Keynes. He has recently joined Stantonbury Campus Charitable Trust, which is taking over the management of the Leisure Centre, the Theatre and the outdoor sports areas, including the track. For MMKAC, Ian is a member of the Committee responsible for welfare issues, and has been a coach, a team manager, and an official.

Neil had a long career with Thames Valley Harriers and joined us in 2000 when he moved/worked locally. At the time he wrote the above piece he added: "I ran my 1500m personal best of 3.43.2 at Watford in 1986, over 800m I had run 1.48.9 at Corby in the 1989 Inter-counties and then in a British League match at Edinburgh I clocked 1.48.48 AND I only finished 5th – last man was 1.49.3 – how the standards have dropped!

Other PB's include – 400m(49.7), 3000m(8.11), 5000m(13.58): road- 5miles 23.46/Hillingdon, 10miles 49.23./Leicester and half-marathon 68.23/Nottingham.

(Neil, right in a home SML 5000m in 2003))



GREG RUTHERFORD'S JUMP RATIFIED AS UK RECORD

The jump had been set in controversial circumstances as questions were raised – including by the then joint record holder Chris Tomlinson – over its validity. Tomlinson highlighted video footage which he and others claimed showed Rutherford no-jumping. A chief concern was the fact that no plasticine was used in the take-off board. Rubber was used instead – acceptable by USA Track and Field rules but not those of British Athletics or the International Association of Athletics Federations.

As with all records, a technical advisory group was set up to confirm the mark and on May 25 the national federation said its thorough investigation had ended. A statement from British Athletics read in part "In considering a UK record application, we would not normally consider video evidence..... However given the controversy generated via social media surrounding this performance, the group looked very carefully at the available video and photographic evidence and considered two points:

- 1- It was not an official video
- 2- It was not taken directly in line with the take-off board"

The jump was given a white flag at the meeting by one of the four licensed IAAF-level judges. UKA rules state, "if such evidence, including any available video evidence, is inconclusive the decision of the referee.....shall be upheld"

The panel added "In our considered opinion, the video evidence is inconclusive" UKA rules are vague in respect of whether the absence of plasticine should prevent ratification. They state the ratification submission form "shall, as appropriate, state or confirm:.....That the appropriate rules of UKA and/or IAAF have been strictly observed"

The mark is 16cm further than the record previously shared by Tomlinson and Rutherford. The latter had jumped his 8m35 at the same venue and in the same event series in 2012. Tomlinson recorded his leap in Paris in 2011.

The jump led to some ill feeling between Britain's top two long jumpers. Tomlinson had earlier said: "When you look at the video, it's clearly a foul, Greg's foot is not marginally over but significantly over, probably four or five centimetres or so"

He added: "People might say I am bitter or it's just sour grapes but what else am I meant to do? Am I just meant to sit back and say 'amazing jump' when it's clearly illegitimate"

////////////////////////////////////

BOB AUSTIN HAS ANNOUNCED HIS RETIREMENT FROM COMPETITIVE SPORT

Bob has been a long standing club member, initially into road running but then took up race walking where he gained a number of successes. Bob clocked 3:27.31 in the 1984 London Marathon but then into race walking, some PB's include:
3km track 14.01.3(1989) 10miles road 84.02(1989)
50km road 5:35.21(1988)

Bob race-walked the 2008 Willen "5" in 49.22 but is most well-known for his heroic performance in the 2008 Centurians Walk.

This annual event was held on our track in 2008. Here 24 competitors attempted to walk 100miles within 24hours.

Starting at noon on the 16th August they would have to walk 400 laps of our track to qualify as a Centurian !!

Bob passed 50miles in 11hrs12mins and he was 17th from the 20 still in the event. On through the night (photo right), where we had a thunder-storm around 5.00am and with a second half of 12hrs33 he finished 16th overall(17 finished) with a time of 23:45.18. Bob had a very pronounced lean in the latter stages(not uncommon in endurance events – ask Richard Harrison) and although Julie Dalzell tried to straighten him upright this did not last long.

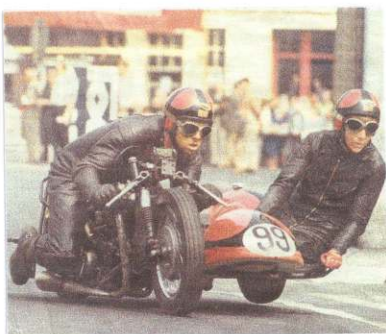


A brilliant achievement with just 15-mins left on the clock.

JENNIFER BEALES (1941- 2014)

It was very sad to hear of the passing away of Jennifer, wife of club stalwart Bob Beales, mother of Emma, who went on to become an International heptathlete and is still competing for us and son Robert who competed in the late 90's for the SML teams where he had a javelin best of 56m17.

Their partnership included a spell with side-car racing including taking part in the Isle of Man TT. (photo right) They also raced at the likes of Snetterton, Oulton Park and Mallory Park.



Our sincere condolences to Bob and his family.

LEAH WILLIAMSON

Leah, an ex-MMKAC young athlete, came on as a second-half substitute for Arsenal in their 2-0 win over Everton in the FA Women's Cup final held at Stadium MK in May. The 17-year old said "to get on the pitch was incredible, especially in my home town. The reception was amazing so I'm, feeling very pleased"



HAMMER THROWING PRESSWELL SISTERS SET CLUB AGE GROUP RECORDS WITHIN SIX DAYS OF EACH OTHER.

Kayleigh Presswell finished 2013 with a best of 52m16. The previous year she had improved the long-standing senior club record from 1995 to 50m78. Kayleigh then threw 52m63 at the 2014 SEAA u20 Championships at Crystal Palace on 15 June. And next on 15 July, representing the South of England in Cardiff(Welsh International Games), Kayleigh launched the 4kg hammer out to 53m19 with her first throw and then on the second throw the hammer nestled in the grass at 54m67! (photo L at the home YDL match)

Lauren Presswell(under 17) started 2104 with a best of 42m81(3kg) from the previous year. Her training partner, Paige Barnes was just ahead with 43m56. Lauren improved the club record four times to 48m28 at Oxford on 31 May. Paige then threw 48m55 at the English School Championships on 12 July before, on the 20th July, Lauren threw 49m38 (photo R at the English Schools Champs)



PETER HICKMAN – Chiltern League ever-present.

Apologies to Peter and his family for being omitted from the list of under 13 boys who ran ALL five of the Chiltern cross-country races last Winter. Picture of him in the second Campbell Park fixture where he had his best Div. One run of the five, 57th.

His brother Robert was also in the ever-present squad.

I note both young men have been competing regularly in the summer including the Youth Development League matches.





BMC PB CLASSIC STANTONBURY 7 JUNE

♣ Races: 35 (26 races - 2013)

♣ Finishers: 302 (197 competitors - 2013)

PB's: 181 competitors (60%)

This BMC meeting, mainly for teenager young athletes, attracted a record number of entries and in turn finishers and continues to demonstrate the popularity of this important fixture.

By the smiles on many faces, most athletes went away happy with their performances. There were plenty of athletes achieving Power of 10 top 10 rankings. With 60% of competitors achieving PBs, provided proof of the importance of this event to helping our young athletes improve their performances, give them fast pace opportunities and raise standards of the events. After early thunderstorms and heavy rain, the meeting which started at 4.00pm and ended on time at 8.30 pm was held in bright, dry conditions with a little breeze early on.

The last race of the evening, the 800 metres races of Under 13s ended a great evening of athletics with the host club Marshall Milton Keynes AC fittingly having their athletes fill the first 5 places. Thanks to all athletes, spectators, officials, timekeepers, helpers, Marshall Milton Keynes AC as hosts, BMC colleagues and sponsors Nike for making this a successful evening.

The above is part of the official BMC report of the meeting. I would like to add thanks to Jim Bennett and Mick Bromilow as the local organisers AND to the very hard work put in by Sam Deathe, Eliot Winter and Mark Dowson as pace-makers. Eliot had the task of pacing Jessica Judd's 800m and he took her as far as 500m before retiring. Jessica ran 2.02.77 smashing the track record by almost 5-seconds.

