

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

November 2016

*"Age is no barrier. It's a limitation you put on your mind". Jackie Joyner-Kersey
(World Heptathlon record holder and multi-Olympic medallist)*

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GREAT START TO THE
CHILTERN CROSS-
LEAGUE AND A RECORD
132 CLUB RUNNERS AT
THE TEAR-DROPS COURSE.
GOOD LUCK AT LUTON

MAJOR AWARDS FOR MICK BROMILOW and DAVID MILLETT



Mick has been awarded the degree of Master of the Open University, a very prestigious award where his exceptional contribution to teaching and learning has been acknowledged with his parallel career in athletics. Here his voluntary efforts have deeply enriched the local sporting and wider community. (photo above, Mick with his wife Fi-Han and their daughter, Lara)

David has won both the South East of England and England AA coach of the year award - full story and photographs on page 9.

Chair's piece

Cross Country

The cross country season is now well under way and the first two Chiltern League matches have been held. Detailed accounts are elsewhere in this newsletter. Our turnout in the opening match at Oxford was 116 – almost 10% of the total turnout from the 36 clubs in the Chiltern League – far more than any other club. The second match at the Teardrop Lakes in Milton Keynes had a record turnout for the club of 132 finishers (five more than last year at this venue). The club has dominated both meetings. I would encourage every endurance-based member of the club to take part. It is free: you just need to pick up a number. The next match is at Stopsley Common, Luton on 3 December. With your help, we could be well on the way to retaining the overall league title.

The County Cross Country Championships will be held at Stowe School, near Buckingham (**MK18 5EH**) – only 20 minutes by car from Milton Keynes – on Saturday 7 January. As in previous years, the club will pay the entry fees for all athletes who wish to enter. You don't need to fill in the forms that are on the Bucks AA website as I can cut and paste the information from the club's database. What I do need are the names by Thursday 15 December at the latest, to give me time to complete the forms. You can (preferably) email me at the address below or leave a note in the clubhouse office. Only paid-up members can be entered.

The South of England Championships will be held at Parliament Hill Fields, the UK home of cross country running, on Saturday 28 January. The closing date for these Championships is ridiculously early on 16 December. Please let me know if you wish to be entered for these championships by Thursday 8 December.

Track Relining and lights refurbishment

You may have seen, recently, that the track has been closed for cleaning, at a cost of £5700. It had been intended to reline the track at the same time, but unfortunately the weather turned cold and wet before this could be started. The relining will now be done in the spring. This will cause us problems if the track has to be cleaned again, so we are taking steps to keep it clean through the winter. The main concern is sand getting onto the track – the contractors reported that there was more sand on our track than on any other track they had cleaned. Consequently the pits alongside the home straight will be closed for the winter and only the pit next to the 200m start will be in use. Athletes who use this pit will be expected to keep the area clean and to avoid getting sand onto the track.

Track users (and users of the all-weather pitches) will have noticed that the lights are currently in a very poor condition, with many of the no long functioning. A joint project with the Campus will see contractors on the site from 6 December, with the aim of completing the refurbishment of the floodlights before Christmas.

Milton Keynes Festival of Running – 5 March 2017

The Milton Keynes Festival of Running is on Sunday 5 March, with races over 5km, 10km, Half Marathon and 20 miles, all starting and finishing in the same area, and all largely using the same course. We are committed to supplying over 100 helpers for this event, the profits from which fund much of the work that we do. This year's event

raised over £16,000 for club funds. Please note of the date in your diary. The 20 mile race will incorporate the Buckinghamshire Long Distance Championship.

Youth Development League

I recently attended the AGM for this League. The main change for 2017 is that there will be three league meetings (rather than four) followed by an area final between the top three teams in our Division, the Midlands Premier (North-East), and the Midlands Premier (South-West). We can aspire to making the final in both the Upper Age Group (U20s and U17s) and the Lower Age Group (U15s and U13s). Talking to the Rugby & Northampton Chairman at the AGM, he fears that the rise of MMKAC, particularly in the lower age group, could end their dominance of this league. I'm certain we will do our best to prove him right!

