

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

Spring 2016

Success is a journey...not a destination.

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SWINGING THROUGH
FROM WINTER TO SUMMER



Chair's piece

Chiltern League

Congratulations to everyone involved in the Chiltern Cross Country League this winter. After two years of finishing second to Bedford in the overall standings, we came out on top again. 104 MMK runners finished their races in the final fixture, keeping up our record of having the biggest turnouts in the league, the foundation for the club's success. Credit is due to Team Managers, Sharon Edghill, Richard Pownall and Jackson Ryan, who persuaded club members to turn out in such large numbers.

I had hoped, with the introduction of electronic timing, that I would be able to take a back seat this year. However, although some progress has been made, I ended up doing all the individual and team scores by hand using the spreadsheets supplied by Results Base. With luck, these issues will be resolved for next year.

MK Festival of Running

Thank you to everyone who turned out to help with this year's MK Festival on 6 March. Over 4000 runners finished races over 5km, 10km, a Half Marathon and 20 miles. The organisation of this event, which began last October, is always frantic in the two weeks leading up to the Festival. As a club, we are committed to providing the marshals, feeding station personnel, lead cyclists, officials, people to hand out medals, people to set out and take down the signage, and man the information and the baggage areas. Ideally we should have over 120 members and friends taking on these roles.

To ensure the safety of the competitors, we utilise three methods of marking/marshalling the course. From 4am on the morning of the race 3 of us put out well over 200 signs around the course so that the runners always have a clear indication of where to go and how far they have run. Secondly, we provide a lead bike for each race so that the leader can simply follow this bike and the other runners can just follow those in front. The third method is to put marshals around the course to ensure the correct route is followed and to manage problems as they arise. Each year I do a risk assessment for the course and identify points as high risk (busy road crossings, separation points, changes of direction, kerbs to negotiate and so on), medium risk (unclosed roads, redway crossings, etc.) and low risk (small side roads and so on). We have to fill the 49 high risk spots, with spare marshals looking after the medium risk spots. We rarely fill the low risk positions.

Unfortunately, this year we had problems with marshalling the course – we simply did not have enough volunteers. We were very lucky there were no serious incidents. Let me give you three examples of the problems this caused.

There were no marshals in the last mile of the 5km fun run, where there should have been at least 3 marshals at high risk points, one of which was a road crossing. What made matters even worse was that someone had removed the signage from this part of the course between 6am and 10am. It was only the lead cyclist, helped by our own leading runner, Mark Ryall, who prevented the runners straying off course.

The risk assessment also requires five marshals to direct runners at the separation point at Willen Lake, where the 10km racers turn left, the half marathon racers go on to do a loop before heading left to the finish, and the 20 mile racers go straight on twice before turning left towards the finish. Two large signs warn runners they are approaching

this point, but you still need to shout directions and have spotters 50m up in each direction to make a final check. Only two marshals were at this point. Fortunately, Kelvin Smith, who dropped out a few days before the 20 mile race with an injury, was spectating near that point. He was so concerned that many runners were likely to go off course, he spent over three hours helping the two overworked marshals to avoid being overwhelmed.

The last parts of the three longer courses go through Campbell Park, crossing two cattle grids in the last mile. Arrangements had been made to secure two plywood covers over these grids but, because there were sheep in the field, this could only be done when the marshals were present. Unfortunately there were no marshals, the cattle grids remained uncovered, and 3500 runners had to negotiate the two cattle grids. While this does not pose a problem to the experienced runner who puts one foot on the grid and runs through without breaking stride, it does pose a threat to the less experienced runners who can stop, work out what to do and then pass over the grid holding on to the sides. This can cause bottlenecks, leading to frustration so close to the finish.

None of these problems should have occurred with proper planning. As Race Director on the day, I was appalled to discover these problems had occurred despite steps I had taken to avoid them. Consequently, we have decided that the recruitment of marshals will be shared by a number of individuals, rather than placed in the hands of one person. A subgroup of the Committee will meet shortly to discuss the way forward. One possibility is to have a recruiter in each of the main coaching groups (with the reward of free membership the following year), tasked with recruiting a small number of volunteers for each of our road and cross country events over the year.

The lesson is clear: unless more club members volunteer to help, the club will be unable to meet its commitments. Please do your bit to help the club whenever you can.

South of England Road Relays

After two months of email exchanges, negotiations with the South of England broke down and the club refused to hold the above event. The SEAA had offered to use its new online entry system to process the entries (a job I had done in previous years), which would have meant all the entry fees would be sent to them. The last straws were the discovery that they were going to charge us for the use of this entry system, and that they still owed Aldershot £2500 from the autumn relays. For an event where we try to break even, this was simply non-viable financially.

Club Membership Fees

Thank you to everyone who has renewed their membership for 2016 and been re-affiliated with England Athletics. As Secretary of the Southern Athletics League, I am aware that some clubs have been penalised for using unregistered athletes in league competition, losing valuable points. Thanks to Diane Baldwin, we have avoided such problems so far.

Newsletter

This is the first newsletter delivered largely online. We hope you enjoy reading it!

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

Rick Townsend's Disability Group

Rick asked me to attend the final winter session for the dozen or so young people in his group who have been under his guidance in Ashurst Hall. Trophies were awarded to each and every one and then a very nice touch with the athletes presenting a trophy to their parents etc.,

It brings it home to you when you see the faces of enjoyment from the young people and how they cope. Rick said that it would have been really interesting to have taken a video of the group last September and to see now, how much they have improved over the past six months or so. I left Ashurst Hall feeling quite inspired.

Photo below shows Rick with part of his warm-up session



The Club Groundsmen

Take a bow Kelvin Smith and Paul Toombs. It is these two club runners who look after maintenance of the track.

Grass-cutting is obviously a major job. They meet on Mondays to do what is necessary - perhaps clearing litter from a match the previous day and filling in holes made in the interior grass where heavy field events implements have made an impression. And, then of course, preparing the track arena for a possible match the following weekend.

Photos show Kelvin(R) and with Paul(below) as they calculate the markings for the javelin throwing area.



21 + years of coaching from Barry Hearn



Barry got involved with MKAC after his son Chris joined in 1994. Barry very soon got the athletics "bug". He has a football background and in previous years had enjoyed a lot of success with Willen Sports Club as player and manager. His highlight being guiding them to the National Sunday League cup semi-final.

Barry soon began coaching and to specialise in middle-distance and his football background saw him encouraging team spirit. I did a profile of Barry back in 2001 and he quoted "When I first got involved it was hard to compete in cross-country competitions because of the lack of support from other coaches. This made me determined to develop a squad that was still very much part of MKAC but compete independently as a team" The rest is history, as they say.

Apart from coaching Barry has a long involvement in team management. He took over as team manager of the boys young athletes team (in those days sponsored by McDonalds) in 1996 where they finished 7th in Division One (South West). He was also a member of the MKAC committee with the role of Junior Development Officer. Next year the young athletes placed 4th and then in 1998 won promotion to the Premier Division. They placed a very creditable 6th in their first season in the top echelon and then 4th in 2000 just narrowly missing the play-offs for the national finals. Two more years under Barry's guidance saw the team finish 7th and 6th - comfortable mid-table positions.

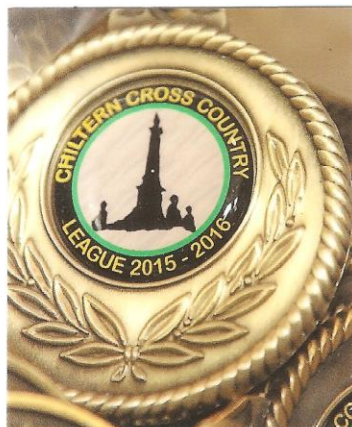
In 2002 he joined forces with Jim Lawrence to co-manage the senior men's team in the Southern League. In the next two years they went from Division 3 to Division 1. And in his final year (2006) with the seniors they finished a best-ever 3rd in Division One.



Barry with many of his group after the "National" at Donington Park

Over the years Barry's "boys" have, more often than not, been the backbone of the men's endurance team in the track and field leagues. Of late ladies are now featuring highly for the teams. And, of course, cross-country where Barry's group have always supported the Chiltern League and major championships. Duncan Taylor, mentioned on page 10, was coached by Barry before his interest in rugby took hold. He is still no 2 in the under 13 boys 3000m rankings. (10.30.08/2002). AND Barry is still heavily involved with managing Bucks AA teams (both track & field and cross-country)

LEAGUE CHAMPIONS!



FINAL LEAGUE TABLE - DIVISION ONE

1 MMKAC	15412
2 Bedford & County	14025
3 Chiltern Harriers	12170
4 St Albans Striders	11343
5 Leighton Buzzard	10253
6 Vale of Aylesbury	9981
7 Windsor, S,E&H	9845
8 Harrow AC	9385
9 Tring R. Club	7487
10 Gade Valley H.	7420
11 Luton AC	7060
12 Oxford City	7050
13 Headington RR	6569
14 Silson Joggers	6481

LEADING AGE GROUP TEAMS

- 6 FIRST PLACES FOR MK
- 1 SECOND PLACE FOR MK
- 3 THIRD PLACES FOR MK

SENIOR MEN

1 MMKAC	9316
2 Bedford & Co	8044
3 Leighton Buzz.	7935

UNDER 17 MEN

1 Bedford & Co	528
2 Chiltern H.	478
3 MMKAC	446

UNDER 13 BOYS

1 Chiltern H.	1016
2 MMKAC	818
3 Bedford & Co	789

SENIOR WOMEN

1 MMKAC	1897
2 Chiltern H	1794
3 Bedford & Co	1740

UNDER 15 GIRLS

1 MMKAC	681
2 Bedford & Co	640
3 Chiltern H	638

UNDER 11 GIRLS

1 Chiltern H	910
2 Bracknell AC	780
3 MMKAC	766

UNDER 20 MEN

1 MMKAC	2467
2 Windsor,S E&H	2326
3 Luton AC	1583

UNDER 15 BOYS

1 MMKAC	850
2 Bedford & Co	803
3 Luton AC	656

UNDER 11 BOYS

1 Chiltern H.	936
2 Bedford & Co	932
.....6 MMKAC	584

UNDER 17/20 WOMEN

1 Bedford & Co	623
2 Chiltern H	474
3 MMKAC	452

UNDER 13 GIRLS

1 MMKAC	952
2 Chiltern H	866
3 Bedford & Co	858

LEADING POSITIONS IN FINAL MATCH AT CAMPBELL PARK(13 FEB)

1 MMKAC	2932
2 Bedford & Co	2504
3 Chiltern H	2411
4 St Albans St.	2296
5 Leighton B.	2216
6 Aylesbury	1903

OUR 14TH WIN IN 19 SEASONS

Bedford won the opening fixture at Keysoe, we took the lead at Culham and gradually extended this over the remaining three matches. Probably our best ever season with no less than six teams victories and nine athletes making the individual podium.

