

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

A review of summer 2016

"To me, it doesn't matter how good you are. Sport is all about competing. Whatever you do in sport, enjoy it, be positive and try to win" - Ian Botham

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ADVANCE NOTIFICATION:

MMKAC ANNUAL GENERAL MEETING

TUESDAY 15TH NOVEMBER

STANTONBURY CLUB HOUSE, 8.15pm



Greg Rutherford recently opened up his back garden to aspiring MMKAC athletes. The event was one of hundreds held all over the country as part of "I Am Team GB" - which was billed as the nation's biggest sports day.

Eleven young athletes were given a coaching session by Greg at his purpose built sand pit. He said: "These kids are having a wonderful time - they want to get better they want to improve and they're all great athletes so it's made my job incredibly easy, but I've had an awful lot of fun. "Anything we can do to get people out and get people active is hugely important."

MMKAC athletes pictured above with Greg - Amber Evans, Chuko Cribb, Lateefah Agberemi, Asher Cliff-Afemari, Laura Zailor, Tamzin Hill, Tia Margan, Jasmine Trapnell, Jack Porteous, Luke Parry & Ethan Wiltshire.

Chair's piece

Greg Rutherford

Greg Rutherford has, once again, been flying the flag for club and country, achieving a bronze medal at this year's Olympic Games in Rio de Janeiro. After just making the Final with his last jump in the qualifying round, he took part in one of the best competitions of the Games, with the lead changing hands four times during the competition. I guess the real frustration for Greg was knowing that, throughout the competition, there was no one jumping distances that he could not have exceeded if it all came together. Sadly it was not quite to be, though a bronze medal was a fabulous achievement. Among British Field Eventers, only Jonathan Edwards (Triple Jump), Steve Backley (Javelin) and Greg have won more than one Olympic Medal – Steve holds the record with three (two silvers and a bronze).

At the beginning of September, Greg held the first-ever competition at the long jump pit that his father has built in Greg's back garden. Greg was there to demonstrate the standing long jump and to offer advice throughout the long jump competition. Chuko Cribb, one of 11 MMK athletes who took part, told me afterwards it was the best coaching session he had ever attended. Greg told me later that he had had so much fun, he was minded to hold a competition each year for the benefit of local athletes.

Greg is involved in Strictly Come Dancing on the BBC over the next three months. We wish him every success.

Track Season

It has been another 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. I'd like to thank all the coaches, officials and team managers for the work they have done. The club cannot operate at the level it does without the support of a large number of volunteers.

The YDL Teams have again done really well this year, with the Upper Age Group Team finishing third in the Midlands Premier East Division, the top league in the Midlands, and the Lower Age Group second in their Midland Premier East Division, just missing qualification for the National Finals. Both teams will be in the same division next year.

In the UK Women's League, which included a visit to Manchester this year, the club missed out on promotion to Division 1 by the narrowest of margins.

Our Southern Athletics League team again came close to demotion from the top Division but survived after a strong turnout in the final match saw us climb up to eighth place.

In the Eastern Vets League, both the men's and women's team finished second and will contest the Grand Final at Bedford on 11 September.

Grounds Maintenance

Kelvin Smith and Paul Toombs have done a great job in the stadium, making sure that the grass is cut, the lines marked and weeds removed. They could always do with additional help, so that if you have time to spend a morning a week at the stadium helping out, please let me know. Jack Kee and Peter Hall have spent a great deal of time making sure that all of our equipment is in good repair, replacing items when necessary. This work, largely unseen, is vital to the continued success of the club.

Milton Keynes Festival of Running

The Club made around £15000 from this year's Milton Keynes Festival of Running in March. The date for next year's event has been fixed at Sunday 5 March 2017. We will need more than 100 helpers on the day to ensure its continued success. Please book the date in your diary.

Cross Country

As the track season winds down, so the cross country season begins. Last winter Marshall Milton Keynes won all but one of the overall categories (Male, Female and Seniors, but not Juniors) and the Overall Trophy. In the fourteen age categories, the club was victorious in six, including the Senior Men and Senior Women.

One change this year is that the number of scorers in the Senior Women's race has increased from four to six. It is even more important to field additional seniors and veterans in this event, to ensure that we retain our title.

To be successful in this league need to get large numbers of runners out for each race in every match. The first league meeting of the season is Horspath, Oxford on 15 October. Another key to success in this league is getting a good start. Please try to be there. The second match on 12 November will be at the Teardrop Lakes, Milton Keynes (organised by Leighton Buzzard) and the final match will be a home match in Campbell Park on 11 February. All races will be chip-timed by Kevin Farmer's Results Base company, which is based in Milton Keynes. Participation in these races remains free to members of Marshall Milton Keynes AC.

Awards Evening

The Club Awards Evening is on Saturday 1 October, at Harben House, Newport Pagnell. Tickets at £20 (£70 for a family of four) are on sale from the clubhouse kitchen. The ticket prices will enable the club to recoup the cost of the dinner and the disco, with the cost of the trophies and medals borne by the Club. Jackson Ryan has been contacting last year's trophy winners. If you still have one of the trophies could you please return it to him as soon as possible.

Officials

The Club relies on our small number of qualified officials, who score points for us in YDL matches, the Southern Athletics League and the UK Women's League. We are very lucky, for example, to have three qualified starters in the Club as many other clubs are struggling to find sufficient officials for their matches.

The Club has been hit very hard by the death of our leading field official, Carl Baldwin, and the incapacitation of Mike Burling. If you would like to help the Club by becoming a qualified official, please let Karen Trapnell know.

Annual General Meeting

This year's AGM will be held at the clubhouse on Tuesday 15 November. If you are thinking of standing for one of the positions, please talk to Club Secretary, David Millett, or me. Our Treasurer, Alec Walliker, is standing down this year and it is vital we recruit someone with accounting experience.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

CARL BALDWIN 1954 - 2016: "A MAN FOR ALL SEASONS"

Carl will be sorely missed by the athletics fraternity, and his enthusiasm for life and the fight he put up against his illness must be held up as a beacon to others

It was with great sadness when we heard that Carl has passed away on 29th August. He had battled against cancer for many years. He joined the club in 1988 and was a multi-event athlete who relished competition in all its forms. Whether it was running the Wolverton 5 road race, the mud and bullets of cross-country or his passion for track and field. He was regular competitor in our Southern League and Eastern veterans track & field teams. In his latter days he turned his hand to officiating and became a well respected Level 3 Field Judge and often acted as Field Referee in many of our meetings. He will be sorely missed.

A brief resume of his 28 years with MMKAC

□Early Days

Carl joined MKAC in 1988(aged 34) and his first outing in our colours was the Wolverton Five where he ran 35.30 Next year he got involved with the Southern track & field league "B" team and his love for multi-events immediately showed competing in no less than eight events across the spectrum: High Jump(1.50m) Long Jump(5.40m), Triple Jump(11.64m), Pole Vault(2.50m), Shot(9.73m), Discus(22.83m), Javelin(34.24m) & Hammer(21.50m). Continuing to mix all the disciplines Carl ran 44.42 in the MK 10km in 1989 and then a PB of 42.59 at Silverstone in 1992.

□Bronze Medal at the British Masters Championships/Mainstay of the "B" team

Carl turned 40 in 1994 and competing at Bedford won javelin bronze in the British Masters Championships throwing 41.84m This performance is still the second best in the club M40 rankings. In fact Carl has no less than 11 all-time rankings in this age group. Other second positions include: High Jump(1.50m), Pole Vault(2.92m) & Triple Jump(11.49m).

□And into Race Walking

After MKAC joined the EVAC track & field league Carl set club M40 records in the 1 mile(8.31.0/1994) and 2km(10.11.5/1997)

□17 completions of the Tour of MK

Carl ran his first "Tour" in 1989 and in a 24-year span finished no less 17, his last one in 2012.

□And right through to the M60 rankings

Carl continued his enjoyment as an all-rounder in his latter athletics days. He holds the M60 records for High Jump(1.20m) and Pole Vault(2.20m, is second ranked in the Long Jump (3.86m) and third in the hammer rankings(27.00m). John Turner, our EVAC team manager up to last season commented "It is probably fair to say that most of the recent EVAC final medals would not have been achieved without his contribution in things like the pole vault, long, triple & high jumps plus hurdles"



Photos: top - Carl officiating in the long jump at a UKWAL match in 2011. Above -Competing in the long jump at Stantonbury in 2007 and running in a Chiltern League cross-country match at RAF Halton in 2008.

Our condolences to Diane who has cared for Carl over many years and look forward to welcoming her back to the sport she also loves.

PS - nobody to compete in the hurdles, steeplechase?? Carl was always first(and probably the only one) to put his hand up. A team managers dream athlete.

■ I'd like to compile a much fuller tribute to Carl for the Autumn Newsletter. I'll be very pleased to hear from you with your thoughts on the gentle giant.



1-Jeff Henderson 8.38m



United States

2-Luvo Manyonga 8.36m



South Africa

3-Greg Rutherford 8.29m



Great Britain

IAAF REPORT ON THE QUALIFYING COMPETITION

Defending Olympic champion Greg Rutherford flirted with elimination but eventually the reigning Olympic, world, European and Commonwealth champion, after two fouls, scraped into Saturday's final with his third effort of 7.90m to finish 10th overall.

However, a measure of how close Rutherford came to failing to make tomorrow's final can be seen by the fact that if he had jumped five centimetres less, then he would have been out.