**There were 42 MMKAC athletes competing: 30 ran PB's(71.4%)
These are listed below and some are in the photographs.**



800m		
Archie Rippin	M17	1.58.33
Charlton Kerr	M17	2.01.13
George Glinski	M17	2.08.98
Devon Harford	M15	2.12.09
Nathan Nurse	M20	2.13.78
Ewen Forsythe	M15	2.16.49
Jack Meijer	M15	2.24.26
Katie Mallaghan	F13	2.27.33
Jessica Nuttall	F15	2.31.77
Anna Kofoed-Gregory	F15	2.33.54
Peter Hickman	M13	2.35.32
Montana Edghill	F13	2.39.04
Gemma Milne	F13	2.51.13
1500m		
Louis Clarke	M17	4.11.30
Conrad Webber	M17	4.25.02
Daniel Hynes	M17	4.35.48
Charles Wheeler	M17	4.36.59
George Wheeler	M17	4.36.66
Jake Cox	M15	4.37.43
Connor Marley	M15	4.46.12
Robert Hickman	M13	4.55.31
Charley Madgin	M15	4.57.16
Emma Mears	F15	4.59.35
Jack Sharp	M13	5.08.68
Holly Jamieson	F15	5.15.42
Jack Terrey	M15	5.22.70
Tomas Billenness	M13	5.35.79
Jemima Hughes	F15	6.14.09
1500mS/chase		
Natalie Nurse	F17	5.58.43



1500m action

From the top:

Jake Cox leads Charles and George Wheeler
Natalie Nurse(1500m s/chase)
Holly Jamieson and Conrad Webber
Robert Hickman; Charley Madgin & Emma Mears
Tomas Billenness(580)



UNDER 13/15 TEAM MIDLAND PREMIER TWO

**EXCELLENT THIRD PLACE COMFORTABLY
ENSURES PREMIER LEAGUE STATUS FOR
MMKAC NEXT SUMMER**

FINAL LEAGUE TABLE

1 Cheltenham & County	2043	22league pts
2 City of Stoke SC	1967	19
3 MMKAC	1940	16
4 Wolverhampton & B.	1882	12
5 Notts AC	1831	11
6 North Somerset AC	765	2

Many thanks to team managers Gordon Fallow and Alana Slater plus all the officials and parents who assisted. Distance to the three away matches totalled almost 600 miles. Match 1 saw MMKAC only 8pts down on the winners, Cheltenham; match 2 saw just 21pts between the 2nd and 5th placed teams, our home match produced a result where only 8pts separated 2nd from 4th and then in the final it was just 10pts between 2nd and 4th.

MATCH RESULTS

3 MAY-GRANTHAM

1 Cheltenham & Co.	518
2 MMKAC	510
3 City of Stoke AC	500
4 Wolverhampton & B	481
5 Notts AC	477
6 North Somerset AC	0

31 MAY-WOLVERHAMPTON

1 Cheltenham & Co.	508
2 City of Stoke AC	470
3 Wolverhampton & B	467
4 MMKAC	456
5 Notts AC	449
6 North Somerset AC	423

22 JUNE- MILTON KEYNES

1 City of Stoke AC	488
2 Notts AC	472
3 Cheltenham & Co.	469
4 MMKAC	464
5 Wolverhampton & B.	433
5 North Somerset AC	342

19 July-STOKE ON TRENT

1 Cheltenham & co.	548
2 MMKAC	510
3 City of Stoke AC	508
4 Wolverhampton & B	500
5 Notts AC	433
6 North Somerset AC	0



Action from the home match

From the top: Ethan Wiltshire/Sade Ross
Ewan Forsythe/Molly Adams
Charlotte Bailey
Jordan Heron/Alastair Stuart-Brown/Isobel Blake



UNDER 17/20 TEAM MIDLAND PREMIER TWO

**PROMOTION TO PREMIER 1
FOR NEXT SUMMER AFTER
THE UNDER 17/20 TEAM FINISH
RUNNERS-UP IN PREMIER 2**



FINAL LEAGUE TABLE

1 Team Devon & Cornwall	2706	23league pts.
2 MMKAC	2524	20
3 Wolverhampton & Bilston	2159	15
4 Cardiff AC	1865	11
5 Cheltenham & County	1563	9
6 City of Stoke AC	1303	6

A second consecutive promotion for team managers Richard Pownall and Graham Ghaleb where in Premier One next summer they will face the mighty Birchfield Harriers amongst others.

Again a huge vote of thanks to everyone who assisted the team and especially to those who made the long journey to Plymouth (around 450miles return). A solid third place was gained here from our team of no less than 39 athletes.

RESULTS:

27 APRIL-STOKE

1 MMKAC	658
2 Devon & Cornwell	649
3 Wolverhampton & B	577
4 City of Stoke AC	440
5 Cheltenham	388
6 Cardiff AC	319

1 JUNE-CHELTHENHAM

1 Devon & Cornwall	679
2 MMKAC	616
3 Wolverhampton & B	543
4 Cheltenham	502
5 Cardiff AC	411
6 City of Stoke AC	373

29 JUNE- HOME

1 Devon & Cornwall	666
2 MMKAC	659
3 Wolverhampton & B	554
4 Cardiff AC	520
5 Cheltenham	372
6 City of Stoke AC	228

27 JUNE - PLYMOUTH

1 Devon & Cornwall	711
2 Cardiff AC	615
3 MMKAC	591
4 Wolverhampton & B	497
5 Cheltenham	301
6 City of Stoke AC	262

Photos right, from MK:
Jonathan Pownall/Laura Zialor
Felix Lum/Naomi Greener
Kewe King/Lewis Barnes



A REVIEW OF THE SEASON BY TEAM MANAGERS RICHARD POWNALL and GRAHAM GHALEB

We started the 2014 season newly promoted and expecting a tougher level of opposition than we experienced last year. Our opponents in all four fixtures were to be Cardiff, Cheltenham, Stoke, Wolverhampton, and a mixed team comprising no fewer than six different clubs from Devon and Cornwall. But the team had grown since the previous year, and we had some encouraging new arrivals up from the U15 age-group. We were ready to give it our best shot.

This first fixture in April was at Stoke-on-Trent. An early start, assembled in the car park at Stantonbury, the eager team experienced a potentially disastrous start to our campaign when our transport failed to arrive. A misunderstanding with the coach company had left us high and dry. But I'm pleased to say that with some great co-operation from a number of parents and athletes, we soon had half a dozen cars on their way to Stoke with the earlier time-tabled athletes on board, while the remainder waited patiently for a hastily arranged replacement coach. In the end we managed to miss out on only a couple of events, and didn't jeopardise a good start to the season. In fact, our performances at Stoke surpassed expectations, and we ended up with a fantastic first place on the day.

Next was a match at Cheltenham. No transport difficulties and a good solid team. This time achieving a solid second place out of the six teams. Our own performance was no weaker, but it was clear that Team Devon and Cornwall (TDC) were finding their feet and were the force to be reckoned with. The third fixture was at home in Milton Keynes, which is a great advantage to us, and at which we finished another second place behind TDC, although we were deducted 10 points for not fielding our full quota of officials and only lost the match by 7.5 points, a salutary lesson for next year.

Our final outing in July was to be the long haul down to Plymouth. It was either a 4am start or an overnight stay, and the general consensus was to go for the latter. This necessitated a whole new level of organisation as we swapped the coach for self-drive minibuses and hotel bookings, and valiant efforts to try to get confirmation on who was going to attend, and how many places to book. In the end we managed to get together a total 39 athletes (boys and girls), 32 of whom stayed over in the luxurious Okehampton Travelodge along with six parents/drivers. I have to say it turned out to be an enjoyable outing, and I thought great for the team to see 38 of us sitting down together for an agreeable (and well behaved) pub dinner the night before.

In the match itself we almost achieved another second place even with our reduced numbers, but were pipped by Cardiff who had put out an exceptionally strong team in an effort to avoid relegation. Nonetheless, our third place on the day, along with the earlier successes, combined to leave us second in the division overall, which earns us yet another promotion for next year, this time to the top flight "Premier 1" division. A great season's work.

So what of the athletes? Over the season we called on an encouraging 38 different men and boys across the U20/U17 age-group. And of those, no fewer than eleven athletes competed in all four matches and deserve special mention. They are: Caleb Simon, Conrad Webber, Daniel Hynes, Dickson Kusi, (photo top), Felix Lum, James Mottram, Jonathan Pownall, Lewis Barnes, Nathan Nurse, Robbie Brown and Toby Herdman-Smith

There were some great performances too. We were particularly strong in the sprints this year, led by Ryan Walker and Lee Westley, but with a really encouraging strength in depth behind. That strength delivered another club record in the U20 4x100m relay, with Ryan, Lee, Dickson Kusi and Robbie Brown turning in a fine 45.0 second performance at the Cheltenham match. We have also grown in strength in Hurdles and Jumps, which is encouraging. As we move into the highest division we are going to need to cover the full range of events, and will need even more athletes capable of competing at the top level as the standard is likely to be even higher than it was this year. Now where am I going to find more throwers?