Many thanks to team managers, Jackson Ryan, Richard Pownall and Sharon Edghill AND to those of you who assisted at Campbell Park. Mick Bromilow was responsible for finalising the results with Results Base.

Headington Road Runners and Silson Joggers take the drop to Division Two and are replaced by Dacorum&Tring and Redway Runners.



Top: with the league trophy.
And: our two winners on the day -
Jack Meijer wins the U15 boys race;
Steve Tuttle on his way to winning
the senior men's race.



MMKAC ATHLETES WHO RAN IN ALL FIVE MATCHES

With overall Chiltern League rankings and
total of best four race positions

	Senior Men	Total
1 Steve	Tuttle	11
8 Chris	Hearn	64
14 Mark	Palser	144
19 Ross	Threlfall	164
25 Jeremy	Vick	272
	Under 20 Men	Total
2 George	Wheeler	85
3 Charles	Wheeler	94
	Over 40 Men	Total
7 Steve	Herring	219
35 Douglas	Yabsley	711
	Over 60 Men	Total
6 Kelvin	Smith	658
7 Paul	Mason	666
	Under 17 Men	Total
3 Alfred	Yabsley	12
4 Conrad	Weber	22
8 Ewan	Forsythe	43
	Under 15 Boys	Total
1 Jack	Meijer	8
4 James	Dowsett	33
5 Robert	Hickman	35
7 Finlay	Gibbs	43
9 Aaron	Wooton	52
18 Peter	Hickman	98
23 Brian	Sayle	126
	Under 13 Boys	Total
5 Jack	Sharp	23
13 Aidan	Murphy	61
16 Ben	Green	71
20 Leo	Freeland	81
	Senior Women	Total
5 Nadine	Lewycky	37
10 Natasha	Baker	81
16 Melanie	Wright	164
	Over 35 Women	Total
10 Lisa	Yabsley	228
	Over 45 Women	Total
6 Debra	Brent	175
	Under 17 Women	Total
16 Natalie	Nurse	130
20 Jodie	Wright	139
	Under 15 Girls	Total
3 Enya	Deysel	18
6 Gemma	Milne	43
13 Holly	Jamieson	70
18 Rosie	Merrin	109
	Under 13 Girls	Total
1 Barbara	De Koning	13
4 Charlotte	Underwood	30
10 Chloe	Munroe	69
15 Nicole	Whittle	95
19 Tia	Sinclair-Linton	122
20 Jodie	Brogden	137
32 Sophie	Stockton	198
36 Maisy	Godden	210
	Under 11 Girls	Total
6 Sonja	De Koning	24
19 Annabel	Sanders	88
21 Lily-Mae	Smith	99
29 Phoebe	Miller	133
40 Millie	Freeland	185

CHILTERN LEAGUE PODIUM POSITIONS

GOLD

Steve Tuttle
Jack Meijer
Emma Mears
Barbara De Koning
George Wheeler
Charles Wheeler
Alfie Yabsley
Lara Bromilow
Enya Deysel

Senior Men
U15 Boys
U17 Women
U13 Girls
U20 Men
U20 Men
U17 Men
Senior Women
U15 Girls

SILVER

BRONZE

Near misses:

4th Conrad Webber(U17M); James Dowsett(U15B);
Montana Edghill(U15G); Charlotte Underwood(U13G);
5th Robert Hickman(U15B); Jack Sharp(U13B);
Nadine Lewycky(SW);
6th Finlay Gibbs(U15B); Gemma Milne(U15G); Sonja De
Koning(U11G); Debra Brent(F45);



Five of our very successful Under 15 Boys team:
James Dowsett, Robert Hickman, Aaron Wooton,
Peter Hickman & Brian Sayle

WOLVERTON AC/MKAC IN THE CHILTERN CROSS-COUNTRY LEAGUE 1968/9 – 2015/16

The Chiltern Cross-country League was formed for the 1959/60 season. The then Wolverton A.C joined in 1968/69 and starting in Division 2. There were just three races (male only) – senior men, combined u15/u17's and under 13boys (who did not score!) Their first match was at Maidenhead where Steve Boreham finished 12th. 1971 saw a young Nick Folwell win the U17 race at Eastcote. The following year he was 2nd overall in this age group. The club hosted their first home match based on Wolverton Mill in 1975 and placed 3rd on the day.

Promotion and relegation/Change of name

With a number of new members joining, including Mick Bromilow, they won the senior race at Eastcote early in the 1975/76 season – Mick Bromilow(5th), Pete Humphries(6th), Dave Catlin(7th), Hugh Robinson(11th), Nick Folwell(15th) & Jack O'Gorman(32nd). The club changed its name to Milton Keynes AC in January 1976. The opening of the 1976/77 season saw the introduction of ten to score for the men. At High Wycombe Mick placed 5th and included debuts for Gerard Copps, Dave Findel-Hawkins and Brian Graves with a record 15 senior men starting. Mick won the fourth fixture at Banbury. The team finished runners-up to Old Gaytonians AC (to become Harrow in later years) in 1978/9 and were promoted to Division One. Tough going and relegated back to Div 2. However the highlight was Mark Everitt winning all five u13 races.(Mark is the uncle of Alfie Yabsley)

The start of 35years plus in Division One

A much stronger team commenced the 1980/81 season and won all five matches. The first match was hosted around the MK Bowl and surrounding fields – our main "hill" was then then muddy embankment being constructed for Chaffron Way(H7) to cross the railway tracks. And so back to Div 1 for 1981/2 where the club finished 5th overall. MKAC have been in the top echelon ever since – 35years!! Only Windsor can boast this achievement. Windsor Great Park was the venue for the 1982/3 fixture where Simon Rayner became our first individual senior Division One winner.

Home fixtures in Brickhill Woods

1984 saw a match hosted in Brickhill Woods- well received by lots of the visiting clubs and third place for the team. Certainly for quite a few years the toughest course in the League. They placed 4th at the end of the 1984/5 season and by now very well established in Division One. Bracknell and Oxford were the leading clubs in those days.

1985/6 saw John Crouch, Dave Findel-Hawkins, Gerard Copps, Robbie Macpherson and Chas Kendall ran all five matches whilst the following the season the under 13boys became part of the scoring structure – certainly helped us.

Kerry Hayes – race winner

Kerry Hayes was first senior man home in a number of fixtures including winning the opening race at Oxford in both the 1989/90 and 1990/91 seasons. And, as the above photograph shows, Kerry won the 1990/91 home fixture in Brickhill Woods.



The latter season had Gordon Faulds, Sean O'Sullivan, John Gillespie and Jim Morrison run all five races. The next season saw the introduction of scoring for veteran teams and not surprisingly Oxford were the inaugural winners. The team placed third overall in 1993/4 with Tony Forrest winning all five under17 men's races. The following year a first-ever win for the under 15boys with Martin Potter and Daniel Pinna first and second overall and including current members Steve Green and Ross Wood.

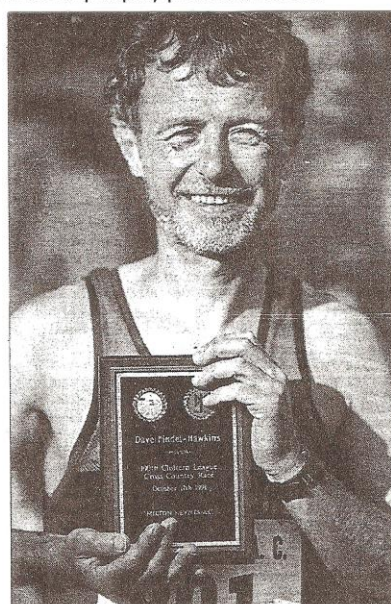
And, at last, ladies compete in the League AND our first overall League Championship (the first of many!)

A senior ladies and under 15 girls race were now introduced but only on a non-scoring basis. However, under pressure from many clubs, they became an integral part of the scoring system for 1997/8. MKAC took advantage of this to record their first-ever team victory at High Wycombe AND then, at Aston Clinton clinched the League title for the first time:

1-MMKAC	8962
2-Harrow AC	8398
3-Windsor	7540

Dave's Ton-up

The club hosted the opening fixture for the 1998/99 season in Brickhill Woods and marked a major milestone for Dave Findel-Hawkins in completing his 100th Chiltern League race since that race at High Wycombe in 1976. He was awarded a commemorative plaque, pictured below.



WOLVERTON AC/MKAC IN THE CHILTERN CROSS-COUNTRY LEAGUE 1968/9 – 2015/16 *(continued)*

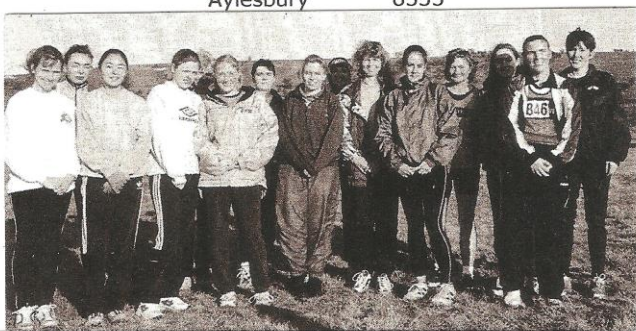
A very close second League triumph for 1989/90

And a second overall team victory was notched up at the end of the 1989/90 season but it was very close with the match going "down to the wire" at Luton. Great credit to our ladies

who turned-out in force here. The event was run around Warden Hills, NE of Luton. Leading men that season were Ian Van Lokven, Adrian Cox, Daryn Castle and Steve Green. Chris Hearn led the u17's who included Ian Wood whilst Kyle Bennett was our foremost u13. Carly Scott and Sarah Cox were the top ladies scorers but it was very much an all-round team effort here. Rachel Gibbens took the bronze medal in the 13girls rankings

Top three:

MKAC	8000
Harrow AC	7928
Aylesbury	6555



The ladies team at Luton -
[from the left] - Julie McPheat, Veronique Ambrosini, Lara Bromilow, Amanda Child, Val Russell, Carly Scott, Marie Boardman, Deborah Scott, Jenny Gibson, Paula Chammings, Rosanne Iannone, Jenny Melton, Sara Cox, Amanda Scott and Linda Dewhurst.