With the two qualifying pools operating side-by-side in the Olympic stadium, only two men managed to exceed the automatic qualifying distance of 8.15m

On a good day for Chinese athletes called Wang, last year's IAAF World Championships Beijing 2015 bronze medallist Wang Jianan leapt out to 8.24m in Group B with his first attempt to make quick work of qualifying.

US champion Jeff Henderson progressed equally rapidly in Group A with his first jump of 8.20m but everyone else, with one exception, had to or decided to take all three jumps.

Only four more men went over eight metres, the best of the rest being Uruguay's Emiliano Lasa with 8.14m, who was aiming to get his country's first ever Olympic athletics medal.

Notable non-qualifiers included Sweden's Michel Torneus – who was fourth in London four years ago, finished second to Rutherford at the European Championships last month and a month ago jumped a national record of 8.44m, albeit at altitude in Spain – who could do no better than 7.65m.

Gao Xinglong, fourth in Beijing and a winner at the IAAF Diamond League in London last month, registered three fouls to deny China a full complement of three jumpers in the final.

BRONZE MEDAL FOR GREG AT RIO



A message from Greg:

"Finally in her protective box and heading home."



I want to thank everyone who's been behind me, wishing me luck and giving so much support and messages of love. It's helped me realise actually what this beautiful medal means to not just to me but to everyone who invests energy in supporting Team GB.

I will forever wonder what if with this competition, but in all honesty with the injuries I've had this year an Olympic Bronze is arguably the best I could have hoped for.

I'm flying back to-night(16/8) and finally get to see my family again to-morrow.

Thank you all again. This medal is for every single one of you....."

IAAF REPORT ON THE FINAL

US champion Jeff Henderson moved up to being a global champion when his last-round effort of 8.38m sufficed for the gold medal after an enthralling competition which saw the lead change hand four times after the opening round.

The first round saw defending champion Greg Rutherford, jumping third in the order, after all his problems in qualifying hit the board perfectly and fly out to 8.18m.

South Africa's Luvo Manyonga almost matched him with the next jump, reaching 8.16m, while later in the opening round, Henderson took an early lead with 8.20m and his compatriot Jarrion Lawson slotted into second place with 8.19m.

In the second round, world bronze medallist Wang Jianan jumped into the fray with 8.17m and the other protagonists at this stage couldn't improve, which meant that after two jumps just five centimetres covered the top five jumpers, separated in one-centimetre graduations.

In the third round, Rutherford went back into pole position with 8.22m and the hugely-talented Lawson, who jumped a PB of 8.58m at the US Olympic Trials, responded with 8.25m to take the lead.

Manyonga moved up from fifth to first in the fourth round with 8.28m and, with nobody else improving, then went on to add seven centimetres to his best with a leap of 8.37m in the following round. The South African leapt out of the pit and extended his arms towards a group of delirious South African supporters seated by the long jump pit, perhaps anticipating the gold medal was his.

However, Manyonga fouled his final effort and then had to wait to see what the remaining four jumpers could produce. Wang could not improve but then Henderson uncorked a season's best of 8.38m to snatch the gold medal away from Manyonga by one centimetre, the US jumper grinning with exhilaration as he left the pit.

The competition was far from over though.

Rutherford gave everything with his last jump but possession of the Olympic title ended when he could only jump 8.29m with his final effort. It did, however, move him from fourth to third which left Lawson, who had gradually slipped down the order to fourth, as the last man to jump.

The US jumper unleashed what initially seemed to be a gold medal jump only to see the result of 7.78m flash up on the scoreboards.

The situation left the stadium and the jumper perplexed and boos erupted around the stadium with Lawson's coach gesticulating wildly that there must have been an error. But a slow-motion replay broadcast on the stadium's big screens showed the judges had been absolutely correct, Lawson's trailing left arm had touched down in the sand close to the edge of the sandpit, which almost certainly cost him a medal, and possibly the Olympic title.

After a brief hiatus while the situation was clarified and Lawson finally signalled his understanding of the decision and mark, it was Henderson who got to wrap himself in the stars and stripes and take a lap of honour.



10/1 for Super Saturday repeat ?

Can the greatest night in British athletics history be recreated in Rio? Sky Bet were offering 10/1 that it is...

□ Mo Farah, Jessica-Ennis Hill and Greg Rutherford provided great memories at London 2012, all three Britons winning Olympic gold on the same night - a day which was subsequently dubbed *Super Saturday*.

□ The trio are all back to defend their titles in Rio and a similar schedule means that all three are to contest gold medals again on the same night - Saturday, August 13.

□ The three Brits are favourites for their respective events. Farah is 1/5 to win the 10,000m. Ennis-Hill starts the heptathlon as the 6/4 jolly and Rutherford is currently 7/4 for the long jump gold.

GREG DELIVERS AGAIN

(Athletics Weekly
Reports)

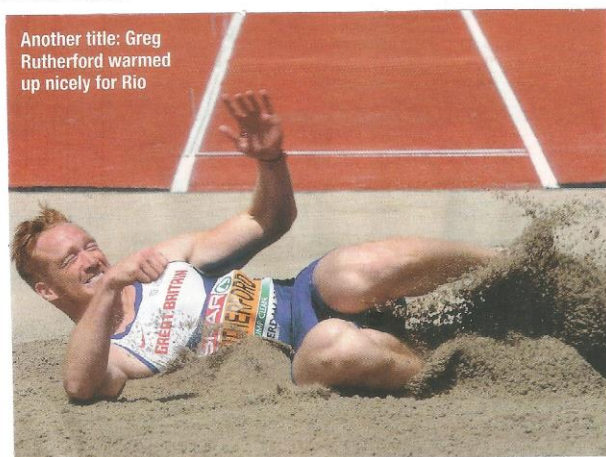


GREG RUTHERFORD lies only equal 20th on the world all-time list with his British record of 8.51m, but there is no doubt he is currently the greatest competitive long jumper and the man from Milton Keynes has a sensational championship record.

Already the Olympic, World, European and Commonwealth long jump champion, Greg got off to a good start with a 8.12m opening jump into a strong headwind. None of his competitors in Amsterdam had legally jumped as far this year. Michael Torneus(Sweden) with a tailwind recorded 8.21m to take the lead at the end of round 1. Greg followed with no-jumps in the 2nd and 3rd rounds and then a marginally better 8.13m in the 4th. In the 5th round Greg showed why he is one of Britain's greatest athletics competitors of all time sailing out to 8.25m. Torneus's response was two no-jumps.

Greg said" I did what I needed to do to win. I started well and the 8.12m was okay and then in round 3 I had a big foul again. I'm thrilled, this is my fifth major title now and I'll go into Rio fully expecting to do the same again."

The top two aside, the standard was poor and the home nation's Ignisious Gaisah, who jumped just 7.93m, won the bronze medal on countback.



BEDFORD - 18/19 JUNE
UNDER 20/23 CHAMPIONSHIPS

A TREBLE OF TRIPLE JUMP BRONZE MEDALS-

Laura Zialor-Chuko Cribb-Jamil Hassan

- Chuko won the M23 medal with a leap of 15.21m which was also a **club record** eclipsing the record set by Darren Gomersall with 15.06m, 30 years ago!
- Laura won the F20 medal jumping 12.21m in the same pit where she set her current club record of 12.96 the previous month.
- Jamil leapt 14.46m in the M20 event, a huge PB by 33cm. making him the fourth best club triple jumper ALL-TIME



ALL-TIME MALE TOP TEN					
1	Chuko Cribb		15.21m	Bedford	2016
2	Darren Gomersall	M20	15.06m	Luton	1986
3	Mark Pickerill		14.82m	Enfield	1987
4	Jamil Hassan	M20	14.46m	Bedford	2016
5	Andy Bell	M20	14.35m	Copthall	2002
6	Kershel St Helene	M20	14.24m	Haringey	2004
7	James Wright	M20	14.12m	Crewe	2010
8	Cedric Parry		14.07m	Eton Manor	1956
9	Phil Baker		14.00m	Oxford	1990
10	Franklin Ocran		13.92m	Bournemouth	2006

Chuko,
Laura &
Jamil.

UK WOMEN'S ATHLETICS LEAGUE - DIVISION TWO

A difference of just 10 match points(544 to 534) halts MMKAC progress to Division 1

FINAL LEAGUE TABLE	Match points	League points
1 Southampton AC	623	22
2 Bedford & County AC	544	17
3 Marshall Milton Keynes	534	17
4 Sale Harriers Manchester	547	16
5 Herts Phoenix AC	500	11
6 Havering AC	494	11
7 Victoria Park, City of Glasgow	480	9
8 City of Liverpool	430	5

With three events remaining MMKAC were just edging rivals Bedford, but lost out in the the triple jump and the relays to end up with the 10point deficit. Congratulations to the team of 17 under the managership of Julia Gibbens who made the long journey to Manchester. Southampton and Bedford are promoted to Div 1; Glasgow and Liverpool are relegated. Eight athletes competed in all three matches: - Emma Beales - Emma Beardmore - Ella de Lucis - Rachel Gibbens - Nicola Gibson - Kewe King - Corinne Nurse and Martinha Royles.

Crawley and Wigan are relegated from Division One whilst Reading and Newham & Essex Beagles are promoted from Division Three. Travelling next summer should be similar to this year especially with Glasgow out of the frame.