As for the girls and junior women, for the first time in many years they were outscored by the men, with serious gaps particularly in the middle distance events where even in our home match we were only able to fill 10 of the 16 slots. At Plymouth we could only fill 3 of the slots, so clearly a lot of work will need to be done to improve the strength in depth of our female endurance athletes during the winter season. The other area of weakness was hurdles where again there were significant gaps, but these areas of weakness were offset by the excellent performances of our throwers, sprinters and jumpers, who scored well throughout the season and by the remarkable commitment of a number of athletes who were prepared to cover a range of events to gain points for the team, with some of the under 20s prepared to compete in 5 events in the final match in order to maximise our points total. Altogether 33 girls and women turned out for the club with 5 competing in all 4 matches and they deserve special mention:

Lauren Presswell, Paige Barnes, Laura Cumino, Naomi Greener and Laura Zialor

But again we'd like to give credit to the majority of the team who are willing to muck in and do that extra event, often not their preferred discipline, to make sure the team is not disadvantaged. Any team manager will tell you that avoiding empty places is the first key to success, and having athletes willing to put one in for the team helps to make team management a pleasure.

So we look forward to next year and an even tougher challenge in "Premier 1". I'll be sorry to say goodbye to some of the older athletes who will move up to senior ranks; Dickson Kusi, Mick Greener and Richard Goldsworthy. But I'll really miss Lewis Barnes in particular, who with the exception of our strong Javelin contingent has been a one-man throwing machine for most of the two seasons I've been involved with the team; and who ticks all the boxes of strong performances, attending every match, and doing the extra event when needed.

Amongst the girls the majority who competed this year will be available next, although one athlete who deserves special mention is Kayleigh Presswell who has been a consistent, high-scoring, enthusiastic and committed member of the team for a number of years and is, like Lewis, a manager's delight not just for the quality of her throwing but for her attitude and personality. She will be missed and deserves grateful thanks for all her efforts over the years.

However despite the departure of a number of key athletes we've still got a good strong squad that are all developing their talents, with numbers that seem to be increasing overall, and more talent moving up from the younger age-group, including a number of female endurance athletes who should help to fill most of the gaps from this year. Overall it bodes well. Roll on next season!

Richard (and Graham).

MMKAC athletes in Championship events



Greensand Ridge Relay

28 JUNE- a 33mile cross-country relay for teams of 6 from Linslade, to Northill, near Sandy.

MMKAC had four teams competing this from a field of 44. A far cry from when I first ran in 1993 when there were just 10 teams. Our ladies have won 9 times and in bid for both a hat-trick of wins and a 10th victory, late injuries and a re-shuffling of the team thwarted their progress. Maria only had a couple of days to check out the long(9.1 miles) 3rd leg whilst Amy Inchley(a second-claim member) ran leg 1 for Leighton Buzzard and later leg 6 for MMKAC and bringing the team home 3rd in the ladies race(photo below). Karen Tinknell and Leah Hartwell ran the first two legs with Julie Dalzell (photo below) and Alex Knowles on legs 4 and 5.

ENGLAND ATHLETICS HEPTATHLON CHAMPS – BEDFORD(24/25 MAY)

1ST DEVON BYRNE 5004pts(PB)
100mH(15.02);SP(11m14);HJ(1m57);200m(26.40)
LJ(5m23);JT(37m38);800m(2.17.58)PB



Devon, competing in the 2nd home SAL match

SOUTH OF ENGLAND CHAMPIONSHIPS – CRYSTAL PALACE(14/15 JUNE)

Senior Hammer	3 rd Emma Beardmore (44.58m)
Women:1500m	8 th Lara Bromilow(4.55.5)
3000m	10 th Lara Bromilow(10.19.55)
U20W: Hammer	2 nd Kayleigh Presswell(52m63) PB
100m	5 th Elysia Marriott(12.52) PB
U20M: 200m	heat – 1 st Ryan Walker(21.70) PB
	Final - DNS

ENGLAND ATHLETICS CHAMPIONSHIPS – BEDFORD(21/22 JUNE)

U20MEN:Javelin	1 st Freddie Curtis(64m18)
	2 nd Redford Curtis(59m07) PB
	8 th Edward Wilson(52m08) PB
U20W: Hammer	4 th Kayleigh Presswell(51m82)

UK CHAMPIONSHIPS - Birmingham(28/29 JUNE)

200mMEN:	5 th Chris Clarke(21.10)
200mWOMEN:	5 th Joey Duck(23.48)
100mWOMEN:	S/Final 6 th Joey Duck(11.90)

ENGLISH SCHOOLS CHAMPIONSHIPS – Birmingham(11/12 July)

4 th places for :		
Redford Curtis	Sen.Boys Javelin	58m71
Jonathan Pownall	Int.Boys Javelin	63m50
Laeken Impey	Sen.Girls Hammer	43m50
Ebony Carr	Int.Girls 100m	12.19
Laura Zialor	Int.Girls Triple Jump	11m4



Up-front the MK Tigers finished 5th overall with Jeremy Vick gaining 7 places on leg 5(2nd fastest on the day) and Dan Webber moving from 10th to 5th on the anchor leg. Dan ran the fastest 6th leg of the day – 27.50 for the 4.7 miles. On leg 3, Gary Blaber ran 59.29 gaining 13places and some 11.31 inside his handicap time.

The MMKAC Originals finished their 22nd consecutive race and here Kelvin Smith(M65), coming in as a late replacement for an injured Geoff New, clocked 71,23 on leg 3, 12,37 inside his handicap. Jim Miller, a long-standing member of this team ran leg 4(photo below). They finished 22nd overall.

The MMKAC Nearly 70's (5men 70+ and one late 60's, average age 73) got the baton round again. AND were not last! 41st out of the 44. Club President Milford Callow anchored the team at Northill (photo below)



Full results on: www.smac.info/GSRR/

RICHARD HARRISON COMPLETES THE WEST HIGHLAND WAY RACE - 21 JUNE



The old drover's road across Rannoch Moor

The West Highland Way, a classic long-distance walk of some 95 miles with 14,000' of ascent (and descent), wends its way up to and along the eastern bank of Loch Lomond, before ascending into the Highlands across the wilderness of Rannoch Moor and slightly hillier environs of Glencoe, via the Devil's Staircase and descent to sea-level at Kinlochleven, and finally on to Fort William. Most complete the route in 5 to 6 days; my target was under 24 hours, ideally sub-23 if I could manage it.

This race is different to most modern ultra-runs. You have to arrange your own support crew and for the final two legs you must have someone in the support car able to run with you if needed. My long-suffering wife Sue agreed at the outset to provide the support, but definitely NO running. Once we had undertaken a detailed reconnaissance at the end of May, I rather think she was regretting volunteering. *(Sue's note: he didn't tell me it was a 1.00 am start when I agreed to it!)* It meant she also would have no sleep for over 24 hours, meeting me along the route every two and a half to three hours and attending to my every whim: tea, coke, sausages, meat pies, Jaffa cakes, fruit cake and so forth best not to mention rice pudding, as these were left back in the fridge at home and nobody told me! Sue was supported by our good friend Charlie, who flew up especially from Southampton to help although, like Sue, he drew the line at attending to sock changing assistance.

Also unlike other races, all runners are weighed at Registration. Your weight is recorded on a card that follows you around with your support team and needs to be produced at two mid-race weigh stations and again at the finish to ensure your weight loss or gain is not in excess of 4%. Presumably, race officials' brains aren't at their best in the middle of the night, so they had armed themselves with a 'cheat sheet' to calculate the 4% weight loss/gain parameters. I was rather put out at being told their calculations didn't go as high as my weight, but, not to worry, they had a special sheet for 'fat *astards'. Insulted before I even set off on the race!

Anyway, on to the run itself.....

Starting from Milngavie, north of Glasgow the weather was perfect, around 11-15 degrees and on occasions a slight mizzle, but nothing very wetting. The route breaks down into 10 checkpoints, the first section from Milngavie to Drymen is 12.1 miles, mostly along easy paths and relatively flat with the only real road section of about 3 miles. As always, I probably went off too fast, but it is easy to do when you get caught up with lots of others and everyone is jostling for position on a narrow track in the middle of the night. Next up was Balmaha in another 6.8 miles, with some welcome elevation change over Conic hill, although I really did not like all the steps on the descent. Dawn came up whilst going up Conic and the views over Loch Lomond were stunning. It was now 4:26am and my team were ready and waiting, keen to get me on my way again as quickly as possible they were battling clouds of midges and being strafed by hundreds of bats feeding on the midges. By this stage I was almost 30 mins up on my target, a sure sign I am going way too fast and would probably pay for it later. *(Sue's note: we tried telling him!)*

Balmaha is the start of the long sections along Loch Lomond. Ah, yes, the bonny, bonny banks of Loch Lomond! Well, at least it will be flat, you think? Wrong! Up and down, down and up, round and round, over tree stumps, roots, rocks, you name it oh, and midges like you cannot believe. The route alongside the loch is 21.7 miles to Beinglas Farm. My support team took time for breakfast but those wee midges got into everything (including mugs of tea!) and despite arming my support team with ultra-strength insect repellent and midge nets to cover heads, they beat a hasty retreat and travelled straight on to Beinglas.