The last fixture in Brickhill Woods(2001/2)

League Championship honours continued through 1999/2000 and 2000/2001, this latter season produced the first overall ladies win beating Windsor who had dominated the female events for a few years. And so to 2001/2 for our fifth consecutive Championship but saw the last match in Brickhill Woods. The top Division now embraced 14 teams, lots of new clubs were entering and with the pressure to find enough courses it was decided to amalgamate both Divisions in as much they competed at one venue. We fell foul of the local residents/parish council/police as parking caused chaos in Woburn Sands. A great course was sadly lost. Bedford & County joined that season and were placed direct into Division One

1 MKAC	11875
2 Windsor S&E	10821
3 Harrow AC	9654
4 Bedford & Co.	8947

The next season was our sixth victory and noteworthy for the first time that we also won both the male and female overall trophies. Richard Nifah won the opening senior match at Watford and placed second at Luton and Wing.

Three incredibly close finishes for 2003/4

Male overall	MKAC	9573	Harrow	9563	+10
Female overall	Bedford	2676	MKAC	2653	-13
Veteran Men	MKAC	2620	Aylesbury	2601	+19

Our 8th and 9th Championships but we could not make it 10 out of 10

We beat Windsor by 1225pts to win in 2004/5. A number of our youngsters who would be around 10 years later featured in the rankings: Tom Comerford(1stM17), Josh Lyman(5thM15), Sam Winters(1stM13), Tanya Taylor(1stF15). The following season Bedford were the main challengers scoring 11809 to our 13011. And next season (2006/7) halted our progress as they comprehensively won.

Jackson Ryan has been our Chiltern League "guru" for some 20 years and seen here in a rare competitive appearance at Windsor in 2006/7

Championship no. 10 in 2007/8

We won all five matches with Bedford down in 6th place. Harrow were 2nd and Chiltern Harriers 3rd.

50th anniversary

2008/09 was the fiftieth anniversary of the League and a special medal was awarded to finishers after the race at Wing. Bedford won back the title. Since then only Bedford and ourselves have been League Champions -

2009/10	MMKAC(11)
2010/11	Bedford(3)
2011/12	MMKAC(12)
2012/13	MMKAC(13)
2013/14	Bedford(4)
2014/15	Bedford(5)
2015/16	MMKAC(14)



In the days of the male only competition (1959-1996), Oxford won 10, Bracknell 9 and Harrow 7 Championships. First win by a current league club came from Windsor in 1965.



SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS

Parliament Hill, North London (30 January)

Good performances from senior teams.

But, again sadly, no "junior" teams - three age groups needed one more runner!

Under 13 Girls

- 36 Barbara de Koning
- 101 Imogen King
- 188 Chloe Munroe
- 268 finished

Under 15 Girls

- 56 Enya Deysel
- 178 Libby Herdman-Smith
- 204 Rosie Merrin
- 244 finished

Senior Women

- 36 Lara Bromilow
- 52 Nadine Lewycky
- 83 Gemma Childs
- 158 Natasha Baker
- 255 Mel Wright
- 306 Debra Brent
- 498 Deborah Bottomley
- 501 finished
- Team- 11th

Under 13 Boys

- 36 Jack Sharp
- 98 Aidan Murphy
- 162 Ben Green
- 267 finished

Under 15 Boys

- 107 Finlay Gibbs
- 129 Aaron Wooton
- 271 finished

Under 17 Men

- 59 Ewan Forsythe
- 173 finished
- Senior Men
- 48 Steve Tuttle
- 129 Chris Hearn
- 228 Graham Jones
- 273 Ross Threlfall
- 321 Steve Herring
- 377 Mark Palser
- 468 Jeremy Vick
- 606 Michael Prest
- 663 Chris Finister
- 824 Paul Mason
- 835 Kelvin Smith
- 1026 finished
- Team- 22nd



1000 plus men charge up the famous climb to Parliament Hill with the iconic London skyline. Steve Tuttle between nos 4070 and 3993.



Under 13 boys: Aidan Murphy, Jack Sharp & Ben Green. Jack's 36th place bring him in at no17 in the all-time rankings for this event, 4 behind Steve Tuttle from 2002. Duncan Taylor, now playing International rugby for Scotland, is 10th ranked

A ladies team for the first time since 2011(14th then).

Good to see Mel, Debra and Deborah experiencing life in the "big time" 150+ finishers than in 2015 at Brighton Ladies best at Parliament Hill is 7th in 2008 but just 250 finishers - Sarah Cox(41), Carly Scott(45), Lara Bromilow(59) and Lauren Licietis(112)

22nd for the senior men is their third best placing

The men were an equal best ever 20th at Brighton last year (857 finishers) Prior to 2010 the men's best position was 21st at Basingstoke in 1989 - Kerry Hayes(30), Kevin Farmer(117), Ian Thompson(276), Gordon Faulds(213), Steve Haycock(311) & Tim May(334). At Parliament Hill in 2010 finishing 20th the scoring six was: Tom Comerford(50), Marcin Fudalej(102), Chris Hearn(125), Steve Herring(256), Ian Lamb(298) & Marcus Whelband(300).



Ladies: Gemma leads Nadine up the second climb, Debra and Mel in their first major championship race.



ENGLISH "national" CROSS-COUNTRY CHAMPIONSHIPS

Donington Park, Leics. 27 February

Just eleven athletes at the premier club event of the season.

The men's team placed 28th from 123 finishers. Their third best-ever. Best was 24th in 2012 at Parliament Hill.

Steve Tuttle moves up to 3rd (and in the top 100) in the club all-time top 20 whilst Liam Smith, in his first "National" comes in at no.13.

A mix-up with entries meant we only had two ladies; however both Gemma, in her first senior race, and Natasha in her debut move into the top 20.

Well run Libby and Rosie, our only two youngsters competing.

RESULTS:

SENIOR MEN (12KM)

71 Steve Tuttle
264 Liam Smith
329 Chris Hearn
514 Ross Threlfall
549 Mark Palser
555 Steve Herring
1367 Jack Comerford
1730 finishers

SENIOR WOMEN (8KM)

161 Gemma Childs
206 Natasha Baker
739 finishers

UNDER 15 GIRLS (4KM)

220 Libby Herdman-Smith
318 Rosie Merrin
354 finishers



Gemma, (above) with Liam, Mark & Jack at Donington Park: Libby at Culham

ALL-TIME TOP 20 SENIOR "NATIONAL" FINISHERS

SENIOR MEN	year	venue	no.of finishers	SENIOR WOMEN	year	venue	no.of finishers
41 Tom Comerford	2011	Alton Towers	1302	24 Linda Dewhurst	1988	Leeds	508
44 Kerry Hayes**	1995	Luton	1790	32 Rachel Pearson	2012	Parliament Hill	650
71 Steve Tuttle	2016	Donington Park	1730	49 Lara Bromilow	2015	Parliament Hill	861
170 Ian Van Lokven	2000	Stowe	1485	50 Rita Quill	1993	Luton	584
183 Ian Thompson	1991	Luton	2170	56 Tanya Taylor	2011	Alton Towers	552
206 Kevin Farmer	1990	Leeds	2174	70 Elle Roche	2015	Parliament Hill	861
238 Chris Hearn	2010	Leeds	1554	79 Carly Scott	2008	Alton Towers	495
251 Adrian Cox	1999	Newark	1688	87 Wendy Webber	2014	Nottingham	708
257 Jon Wilson	1990	Leeds	2174	89 Nadine Lewycky	2015	Parliament Hill	861
258 Geoff Bourne	1979	Luton	1672	94 Sarah Cox	2009	Parliament Hill	545
260 Matt Eager	2012	Parliament Hill	1688	97 Claire Rooney	2005	Birmingham	451
263 Dave March	1979	Luton	1672	125 Jane Bird	1984	Stevenage	??
264 Liam Smith	2016	Donington Park	1730	134 Jo Benham	2002	Bristol	385
293 Mick Bromilow	1976	Leicester	1314	138 Janet Godliman	1981	Colchester	??
315 Gordon Faulds	1989	Epsom	2000+	161 Gemma Childs	2016	Donington Park	739
315 Paul Erwood	2012	Parliament Hill	1688	178 Sophie Wright	2010	Leeds	543
316 Ross Threlfall	2014	Nottingham	1657	179 Di Knight	2000	Stowe	397
321 Steve Herring	2012	Parliament Hill	1688	181 Lauren Licietis	2009	Parliament Hill	545
347 Gerard Copps	1981	Parliament Hill	1685	186 Lauren Cripps	2010	Leeds	543
360 Clive Owen	1981	Parliament Hill	1685	206 Natasha Baker	2016	Donington Park	739

(** also 54th at Epsom in 1989)

CROSS GRAND SLAM COUNTRY

COMPLETING

- All five Chiltern League matches,
- The Buckinghamshire County Championships.
- The South of England Championships &
- The English "National" Championships were:

WERE

Nafasha Baker	SW
Chris Hearn	SM
Steve Herring	M40
Rosie Merrin	F15
Ross Threlfall	SM
& Steve Tuttle	SM

AND THOSE WHO RAN IN ALL
THE RACES BAR THE NATIONAL
WERE:

Debra Brent	F50
Barbara De Koning	F13
Enya Deysel	F15
Ewan Forsythe	M17
Finlay Gibbs	M15
Ben Green	M13
Nadine Lewycky	F35
Chloe Munroe	F13
Aidan Murphy	M13
Jack Sharp	M13
Jeremy Vick	M35
Aaron Wooton	M15

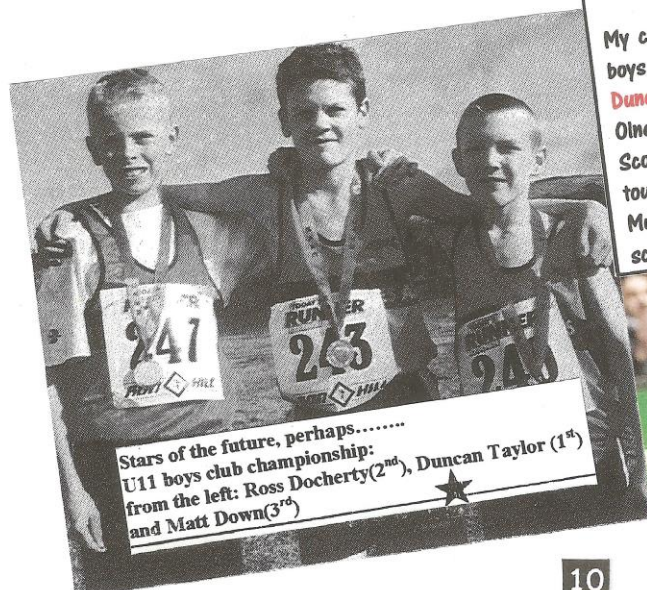


Rosie, Natasha, Steve Tuttle, Chris,
Ross & Steve Herring at Donington Park



Stars of the future, perhaps.....