Match Results

Chelmsford - 5 June

1 Southampton AC	199	8
2 Bedford & County AC	198	7
3 Marshall Milton Keynes	177	6
4 Herts Phoenix AC	175	5
5 Victoria Park, City of Glasgow	174	4
6 Sale Harriers Manchester	173	3
7 Havering AC	156	2
8 City of Liverpool	140	1

Southampton - 3 July

1 Southampton AC	231	8
2 Sale Harriers Manchester	212	7
3 Marshall Milton Keynes	175	6
4 Bedford & County AC	172	5
5 Victoria Park, City of Glasgow	158	4
6 Herts Phoenix AC	154	3
7 Havering AC	152	2
8 City of Liverpool	131	1

Manchester - 7 August

1 Sale Harriers Manchester	211	8
2 Southampton AC	198	7
3 Havering AC	178	6
4 Marshall Milton Keynes	172	5
5 Bedford & County AC	169	4
6 Herts Phoenix AC	164	3
7 City of Liverpool	153	2
8 Victoria Park, City of Glasgow	145	1



Top: Julia Gibbens with 50% of the team post-match
Julia, Corinne Nurse, Martinha Royles, Katie James, Nicola Gibson,
Natalie Nurse, Emma Beales, Paige Barnes & Emma Beardmore
Above: Kewe King, Emma Beardmore & Martinha Royles
Left: Rachel Gibbens & Ella de Lucis

VETERANS TEAMS MARCH ON TO THE CUP FINAL AT BEDFORD ON 11 SEPTEMBER

OUR LADIES ARE THE DEFENDING CHAMPIONS WHILST THE MEN WON THE BRONZE MEDALS - WE SHALL ALSO BE DEFENDING THE COMBINED MALE/FEMALE TROPHY

MEN - A shame for Jeremy Vick, in his first match as team manager, that we were rather understrength that opening evening at Sandy And can I remember when we last came third! We were much closer to Bedford for the next match and then took 9pts from them in winning our Home fixture. Match 4 saw a rather under-strength but enthusiastic team finish second again to Bedford.

LADIES - Whereas the men battle with Bedford & Co. for local bragging rights, Fairlands Valley provide the main opposition to the ladies. Victories for them at Sandy and Bedford but rather uncharacteristically losing out to FVS at Home. Like the men, the ladies were a bit short of athletes at Stevenage, but came away with a hard fought second place.

MATCH RESULTS - SOUTH-WEST DIVISION

Match 1- Sandy(4 May)

Match 2 - Bedford(1 June)

Match 3 -Milton Keynes(6 July)

Match 4- Stevenage(3 August)

MEN

	Match 1		Match 2		Match 3		Match 4		FINAL LEAGUE TABLE - TOP 2 TO FINAL
Bedford & Co	118	1	107	1	91	2	108	1	1- 424pts
MMKAC	76	3=	100	2	100	1	100	2	2- 376
Bedford H	76	3=	66	4	71	4	87	3	3- 300
Fairlands VS	81	2	79	3	72	3	66	4	4- 298
Biggleswade	38	5	37	5	31	5	52	5	5- 158
Luton AC	36	6	62	6	26	6	31	6	6- 119

LADIES

	Match 1		Match 2		Match 3		Match 4		FINAL LEAGUE TABLE - TOP 2 TO FINAL
Fairlands VS	102	2	95	2	109	1	106	1	1- 412pts
MMKAC	103	1	99	1	94	2	96	2	2- 392
Bedford H	82	3	74	3	75	3	90	3	3- 311
Biggleswade	21	5	35	4	15	5	28	4	4- 091
Bedford & Co	25	4	27	5	11	6 #	9	6	5- 080
Luton AC	12	6	8	6	23	4	24	5	6- 067



MAKING THEIR EVAC DEBUTS THIS SEASON

Centre right: Mark Ryall at Sandy- a virtual solo 3000m run with a time of 9.00.0, just 4.1 seconds off the League record set back in 1997.
Above: Simon Kirschner-Heavens who made his debut with the 400m hurdles(!) in the home match; Lisa Yabsley here seen in the 200m at Stantonbury; Phil Catcheside in the Mile at Stevenage & Debra Brent in the 800m at Stantonbury.

VETERANS ROUND-UP

EVAC FINAL - 11 September - BEDFORD

Finalists:

MEN- Bedford & Co
MMKAC
Nene Valley H
Peterborough AC
Ryston AC
Southend AC
Thurrock AC
West Norfolk AC

WOMEN- Cambridge & Col.
Fairlands Valley
Loughton AC
MMKAC
Peterborough AC
Ryston AC
Southend AC
Wellingborough & Dist.

TEN OUT OF TEN FOR CORINNE NURSE

Corinne has contested no less than ten disciplines for MMKAC this summer competing for the UKWAL, SAL and EVAC teams and has run ten 800m races to-date (10 Aug). Over this latter distance Corinne has been very close to the club veterans 800m record (2.21.9 by Kim McBride/2006):

400m	65.19	MK	(7 th all-time)	800m	2.22.88	Watford	(2 nd all-time)
1500m	5.12.9	Bedford	(7 th all-time)	100mH	20.9	Harrow	(6 th all-time)
400mH	73.9	Harrow	(4 th all-time)	High Jp	1.35m	MK ++	(4 th =all-time)
Pole Vlt.	1.40m	Sandy	(4 th =all-time)	Long Jp	3.51m	Sandy	
Shot	6.80m	Lee V.	(9 th all-time)	Javelin	13.58m	Southampton	



Above: Corinne Nurse
Below: Paul Canning
Andre Sinclair-Linton
& Ivars Licietis

JOHN SKELTON

RECORD BREAKER

John turned 65 on 21 April and not surprisingly has improved the club age records for many distances:

					Previous record
22 May	Half Marathon	Worcester	89.20	90.10	John Greenall
19 June	5km	Horwich	19.05	20.00	John Greenall
28 June	10km road	Milton Keynes	38.57	42.00	John Greenall
6 July	800m track	Milton Keynes	2.33.7	2.54.97	John Greenall
7 July	10,000m track	Biggleswade	38.05.51	-	
17 July	3000m track	Solihull	10.44.54	12.05.7	Brian Daniels
3 Aug.	1 mile track	Stevenage	5.26.0	-	

OTHER MALE VETERAN RECORD BREAKERS THIS SUMMER/AS AT 10 August

old record							
M50							
High Jump	Mark Featherstone	1m55	Bedford	01-Jun	1.50m	Ron Winter	1999
					1.50m	Carl Baldwin	2006
					1.50m	Mark Featherstone	2015
	Andre Sinclair-Linton	1m55=	Watford	13-Jul			
	Andre Sinclair-Linton	1m56	Solihull	17-Jul			
Long Jump	Andre Sinclair-Linton	5m13	Milton Keynes	10-Apr	4m93	Carl Baldwin	2005
100m	Paul Canning	12.1	Milton Keynes	09-Jul	12.5	Harry Crane	1985
100mHurd.	Paul Canning	19.4=	Bedford	01-Jun	19.4	Ron Winter	1997
	Paul Canning	18.31	Birmingham	30-Jul			
400mHurd.	Paul Canning	68.3	Milton Keynes	06-Jul	70.8	Ron Winter	1997
Pentathlon	Paul Canning	2492pts	Oxford	19-Jun	1939pts	Jim Lawrence	2010
M60							
400m(indoors)	Ivars Licietis	62.12	Italy	02-Apr	72.5	John Seed	2001
400m.	Ivars Licietis	63.19	Loughborough	10-Apr	66.4	John Seed	2000
	Ivars Licietis	62.4	Sandy	04-May			
300mHurd.	Ivars Licietis	54.9	Milton Keynes	06-Jul	New Event		





YOUTH DEVELOPMENT LEAGUE MIDLANDS PREMIER UNDER 13/15 TEAM

- ❑ Up from 4th (last year) to 2nd this summer
- ❑ Historic victory in the final match
- ❑ Congratulations to all the team and to team managers, Alana Slater and Karen Trapnell

Score from the final match at Milton Keynes on 16 July when we won our first-ever Premier League fixture

1 Marshall Milton Keynes	584
2 Rugby & Northampton AC	544.5
3 Charnwood AC	470
4 Notts AC	456
5 Birchfield Harriers	418.5
6 Coventry Godiva Harriers	377

FINAL LEAGUE TABLE

1 Rugby & Northampton AC	2207.5	23 league pts
2 Marshall Milton Keynes	2173	21
3 Charnwood AC	1976	16
4 Birchfield Harriers	1837.5	11
5 Notts AC	1806.5	9
6 Coventry Godiva Harriers	1448.5	4

Previous Results

Birmingham - 23 April

1 Rugby & Northampton AC	535.5	6
2 Marshall Milton Keynes	525.5	5
3 Charnwood AC	510	4
4 Birchfield Harriers	498	3
5 Notts AC	444.5	2
6 Coventry Godiva Harriers	378.5	1

Nottingham - 21 May

1 Rugby & Northampton AC	576	6
2 Marshall Milton Keynes	537	5
3 Charnwood AC	483	4
4 Birchfield Harriers	482	3
5 Notts AC	457	2
6 Coventry Godiva Harriers	353	1

Coventry - 19 June

1 Rugby & Northampton AC	559	6
2 Marshall Milton Keynes	524	5
3 Charnwood AC	511	4
4 Birchfield Harriers	470	3
5 Notts AC	446	2
6 Coventry Godiva Harriers	377	1



Relay action from MK (from the top)

Abigail Fitton & Montana Edghill/Harrison Reed & Luke Parry/Asher Cliff-Afemari & Moyin Oduyemi/Jasmine Trapnell & Iris-Mae Morse/Chad Wilson & George Ho.