It took me a week to get the remains of the bloody things (midges that is ... not my support crew) out of the car when we returned home, and it still smells of deet! I

also blame the midges for making me forget to change my shoes at Rowardenan, which resulted in me running the entire loch section in my road shoes not smart! Beinglas Farm is at the top end of Loch Lomond and it was good to get that section behind me. I was still 20 minutes ahead of schedule and feeling good. My support team were ready with tea, a chicken wrap, chocolate cake and some jelly babies to go which were far from edible when I re-discovered them in my backpack after another 20 miles or so.

After Beinglas the trail becomes a little less technical and the next section to Auchtertyre Farm (9.5 miles) is known as the roller coaster. Very little imagination is necessary to envisage the terrain. During this stage, and much to my embarrassment, one or two runners recognised me from my appearance on last year's Eurosport coverage of UTMB (clip still available on YouTube!) my unique running gait in the last 12 hours of that race is not something I wish to dwell on. Auchtertyre is just over half way into the race. I arrived at just gone 12 noon, still 25 minutes up on schedule, so stopped for longer than planned for a good breather and to re-fuel. It is also one of the compulsory weigh points, which established I was still officially a fat *astard, and so OK to continue!

The route after Auchtertyre is very well defined and it is a further 9.2 miles to the next checkpoint at Bridge of Orchy, where I was due to meet my first support runner, Martin McPheat. Unfortunately I was still 15 minutes ahead of schedule and his train! Not wanting to delay, I pushed on and my support crew met and ferried Martin to Glencoe, a further 10.8 miles ahead and around 70 miles in. The section from Bridge of Orchy to Glencoe follows the old drover's road over Rannoch Moor, with superb views all around and a fabulous vista down into Glencoe. I was starting to tire by now and by Glencoe I was only 10 minutes ahead of schedule. I was very glad to see Martin, who would now run the remainder of the route with me.



Ahead to Glencoe- the route traverses right.

Glencoe to Kinlochleven is probably the toughest section of the race. The views are truly stunning and Martin was kicking himself for leaving his camera in the car. The section is 10.5 miles, with some 1000 feet of ascent over the Devil's Staircase before descending to sea level at Kinlochleven. This section was most definitely my low point. My feet were hurting! I had already run more than 70 miles in 16 hours, and had kept on my road shoes longer than intended. Too often, I slowed down to a walk, eventually dropping all the time I had gained. Martin would have liked to run more, but I wasn't in a good place. By Kinlochleven, I was 25 minutes behind schedule.

Kinlochleven is the last official support point and final weigh station. Thanks to a carefully planned toilet strategy (going *after* the weigh-in) I was now officially an even fatter *astard! *(Sue's note: nothing to do with the pork pies, then?)* We were joined here by my second support runner, Jonathan Whitehead, who, thanks to a crocked knee, was supporting on his mountain bike (yes, it was perfectly 'legit'). I must admit I was glad I didn't have to push it up the first ascent out of Kinlochleven. Jonathan made it his mission to get me moving faster, and assured me he would use his cattle prod if I didn't pull my finger out for the last two sections. I guess his sympathetic(!) coaching style worked, as we upped the pace again.

The penultimate section was 7.5 miles to Lundavra, which is in the middle of nowhere, accessed via a 7-mile-long, old military track for the support crew. I wasn't looking forward to this section as I didn't enjoy it at all when I did the recce. As things turned out it went well and I am sure the company and encouragement really helped along with great amusement when Jonathan fell off his bike. We made Lundavra without dropping any more time and had a very quick pit stop: poor Martin didn't get chance to even sip his tea before we were off again.

THE 31ST EAST MIDLANDS GRAND PRIX



15 MMKAC RUNNERS COMPLETE THE GRAND PRIX SERIES

THREE MEN IN SENIOR TOP TEN –

6th-Jonathan Peters

7th-Matt Clarke

10th-Jeremy Vick

AGE GROUP PODIUMS FOR:

John Skelton 1st M60

Jo Greenslade 3rd F40

AND KEVIN CHURCH IS THE ONLY MMKAC RUNNER TO COMPLETE ALL EIGHT RACES

MMKAC GRAND PRIX FINISHERS (minimum 5 races)

F35	9 th Karen Tincknell	64pts	6 races
F40	3 rd Jo Greenslade	14pt	7 races
F50	16 TH Hazel Cockerill	80pts	7 races
SenMen	6 th Jonathan Peters	35pts	5 races
	7 th Matt Clarke	46pts	7 races
	10 th Jeremy Vick	85pts	6 races
	26 th Ian Pheasey	216pts	5 races
	38 th Robby Taylor	326pts	5 races
M40	8 th Andy Wasdell	40pts	6 races
	13 th Richard Scrase	100pts	7 races
M45	28 th Malcolm Kidby	160pts	7 races
M50	12 th Kevin Church	75pts	8 races
M55	5 th Mike Burling	32pts	5 races
M60	1 st John Skelton	6pts	5 races
M65	6 th Ed Hill	37pts	5 races

THE MMKAC 10KM - Open University(1st July)

A record field of 479(up from 417 in 2011) with Michael Aldridge(Wootton Road Runners) winning in 32.21 and he was also the overall Grand Prix winner.....and a M40!

Matt Clarke again led home the MMKAC runners(38 in total), 10th in 34.37 with Steve Green 13th(35.12). Gary Blaber was 4th M40 (35.58), John Skelton 1st M60(40.00) with John Hamilton 3rd(43.35). Ed Hill placed 7th M65 clocking 53.00. For the ladies, Alex Knowles was our first finisher, 18th overall and 2nd F50(42.40). Maria Calleia took 4th F40(43.35) with Jo Greenslade, 5th(44.34). Julie Dalzell placed 6th F45(47.33). Our best placed team were the senior men finishing 3rd(Matt, Steve, Tom Comerford (35.46) and Gary Blaber).

AND A HUGE VOTE OF THANKS TO EVERYONE WHO HELPED OUT ON THE DAY.....setting up the course/ marshalling, timekeeping & recording/taking entries/ course signing/results/lead bikers/ dispensing water at the finish etc., THE RACE COULD NOT BE HELD WITHOUT YOU.



Photos from the MK race -:

Matt Clarke & Kevin Church
Jo Greenslade & Hazel Cockerill
John Skelton & Richard Scrase

down memory lane - 10 years ago (summer 2004)

A record four English SCHOOLS CHAMPIONS

CHRIS CLARKE
JOEY DUCK
BRYONY GIBBENS
RACHEL GIBBENS

JUNIOR BOYS 200m(22.35)
INTER GIRLS 200m(23.80)
INT. GIRLS Pole Vt.(3.15m)
SEN. GIRLS Pole Vt.(3.55m)
Plus

NATALIE JOWETT
TANYA BROMILOW
KEIRON McCONNELL
GREG RUTHERFORD

bronze-sen.girls 100m/12.39
4th int.girls PV/2m70
4th int.boys discus/45.41
4th sen.boys L.Jp/6.99m

AND Paul Erwood (*not a MKAC member at the time*) won silver in the senior boys 1500m with 3.55.23

"Sisters land a golden double"



Bryony (left) and Rachel Gibbens were impressive vault winners

"Two MK 200m golds separated by just 2minutes from Chris Clarke and Joey Duck (in Northants School colours)"



Joey Duck:
easy victory
at 200m

The 22nd TOUR OF MILTON KEYNES

Kyle Bennett and Julie Dalzell retained their "Tour" titles both leading throughout the week. There were 63 overall finishers which equalled the second best-ever total. Sam Kirkpatrick, after his unbroken sequence of 21 Tours, was unable to compete due to recovering from a gall-bladder operation.

Age group winners were:

M40 Lido Medori
M45 Steve Rice
M50 Michael Groom
M55 Keith Cook
M60 Brian Daniels
M65 Milford Callow

Most improved male- Lee Hope(+22)

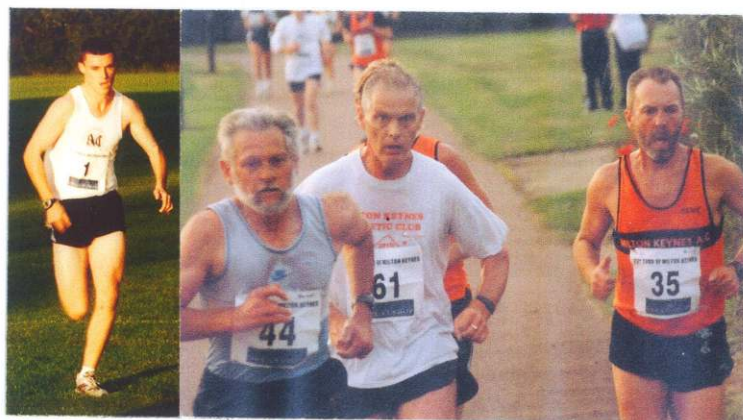
F35 Diane Baldwin

Most improved female = Kerry Wilson & Debs Ovington



Award winners after Day 6:

Below: Kyle Bennett strides to victory at Woughton Playing Fields/action from day 1 around the Loughton Valley.