My comment in the March 2001 Newsletter after the under 11 boys cross-country championships. Little did we know that **Duncan Taylor** would rise through the rugby ranks - Olney/Bedford and then Saracens and now a regular playing for Scotland. He scored a memorable try in the recent six nations tournament against France. "one of the great tries at Murrayfield. Jet-heeled Duncan Taylor outstrips the French to score! 18-15 now."



Stars of the future, perhaps.....
U11 boys club championship:
from the left: Ross Docherty(2nd), Duncan Taylor (1st)
and Matt Down(3rd)

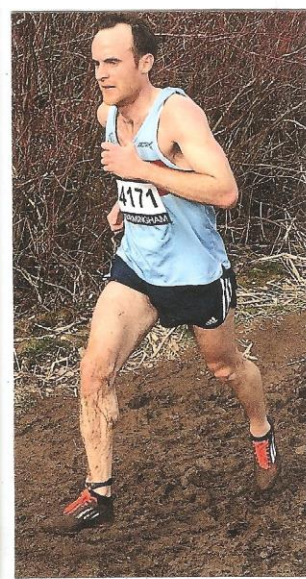


UK Countles Athletic Union

INTER-COUNTIES CROSS-COUNTRY CHAMPIONSHIPS BIRMINGHAM(12 March)

Senior Men	
61 Steve Tuttle	41:33
159 Chris Hearn	44:00
206 Andrew Inchley	45:52
219 Ross Threlfall	46:30
261 finished	
Team-17th	744
Under 20 Men	
38 Charles Wheeler	29:43
49 George Wheeler	30:05
164 finished	
Team-13th	280
Under 17 Men	
98 Conrad Webber	20:55
141 James Minter	21:34
159 Ewan Forsythe	21:45
250 finished	
Team-25th	372
Under 15 Boys	
95 Jack Meijer	17:27
186 James Dowsett	18:07
225 Finlay Gibbs	18:27
260 Tom Sharp	19:02
305 finished	
Team-34th	648
Under 13 Boys	
189 Jack Sharp	13:11
288 Alex Brent	13:53
311 finished	
Team-12th	263

Senior Women	
72 Lara Bromilow	33:34
157 Gemma Childs	35:56
194 Natasha Baker	37:08
249 finished	
Under 17 Women	
154 Georgia Flawn-Thomas	23:51
171 Charlotte Moyse	24:04
267 finished	
Team-37th	732
Under 15 Girls	
96 Montana Edghill	18:47
159 Gemma Milne	19:27
222 Jessica Nuttall	20:06
302 finished	
Team-25th	457
Under 13 Girls	
57 Barbara de Koning	13:29
119 Charlotte Underwood	13:58
163 Imogen King	14:14
304 finished	
Team-16th	329



The climax of the cross-country season is the annual Inter-Counties Championships, this year held at Cofton Park, Birmingham. MMKAC provided nearly 50% of the athletes representing Buckinghamshire. Competition here is fiercely fought as the smaller counties, like Bucks, have to go head to head with the likes of Yorkshire, Surrey, Kent etc where they have a much larger catchment area. Most successful age group was in the under 20 men's race where Charles Wheeler(38th) and George Wheeler(49th) spear-headed the team that placed 13th overall. The senior men put in their best placing for three years with 17th position. Steve Tuttle ran to a best-ever 61st at these Championships followed by Jamie Farmer(Redway Runners in 124th) with Chris Hearn(159th) closing the scoring six Bucks team. Andy Inchley(Leighton Buzzard) was 7th man home(206th) with Ross Threlfall, 8th/ 219th.

The senior ladies unfortunately did not have a team of six but MMKAC were represented by Lara Bromilow(72nd), Gemma Childs(157th – an improvement of 60 positions over last year) and making her debut, Natasha Baker, 194th. The under 13 girls placed 16th, a huge improvement on their 32nd last year. Barbara de Koning improved her individual position by almost 100 places, 57th and second Bucks scorer whilst a very good debut from Charlotte Underwood(119th). Imogen King placed 163rd, another big improvement over last year's 214th. There were two local young ladies in the under15 race, Montana Edghill, 2nd scorer(96th) and Gemma Milne, 4th scorer(159th) as the team finished 25th overall. It was tough going for the under 17's with MMKAC's Georgia Flawn-Thomas(154th) and Charlotte Moyse(171st) leading the team home(37th).

Conrad Webber was third Bucks scorer(98th) in the under 17 men's race. Just off the scoring four were James Minter(141st) and Ewan Forsythe(159th). An overall county position of 19th. There were three young men in the under 15 boys scoring team with Jack Meijer leading them home, 95th. James Dowsett placed 186th and Finlay Gibbs 225th. Tom Sharp, after an injury-plagued season ran well to finish 260th. Finally Jack Sharp (189th) and Alex Brent (288th) were outside the scoring four in the under 13 boys race.



Top - Longevity: Lara Bromilow who first ran for Bucks as a senior in 2003/Chris Hearn who first represented Bucks as an U17 at Cardiff in 1998 **Left** - U15 girls including Gemma Milne, Enya Deyzel, Jessica Nuttall & Montana Edghill **Right** - Bucks Ladies: Natasha, Gemma & Lara plus Kirstie Eliot(Chiltern H)





Thanks again to everyone who assisted on the day and especially to Mick Bromilow, Jackson Ryan and Dennis Edghill who bore the brunt of the Festival organisation

There were 4067 finishers, 139 down on last year. Comparative numbers are:

Distance	2016	2015	
5km	503	391	+112
10km	1196	1282	-86
Half-Mar.	1556	1921	-365
20 miles	812	612	+200

First off was the 20 miles event with a field of over 800 starters. Paul Navesey(Crawley) led from the gun to win in a course record of 1.52.13. Star of the day for MMKAC was Rachel Robinson who won the ladies race with a personal best of 2:13.35(improving by some 4minutes). Kirstie Meeton(Bedford) led for a long time before Rachel tracked her down at 15miles and finished strongly to win by just over a minute. Another PB was set by the next MK lady, as Linsey Ryall improved by almost 10mins with her time of 2:25.21 and also finishing 4th in the F35 category. Making their debuts over this distance were Natasha Baker who ran 2:27.54 and Alex Tvarozkova 2:39.28.

Dan Webber was first MK man home, 8th agonisingly just failing to break the 2 hour barrier in 2:00.33 for a PB as did Tom Comerford, 10th in 2:01.19 in his debut at this distance. Chris Dunn improved by 3mins to finish in 2:17.17 followed by Chris St.Leger-Harris(2:18.42), Martin Erasmus, 3rd M50 in 2:23.08, Stuart Boyer(2:23.28), Ross Wood(2:23.30), Casper Zoeftig(2:26.54), Neil Jones(2:28.33) and completing those who ran inside 2:30 came Chris Cahill(2:28.54).

The half-marathon attracted almost 1600 competitors and there were two MK runners in the first 10. Jamie Seddon set a PB in placing 5th with a time of 75.19 whilst four places back came Steve Herring with 77.35 which won him the Eastern Veterans title, an event incorporated within the main race. Steve was also first M45 on the day. Steve Green placed 27th(82.13) and then came Ian Lamb, 42nd overall in 84.12 and first M55 man to finish. Newcomer Ryan Searle clocked 87.05 in his debut whilst John Skelton was first M60 home in 87.58. In the top half of the field were Ian Wood(88.38), Eduardo Usteran(89.55), Russell Jones(91.26), Andy Stiles(94.29), Kevin Church(102.310 and Lisa Yabsley(112.56). Sharon Edghill ran her best time for two years with 115.01.

There were almost 1200 finishers in the 10km race. Best results came from the ladies, Lara Bromilow clocking 38.42 for third lady and Elle Roche, on her way back after injury, placing fourth lady(40.44). Then a huge personal best for Sophie Gibbens(41.32) and fifth lady. Debra Brent closed in 2nd F50 running 47.26 and just ahead of Sioban Dyer(47.44), Mel Wright(47.53) with Diane Farmer finishing in 48.15 for 2nd F55 lady. Chris Finister led the local contingent, 17th in 38.02 with Michael Prest, 37th(40.57) and Martin Brent, 51st(43.01) just of his PB of 42.57 set in last year's race.

Finally over 500 finished the 5km race. Another local winner here, Mark Ryall who clocked 15.57 and won by over 90seconds! Oli Lum was 4th(17.54) and Mark Dowson 5th (18.25). Alice Ritchie (19.35) was first lady with Martinha Royles, 2nd F35(20.59). Leading u15 was Alex Brent, 11th overall with a time of 20.30.



Top: Jamie Seddon & Chris Finister, our first half-marathon/10km finishers
Centre: Ian(10km) and Ross Wood(20m)
Above: John Skelton(1st M60) ahead of James Cracknell in the early stages of the half-marathon. Cracknell ran 83.31 and is in training for the London Marathon where he ran 2:50.43 last year.