TEAM MANAGER'S REPORT

WOW! What a season it has been. At the start of the season I was confident that the team we had this year was even stronger than last year and you did not prove me wrong.

At the start of the season we did not believe it was possible to beat Rugby & Northants because MMKAC never had beaten them at anything - they are such a huge club. However, we went along to Alexander Stadium, Birmingham full of excitement for the competition ahead of us. We spent some of the day in the lead giving us added encouragement and finished just 10 points short of Rugby & Northants in second place. This was a huge achievement and very encouraging for the rest of the season as I knew we had more to give at forthcoming matches.

Next up was Nottingham where again we finished an excellent second. It looked like this was to be our position of the season. We could only be proud of this as last year we were third the whole way through so this was an improved performance. Then again at Coventry we were second securing our spot in the league and putting us in the position that we would go into the paper match after the last match with a chance to get to the YDL finals. This was very exciting as it is not something we have achieved before as a club. Alana and I set about finding out what we needed to do to give us the best chance in the paper match.

The final match at Milton Keynes came. A scorching hot day with the wind blowing in the right direction to help the sprinters! I was very excited about this match as I knew we had the strongest team we had had the whole season. I knew last year we were able to take second at the last match and I was so wanted us to win the last match this year. Things started off really well and we went into an early lead. Great, but we had been here before and lost out. Every time Mick announced an update of the results you could hear his pride as we managed to keep and extend the lead throughout the day. The day was finished off in the most spectacular of ways with the two 4x300 relays. First the girls and then the boys who both smashed club records and secured our win by a huge margin of 36.5 points.

Alana and I submitted our teams for the paper match and then we had an anxious few weeks wait to know if we had been successful. During this time I know Mick had heard from WSEH (who usually make the finals and were in the paper match with us) to say that they were worried this year that they wouldn't get to the final because we might beat them. This I took to be a great compliment and reflected the fantastic performances you had all put in this year. When the results came through it showed that we sadly hadn't quite made it but we were so close!

I cannot tell you how proud I am of every single person who competed in the league this year (boys and girls). All of you contributed to these results. It has been a season where we have seen club records set, National and English Schools standards achieved, many top 10 ever ranking performances along with a huge number of Personal Bests.

I have also seen friendships grow among the athletes and witnessed you supporting each other, cheering on each other's successes and supporting those who didn't achieve what they wanted on that occasion.



Action from the YDL home match:
U15 1500m – James Dowsett & Robert Hickman
U13 Shot – Lara Moffatt
U13 1500m – Alex Brent & Aidan Murphy
A few team members with Karen & Alana



You are all a fantastic group of athletes and I am proud to work with you both as a Team Manager and a Coach. Some of you will be moving up to the Upper Age Group next year and I am sure that you will continue to show the competitiveness and sportsmanship we have seen this year. To those of you who will still be in the U15/U13 age group - we know now that we CAN beat Rugby & Northants. I for one can't wait for next spring and it all to start again!!

Karen Trapnell
U13/U15 Boys team manager

YOUTH DEVELOPMENT LEAGUE MIDLANDS PREMIER UNDER 17/20 TEAM

- Third again in the final league table
- But closed up on second placed Birchfield Harriers
- Nearly beat them at Stoke
- Congratulations to all the team and to team managers Richard Pownall and Alana Slater

FINAL LEAGUE TABLE

1 Rugby & Northampton AC	3097	24 league points
2 Birchfield Harriers	2640	20
3 Marshall Milton Keynes	2526	16
4 Notts AC	2207	12
5 Halesowen A & CC	1365	6
6 City of Stoke AC	1287	6

Match Results

Nottingham - 1 May

1 Rugby & Northampton AC	784	6
2 Birchfield Harriers	685	5
3 Marshall Milton Keynes	652	4
4 Notts AC	608	3
5 City of Stoke AC	358	2
6 Halesowen A & CC	347	1

Worcester - 29 May

1 Rugby & Northampton AC	803	6
2 Birchfield Harriers	658	5
3 Marshall Milton Keynes	614	4
4 Notts AC	541	3
5 Halesowen A & CC	390	2
6 City of Stoke AC	265	1

Stoke - 26 June

1 Rugby & Northampton AC	750	6
2 Birchfield Harriers	638	5
3 Marshall Milton Keynes	637	4
4 Notts AC	507	3
5 City of Stoke AC	346	2
6 Halesowen A & CC	320	1

Rugby - 24 July

1 Rugby & Northampton AC	759	6
2 Birchfield Harriers	661	5
3 Marshall Milton Keynes	627	4
4 Notts AC	548	3
5 Halesowen A & CC	333	2
6 City of Stoke AC	318	1



UP, UP and AWAY! - Jack Porteous who started pole vaulting back in the winter with a leap of 2.40m; he is now up to 3.10m, equal third best on the M17 all-time rankings. At Worcester - Alfie Yabsley on his way to a club M17 1500m steeplechase record at with a time of 4.27.01; Lizzie Adam on her way to her first sub-60sec. 400m. 59.59

TEAM MANAGER'S REPORT

This was our second year in the top flight of the YDL. We've become accustomed to occupying third position out of the six teams in our division, but we have managed a second place in the past so we have the ambition to climb higher. But the firm target is to stay in the top four and stay out of the relegation zone. Our competitors were Rugby and Northampton, Birchfield Harriers, Notts AC, Stoke-on-Trent and Halesowen.

With no home match advantage this year, we started our travelling campaign in early May with a trip to Nottingham. It's always a little more exciting, the first match in a new season, finding out how the new arrivals in the team can perform, and worrying how strong the opposition might have become. We came away with a solid third place and, amongst other good performances, a new club record in the U17M 4x400m relay.

Next was a trip to Worcester for the Halesowen-hosted match. Now we were into exam season and it was proving more difficult to fill all the places. But as ever, the team pulled together and worked hard to cover as many events as possible. This time it was the turn of Alfie Yabsley and Emma Mears to return with new club records, both in the steeplechase.

The third match called for an unpopular early start for the long trip to Stoke. More anxious moments as a tight match played itself out over a long day, and in the end the ultimate cruelty to learn that we missed out on a second place finish by a single point. Another third, but oh so close!

And lastly to Rugby in July. Holiday season now, and some of our regular stalwarts were sorely missed. But once again there was great team spirit, with many athletes going the extra mile (sometimes literally) to land the points for the team. There were many tired bodies on the coach on trip home. Another solid third place on the day sealed our third place in the division. No opportunity for the national final, but safely positioned for another season in the top tier next year.

It takes a lot of athletes to cover A and B strings in 19 events across two age-groups and two sexes. That's 152 places to fill in every match! Even for a club of our size, that's sometimes a struggle. Across the season no fewer than 39 different young men and 35 young women played their part in our team.

Top billing goes to those that turned out for all four matches and were the backbone of the team, thirteen in all:

Sophie Botham
Ewan Forsythe
Rosie Merrin
Natalie Nurse
Jack Porteous
Kwame Twumasi-Tawiah
Archie Yabsley

Luke Durand
Emma Mears
Iris-Mae Morse
Joan Peedah
Jonathan Pownall
Alfie Yabsley

And there were strong performances on show too. Those scoring A string wins during the season were:

Ite Aderoju
Ebony Carr
Emma Mears
James Minter
Natalie Nurse
Jonathan Pownall
Sade Ross
George Wheeler
Laura Zailor

Paige Barnes
Jamil Hassan
Jack Meijer
Iris-Mae Morse
Jack Porteous
Josh Rooney
Charlie Wheeler
Alfie Yabsley



Ebony Carr and Joan Peedah at Worcester

Our officials are as essential to our team as are the athletes. Huge thanks to Carl and Di Baldwin, Mick Bromilow and Jim Lawrence, who officiated in field, track and timekeeping in all our matches. Thanks too to the many parents and supporters who have chipped in to fulfil our commitment to officiating the field events. I hope you enjoyed being part of the team.

So we look forward to another summer of top athletics next year, and I hope another year of continuing to grow our strength in depth to be able to compete at that level. It's looking likely that the league will change the system next year to introduce a regional (Midlands in our case) final in addition to the National. This, we think, would be a good thing, which would give us a meaningful target to which to aspire. We are looking forward to watching our impressive band of young athletes develop further still, and of course to welcoming the new talent moving up from the U15's.