LEADING ROAD RANKINGS (at 10 August 2014)

MEN

5km

Mark Ryall	MS	15.41	Glasgow
Jonathan Peters	MS	16.35	Northampton
Steve Green	MS	16.36	Blisworth
Matt Clarke	MS	16.38	Northampton
Graham Jones	MS	16.42	Northampton
Daniel Webber	MS	16.47	Bedford
Tom Comerford	MS	16.53	Bedford
Mark Palser	MS	17.04	Buckingham
Gary Blaber	M40	17.15	Poole
Jeremy Vick	MS	17.40	Blisworth

5miles

Jonathan Peters	MS	27.18	Banbury
Matt Clarke	MS	27.52	Blisworth
Mark Palser	MS	27.56	Blisworth
Steve Green	MS	28.23	Olympic Park
Jeremy Vick	MS	29.22	Harborough
Andrew Wasdell	M40	30.28	Blisworth
John Skelton	M60	31.19	Banbury
Daniel Brumby	MS	31.34	Blisworth
Ian Pheasey	MS	31.59	Banbury
Ed Dunn	MS	32.07	Blisworth

10km

Matt Clarke	MS	34.37	Milton Keynes
Jonathan Peters	MS	34.56	Weedon
Graham Jones	MS	35.09	Liverpool
Steve Green	MS	35.12	Milton Keynes
Tom Comerford	MS	35.46	Milton Keynes
Gary Blaber	M40	35.58	Milton Keynes
Mark Palser	MS	36.13	Silverstone
Jeremy Vick	MS	37.10	Winslow
Steve Herring	M45	37.27	Bearbrook
Jos Dyer	MS	37.56	Milton Keynes

Half Marathon

Michal Glowacki	MS	72.48	MK Festival
Matt Clarke	MS	75.44	Coventry
Daniel Webber	MS	77.15	Ras Al Khaimah
Mike Kerrigan	M40	78.30	MK Festival
Steve Green	MS	78.44	Watford
Jonathan Peters	MS	79.01	MK Festival
Gary Blaber	M40	80.02	MK(nspcc)
Jeremy Vick	MS	80.59	Watford
Ian Lamb	M50	83.27	Watford
Andrew Wasdell	M40	84.59	MK Festival

Marathon

Daniel Webber	MS	2.40.37	London
Mike Kerrigan	M40	2.43.45	London
Steve Green	MS	2.51.31	London
Matt Clarke	MS	2.54.19	London
Adrian Maidment	MS	2.55.49	Manchester
Gary Blaber	M40	3.00.36	London
Martin Erasmus	M50	3.01.19	London
Marcus Whelband	M40	3.03.54	Brighton
Andrew Stiles	M50	3.05.23	London
Andrew Wasdell	M40	3.12.55	London

LADIES

5km

Julie Jones	F45	21.07	MK
Kerry Adams	F35	22.20	MK
Mel Wright	FS	22.29	MK

5miles

Jo Greenslade	F40	36.03	Blisworth
Katie Penrose	F35	36.17	Blisworth
Karen Tinncknell	F35	39.51	Blisworth

10km

Jane Ovington	F40	37.13	Eton
Lara Bromilow	FS	38.47	Regents Park
Wendy Webber	F35	40.24	Silverstone

Half Marathon

Jane Ovington	F40	82.53	MK(May Day)
Wendy Webber	F35	83.40	Watford
Julie Jones	F45	93.36	MK(nspcca)

Marathon

Wendy Webber	F35	2.56.34	London
Fran Malin	F45	3.17.27	London
Julie Jones	F45	3.28.17	Stratford/Avon

DOUBLES AND TREBLES AT 5KM

Fri. 1 August

Blisworth 5km

1 Steve Green	16.36
2 Matt Clarke	16.56

Sat. 2 August

MK Park Run 5km

1 Steve Green	17.51
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Buckingham Park Run

1 Mark Palser	17.18
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Glasgow(Victoria Park)

1 Mark Ryall	15.41
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TOP TEN MEN 5KM ROAD RANKINGS

1 Kerry Hayes	14.42	Chesham	1989
2 Marcin Fudalej	14.54	London (City)	2009
3 Tom Comerford	15.14	Aylesbury	2009
4 Charles Herrington	15.15	Bedford	1999
5 John Crouch	15.31	Harrow	1993
6 Ian Thompson	15.34	Bath	1994
7 Paul Fisher(M20)	15.34	Barnsley	1997
8 Mark Ryall	15.41	Glasgow	2014
9 Michal Glowacki	15.44	St Albans	2013
10 Tony Forrest(M20)	15.51	Barnsley	1997

TOP TEN LADIES 5KM ROAD RANKINGS

1 Vicky Pincombe	16.49	Cranfield	2003
2 Rita Quill	17.16	Charndon	1997
3 Emily Tallen	17.29	Milton Keynes	2012
4 Michelle Lee	17.34	Willen	2006
5 Jane Ovington(Preen)	17.35	Marston Forest	2007
6 Tanya Taylor	17.47	Charndon	2011
7 Lara Bromiow	17.50	London (City)	2011
8 Imogen Thornborough	17.53	Blisworth	2008
9 Linda Dewhurst(F40)	18.11	Blisworth	2000
10 Mel Wood(F17)	18.17	Aylesbury	2009



Above: leading 5km man, Mark Ryall, here seen in a 5km track race at MK; Steve Green in the MK 10km AND Ian Van Lokven who is both the fastest M40(16.15/Stevenage/1999) and M45(16.06/Cranfield/2003) in 5km road races. Left: Wendy Webber in the MK Festival half-marathon and Kerry Adams, here seen in a track 3km at Bedford.

Veterans League

EXCELLENT VICTORY FOR THE MMKAC LADIES

As I wrote in the Spring Newsletter we would normally be competing in the Eastern Veterans Track & Field League. Administrative problems meant that this League could not be officially organised this summer. Fortunately the Huntingdonshire team manager came up with a plan to hold a mini-league in our area and this has been contested by six clubs. The Essex area have also held their own such league. There are plans afoot to get EVAC back "on track" so hopefully we shall be back to normal for 2015.

Our ladies have been much too strong for the other clubs and are worthy champions. As often happens the Bedford men and ourselves have close matches but our main opponents just had the edge this time around. Many thanks to team managers Lesley Byrne and John Turner for all their hard work and to those who officiated.

MATCH RESULTS AND FINAL LEAGUE TABLES

WOMEN

7 MAY-HOME

1 MMKAC	70	1 MMKAC	118
2 Cambridge	57	2 Bedford & Co.	109
3 Biggleswade	43	3 Cambridge	73
4 Huntingdonshire	39	4 Huntingdonshire	63
5 Bedford & Co	20	5 Biggleswade	61
6 Peterborough	12	6 Peterborough	36

4 JUNE-CAMBRIDGE

1 MMKAC	80	1 Bedford & Co	91
2 Cambridge	54	2=MMKAC	87
3 Biggleswade	48	2=Cambridge	87
4 Huntingdonshire	38	4 Biggleswade	63
5 Bedford & Co	20	5 Huntingdonshire	52
6 Peterborough	17	6 Peterborough	38

2 JULY-BEDFORD

1 MMKAC	80	1 Bedford & Co	122
2 Bedford & Co	58	2 MMKAC	118
3 Cambridge	49	3 Cambridge	84
4 Huntingdonshire	29	4 Biggleswade	57
5 Biggleswade	26	5 Huntingdonshire	33
6 Peterborough	12	6 Peterborough	11

6 AUGUST- HUNTINGDON

1 MMKAC	84	1 Bedford & Co	100
2 Cambridge	58	2 Cambridge	99
3 Biggleswade	50	3 MMKAC	96
4 Bedford	31	4 Huntingdon	66
5 Huntingdon	25	5 Biggleswade	59
6 Peterborough	6	6 Peterborough	0

Lesley Byrne receives the league trophy from Huntingdon chairman, Mick Hayball.