**THE 20 MILER SAW 4 MMKAC LADIES ENTER
THE TOP 25 IN THE CLUB RANKINGS:**

1	Michelle Lee	FS	1.56.1	Bramley	2004
2	Nadine Lewecky	FS	2.08.23	Bramley	2015
3	Imogen Thornburgh	FS	2.08.42	Bramley	2006
4	Jane Preen	F35	2.13.09	Ashby	2009
5	Katrina White	FS	2.13.35	Bury St.Edms	2000
6	Rachel Robinson	FS	2.13.35	Milton Keynes	2016
7	Jane Bird	F35	2.18.47	Finchley	1987
8	Wendy Webber	FS	2.20.16	Oakley	2014
9	Maragaret Swithenby	F40	2.24.50	Corby	1994
10	Kathy McGuinness	F35	2.24.53	Stafford	1986
11	Linsey Ryall	F35	2.25.21	Milton Keynes	2016
12	Julie Dalzell	F40	2.25.36	Oakley	2008
13	Natasha Baker	FS	2.27.54	Milton Keynes	2016
14	Gill Donaldson	FS	2.28.09	Ashby	1998
15	Anick Valapinee	F45	2.29.13	Bury St.Edms	2005
16	Ciaragh Hubert	FS	2.29.51	Oakley	2005
17	Lyn Jolley	FS	2.30.27	Rochdale	1996
18	Rosemary Muston	F55	2.32.21	Oakley	2004
19	Di Knight	F40	2.32.56	Bramley	2002
20	Diane Farmer	F50	2.34.43	Worthing	2010
21	Katie Penrose	F35	2.34.46	Oakley	2014
22	Julie McPheat	F35	2.35.43	Bury St.Edms	1999
23	Alex Tvarozkova	F35	2.39.28	Milton Keynes	2016
24	Leah Williams	FS	2.40.55	Oakley	2010
25	Deb Hindmarch	F50	2.42.41	Bury St.Edms	2007

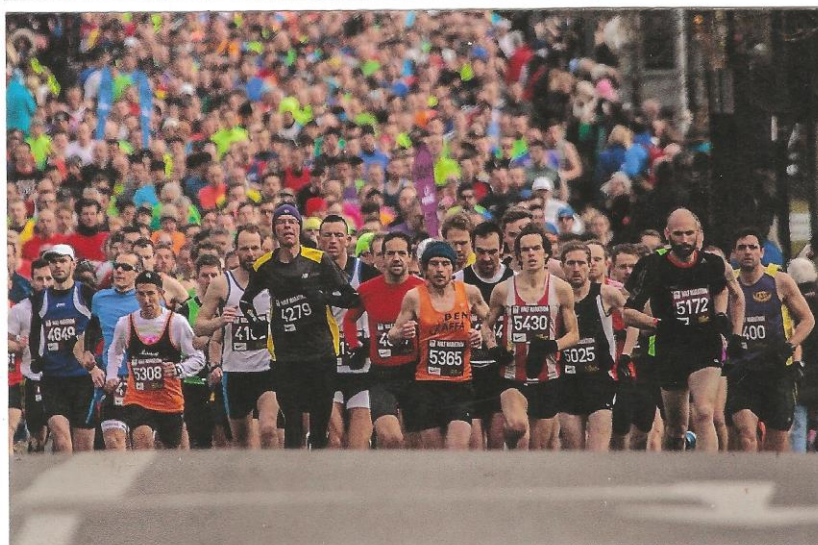
**AND TWO MEN NARROWLY FAILING TO
BREAK THE TWO HOUR BARRIER**

Dan Webber ran 2.01.46 in the 2015 (and inaugural) MK 20 and this year was even closer with 2:00.33. Tom Comerford in his 20mile debut ran 2:01.19. There are now seven MK men who have run between 2:00.00 and 2:01.30 -

Jackson Ryan	MS	2.00.01	Finchley	1982
Steve Rice	MS	2.00.26	Stafford	1987
Dan Webber	MS	2.00.33	Milton Keynes	2016
Paul Bond	MS	2.00.39	Worthing	2010
Ian Russell	M40	2.01.16	Corby	1994
Tom Comerford	MS	2.01.19	Milton Keynes	2016
Dave Findel-Hawkins	MS	2.01.22	Finchley	1982



*Above: lady 20milers-
Rachel, Linsey,
Natasha & Alex.
Left: Half-Marathon start.
Below: Chris Dunn &
Chris St Leger-Harris-
both sub 2:20 in the "20"*

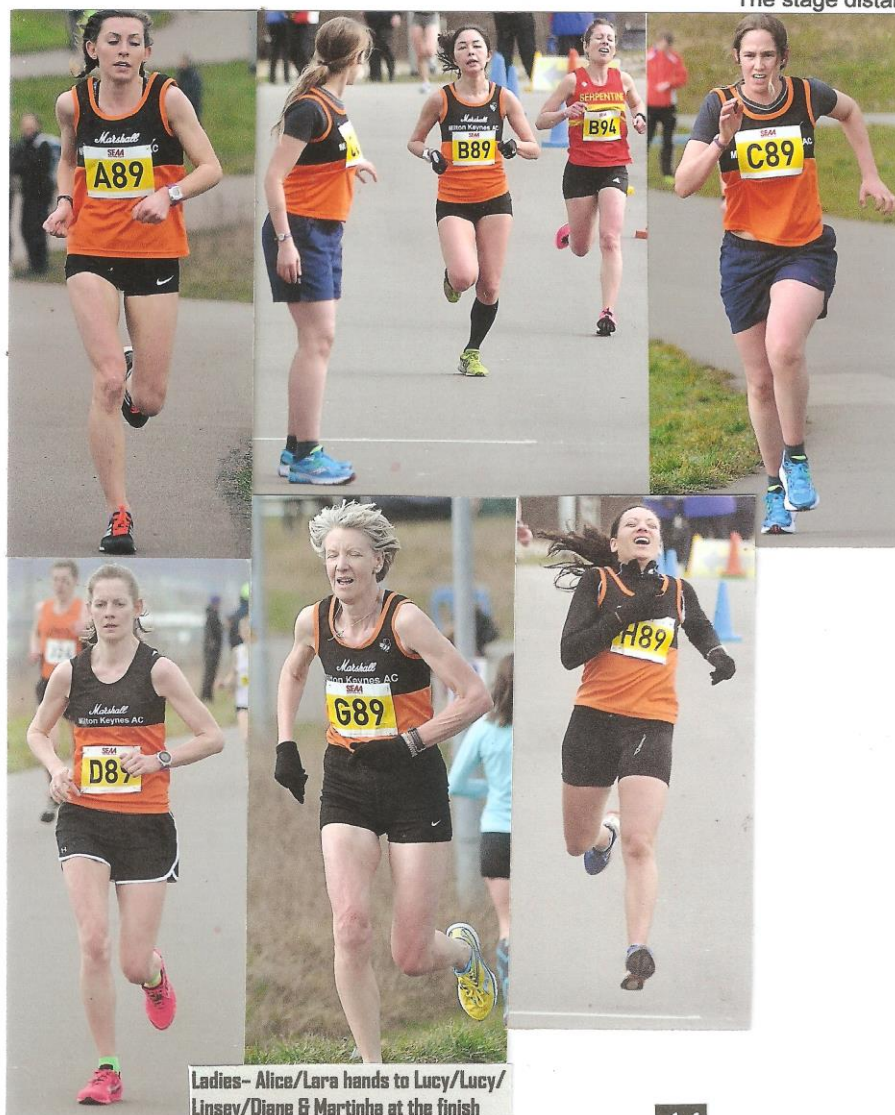


South of England Road Relay

CHAMPIONSHIPS (20 April)

Our ladies of travelled down to Gravesend, Kent for the annual South of England Road Relay Championships. With teams competing from East Anglia across to the South-West, and of course, very convenient for the major London clubs, competition was fierce. A change in format with athletes on legs 1, 3, 5 and 6 running 4.3km whilst legs 2 and 4 were 6.5km.

Alice Ritchie ran the opening 4.3km leg(16.06) for MMKAC and from almost 40 starters ran very well to hand over to Lara Bromilow in 12th position. Lara ran a solid 6.5km(23.56) leg to hold this position. A daunting prospect for Lucy Stone, making her club debut on leg 3. However once into her stride she settled down for a steady performance, but with a number of much faster ladies coming through the field, Lucy(18.36) handed over to Linsey Ryall in 20th place. Linsey ran the longer 6.5km leg(25.39) and gained one place before handing onto Diane Baldwin. Diane, by far the oldest of the local team lost just one place with 18.04 before Martinha Royles ran the anchor leg(17.49) consolidating their final position of 20th with her trade-mark sprint finish. Highgate Harriers took the lead on leg 2 and carried on in front to the finish with Cambridge 2nd and Aldershot 3rd.



Ladies- Alice/Lara hands to Lucy/Lucy/ Linsey/Diane & Martinha at the finish



The men's 12-stage relay was initially held in 1965. MKAC first ran in 1981; we thought we had really hit the big-time when my application to enter was accepted. No such things as traffic-free course then, you ran on the roads around Wimbledon on a busy Saturday afternoon. I recall the likes of Coe, Ovett and Rowland running with buses, cars, taxis etc up their back-sides. It was moved to a traffic-free course at Thurrock in 1994 and then to Milton Keynes in 1999.

Mick Bromilow was at the helm to get the 1999 race to MK. and likewise a ladies race was introduced in 2000. Initially based at the Open University and then moving in 2012 to Stantonbury. We had hoped to continue hosting the event this year but negotiations with the South of England AA proved untenable. It appeared that the event would be cancelled but at the last moment the Cyclopark, just south of Gravesend was found for the 2016 venue.

Just a few miles from the Dartford crossing with easy access from the A2. the Cyclopark has a lot to offer. A traffic-free road system, adjacent parking, large refreshment area etc The stage distances were originally advertised as 7.2km and 4.8km but changed at the last minute to 6.5km and 4.3km.rumour was that the original distance was to include the car park area!

Numbers were down from last year; 50 men and 45 women in 2015 against 43 and 38 this year.

AND where were our men? It was embarrassing being asked this question as I walked around the course.