Richard Pownall and Alana Slater

Southern Athletics League- (Div.1)

April 16th - Milton Keynes

1 Chelmsford	221.5
2 MMKAC	181.5
3 Tonbridge AC	176
4 Southampton	131

May 22nd - Harrow

1 Harrow A.C.	220
2 Dartford Harriers	192
3 Thames Valley H.	153
4 MMKAC	150

June 18th - Oxford

1 Radley A.C.	202
2 MMKAC	174.5
3 Crawley A.C.	166
4 Basingstoke & Mid Hants	162.5

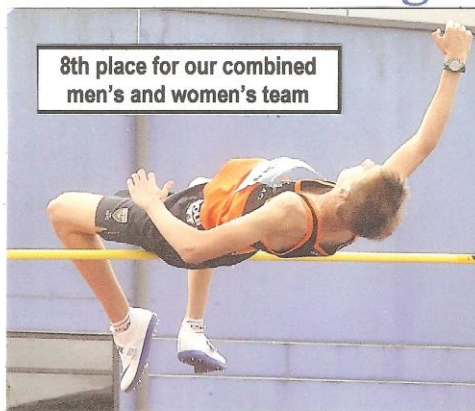
July 9th - Milton Keynes

1 Colchester Harriers	198.5
2 MMKAC	187
3 Bedford & County	172
4 Walton A.C.	165.5

20th August - Norwich

1 Nene Valley Harriers	194
2 MMKAC	187
3 Belgrave Harriers	174
4 City of Norwich AC	169

FINAL LEAGUE TABLE	match pts	league pts
1-Chelmsford A.C.	1051	18.5
2-Dartford Harriers	989	16
3-Nene Valley Harriers	980	15
4-Crawley A.C.	932	14
5-Harrow A.C.	899	14
6-Southampton A.C.	904	13
7-Belgrave Harriers	891	13
8-Marshall Milton Keynes	879	13
9-Bedford & County	906	12.5
10-Colchester Harriers	903	12
11-Basingstoke & Mid Hants	884	12
12-Thames Valley Harriers	880	12
13-Radley A.C.	863	12
14-Tonbridge A.C.	846	10
15-Walton A.C.	762	7
16-City of Norwich A.C.	740	6



Photos: from the top – Robert Lewis (high jump); Lewis Barnes – one of the four male athletes who competed in all five matches; Natalie Nurse on her way to her first-ever "A" string steeplechase victory; Carly Scott, ladies team manager, on her way to winning the "B" steeplechase, having previously competed in the 400m hurdles, 800m, 3000m and 100m hurdles; Kewe King (high jump here and big points scorer in the jumps and pole vault through the season);



SOUTHERN ATHLETICS LEAGUE REVIEW 2016. A PERSPECTIVE FROM THE MEN'S TEAM. Report by Jim Lawrence

Throwers and Jumpers excel in opening match

We kicked off the season in April with a home fixture. Consistently our best sprinter again all year – Aaron Adom had a comfortable win in the 200m. We had electric timing and a wind gauge out for this match, which pleased everyone, especially the sprinters. We had a double victory in the 5000m courtesy of Mark Ryall and ever reliable club man Graham Jones. The Chuko Cribb and Jamil Hassan road show continued with both guys winning the Triple and Long Jumps. Wins in the Hammer and Javelin were down to Lewis Barnes and Jonathan Pownall respectively. Chuko was man of the match due to his superb Triple Jump. MMKAC finished a credible second on the day but were well beaten by Chelmsford who went on to be League Champions.

Distance double then rain comes down

Our second match in May at Harrow proved to be the difficult one. "A" String victories proved a rarity this time. There was a 3000m double thanks to Mark Ryall and Steve Tuttle. Later on in the afternoon Steve went on to win the 3000m Steeplechase as well. It was a tough battle for third and fourth place but unfortunately we finished in last place just behind Thames Valley H. This match now put us on the back foot, 12th place in the league. 16 teams in Division One and four get relegated.

Excitement boils in close tussle at Oxford

Horspath Road in Oxford was the venue for match 3 in June and this proved extremely challenging for me as a team manager. Carly Scott (Women's team manager) was still stuck in Italy as her flight was delayed. So I had to manage both men's & women's teams on the day. Aaron Adom won another 200m race for us. We had a double win the 1500m with tactical victories from Jeremy Boxberger and Archie Rippin. Match results were announced periodically throughout the afternoon and we were joint third, then third and then we had a late rally and finished second. We gained another league position and moved up to 11th place. Unfortunately in the 2000m Steeplechase Josh Lyman had a recurrence of a knee injury and was out for the rest of the season. It is interesting to note that the winners of the match – Radley went down to Division 2. They underperformed and finished 4th in their last match of the season. This just showed how valuable match points and league points are.

Home advantage for match four on 4 July.

That man Aaron Adom won the 200m again. Much improved George Glinski won a rare 400m race for us. Jeremy Boxberger won an excellent 800m race. There was a great result in the 1500m with George Wheeler 2nd in the 'A' string and Oli Lum winning the 'B' race. Normal service was resumed with Mark Ryall and Graham Jones winning the 3000m. A fantastic double in the 3000m Steeplechase was delivered by ever dependable Steve Tuttle and Charles Wheeler. The water jump gave them brief respite from the heat of the day. With one or two extra athlete's I felt that this was a match that we could have won. As it turned out we finished second to (in theory relegated) Colchester Harriers and just edged Bedford. We crept up to 10th in the league.

BACKS AGAINST THE WALL ONCE AGAIN – WE PULL IT OUT OF THE HAT

Going into the fifth and final match and the scenario was as follows. Mathematically we were still not safe in Div. One. If we achieved a good result then we would be fine. However, if we finished last we would more than likely end up in the bottom four. The league was that tight. I had problems selecting the team for this match as we had loads of injured athlete's and lots more on holiday. So our August match in Norwich proved a tough one to crack. The pair of Aaron winning and Kwame Twumasi-Tawiah with a fine 2nd place in the 200m was very encouraging. Steve Tuttle won the 5000m. Double tops in the High Jump for Chuko Cribb and Robert Lewis. Chuko won the Long Jump with a personal best of 6.85m. Chuko and Jamil Hassan had another Triple Jump winning act. Chuko once again got man of the match with his huge 15.17m leap in the Triple Jump. Just outside his club record.

In a very close match for all four clubs we managed to pull away from the bottom two and finished 2nd again. That was a fantastic result for us against all the odds and it put us in a more comfortable 8th place in the league.



Aaron Adom gets out of his blocks in the 100m at Norwich

WELL DONE ALL OF YOU.

Throughout the season we had tremendous support from everyone. The following four athlete's made all 5 appearances for us this summer. Lewis Barnes, Luke Durand, Steve Tuttle and Graham Jones. The ones that made 4 appearances for us included Aaron Adom. Kwame Twumasi-Tawiah, Robert Lewis & Niklas Adio. As I look towards next year I understand that there will be even more clubs involved in the SAL and it will be even harder to maintain our position in what is now becoming a top flight league. Every match and league point counts so it is even more imperative that we get as many of our best athlete's out at all times. We have the athlete's, we just need to get them more involved in Track & Field.

YOUR HELP WAS INVALUABLE

I must finish with thanking some of our ever present official's. without whom our matches would not run so smoothly. In no particular order:-

Jackson Ryan (Track Judge) & Mick Bromilow (Timekeeping). Out in the field Jeanette Lawrence, Hazel Lawrence, Richard Pownall and Amelia Penny.

Mention also goes to two of our main field officials who have helped me tremendously over the years. Mike Burling, who recently suffered a horrendous bicycle crash and is making remarkable progress and the late Carl Baldwin – a tireless official passing on his knowledge to many.

The 2016 East Midland Grand Prix Series

Sponsored by Hoka and by The Running Shop, Northampton

- Where have all our runners gone?
- The Grand Prix has been organized since 1984
- Our lowest ever (just 7 runners) who gained a Grand Prix position.
- Congratulations to Deborah Hindmarch who convincingly won the F60 age group
- And to Andrew Wasdell who ran all 8 races

Individuals who ran at least five races:

F60	Deborah Hindmarch	1 st	7races	5pts
M65	Kelvin Smith	3 rd	5races	16pts
M40	Andrew Wasdell	4 th	8races	23pts
M40	Chris Finister	5 th	6races	34pts
F35	Karen Tinctnell	7 th	6races	45pts
M40	Dan Brumby	8 th	6races	59pts
SM	Carl Tucker	12 th	7races	95pts

Individuals who ran four races:

F55	Karen Bugai	7 th
M45	Peter Tye	38 th
SM	Dan Webber	40 th

Teams:

Senior Men	3 rd	8races	16pts
Veteran Women	5 th	5races	22pts
Veteran Men	7 th	6races	26pts
Senior Women	7 th	5races	31pts

Our turn-out for each race –

Silverstone(23), Rugby(13), Blisworth(15),Corby(9), Banbury(9), Harborough(6), Weedon(12), MK(44)

PS: 2011 produced 29 athletes who ran at least five race And nine who ran all 8 races.



MILTON KEYNES 10KM (28 June)

"CLUB HISTORY FOR STEVE TUTTLE" –

The first MK man to win this race(with 33.01) since it's inception in 1984(33 years ago)

Other age group winners on the night:

M40 Gary Blaber	25 th	36.33
M55 Ian Lamb	56 th	38.48
M65 John Skelton	59 th	38.57(M65 record)
M70 David Newens	189 th	46.18
F60 Deborah Hindmarch	221 st	47.33

(Deborah set a club age record with 46.39 at Silverstone)

There were 377 finishers; many thanks to everyone who helped on the night with special thanks to Deborah Bottomley (in her first year at the job) who admirably took on the task of organising race marshals etc., I'm sure we took over £1000 on the night with race entries- remember this when you sit on a free coach journey to an event.