Action from Bedford – John Browne(100m) & Corinne Nurse(800m)



FINAL LEAGUE TABLES

LEAGUE MATCH

WOMEN	PTS	PTS	MEN	
1 MMKAC	24	(314)	1 Bedford & Co	23 (422)
2 Cambridge	19	(218)	2 MMKAC	19.5(419)
3 Biggleswade	14	(167)	3 Cambridge	17.5(343)
4 Bedford & Co	12	(129)	4 Biggleswade	10 (240)
5 Huntingdon	11	(131)	5 Huntingdon	10 (214)
6 Peterborough	4	(47)	6 Peterborough	4 (85)



EASTERN VETERANS TRACK & FIELD CHAMPIONSHIPS: SANDY – 26 JULY

Medals for all five MMKAC athletes

Pride of place to Jack Kee who set a M75 British Veterans record in the hammer, bettering the previous best by 3m05 when throwing 40m23.



Jack(photo above) also won both shot(8m59) and discus(29m59). In the M60 events, Bunt Scott won the hammer(36m47), took bronze in the discus(33m37) and 4th in the shot(9m15). Emma Beales was the lone MK lady but won both F40 discus(40m80) and javelin(27m98).

On the track Alasdair Gibson won the M60 800m with 2.32.0 whilst Malcolm Down took a M50 400m/800m double – 61.1 and 2.30.4

At least we had one official EVAC event this summer. A meeting is being held in September to ascertain whether we can get a committee together for 2015 – hopefully we shall be back on track.



Veteran Records set this summer

M40	200m	Scott Herbert	23.92	Oxford	●
Previous		Andy Smith	24.02	2003	
M40	400m	Scott Herbert	52.8	Highgate	
Previous		Harry Smith	54.6	1989	
M60	800m	Alasdair Gibson	2.27.3	St Ives	
Previous		John Skelton	2.29.37	2013	
M60	Pole Vlt	Carl Baldwin	2m10(=)	MK	
Previous		Ron Winter	2m10	2007	
		Carl Baldwin	2m20	Bedford	
	High Jp	Carl Baldwin	1m20(=)	St Ives	
Previous		Harry Crane	1m20	1995	
		Jack Kee	1m20	2000	
M55	800m	Denis Edghill	2.18.2	Watford	
Previous		Denis Edghill	2.18.8	2013	
F45	Shot	Lesley Byrne	9m07	MK	
Previous		Sue Newberry	8m86	2006	
F55	MileWalk	Di Baldwin	9.08.4	St Ives	
Previous		Di Baldwin	9.28.1	May/2014	



More action from Bedford: Bunt Scott(Hammer), Jeremy Vic k brings home the victorious medley relay team and Chrispina Odunewu(shot)

CARL BALDWIN – prolific points scorer for our teams

Carl was awarded life membership of the club in April of this year and the following photo shows Carl being presented with his certificate by Club Chair, Mick Bromilow.



Jim Lawrence in his history of the Southern Men's League "B" (April Newsletter) talks about Carl's massive points tally for the club in both the SML and EVAC.

Carl has produced a spread sheet detailing the number of matches competed, number of events and bests for every year since 1989. It's huge - downloaded it's 6 x A4 sheets (50cm square) when stuck together!

I'd like to share my summary of this with you –

Since 1989 (from a senior man to a M60) he has competed in every track event up to 1500m, both main relays and the 3000m steeplechase, ALL field events and race walking up to 3000m.

Southern Men's League 121 competitions
859 events
2540 points amassed

His best year (event-wise) was 1992 when he contested no less than 62 individual events,

Eastern Veterans AC 80 competitions
(1994-2013) 365 events
1772 points amassed

Best individual year was 2004 where he contested 27 events.

If you add in 15pts from the recent SAL we have a grand-total of 4327pts.

2014

Carl entered the M60 ranks this year. He has improved the M60 pole vault record by 10cm with 2m20 at Bedford and equalled the high jump record of 1m20 at St Ives whilst in the long jump he is just 2cm off Harry Crane's record of 3m88 set in 1997.

And, of course, Carl has also competed on both road and cross-country. In the latter he has many Chiltern League races to his name and I note he ran 35.08 in the 1997 Wolverton "5"

AND he is a Grade 2 Field Event Judge and has acted as Field Event Referee at a number of our recent home track & field matches.

THE 50th

WOLVERTON FIVE MILES ROAD RACE

SATURDAY 29th NOVEMBER

Plans are afoot to celebrate the 50th running of our local road race. I guess many newcomers are bemused when they come to run the Wolverton 5 which is currently being held the best part of 5 miles away, around Willen Lake.

The background is that the original race in 1965 and up to 1990 was run around the roads in Wolverton town centre. Thames Valley police had not been too co-operative with the club over the race and in 1991 there were major roadworks on the bridge over the railway line by Wolverton Station. Suffice to say we had to find an alternative venue and the event was moved to Willen Lake, which also gave us a virtually traffic-free course. So 26 years in Wolverton and this year will be the 24th at Willen.

The inaugural race

A sub-committee was set up in 1965 to organise a road race in North Bucks and included Rose and Milford Callow and Josh Reynolds.

The inaugural race was held on 27th November 1965 and was won by Mick Price(Bristol AC) with a time of 24.10 from a field of 37 finishers. There were six local runners (in the then Wolverton AC colours) and were led home by Ron Best, 25th in 29.37. Josh Reynolds placed 29th(30.52) whilst Milford Callow, the sole survivor from 1965 who is still competing was 33rd in 31.32. Rose Callow was Race Secretary and she has officiated at every race since.

John How, who will be the race referee this year, competed back in 1965 recording 27.29 for 13th place and representing Finchley Harriers(forerunner of Hillingdon AC). 1989 saw the 25th race and the photo below shows five men who ran back in 1965.

From L: Josh Reynolds, Mike Heryett(Hillingdon), Bob Burton(Watford), John How and Milford Callow.



A resume of the race in Wolverton

Tony Sunderland(Shaftesbury H) won in 1966 improving the winners' time down to 23.34 but there were just 30 finishers. Peter Humphries was first local - 18th in 28.02. Milford Callow ran 31.13 and Josh Reynolds 32.21.

The start: Milford Callow(84) and Josh Reynolds(behind 47).



Numbers began to increase and in 1969 Ron Grove(Leicester) set a course record of 23.20 from 70 finishers. Tony Simmons(Luton) won next year with 23.27. The 100 entry was topped next year where John Cox set a club best of 25.57 and then Simmons returned to win again in 1972(23.26).

Alan Green improved the club best in 1974 to 25.41 and then Mick Bromilow in the next two years ran 25.19 and 24.54. Fields now over 200 and then in 1980 we had a classic race with 434 finishers AND the first official ladies race. That year Gordon Rimmer outsprinted fellow steeplechaser Roger Hackney breaking the course record with 23.08, Hackney just 1-sec. down.

LEADING MK TIMES FROM THE WOLVERTON COURSE

Simon Rayner	23.54(1983)	Linda Dewhurst	27.15(1987)
Kerry Hayes	24.15(1990)	Rita Quill	28.37(1988)
Kevin Farmer	24.47(1987)	Jane Bird(V35)	29.43(1986)
Ian Thompson	24.48(1990)	Sandra Davis(F17)	30.52(1982)
Mick Bromilow	24.54(1976)	Jane Horner(F17)	31.52(1990)
Geoff Bourne	24.54(1978)	Marg. Swithenby	32.35(1989)
Gerard Capps	25.02(1981)	Jayne Nicolau	32.36(1988)
Gordon Faulds	25.02(1989)	Jan Richardson	32.52(1987)
Alan Green	25.08(1978)	Kerry McGuinness	33.07(1989)
John Crouch	25.13(1989)	Diane Baldwin	33.17(1989)

1981 produced the first local winner, Ian Stewart, then representing Invicta AC, won with 23.24 ahead of the biggest field(517). 55% of the field beat 30-mins! Ian won again in 1983 with Simon Rayner smashing the MK best by a minute, 2nd in 23.54.(photo below). Jane Bird's 29.56 was the first sub-30min by a MK lady.



WOLVERTON FIVE RESUME CONTINUED

1985 saw Luton's Billy Dee(23.20) win for the 3rd time in 4 years. His wife to be, Nicky Morris was first lady(28.10) and their son, Liam(M17) was second in the 2013 Willen race(24.42).

Ever-green Tony Simmons(Luton) now aged 38, won in 1986 with 23.27. Mark Everitt was first local, 31st in 25.04. Next year Linda Dewhurst smashed the course record with 27.15 and both Kerry Hayes(24.26) and Kevin Farmer(24.47) broke 25-mins. 70 MK runners from a field of 426 and 27 of them broke 30-mins.

365 finishers in 1988 where Lisa Webb(Highgate H) improved the ladies best to 26.53, finishing 72nd overall. Rita Quill placed 4th lady(28.37). Photo/1988- Mick Bromilow & Dave Catlin



The silver jubilee race(1989) saw Giovanni Rizzo(Nene Valley) win from a field of 422 in 23.50.