BEST PERFORMANCE BY THE LADIES
The 2010 race saw the team claim the bronze medals: Lara Bromilow ran the opening and fastest leg for MK(5506m) handing over to Nicki Gooderham in 8th place. She took them up to 3rd. Tanya Taylor and Sophie Gibbens held this podium position on legs 3 and 4. Lauren Cripps dropped one place on leg 5 but Lauren Licietis passed the final Shaftesbury Harriers runner to re-gain third and the bronze medals.

AND also in 2010 a certain Mo Farah turned out for Newham & Essex Beagles. Farah smashed the short course (5506m) record with 15.46 and helped his club win and set an overall course record.



MMKAC VETERANS IN 2015 UK RANKINGS

JIM LAWRENCE HAS CHECKED ALL THE ATHLETES WHO COMPETED IN TRACK & FIELD LAST YEAR. THOSE IN THE TOP TEN ARE LISTED HERE. FULL RANKINGS ARE ON THE CLUB WEB SITE.

MEN

100m			
M40	5	Scott Herbert	11.44
M60	2	John Browne	12.64
200m			
M40	6	Scott Herbert	23.05
M60	3	John Browne	26.2
400m			
M40	7	Scott Herbert(ind)	53.17
800m			
M55	7	Dennis Edghill	2.17.05
M60	8	John Skelton	5.00.59
One Mile			
M55	9	Dennis Edghill	5.24.62
M60	4	John Skelton	5.31.48
M70	9	Keith Cook	6.48.8
M75	4	Brian Daniels	7.52.1
3000m			
M60	5	John Skelton(ind)	10.36.62
400mH(84.0cm)			
M50	9	Mark Featherstone	89.50
High Jump			
M45	7=	Andre Sinclair-Linton	1.60m
Long Jump			
M40	8	Scott Herbert	5.93m
Shot(4kg)			
M75	3	Jack Kee	9.25m
Discus(1kg)			
M75	2	Jack Kee	28.82m
Hammer(7.26kg)			
M40	6	Mark Roberson	45.27m
Hammer(4kg)			
M75	2	Jack Kee	39.84m
Javelin(500gm)			
M75	7	Jack Kee	22.33m
Weight(9.08kg)			
M60	9	Bunt Scott	12.69m
Weight(7.26kg)			
M75	2	Jack Kee	15.17m

WOMEN

100m			
F55	10	Jan Hardcastle	15.5
800m			
F35	7	Corinne Nurse	2.23.15
One Mile			
F60	10	Fi Han Bromilow	8.21.65
5000m			
F55	9	Diane Baldwin	21.05.62
400mH			
F35	10	Corinne Nurse	78.78
F55	4	Diane Baldwin	109.1
2000mSC			
F35	6	Carly Scott	8.24.15
F55	1	Diane Baldwin	9.14.32
Triple Jump			
F55	3	Jan Hardcastle	8.53m
Shot(3kg)			
	10	Lesley Byrne	8.50m
Discus(1kg)			
	1	Emma Beales	40.35m

A VETERANS REVIEW



Two gold medals for Jack Kee and a bronze for Jan Hardcastle at the British Masters Indoor and Outdoor Throws Championships Lee Valley(13 March)

M45 60m heats/200m heats 3/3 Paul Canning 8.04/25.92; M75 Hammer/Weight 1/1 Jack Kee 35.17m/13.81m; F55 Long Jump/Triple Jump 6/3 Jan Hardcastle 3.61m/7.78m.



March 29 - April 3: European Masters Indoor Championships, Ancona, Italy:

W55 High Jump/Long Jump/Triple Jump: 8/13/11 Jan Hardcastle 1.25m/3.72m/8.08m. M60 400m heat/semi 2/4 Ivars Licietis 62.12/63.53.

VETERANS IN THE CHILTERN LEAGUE

THOSE WHO RAN AT LEAST FOUR RACES TO QUALIFY

M40	7 TH	Steve Herring
	21 ST	Andrew Wasdell
	35 TH	Doug Yabsley
M50	12 TH	Martin Brent
	20 TH	Mark Childs
M60	6 TH	Kelvin Smith
	7 TH	Paul Mason
	9 TH	Dave Findel-Hawkins
F35	19 TH	Lisa Yabsley
F45	6 TH	Debra Brent

VET TEAMS

Both ladies and men finished a lowly 9th overall in this category. The ladies have finished 3rd, 2nd & 4th in the last three years whilst the men have placed 6th, 7th & 8th in this period. From the 53 men who represented the Club there were 18 veterans; the ladies saw 20 compete overall with 9 in the veterans category.



EASTERN VETERANS TRACK & FIELD LEAGUE FIXTURES

4 May	Sandy	1 June	Bedford
6 July	HOME	3 August	Stevenage

FINAL - Bedford(11 September

EVAC TRACK & FIELD CHAMPIONSHIPS -3 September(Sandy)

EVAC 5km and 10km CHAMPIONSHIPS -The 5km is included within the Bedfordshire track & field Champs at Luton on 15 May. The 10km is on 17 July at Sandy as part of the Biggleswade TrackFest. Details on EVAC web site

TWO EARLY SEASON CLUB RECORDS SET ON 10TH APRIL

M50 Long Jump 5.13m by Andre Sinclair-Linton at MK (Carl Baldwin 4.93m/2005)
M60 400m 63.19 by Ivars Licietis at Charnwood (John Seed 66.4/2000)

CORINNE NURSE- NO LESS TEN APPEARANCES IN THE 2015 UK VETERANS

F35 RANKINGS

100m	30 th	14.61	Solihull
400m	13 th	63.36	Stevenage
800m	7 th	2.23.15	Scotstoun
1500m	22 nd	5.06.66	Watford
1mile	15 th	5.46.28	Solihull
80mH	12 th	20.8	Bedford
400mH	10 th	78.78	Sandy
High Jp	3 rd	1.43m	Bedford
Long Jp	26 th	3.87m	W.London
Shot	42 nd	6.73m	W.London

AND NOT FORGETTING FI-HAN BROMILOW

who also has 10 rankings, albeit in the F60 age Group. Her best position was 30th in the 3000m.(16.44.47). And was quite happy to compete in the throws.



ATHLETES IN ACTION ON THE BOARDS

Indoor season reviewed by Jim Lawrence

It was a pretty good season over the winter 2015/2016 for most of our athletes. More and more are doing the burgeoning indoor scene so I can only concentrate on some of the highlights.

In the sprints Maxwell Brown had a major breakthrough. The U17 year old won the South of England title over 60m with a time of 7.04 and ran even faster at the London Indoor Games a few weeks later with a superb 6.99. Subomi Onanuga impressed with two marks of 6.94 whilst Daniel Oderinde as an U20 ran 7.00. Chris Clarke made a welcome return and was unlucky at the UK Trials over 200m. He ran 21.04 in his semi to make the final only to be disqualified in that race for a lane infringement. Chris represented GB in an international match over 400m in Athlone, Ireland clocking 48.03. In form Aaron Adom impressed with a bronze over 200m at the South of England Championships running 22.57.

Greg Rutherford who as you know is our current reigning Olympic, World, European and Commonwealth Champion & Diamond League long jump winner finally got the British Indoor Record in New Mexico, USA with a leap of 8.26m. Chuko Cribb hopped, stepped & jumped to a wonderful indoor triple jump record with 15.08m winning British University & College Students bronze medal.



Ebony Carr (pictured R) as an U20 ran 7.72 in the 60m & 24.72 over the 200m. That latter performance won her a brilliant UK Championships U20 bronze medal. Laura Zialor (pictured L) had a quite fantastic indoor season. She broke the club's indoor triple jump record no less than four times. She started off with 12.12m at Lee Valley on 17th Jan which won her the South of England U20 gold. That performance earned her an England vest. Representing England at the Cardiff International she went further to a winning 12.31m. Next on to Sheffield on Valentine's Day to jump 12.36m. That performance earned her a UK Championships U20 silver medal. Laura then went to the UK Senior Championships and her 12.57m was only just out of the medals. For good measure she also High Jumped 1.75m and gained the South of England U20 silver.

Rachel Gibbens won a marvellous bronze medal at the South of England Pentathlon Championships whilst at her speciality event, the Pole Vault she twice broke the club record with 4.10m & 4.13m. That caught the eye of the England selectors and she was rewarded with an England vest and went to the Vienna International meeting where she performed admirably finishing joint 2nd. Other noteworthy performances include Sade Ross breaking former international Emma Beales's U17 Shot record. New figures of 11.67m. Molly Adams leapt to new records of 5.15m and 5.43m in the U17 Long Jump.

At the other end of the age scale Ivars Licietis now an M60 won the EVAC 200m & 400m titles. He ran 63.31 and then 62.12 in the heats over in Ancona, Italy at the European Masters Championships. He was unlucky not to make the final as in his semi he suffered a slight niggles and had to ease up. His 62.12 is a new M60 record and is superior to his recently set outdoor figures. Another to go to the European Masters was Jan Hardcastle. She set new F55 best figures over the Long Jump (3.61m & 3.72m) & the Triple Jump (7.78m & 8.08m). Jan had earlier won Bronze over Triple Jump at the EVAC Championships.

All in all it all looks good for the forthcoming outdoor season.