Top: Steve Tuttle & Deborah Hindmarch
Right: David Newens, Karen Tinctnell,
Andrew Wasdell & Carl Tucker

2016 ROAD RANKINGS (At 10 August)

5km

Mark Ryall	MS	15:57	Milton Keynes Fest.
Jamie Seddon	MS	16:48	Cottisford
Gary Blaber	M40	17:15	MK Rocket
Robert Hickman	M15	17:38	MK Rocket
Lara Bromilow	FS	17:40	London
Tom Hayman	MS	17:51	MK Rocket
Oli Lum	M20	17:54	Milton Keynes Fest.
Martin Erasmus	M50	18:02	MK Rocket
Mark Dowson	M40	18:25	Milton Keynes Fest.
Wendy Webber	F35	18:34	MK Rocket

5miles

James Tuttle	MS	28:33	Banbury
Daniel Webber	MS	29:02	Banbury
Christopher Finister	M40	30:36	Blisworth
Andrew Wasdell	M40	30:42	Blisworth
Carl Tucker	MS	31:08	Corby
Matt Child	MS	31:44	Blisworth
Dan Brumby	M40	32:22	Banbury
Mark Peterkin	M40	36:07	Corby
Nick Washington	M40	36:15	Corby
Kevin Church	M50	36:45	Newquay

10km

Mark Ryall	MS	32:44	Hyde Park
Steven Tuttle	MS	33:01	Milton Keynes(OU)
Jamie Seddon	MS	33:44	London(Vitality)
Steve Green	MS	34:39	Bedford
James Tuttle	MS	35:26	Milton Keynes(OU)
Daniel Webber	MS	35:44	Milton Keynes(OU)
Mark Palser	MS	36:01	Silverstone
Gary Blaber	M40	36:33	Milton Keynes(OU)
Steve Herring	M45	36:36	Stanwick
Andrew Wasdell	M40	37:37	Milton Keynes(OU)

Half Marathon

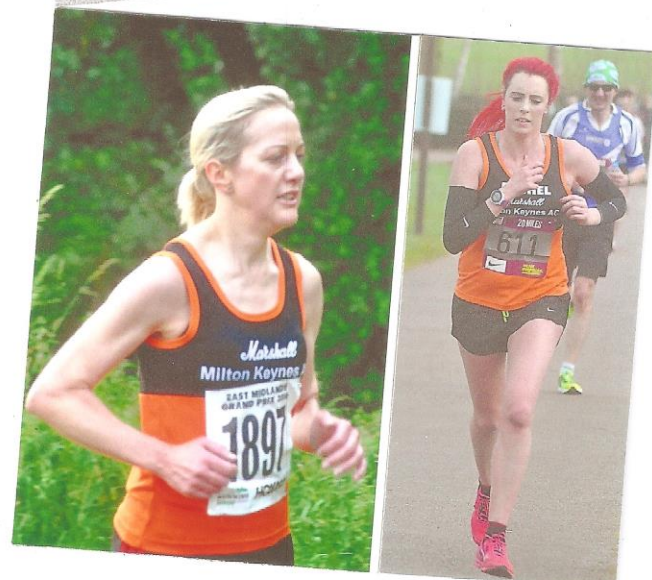
Mark Ryall	MS	1:11:30	Wokingham
Jamie Seddon	MS	1:15:19	Milton Keynes Fest.
Steve Green	MS	1:16:02	Silverstone
Tom Comerford	MS	1:16:48	Reading
Gary Blaber	M40	1:17:07	Watford
Steve Herring	M45	1:17:36	Milton Keynes Fest.
Daniel Webber	MS	1:18:18	Watford
Ian Lamb	M55	1:24:12	Milton Keynes Fest.
Rachel Robinson	FS	1:25:10	Wokingham
Jeremy Vick	MS	1:25:56	Watford

20 miles

Daniel Webber	MS	2:00:33	Milton Keynes Fest.
Tom Comerford	MS	2:01:19	Milton Keynes Fest.
Rachel Robinson	FS	2:13:35	Milton Keynes Fest.
Gary Blaber	M40	2:16:59	Oakley
Chris Dunn	MS	2:17:16	Milton Keynes Fest.
Chris St Leger-Harris	MS	2:18:42	Milton Keynes Fest.
Matt Child	MS	2:19:11	Oakley
Jeremy Vick	MS	2:19:15	Oakley
Martin Erasmus	M50	2:23:08	Milton Keynes Fest.
Stuart Boyer	MS	2:23:28	Milton Keynes Fest.

MARATHON

Daniel Webber	MS	2:39:41	London
Steve Green	MS	2:44:57	London
Gary Blaber	M40	2:47:43	London
Tom Comerford	MS	2:51:09	London
Wendy Webber	FS	2:54:04	London
Martin Erasmus	M50	2:55:19	London
Tom Hayman	MS	2:57:51	London
Rachel Robinson	FS	3:05:38	London
Jeremy Vick	MS	3:08:32	Milton Keynes
Chris Dunn	MS	3:08:47	London



From the top: James Tuttle leads Dan Webber; Steve Herring; Wendy Webber; Rachel Robinson; Gary Blaber & Steve Greer



18 JUNE

GREENSAND RIDGE RELAY

36 MMKAC members ran in this annual six stage 34miles relay race from Leighton Buzzard to Northall, near Sandy, Beds. Diane Baldwins' team "Don't have a name" finished 2nd mixed team whilst Chris Ryder managed the MK "Chicks, Hens & Tough Old Birds" ladies team that placed 5th in this category. The MK Originals completed their 23rd consecutive crossing and the fifth finish for the 'MK 70's, average age 74. 44 teams started.

I note that the ladies record is held by the MMKAC ladies from 2013 with a time of 4:18.31 – Kim McBride, Leah Hartwell, Wendy Webber, Diane Baldwin, Katie Penrose & Maria Calleia.

Grateful thanks to Richard Pownall who has organised the event for many years.



Mixed	Don't have a name		Race	
Leg	Cat	Time	Posn	
1	Di Baldwin	W55	0:44:08	22
2	Ashley Berry	W21	1:15:36	16
3	Jeremy Vick	M21	2:19:03	10
4	Tom Comerford	M21	2:56:54	7
5	Alasdair Gibson	M60	3:38:56	10
6	Johann Vick	W35	4:17:55	11

Open	And the other one		Race	
Leg	Cat	Time	Posn	
1	Tom Hayman	M21	0:38:41	9
2	Leah Hartwell	W35	1:13:12	12
3	Russell Jones	M40	2:21:08	13
4	Andrew Wasdell	M40	3:00:51	10
5	Neil Jones	M40	3:42:50	12
6	Maria Calleia	W35	4:19:15	12

Mixed	The Running for Cake Squad		Race	
Leg	Cat	Time	Posn	
1	Jack Comerford	M21	0:41:34	14
2	Siobhan Dyer	W21	1:16:05	18
3	Simon Kirschner-Heavens	M21	2:25:53	16
4	Andrew Joy	M21	3:11:01	15
5	Victoria Kirschner-Heavens	W35	4:02:46	17
6	Melanie Wright	W21	4:40:14	18

Open	MK Originals		Race	
Leg	Cat	Time	Posn	
1	Jim Miller	M60	0:47:17	29
2	Malcolm Kidby	M40	1:29:16	31
3	Kelvin Smith	M60	2:41:12	27
4	Hazel Carr	W45	3:40:55	29
5	Kevin Church	M50	4:25:20	26
6	David Stride	M50	5:17:28	31

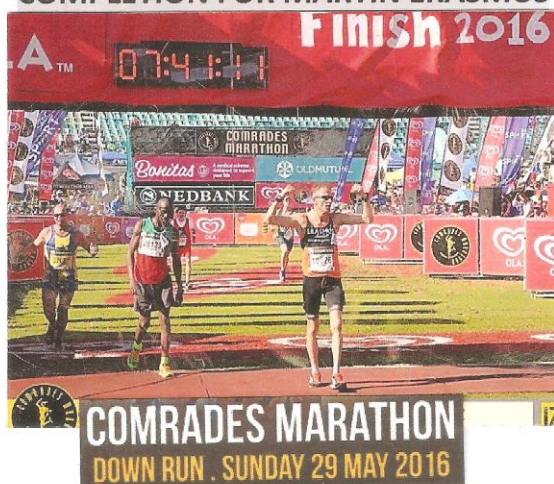
Women	Chicks, Hens & Tough Old Birds		Race	
Leg	Cat	Time	Posn	
1	Voulla Wheeler	W35	0:53:38	37
2	Vanessa Stride	W45	1:34:40	36
3	Ursula Ghaleb	W55	3:05:20	38
4	Karen Bugaj	W55	4:07:15	40
5	Chris Ryder	W45	5:01:39	39
6	Di Farmer	W55	5:40:16	37

Open	MK 70's		Race	
Leg	Cat	Time	Posn	
1	Eddie Hill	M65	1:08:54	44
2	Brian Gilks	M80	2:16:23	44
3	Brian Daniells	M75	3:46:26	44
4	Keith Cook	M70	4:39:16	43
5	Jim Morrison	M70	5:35:15	41
6	Brian Graves	M75	6:38:11	41



From the top: Vanessa Stride; Keith Cook; Kelvin Smith; Hazel Cockerill; Tom Comerford & Jeremy Vick

◆ SECOND COMRADES MARATHON COMPLETION FOR MARTIN ERASMUS



This, the 90th running of the most famous race in South African, started from Pietermaritzburg to finish in Durban (89.13km) by the Indian Ocean. Martin completed the double having run the "UP" race last year when he was awarded a bronze medal. This year he gained the Bill Rowan medal (named after the first winner of this race in 1921) having just missed out on a silver medal for those inside 7hours30.