And so to the final race around the streets of Wolverton. Paul Larkins(Wolverhampton) and Rizzo passed half way in 11.32 before Larkins pulled away to win in 23.13 but was disappointed not to duck under 23mins. Alison Wyeth(Parkside) further improved the ladies record to 26.49. For MKAC, Kerry Hayes placed 5th(24.15) and with Ian Thompson 13th(24.48) and Mick Kelly 31st(26.02) they produced the best-ever MK team position taking 2nd place. Josh Reynolds completed his 21st Wolverton 5, 30.49, having run 26.27 back in 1971. Not to be outdone by the men, the MK ladies also finished 2nd in the team race; Rita Quill, 5th(28.39), Jane Bird 11th(31.42) and Jane Horner 13th(31.52). There were 311 finishers.

MORE VETERANS IN ACTION



British Masters Athletic Federation

Track & Field Championships- Birmingham (9/10 August)

Golds for Jack Kee and Bunt Scott plus a bronze for Mick Kelly

1500m	M50	7 Malcolm Down	4.47.60
5000m	M55	3 Mick Kelly	20.25.83
Shot	M60	4 Bunt Scott	9.80m
Discus	M60	1 Bunt Scott	38.47m
Hammer	M60	6 Bunt Scott	32.90m
Weight	M60	4 Bunt Scott	12.33m
Hammer	M75	1 Jack Kee	40.04m
Weight	M75	1 Jack Kee	14.26m

SCOTT HERBERT

Scott re-joined MMKAC last summer and competed successfully in the sprints and jumps for the M35 team in the EVAC league.

Scott commenced his MKAC career back in 1988 and competed as an U15 in the Eastern Young Athletes League etc. He is still ranked no 2 all-time in the long jump having cleared 6m38 that year. As an U17 he had sprint bests of 11.1/22.2 and won silver at the National indoor long jump championships with 6m90.

Moving to the junior/senior men rankings he was a regular member of the Southern Men's League team and has all-time bests (positions in brackets) as follows:

100m	10.6w	1993(6 th)
200m	21.20	1996(3 rd)
400m	48.00	1997(4 th)
Long Jp	6m88	1996(6 th)

Scott continued through to the 2002 season where he led the club rankings with times of 10.7 and 22.0.

10 years later he started his come-back and now officially a "veteran" has so far set M40 records in the 200m(23.92) and then further improved at Kettering with 23.7. AND 400m (52.8). at Highgate. Photo of Scott setting the 400m record, right.



EUROPEAN PARALYMPIC CHAMPIONSHIPS 4TH PLACE FOR THOMAS GREEN

Thomas competed in the T32 Club event on 19th August. He was lying in the bronze medal position with a throw of 28m43 by round 3. However the Russian, Vladislav Frolav then threw the winning distance of 34m10 to push Thomas down to 4th place. He was encouraged by this performance and sets him up for the qualifying for the 2015 IPC World Championships to be held in Doha, Qatar.

EVAC LEAGUE POSITIONS SINCE 2000

Year	Men	pts	Women	pts
2000	2nd	201	2nd	178
2001	4th	211	3rd	204
2002	3rd	207	2nd	231
2003	3rd	235	1st	275
2004	2nd	252	1st	275
2005	1st	265	2nd	248
2006	3rd	200	1st	273
2007	2nd	237	1st	248
2008	1st	606	1st	496
2009	2nd	257	5th	195
2010	2nd	253	2nd	277
2011	1st	260	2nd	220
2012	1st	242	1st	272
2013	3rd	246	2nd	229
2014	2nd	413	1st	314

note:** no final in 2008 or 2014, awarded on league position



23 JULY – 3 AUGUST 2014



Greg won Commonwealth silver at Delhi in 2010 jumping 8m22 as Fabrice Lapierre (Australia) won gold with 8m30.

All Greg's supporters must have been so enlightened when he took gold on Wednesday 30 July. Greg has endured a difficult time since London 2012, struggling with hamstring injuries, failing to qualify for the World Championships final a year ago and more recently unable to compete in the Diamond League event in Glasgow.

Like in London, he used the support of the home crowd to the good. The day previous day he led the qualifiers for the final with his first jump of 8m05. "I came in wanting to get one jump so to open up like that is great," he said. "Technically it was an awful jump but it did the job"

In the final, on a cool evening probably not the best for jumping, Greg laid down a marker with an opening leap of 8m12. South African, Zarck Visser equalled this distance in round 2 whilst Greg no-jumped. Round 3 saw Greg improve to 8m20 and the eventual winning jump. Visser tried hard to better his 8m12 but to no avail.

1 Greg Rutherford (8.20) England

2 Zarck Visser (8.12) South Africa

3 Rushwahl Samaai (8.08) South Africa

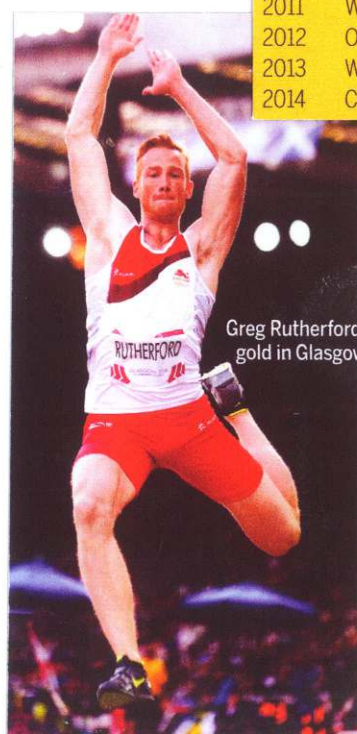
4 Fabrice Lapierre (8.00) Australia

5 Chris Tomlinson (7.99) England

6 Robbie Crowther (7.96) Australia

"It's never an easy road, and after what happened last year with injury I wasn't sure I was going to be able to carry on jumping. But now I've managed to win another title and that's what it's all about for me" he told BBC Sport afterwards.

"I think a lot of people had written me off thinking I was a one-hit wonder. But I wanted to prove I could do it again. I'm super happy and I'll go for the European Championships to try and do it again and keep jumping far"



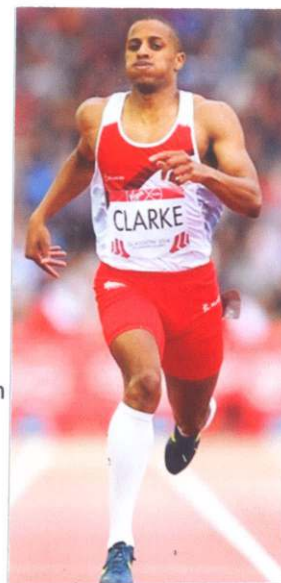
Greg Rutherford:
gold in Glasgow

CHRIS CLARKE MAKES THE 200m SEMI-FINALS

Chris ran his 200m personal best last year of 20.22 winning the Inter-Counties title at Bedford in August. This year he won the British indoor title recording 20.68 at Birmingham. Only a few weeks prior to Glasgow, Chris ran 20.23 at Mannheim, Germany where the wind speed (+2.6) was just over the legal limit of 2.0.

Championship-wise, Chris represented Great Britain at the 2012 European Championships in Helsinki. He progressed through the rounds of the 200m, 20.83 and 20.90 to reach the final. Here on an awful rainy night and those tight bends he could only manage 6th place (21.26) and sadly missed out on a chance of Olympic selection. Back in 2009, Chris won the European 400m under 20 title running 45.39.

In Glasgow, Chris finished 2nd in his heat with 20.71, (photo right) behind eventual gold medallist Rasheed Dwyer (20.59) to qualify for the semi-finals. Here there were no less than 11 Caribbean athletes from the total of 24. Chris ran in the second race, placing 6th with 20.71 but 20.54 was needed to go through to the final as a fastest loser.



Rutherford's championships record

2005	Euro Junior Championships	1st	8.14m
2006	Commonwealth Games	8th	7.85m
2006	European Championships	2nd	8.13m
2007	World Championships	nq	7.77m
2008	Olympic Games	10th	7.84m
2009	World Championships	5th	8.17m
2010	Commonwealth Games	2nd	8.22m
2011	World Championships	nq	8.00m
2012	Olympic Games	1st	8.31m
2013	World Championships	nq	7.87m
2014	Commonwealth Games	1st	8.20m



AND 17 DAYS LATER GREG STRIKES GOLD AGAIN

The Daily Telegraph report:

Greg Rutherford's set is almost complete. The Olympic and Commonwealth champion can now add the European title to his list of triumphs after blowing away the field in Zurich. He will be a man on a mission at next year's World Championships.