INDOOR RANKINGS 2016

MALE			
60m			
Subomi Onanuga	U23 6.94	Willesden	
Maxwell Brown	U17 6.99	Lee Valley	
Daniel Oderinde	U20 7.00	Lee Valley	
Ryan Walker	U20 7.16	Lee Valley	
Joshua Boakye	U20 7.31	Lee Valley	
Jamil Hassan	U20 7.32	Lee Valley	
Kwame Twumasi- Tawiah	U17 7.32	Eton	
Jarrell Stamp	SM 7.38	Newham	
David Boakye	U17 7.39	Sheffield	
Luke Durand	U20 7.46	Eton	
Niklas Adio	U20 7.53	Lee Valley	
Harrison Reed	U15 7.84	Lee Valley	
Chris Arnull	U17 7.86	Lee Valley	
Paul Canning	M45 8.04	Lee Valley	
Kreston Edghill	U20 8.11	Lee Valley	
Cameron Dankwa	U17 8.36	Lee Valley	
John Browne	M60 8.46	Lee Valley	
200m			
Chris Clarke	SM 21.04	Sheffield	
Aaron Adom	SM 22.57	Lee Valley	
Harrison Reed	U15 25.43	Lee Valley	
Paul Canning	M45 25.92	Lee Valley	
Ivars Licietis	M60 28.34	Lee Valley	
400m			
Chris Clarke	SM 48.03	Athlone, Ire	
Felix Lum	U20 56.82	Lee Valley	
Connor Marley	U17 58.95	Lee Valley	
Charlie Madgin	U17 59.96	Lee Valley	
Ivars Licietis	M60 62.12	Ancona, It.	M60 Rec.
800m			
Mark Dowson	M40 2.13.64	Lee Valley	
Morgan Smith	U17 2.14.55	Lee Valley	
Marcus Lovell	U17 2.17.62	Lee Valley	
Charlie Madgin	U17 2.17.76	Lee Valley	
Alex Brent	U13 2.34.77	Lee Valley	
1000m			
Chris Arnull	U17 3.16.35	Lee Valley	
1500m			
Graham Jones	SM 4.27.72	Lee Valley	
Mark Dowson	M40 4.41.72	Lee Valley	
Jeremy Vick	M35 4.43.26	Lee Valley	
3000m			
Liam Smith	U23 8.57.89	Lee Valley	
60m Hurdles			
Chris Arnull	U17 11.64	Lee Valley	
Pole Vault			
Jack Porteous	U17 2.40m	Eton	
Long Jump			
Greg Rutherford	SM 8.26m	New Mex.	GB RECORD
James Mottram	U20 5.83m	Lee Valley	
Chris Arnull	U17 4.71m	Lee Valley	
Triple Jump			
Chuko Cribb	U23 15.08m	Sheffield	RECORD
Jamil Hassan	U20 13.93m	Lee Valley	
James Mottram	U20 11.20m	Lee Valley	
Shot			
Chris Arnull	U17 7.93m	Lee Valley	
Heptathlon			
Chris Arnull	U17 2078 pt	Lee Valley	
FEMALE			
60m			
Ebony Carr	U20 7.72	Sheffield	
Jordan Heron	U17 8.11	Lee Valley	
Rachel Oderinde	U17 8.15	Lee Valley	
Casey Hodges	U20 8.18	Sheffield	
Anita Dzre	U20 8.22	Eton	
Amy Milne	U17 8.60	Lee Valley	
Amber Evans	U17 8.89	Lee Valley	
Hannah Weatherley	U15 9.39	Lee Valley	
200m			
Ebony Carr	U20 24.72	Sheffield	
Jordan Heron	U17 26.57	Lee Valley	
Casey Hodges	U20 27.06	Lee Valley	
Rachel Oderinde	U17 27.27	Lee Valley	
Naomi Greener	U20 27.86	Lee Valley	
Amy Milne	U17 28.10	Lee Valley	

300m

Amy Milne U17 46.07 Lee Valley

800m

Jess Nuttall U17 2.28.87 Lee Valley

Corrine Nurse F35 2.30.09 Lee Valley

Rachel Gibbens SW 2.42.05 Lee Valley

Tamzin Hill U15 2.56.96 Lee Valley

VETS REC.

60m Hurdles

Rachel Gibbens SW 9.27 Lee Valley

Devon Byrne SW 9.48 Sheffield

Hannah Weatherley U15 10.73 Lee Valley

Tamzin Hill U15 10.9 Lee Valley

High Jump

Laura Zialor U20 1.75m Lee Valley

Rachel Gibbens SW 1.71m Lee Valley

Devon Byrne SW 1.58m Loughborough

Charlotte Bailey U15 1.46m Lee Valley

Tamzin Hill U15 1.38m Lee Valley

Jan Hardcastle F55 1.25m Ancona, Italy

RECORD

Pole Vault

Rachel Gibbens SW 4.13m Carshalton

RECORD

Long Jump

Molly Adams U17 5.43m Lee Valley

U17 Record

Rachel Gibbens SW 5.30m Loughborough

Devon Byrne SW 5.20m Loughborough

Amber Evans U17 4.46m Lee Valley

Tamzin Hill U15 4.46m Lee Valley

U15 Record

Jan Hardcastle F55 3.72m Ancona, Italy

F55 Best

Triple Jump

Laura Zialor U20 12.57m Sheffield

RECORD

Kewe King U20 10.36m Eton

Lucy Johnston U20 10.31m Lee Valley

Jan Hardcastle F55 8.08m Ancona, Italy

F55 Best

Shot

Sade Ross U17 11.67m Lee Valley

U17 Record

Devon Byrne U23 11.25m Lee Valley

Rachel Gibbens SW 9.67m Lee Valley

Tamzin Hill U15 8.25m Lee Valley

Pentathlon

Rachel Gibbens SW 3422 pt: Lee Valley

Tamzin Hill U15 2252 pt: Lee Valley



Early season outdoor action from Molly Adams & Sade Ross
100m start: Maxwell Brown(L) & Aaron Adam(R)



More families in Chiltern League action
Sonja & Barbara de Koning/Mark & Gemma Childs/
Jessica & Jack Nuttall.
The Hickman brothers are featured on page 5.



JANE BIRD COMPLETES THE PARIS MARATHON.

Jane comments....."the Paris marathon was absolutely great, the sights of Paris, the crowds and lots of bands along the way, it was so nice just to do a comfortable jog and not be pressured to race it".

Jane finished in 5:40.49 and set the inaugural club F65 record. Maybe finishing near the rear of the field but there were still over 2000 behind her.

Jane with her daughter Sarah who ran a very respectable 3:48.16. in Paris



Jane ran her last marathon for MKAC in 1991, having joined in 1983 from Oxford City AC. This latter year (as an F35) she ran 3:18.07 at Bedford and then in 1984 set her PB of 2:57.12 at London. Next year she ran 2:59.44. Her 2:57.12 remained a club ladies record until Katrina White clocked 2:54.37 in 2000. Michelle Lee ran 2:43.41 in 2003 and then her startling 2:35.51 in the 2004 London race, and not far off Olympic selection.

Jane ran 3:21.47(F40) in the 1991 London. She then turned her attention to the triathlon and soon rose through the ranks to gain international recognition and competed, apart from in Europe, in the USA, Mexico, Australia etc.,

COMPLETING HER FIRST IRONMAN IN ROTH, GERMANY (1996)

Jane wrote an inspiring story for the club newsletter at the time. A few excerpts.....

"I've done it – yes, I finished an Ironman. I am still on a high and running up to the finish line is an experience I will never forget, undoubtedly this was the highlight of a long sporting career.

A few years ago when I was suffering from ME this was an impossible dream. It has been a long hard road back to fitness and at times I nearly gave up, but I hope my achievement will inspire other ME sufferers."

At 5.00am the two mile swim began followed by a 112mile cycle ride.

"I knew only too well the pain of marathon running. My pre-race plan was to walk the length of every feeding station – 50metres walk every two kilometres. This enabled me to drink sufficient water and eat one quarter of a banana. Psychologically this was good. I kept plodding on and suddenly realised that if I kept to pace I would just break the twelve hour barrier. My legs ached incredibly but I managed to pick up the pace over the final 400m. Round the corner and through the finishing stands, 11hours 51mins".

I can remember doing some long runs with Jane in her training for Roth. She had a heart monitor set at a particular pace and we would have to slow down when it beeped, even walking; such was her diligence in controlling her body after ME.

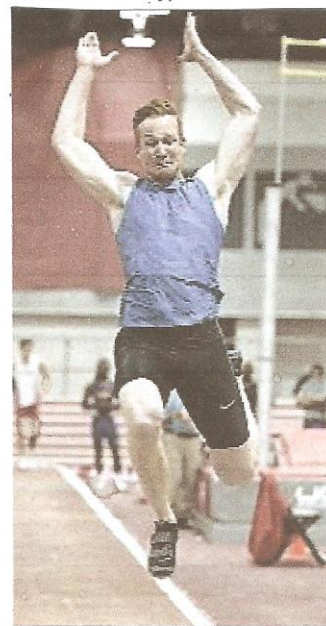


Alfie Yabsley, our leading under 17 cross-country runner here as lead cyclist for the Milton Keynes Festival of Sport 10km race

GREG RUTHERFORD LEAPS TO UK INDOOR RECORD of 8.26m

(Albuquerque, New Mexico – 5th February)

Greg, with a previous indoor PB of 8.17m, improved the mark set by Chris Tomlinson of 8.18, in Stuttgart in 2008. He opened with 7.96m and then went out to 8.26m with his second attempt.



AND OPENS THE 2016 OUTDOOR SEASON WITH A JUMP OF 8.30m – HIS 9TH BEST ALL -TIME

(Long Beach, California – 16 April)

Potential Olympic rival. Jeff Henderson(USA) placed 2nd with 8.19m



A UK 2KM STEEPLECHASE RECORD AT STANTONBURY

Competing in the opening Southern Athletics Lge. match on 16 April, Louise Webb(Southampton) took just 0.71 secs.off the UK record with a time of 6.26.08.

I was lucky to get this photo – obviously I was watching MMKAC's Alice Ritchie and Natalie Nurse and then picked up the vibes from the Southampton team who were cheering Louise. This was her last water-jump clearance!