- 9hours 28.07(2745th) last year
- 7hours 41.11((763rd) this year
- 24th in the M50 category
- Average speed 5.11min/km
- 14,433 finishers

A part of his training included running, on consecutive weeks, the Brighton, London and Milton Keynes Marathons (right, finishing London in 2:55.19)

IZOKUTHOBA
IT WILL HUMBLE YOU



THANKS AGAIN TO ANDREW WASDELL FOR ORGANISING THE EVENT

MMKAC TROPHY WINNERS

1 st Male	Steve Tuttle	1 st Female	Helena De Villiers
1 st M40	Tim Inchley	1 st Vet Female	Julie Jones
1 st M45	Peter Tye	Most Improved	Siobhan Dyer
1 st M50	Andy Stiles	Female	+6mins40
1 st M55	Les Turton		
1 st M60	Paul Mason		
1 st M65	Kelvin Smith		

Most Improved Male Michael Prest +18mins59

■ FULL ROUND-UP IN AUTUMN NEWSLETTER; BE PLEASED TO RECEIVE SOME PERSONAL RECOLLECTIONS OF THE EVENT.



◆ CHRIS CLARKE GUIDES LIBBY CLEGG TO VICTORY

Competing in the IPC Grand Final (part of the Anniversary Games) on 23 July, Chris guided Libby to a victory in the 200m and to a personal best of 24.44



◆ TWO NEW MMKAC MEMBERS COMPLETE THE ANNUAL LDWA 100mile EVENT

Congratulations to Rachel Armstrong and Paul Sutherland for completing the Dorset 100miler over the weekend of 28/29 May with a time of 36hours11mins. They join Dave Findel-Hawkins, Brian Graves, Ray Hickman, Jim Morrison and Andy Sutton who have completed a LDWA 100mile event.

Photo right:
Paul holds the Colin Wormold Memorial Cup. Every finisher is entitled to have their photo taken with it.



TIMES IMPROVE FOR THE U17'S 1500m

STEEPLECHASE THIS SUMMER

Emma Mears(5.25.29) & Alfie Yabsley(4.27.01) both broke their respective club records in the YDL match at Worcester. Emma held the club record from last year(5.26.30) whilst Alfie moved up from 4.39.7 set last year. Emma then improved her best at the BMC meet a week later. Alfie, with his bronze medal in the English Schools Champs at Gateshead, improved to 4.25.03

Enya Deysel, making her debut at Rugby in the final YDL match, comes straight in at no2 and will still be in this age group next summer. Holly Jamieson is also a new entrant whilst Charlotte Moyse had a marginal improvement over 2015.

ALL-TIME RANKINGS

u17 MEN			
1	Alfie Yabsley	4.25.03	Gateshead 2016
2	Eliot Winter	4.29.65	Coventry 2007
3	Ryan Burling	4.33.1	Corby 2010
4	Phil Winfield	4.34.6	Bedford 2000
5	Wayne Ridgway	4.38.9	Milton Keynes 1999
6	Tom Comerford	4.39.8	Bedford 2004
7	Andy Whetstone	4.41.38	Birmingham 2002
8	Matt Siglechner	4.43.1	Enfield 1999
9	Grant Tilley	4.43.9	Milton Keynes 2006
10	Paul Wright	4.45.3	Crawley 2001
11	Ewan Forsythe	4.52.7	Nottingham 2016



Alfie Emma
Charlotte Ewan



u17 LADIES			
1	Emma Mears	5.19.66	Milton Keynes 2016
2	Enya Deysel	5.33.18	Rugby 2016
3	Tanya Taylor	5.34.1	Hempstead 2006
4	Cyndie Gaspar	5.51.6	Hempstead 2006
5	Natalie Nurse	5.58.43	Milton Keynes 2015
6	Holly Jamieson	6.03.41	Bromley 2016
7	Charlotte Moyse	6.16.00	Stoke on Trent 2016
8	Chloe Collett	7.31.2	Rugby 2015

UNDER 13 GIRLS RECORD BREAKERS

The under 13 girls 4 x 100m relay team broke the club record in the YDL match at Nottingham on 21 May with a time of 54.9, improving the record set at Bracknell in 2000(55.6) with a team including Joey Duck.



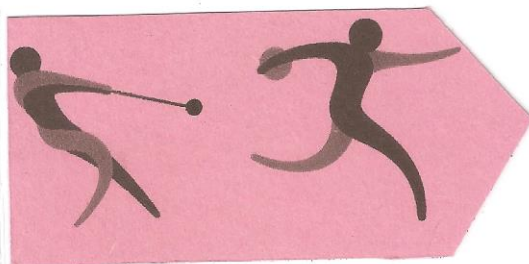
L-R: Charlotte Underwood/Asher Cliff-Afemari/Lateefah Agberemi/Moyin Oduyemi

Asher and Moyin shake up the under 13 sprint and jumps records: top three in the disciplines -

75m			
Joey Duck	10.00	Crystal Palace	2001
Moyin Oduyemi	10.06	Milton Keynes	2016
Ebony Carr	10.2	Hereford	2011
100m			
Joey Duck	13.0	Crawley	2001
Moyin Oduyemi	13.19	Kingston	2016
Faye Richold	13.4	Thurrock	2000
150m			
Joey Duck	19.2	Crystal Palace	2001
Moyin Oduyemi	19.44	Milton Keynes	2016
Ebony Carr	20.2	Hereford	2011
200m			
Charlotte Beckett	27.2	Southend	1998
Moyin Oduyemi	27.37	Kingston	2016
Joey Duck	27.5	St Albans	2001
High Jump			
Asher Cliff-Afemari	1.50m	Hemel H.	2016
Cathy Goddard	1.42m	Luton	1979
Sophie Wilkins	1.41m	Norwich	2003
Long Jump			
Cathy Goddard	4.85m	Luton	1979
Natalie Jowett	4.77m	Kingston	1999
Asher Cliff-Afemari	4.72m	Hemel H.	2016

Moyin at the start of the YDL home match 150m





KAYLEIGH PRESSWELL & EMMA BEARDMORE – SIX HAMMER “DOUBLES”

EMMA BEALES – EVER PRESENT IN 8 LEAGUE MATCHES

Kayleigh and Emma have teamed-up on six occasions from the eight league matches as well as contesting a number of Championships. Kayleigh commenced her season holding the club record of 54.67m. She has improved the record no less three times this summer; 55.19m on 14 May, 56.10m on 5 June and finally 57.09m on 11 June. Emma has contested all eight league matches and set her PB of 49.19m in the Bucks AA Champs.

Their hammer performances:

			KAYLEIGH		EMMA	
SAL	MK	16-Apr	52.76m	1st "A"	47.74m	1st "B"
SAL	Harrow	22-May	53.63m	1st "A"	47.79m	1st "B"
SAL	Oxford	18-Jun	-	-	47.92m	1st "A"
SAL	MK	09-Jul	54.65m	1st "A"	45.76m	1st "B"
SAL	Norwich	20-Aug	54.16m	1st "A"	46.89m	1st "B"

UKWAL	Chelmsford	05-Jun	56.10m	1st "A"	45.54m	1st "B"
UKWAL	Southampton	03-Jul	54.73m	1st "A"	47.19m	1st "B"
UKWAL	Manchester	08-Aug	-	-	43.75m	1st "A"

Bucks AA	Oxford	14-May	55.19m	1st	49.19m	2nd
SEAA Cps	Lee Valley	11-Jun	57.09m	3rd	46.18m	7th
UKu23 Cps	Bedford	18-Jun	54.32m	3rd	-	-
Inter-Counties	Bedford	02-Aug	53.13m	8th	45.76m	14th

Emma Beales has thrown the discus in all eight league matches: Her best throw of 43.08m ranks puts her at the head of the UK W40 rankings for 2016. A reminder that Emma holds four club rankings, the discus, 54.68m(1995), shot, 14.53m(1992), long jump, 6.20m(1992) & high jump, 1.76m(1992). Not surprisingly she was an international heptathlete with a best of 5632pts set in 1993.

Emma's discus performances:

39.18m	1st
41.88m	2nd
43.08m	1st
42.27m	1st
41.34m	1st

41.61m	4th
41.85m	4th
41.21m	4th



JAMES ERICSSON-NICHOLLS BREAKS THE UNDER 15 BOYS HAMMER RECORD

James(right) won the Bucks Championships with a throw of 46.76m to move third in the club rankings. A superb 5th in the English Schools Champs at Gateshead throwing 49.75m took him to no.2. Next 48.54m in the South of England Inter-counties(Oxford) and then on 28th Aug. placed 4th in the England u15 Champs at Bedford throwing 51.68m.

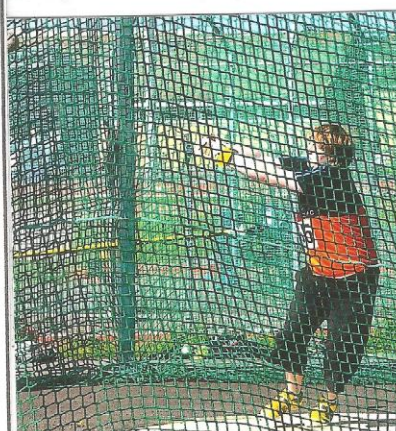
Top Four:

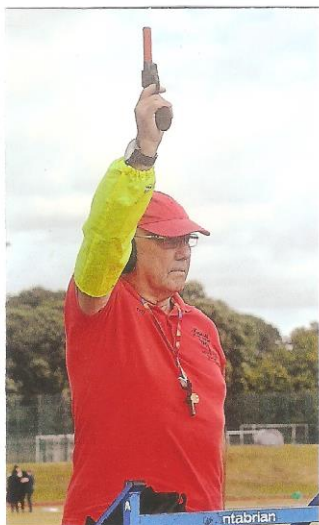
1 James Ericsson-Nicholls	51.68m	2016
2 Chris James	49.75m	1997
3 Billy Steadman	47.74m	1984
4 Lewis Barnes	45.96m	2010

JASMINE TRAPNELL (far right) bettered the 40m barrier at Oxford with a throw of 40.85m.