In truth he was barely troubled at the Letzigrund Stadium on the 17th August. Launching himself to the three longest jumps of the competition, Rutherford could justifiably have filled every spot on the podium. It was his fourth effort of 8.29m that secured the gold medal and ensured he did not even have to bother with his final two jumps.

The 27-year-old's season had already been an unmitigated success prior to his appearance in Zurich - not that he had received much credit for it. First the legitimacy of his national record-breaking jump of 8.51m in April was questioned by British team-mate Chris Tomlinson. Then, echoing the criticism that followed his Olympic-winning jump, which was the shortest in 40 years, he was maligned for claiming the Commonwealth title last month with another modest leap of 8.20m.

"In 50 years' time people won't look back and go: 'Oh, he only won the Commonwealths in 8.20m'," he had said after Glasgow. "Major championships are all about winning them."



That is exactly what Rutherford did. For his many doubters, it was Rutherford's third fluky title of the last two years.

"I'm the biggest fluke going. I keep doing this," he joked afterwards. "It's fantastic. It's great to go out there and put out a couple of half decent jumps and have another title. I had the luxury of four rounds and leaving it."

The task facing him at the European Championships was expected to be significantly harder than at last month's Commonwealth Games, thanks most notably to the presence of former European champion Christian Reif. The German came into the meeting ranked second in Europe having jumped 8.49m in May. Reif had a shocking afternoon in the Zurich sun though, struggling to a best jump of 7.95m as Louis Tsatoumas of Greece took silver with 8.15m and France's Kafetien Gomis claimed bronze one centimetre back.

Despite two titles and a national record, Rutherford says his overall emotion is one of disappointment at not following up his British record jump with another long leap. "The whole year started off incredibly well and I'm really disappointed I didn't manage to get back to the sort of way I was jumping at the start of the year and I jumped 8.51m," he said. "I've watched that video back multiple times now and I haven't quite got back to where I was there. I'm consistent and competitive and put me in any major championship and I'm going to raise my performance to the highest I possibly can. Fortunately I managed to take them today."

Fortune can strike once or maybe even twice. But three times in a row? Even the critics must accept Rutherford's ability now.

MMKAC athletes in Championship events

Continued

■ SOUTH OF ENGLAND U17/15 CHAMPIONSHIPS CRYSTAL PALACE - 16/17 August

Gold for Jonathan Pownall, Silver for Laura Zialor & Bronze for Ebony Carr

U17 Women

100m heats	4 Casey Hodges	13.16
	2 Ebony Carr	12.57 Q
FINAL	3 Ebony Carr	12.45
TRIPLE JUMP	2 Laura Zialor	11m49
HAMMER	5 Lauren Presswell	47m38
	7 Paige Barnes	45m71

U17 Men

100m heats	6 Caleb Simon	13.37
200m heats	7 Caleb Simon	27.46
1500m SC	6 Owen Seamark	4.58.34
JAVELIN	1 Jonathan Pownall	57.08m

U15 Girls

100m heats	2 Rachel Oderinde	12.83 Q
	6 Jordan Heron	13.35
FINAL	6 Rachel Oderinde	12.98
200m heats	5 Jordan Heron	27.61 Q
200m semis	8 Jordan Heron	27.6

■ ENGLAND ATHLETICS U17 & U15 RELAY CHAMPIONSHIPS- BEDFORD 23 August.

Victory for MMKAC U17 ladies in the 4x100m Relay with a club record of 49.37

Their coach, Mike Leonard takes up the story. "The team of Casey Hodges, Ebony Carr, Naomi Greener and Annie Jankowiak won in a time of 49.37 which also breaks the club record which has stood since 2002!

The girls made three excellent changeovers and all four ran brilliantly to take the title. A special mention to Lizzie Adam, who couldn't make the team because of holidays, and Lucy Johnston who have been part of the team this year and run really well during the league competitions from which the invited teams were chosen." Reading AC were 2nd(49.72) [2002 team-Natalie Jowett, Charlotte Beckett, Michelle Jessop & Kadi- Ann Thomas who clocked 49.5 at Crawley]



Team photo: Casey-Naomi-Ebony & Annie

■ INTER-COUNTIES CHAMPIONSHIPS - Bedford(23/24 Aug)

200m Heat	1 Chris Clarke	20.62	(Bucks)
200m semi	Chris Clarke	dns	(Bucks)
5000m	6 Mark Ryall	15.57.96	(Middlesex)
Triple Jump	6 Chuko Cribb	13m52	
5000m	3 Lara Bromilow	17.36.98	(Bucks) PB
High Jump	11 Devon Byrne	1m55	
Hammer	14 Emma Beardmore	42m06	(Bucks)



FIXTURES

A BIG TURN-OUT AT WATFORD, PLEASE: LET'S GET THE LEAGUE TROPHY BACK FROM BEDFORD

11 October
15 November
6 December
10 Jan 2015

Watford
details awaited
Luton
HOME
(Campbell Park)
Milton Keynes-watch this space!!

OTHER IMPORTANT CROSS-COUNTRY DATES:

1 November	National XC Relays
3 Jan 2015	Bucks XC Champs- High Wycombe
24 January	South of England XC Champs(Brighton)
21 February	National XC Champs(Parliament Hill)

West Highland Way Run/Conclusion from p.14

The final leg to Fort William is 6.97 miles and Jonathan was pushing us hard in the dusk. I also had finish line fever by then, and when I get like that I am usually fortunate to find reserves I didn't know I had. Tactics also started to play a part and, to Martin's bemusement, we ran without using head torches. There was just enough moonlight to see our route, although the section through forest was a bit tricky I think we all nearly fell at one stage or another. But it was also a stealth tactic - runners ahead of us didn't see us until we passed them and those behind us had no light to chase. Well, it is a race, after all! A sneaky trick, but we overtook about half a dozen runners on this last leg. The last few miles are down a wide forest track, with the final ¾ mile on the road. We really hammered the last few miles and whilst I cannot be certain, I am pretty sure pace was well under 8 minutes a mile. We were told that, to date, we were definitely the fastest finishers. Arrival at Fort William in 23:25:30 hours was very welcome, but I had given so much in the last few hours I couldn't manage the celebratory glass of wine although Martin and Jonathon had no such problem. I was totally spent. I managed to stagger to the hotel, whilst Sue drove Jonathon back to his car at Kinlochleven. She very wisely decided to spend what was left of the night crashed in the back of the car, rather than return to Fort William to share the hotel room with three blokes snoring and some very smelly socks!

The following day there is a major presentation ceremony and all finishers are presented with an engraved crystal glass. Out of 193 starters, 157 finished and 74 of us were under 24 hours. I placed 65th overall. The winning time (Paul Giblin) was an unbelievable 14:20:11, taking 47 minutes off the course record and beating the next runner home by 27 minutes. Even the runner-up's time would have been a new course record, demonstrating how fast this year's race was the Race Director declared their biggest challenge was getting the infrastructure set up ahead of the race leaders. The ceremony was a great affair, with almost all the finishers staying to collect their award. A very nice touch was the winner presenting the award to the last placed finisher.

Would I do it again? Yes - it is a great course and a super event. Will I do it again? Probably not - the logistics and costs associated with having the support crew are quite onerous, and it is a big ask to get people to go all the way up to Scotland. Besides, there are too many other races and not enough time.

Finally, I must say a huge "thank you" to all of my team: my wife Sue, who is always very supportive of my escapades; Martin McPheat for putting up with my slow pace and Charlie's snoring; Jonathon Whitehead for his sneaky tactics and for providing detailed recce notes in advance of the race; and Charlie for entertaining us all with his pathological hatred of the "wee beasties".

Marshall Milton  **Keynes A.C.**

Awards Evening/Dinner

Harben House, Newport Pagnell

Friday 3 October 2014

7.00pm - midnight

Tickets: £18

Family Ticket of 4: £64

TICKETS AVAILABLE FROM CLUB COACHES/CLUBHOUSE KITCHEN

TROPHY HOLDERS - PLEASE RETURN YOUR TROPHY TO JACKSON RYAN or LEAVE IN CLUBHOUSE OFFICE/ KITCHEN A.S.A.P

Marshall Milton  **Keynes AC**
presents the 50th annual

Wolverton 5 mile Road Race Saturday 29 November 2014

Including the Buckinghamshire Road Race Championship

Notes:

- [1] Free entry to fully paid-up MMKAC members. Give form to Brian Graves on club nights etc.,
- [2] Lots of help required on the day - contact Jackson Ryan

ADVANCE NOTICE:

**THE ANNUAL GENERAL MEETING FOR MMKAC WILL BE HELD ON TUESDAY 18TH NOVEMBER
MORE DETAILS TO FOLLOW**

**NEWSLETTER
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