Pos	M/F	Cat		Cat	Half	Finish
290	286	217	Daniel Webber	MS	1:17:39	2:39:41
550	539	394	Steve Green	MS	1:23:18	2:44:57
691	676	127	Gary Blaber	M40	1:21:27	2:47:43
912	890	602	Tom Comerford	MS	1:20:42	2:51:09
1159	33	27	Wendy Webber	FS	1:25:23	2:54:04
1288	1249	53	Martin Erasmus	M50	1:26:44	2:55:19
1668	1604	964	Tom Hayman	MS	1:27:49	2:57:51
2663	150	103	Rachel Robinson	FS	1:28:17	3:05:38
3018	2817	1498	Chris Dunn	MS	1:26:30	3:08:47
3528	276	187	Linsey Ryall	F35	1:35:11	3:12:20
3751	3443	1728	Matt Child	MS	1:29:16	3:13:41
3799	318	214	Natasha Baker	FS	1:37:17	3:14:00
3950	3598	1779	Chris St Leger Harris	MS	1:26:26	3:14:59
4299	3890	635	Chris Cahill	M45	1:39:28	3:17:26
5164	4543	987	Phil Catchside	M40	1:36:59	3:23:03
5377	670	134	Katie Penrose	F40	1:40:08	3:24:27
5681	4947	487	Geoff New	M50	1:37:21	3:26:06
6030	5200	1137	Neil Jones	M40	1:42:21	3:27:50
6255	5363	524	Andy Stiles	M50	1:36:16	3:28:54
14304	10978	1635	David Hickman	M45	1:59:41	4:00:04
14711	3460	420	Lisa Watts	F45	1:59:08	4:01:29
15163	11535	79	Kelvin Smith	M65	1:53:33	4:03:34
15350	11657	1150	Mick Lee	M50	1:59:40	4:04:15
28893	9272	237	Karen Bugaj	F55	2:16:00	5:00:45
2nd claim	226	Lientje De Villiers	FS	1:37:04	3:14:28	

MMKAC had 25 runners in this years' London Marathon. Up front it was the brother and sister act of Dan and Wendy Webber who led them home. Dan finished an excellent 290th overall from the huge field of 39,000 with another sub 2:40 time, 2:39.41 on this occasion but 3minutes down on his 2015 time.

Seven ladies finish

Wendy bounced back from injury problems last year, 33rd female and setting a personal best by 2mins with 2:54.04 and up to the 4th fastest by a MMKAC lady. There were some really fine performances by the next ladies to finish – Rachel Robinson ran 3:05.38(150th female) but had hoped to better her 2:59.06 from last year. Linsey Ryall(3:12.20) smashed her PB by 10mins and Natasha Baker clocked 3:14.0 in her debut, the 9th and 11th fastest in the club rankings. Another PB from Katie Penrose(3:24.27), 17th all-time. Lisa Watts ran 4:01.29 in her debut whilst Karen Bugaj ran her best London time with 5:00.45

Big improvement for Steve Green

Second man home and probably the performance of the day was from Steve Green who improved his PB by over 6mins to record 2:44.57 and up to 36th in the club rankings. Gary Blaber was just a minute off his PB with 2:47.43 and 127th in the M40 age category. Tom Comerford ran sub 3hours in his debut(2:51.09) . Tom Hayman was just off his PB from last year recording 2:57.51.

Martin Erasmus and Geoff New run two marathons within a week

Martin clocked 2:55.19, a PB at the age of 50, 53rd in this age group on the day and the 4th best in the club M50 age rankings. The week previous he ran 3:01.01 in the Brighton Marathon. Geoff New ran 3:21.46 at Boston US, a week earlier and then a very creditable 3:26.06 at London. *Back in 1996 Tony Kockelbergh ran 2:50.33 at Boston and then 2:50.56 in London, just 23-seconds apart!*

The club's next seven finishers were all inside a very respectable 3:30 finishing time. Chris Dunn(3:08.47), Matt Child(3:13.41), Chris St Leger-Harris(3:14.59), Chris Cahill(3:17.26), Phil Catchside(3:23.03), Neil Jones(3:27.50) and Andy Stiles(3:28.54). Just over the 4hour barrier came Dave Hickman in his debut with 4:00.04, then Kelvin Smith, 79th in the M65 age group(4:04.15) and finally Mick Lee(4:04.15) in his marathon debut. And there was still over 20,000 on their way to the finish line.



Michelle Lee	FS	2:35.51	London	2004
Imogen Thornburgh	FS	2:48.43	London	2006
Jane Preen	F35	2:52.19	Berlin	2007
Wendy Webber	F35	2:54.04	London	2016
Katrina White	SL	2:54.37	London	2000
Jane Bird	F35	2:57.13	London	1984
Rachel Robinson	FS	2:59.06	London	2015
Nadine Lewycky	FS	3:00.13	Paris	2015
Linsey Ryall	F35	3:12.20	London	2016
Margaret Swithenby	F40	3:12.21	London	1994
Natasha Baker	FS	3:14.00	London	2016
Fran Malin	F45	3:14.43	Abingdon	2012
Julie Dalzell	F40	3:15.22	London	2008
Anick Valapinee	F45	3:17.04	London	2004
Barbara Martin	F35	3:18.23	MK	1979
Ruth Fuller	F35	3:19.20	Florence	2007
Katie Penrose	F40	3:24.27	London	2016
Ciaragh Hubert	FS	3:25.05	London	2005
Alex Knowles	FS	3:27.26	Chicago	1998
Jan Richardson	F35	3:27.56	Stone	1992
Gill Donaldson	FS	3:29.09	London	1998

LADIES MARATHON RANKINGS SUB 3:30

A calibration error in the measuring wheel means the Manchester marathon too short by 380m for three years as 24,000 runners have times invalidated.

Tough luck Chris Nicholson (right) who was credited with 2:57.02 and Chris Dunn(2:58.00) who thought they had cracked the 3hour barrier in 2015.



EARLY TRACK & FIELD SEASON MATCHES

SOUTHERN ATHLETICS LEAGUE

Stantonbury(16 April)

1 Chelmsford	221	2 MMKAC	181
3 Tonbridge	176	4 Southampton	131

Southampton provided the individual star of the day when Louise Webb broke the UK record for the 2000m steeplechase by the incredibly close margin of 0.71 of a second when clocking 6.26.08.

The MMKAC ladies, whose team comprised at least 50% under 20's, started with an excellent double in the hammer, Kayleigh Presswell again throwing over 50m with a best of 52.76m and then Emma Beardmore was just 12cm of her PB with 47.74 to win the B string. Emma went to record a further three victories in the throwing events, She won the shot with 10.59m and the B discus(34.80m) and javelin(20.76m). Lucy Johnston won the A javelin(28.92m), Emma Beales the A discus(39.18m) and Sade Ross the B shot(10.29m)

It was tougher on the track for the ladies with Elle Roche their only winner, comfortably taking the 1500m in 4.57.54. In the sprints Jordan Heron took 3rd in the 100m and 4th in the 200m whilst both Katie James and Corinne Nurse placed 3rd in the 400m races. Sophie Botham ran tactically well in the 800, just of PB for 3rd position. Alice Ritchie ran to 2nd place in the B 3000m race and later made her 2km steeplechase debut, 3rd with 7.50.78, 5th best in the club all-time rankings.

The men's lateral jumps produced maximum points for the hosts, Chuko Cribb and Jamil Hassan winning the long jump events, 6.33m and 6.03m respectively. Into their speciality, the triple jump, Chuko won by over 2m with a best of 14.40m, Jamil then leapt 13.27 to win the B event. In the throws Lewis Barnes threw 32.04m to win the hammer and Jonathan Pownall 52.40m for a javelin victory. Lewis then placed 2nd in both the shot and discus. For the ladies Molly Adams placed 2nd in the long jump(5.04m) and then in the triple jump she won the B event.

On the track Aron Adom placed 2nd in the 100m(11.35) and later won the 200m in a fast 22.26. Good points were notched up in endurance races, Sam Winter charged down a lead in the 800m to be just 4/100th off winning(1.59.92) with team-mate Ross Threlfall also 2nd in the B race(2.00.47). Ross took 2nd in the 1500m but Sam won the B race. Mark Ryall led from the front to easily win the 5000m(15.22.74) with Graham Jones making it a double for a comfortable B string first.



**YOUTH DEVELOPMENT
LEAGUE - u13/u15
MIDLANDS PREMIER**
Birmingham
23 April

1 Rugby & Northampton	535	2 MMKAC	525
3 Chamwood	510	4 Birchfield H	498
5 Notts AC	444	6 Coventry Godiva	378

SUPERB START FROM THE YOUNGSTERS

Second place at Alexander Stadium proved an excellent start to the season for the under13/under 15 team under the managership of Alana Slater and Karen Trapnell. Highlights included:

U15 Boys:

Long Jump 1st Ethan Wiltshire(6.15m), 5th best all-time, 1cm behind Greg Rutherford
Hammer 1st James Ericsson(40.69), 9th best all-time/English Schools Qualifying distance

Shot 1st James Palmer(9.48m) 2nd B James Ericsson(7.71m)
Discus 2nd James Ericsson(29.17m) 1st B James Palmer(20.57m)

U13 Boys

100m 1st George Ho(13.35)
200m 2nd Yinka Adelowo(28.20) 2nd B George Ho(27.61)
Javelin 1st Lewis Johnstone(21.89m) -9th best all-time. 2nd B Tim Penley(18.96m)
4 x 100m Relay 1st(Yinka Adelowo-George Ho-Chad Wilson-Thomas Chalmers)-55.84

U15 Girls

1500m 2nd Barbara de Koning(5.06.41) 2nd B Montana Edghill(5.10.10)

U13 Girls

75m 2nd Moyin Oduyemi(10.27), 4th best all-time. 1st B Lateefa Agberemi(10.49)
1200m 2nd Charlotte Underwood(4.11.21) 2nd B Chloe Munro(4.22.99)
70m Hurd. 2 Lateefa Agberemi(12.15), 3rd best all-time.
2nd B Charlotte Underwood(12.41)

Shot 1st Lara Moffat(7.46m) 1st B Moyin Oduyemi(6.14m)

High Jump 2nd Asher Cliff-Afemari(1.42m)
= CLUB RECORD(Cathy Goddard/1979)

YDL ACTION FROM 2015
Charlotte Underwood & Tim Penley



**Website
development
upgrade – help needed**

The club website provides a large amount of information to both club members and to web visitors, however the time has come for an overhaul of the site and a review on how/where it is hosted. If anyone in the club has an active interest in and/or is experienced in website development – and would be willing to spend some time assisting with the development of a new club website - then could they please contact me so that I can pull together a small working group.

Many thanks - Andrew Wasdell

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HOME FIXTURES

- 4 June British Milers Club PB Classic(1800)
- 11 June Bucks Schools Championships
- 28 June **Milton Keynes 10km road race(Open University)**
- 6 July Eastern Veterans League
- 9 July Southern Athletics League
- 16 July UK Youth Development League

OPEN MEETINGS

8 May 31 July
14 August 18 September

TOUR OF MILTON KEYNES

21-26 August

ENTRY SYSTEM NOW OPEN

Full details on club web site where an entry form can be downloaded/use the on-link to enter.

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**CONTRIBUTIONS ALWAYS
WELCOME!**