Top Four:

1 Paige Barnes	43.56m	2013
2 Lauren Presswell	42.81m	2013
3 Sade Ross	42.72m	2014
4 Jasmine Trapnell	40.85m	2016





From the top: Dave Millett(starter)-Jackson Ryan. Diane Baldwin & Karen Trapnell(track judging)-Carl Baldwin(field event judge).
 Fred Addy help Jackson Ryan clearing the hurdles from the track.
 Diane Baldwin(wind-speed checking)-Roy Campbell(starter)-Mick Bromilow(time-keeping)
 Jeanette Lawrence, Amelia Penny & Hazel Lawrence(field event/shot put measuring)

MIKE BURLING

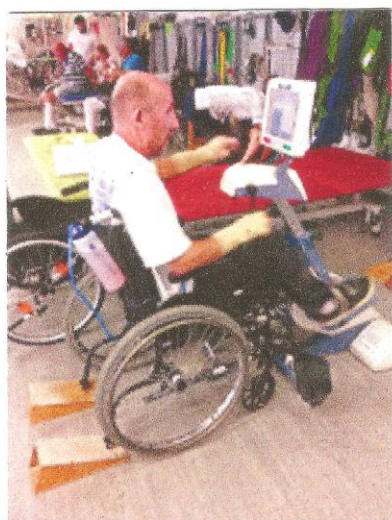
Mike has been a club member for over 20-years starting as a runner but with lots of knee problems decided to take up throwing. As such as been an integral part of our track & field team and also with officiating and coaching. Mixing the two disciplines a few year ago, Mike completed the "Cross-Country Grand Slam" – all 5 Chiltern League races, Bucks, Southern & National Championships.



Mike was involved in a cycling incident in Guernsey on 24 July. Such were his injuries that he was air-lifted to Stoke Mandeville Hospital. He is suffering from very severe spinal compression and as you know Stoke Mandeville is a specialist hospital for this type of injury. However nothing is broken. He is currently wheel-chair bound, is having intensive physiotherapy and occupational therapy. He does not yet have full use of arms. Those of you who know Mike will not be surprised to hear that he is very positive about working towards recovery, albeit he could be in hospital for up to nine months.

I spoke to his wife Elaine very recently and she commented on what a difference a month's treatment has made.

We send our best wishes to Mike for his recovery.



Mike working hard on his physiotherapy at Stoke Mandeville.

WARM WEATHER TRAINING IN PORTUGAL FOR ATHLETES FROM JIM BENNETT'S TRAINING GROUP (part one – young men)

In late March / early April, some of the older athletes from Jim Bennett's training group went on a warm weather training camp for a week in Monte Gordo, Portugal. After an early rise the group met at Luton airport at 4:30am. Moods were mixed, with Jack eating croissants by the bag full and being generally immature and jovial, whilst others displayed a mix of tiredness and excitement and Conrad quickly showed his intentions for the trip with many inappropriate gestures and juvenile behavior. A smooth customs experience was countered by a two hour delay sat on the runway, yet everyone remained in good spirits.

We landed in Faro airport in the early afternoon and made the one hour coach journey to the hotel in which we would stay for the week. After lunch, the first afternoon consisted of a cycle to the stadium to get our track passes and a look around the town in the evening, in which a shop was visited and large quantities of sugar purchased, despite Jim's warnings of how this would screw us up.

The first day of training started with a morning 5mile run on the trails for the lads and 3 for the girls at a generally slow pace with everyone still tired from travelling, before returning for breakfast. At breakfast a heated debate occurred after Jack ate 10 pancakes, leaving none for anyone else, this debacle was never resolved throughout the entire trip. After several hours of chilling in the hotel, with revision being discussed, but little actually being done, (the girls however did a lot of revision, to shame us lads) it was time to head out for afternoon training. This consisted of a long warm up followed by drills and light core (in which George insisted he "tore an ab" whilst throwing a medicine ball) and then another long cool down on the trails.

The Group: Kyle Bennett(L) and Jim Bennett(R) with Dan Hynes, Alfie Yabsley, Conrad Webber, Jack Meijer, Charles and George Wheeler.



Young ladies – Charlotte Moyse, Emma Mears, Holly Jamieson & Jess Nuttall.

The next day was set to be much harder, with the morning being a session at the track. This was 3 x 1000m off 3 mins rest, followed by a long rest and then 4 x 400m. Everyone ran well and put in a good session in the heat. Again these were accompanied with a warm up and cool down on the trails. Once back at the hotel it was a dip in the freezing pool, which Jack loved and once again proceeded to make everyone's lives hell whilst flirting with the girls. This was followed by lunch and then a trip to the town for ice cream. Shortly later it was time to go back out on the trails for a 4mile run. The next day was to be a bit of a rest day with just a 5mile run in the morning; however we couldn't help but push the pace a little.

Continued overleaf

WARM WEATHER TRAINING IN PORTUGAL/continued.

This was followed with a trip to Spain for those who didn't need or want to revise in the afternoon. A short cycle to the ferry and then a trip across the river mouth and we were in Spain. Returning to Portugal after lunch we had a look around Vila Real before heading back.

On the way back to the hotel a cycle off a kerb saw Charlie pop a tyre and cycle the two miles back to the bike shop like this before being told that we had supposedly been seen doing "stunties" and if we got anymore flat tyres we would have to pay €10.

Again the following day was set to be a hard one with 3 x 10min tempo on the trails in the morning with a long warm up and cool down, totaling 8 miles, and like every session, was finished with 10mins in the very cold pool. This was then succeeded by a 5mile run in the afternoon at yet again a faster pace than previous as we couldn't help but wind it up.

Luckily for everyone the next day was an easier one with a morning run, once again faster than previous however, as always, the competitive nature took over and we wound it up. Yet this did pull Kyle along to a season's best mile, although this just led to him whinging the rest of the holiday and using it as an excuse, as well as nonstop chats about his 100 mile week. Then it was a trip to the beach in the afternoon for gentle runs and some drills in the sand. Unfortunately this was followed by a relay race in the sea in which virtually everyone decked it including Alfie, much to everyone's amusement as he proclaimed it was "easy, all you have to do is lift your knees, whys everyone so bad?". We soon discovered this was purely Jim and Kyle's idea of banter, and served no actual purpose to our running.

The next and final day of training saw us heading back to the track for another tough session. Unluckily for Alf and Jack when going out to get their bikes one had a puncture and the others chain was broken and so, not wanting to pay the fine for supposedly doing "stunties", they jogged to the track for a warm up. The session for George, Dan, Conrad and Charlie was 5 x (500m @3km pace, 200m float in about 42s then a 300m @1500m with 3min rest.) Whilst Alf and Jack did 3 x (300m @800m pace, 100 float, 100 hard) off 2mins rest. We were all tired from the hard weeks training but got the session done well. This clearly took a lot out of Conrad though, as he cooled down at 9 minute km pace and somehow claimed that he was in fact still jogging, despite average walking pace being 2mins a km quicker.



That afternoon saw our final run in Portugal with the pace being pushed on yet again, but we were all happy and a little disappointed to be leaving so soon by the time we finished. As it was our final night the whole group went out for a meal, and then a couple of us stayed out afterwards for some fun before leaving at 6am the next morning to head home. This, it must be said, did not go too smoothly, as George and Charlie boarded the bus to go to the plane, only to find the rest of the group not on it. With threats coming from the lady at the desk that if they weren't their soon we would leave without them, it was a struggle to contact Jim and make him aware, however he, the girls and Jack did turn up, albeit 10minutes late. This was all very well and good but Dan, Conrad and Alf were still not there, but finally trundled through another 5mins later, much to the disapproval of the Lady, only for Jim to accuse them of being the sole cause for holding the plane up.

All in all everyone had a great time and can't wait for hopefully a similar trip next year, and would like to say huge thank you to Jim and Kyle for making it happen and this was their 5th successful WWT camp.

FIXTURES

52nd annual Wolverton "5"

Sat 26th November, 2.00pm

HQ: Camphill(Chrysalis Theatre)

Course – Willen Lake

Entry details available soon:

Loads of help required

CHILTERN CROSS-COUNTRY LEAGUE

15 October	Oxford(Horspath)
12 November	Milton Keynes(Tear-Drop Lakes)
	Inc. British Cross-Country challenge
3 December	Luton(Wigmore Valley) PROV.
	2017
14 January	Keysoe(Bedford)
11 February	Milton Keynes(Campbell Park)

MAJOR CROSS-COUNTRY FIXTURES

ENGLISH CROSS-COUNTRY RELAYS	5 November(Mansfield)
SOUTH OF ENGLAND INTER-COUNTIES	10 December(Oxford)
	2017
BUCKS CHAMPIONSHIPS	7 January(Milton Keynes Tear-Drop Lakes????)
SOUTH OF ENGLAND CHAMPS.	28 January(Parliament Hill, London)
ENGLISH "NATIONAL" CHAMPS	25 February(Wollaton Park, Nottingham)
INTER-COUNTIES XC	11 March t.b.a

WOULD LIKE A HARD COPY OF THE
NEWSLETTER??
Let Mick Bromilow or Brian Graves know

NEWSLETTER EDITED
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CONTRIBUTIONS ALWAYS
WELCOME!