Southern Athletics League

I also attended, as Secretary and Treasurer of the SAL, the SAL AGM the night before the YDL AGM. There was much debate about restructuring the league so that matches would be between six clubs rather than four, while preserving the round-robin format that sees the club compete against different teams in each round. The downside of such a change is that the current four-hour match would be likely to take around six hours to complete.

Twenty years ago I devised such a method for a league of 18 teams, where clubs would compete as pairs in each round, with each pair of clubs competing against the other 8 pairs of clubs in a round-robin system over four rounds. The outcome of the meeting was that a survey would be sent to clubs in the New Year to see what changes were needed for 2018. If anyone has strong views, let me know.

The dates for next year are known already. Our fixtures in Division 1 are

Saturday April 15: Dartford

Sunday May 21: Bedford

Saturday June 17: Chelmsford

Saturday July 8: Battersea

August 19: Home Meeting

Annual General Meeting

The Club's Annual General Meeting was held on Tuesday 15 November in the clubhouse. The main change is that the club has agreed that it should become a Community Amateur Sports Club, which should benefit our finances and give the club legal status. Details of the benefits can be found at <http://www.cascinfo.co.uk/>

We also had two long-serving members standing down. Peter Scott, who has been the Club's Membership Secretary since 1994 has decided to call it a day as the club changes its membership database to the online system provided by England Athletics. Richard Pownall has taken over this role.

Alec Walliker has looked after the Club's finances for the past eight years in a club that has a turnover of over £100k per year. He has agreed to continue until Christmas when Peter Tye will take over.

Thank you to both of these stalwarts who have given excellent service to the club over many years.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



ANNUAL GENERAL MEETING – 15TH NOVEMBER 2016

A precis of the meeting:

1 Election of Officers. The committee for 2016/17 is:

Chair	Mick Bromilow
Vice-Chair	Jackson Ryan
Secretary	David Millett
Treasurer	*Peter Tye/Alec Walliker
Coaching Secretary	Sharon Edghill
Cross-Country Secretary	Jackson Ryan
Road Race Secretary	Nicole Boddington
Ladies Secretary	Karen Bugaj
Track & Field Secretary	Jim Lawrence
Fixtures' Secretary	Jim Lawrence
Membership Secretary	Richard Pownall
Officials' Secretary	Karen Trapnell
Veteran's Secretary(Sumer)	Jim Lawrence
Veteran's Secretary(Winter)	Vacant
Equipment Officer	Peter Hall
Development Officer	Ian Stewart
Track Liaison Officer	Jack Kee
Press Officer	Brian Graves
Newsletter Editor	Brian Graves
Young Athletes Rep.(1)	Vacant
Young Athletes Rep.(2)	Vacant
Buckingham Satellite Rep.	Fiona Darling-Glinski
Members	Jason Carvalho
	Dennis Edghill
	James Tuttle
	Andrew Wasdell

Welcome to new post holders, Nicole Boddington, Karen Bugaj, Richard Pownall and Ian Stewart. Likewise to non-post holders, Jason Carvalho and James Tuttle.

*Treasurer: Alec Walliker is standing down and will be replaced by Peter Tye. Peter will take up the post at the end of his year. Alec was thanked for his eight years of service and " keeping a healthy bank balance"

Membership Secretary – Peter Scott stood down after 22years in the job! He was warmly thanked for his lengthy period of office.

2 Resolution – That the Club should take all the necessary steps to become a Community Amateur Sports Club.

This motion was unanimously approved

3 Report by Treasurer

ACCOUNTS FOR YEAR OCTOBER 2015- SEPTEMBER 2016

	Sep-15	Sep-16
Income(£)		
Subscriptions	41173	45883
Event Entries	31109	26566
Salary Contribution	9530	8164
Track management	9898	9526
Kit Sales	2152	2458
Bank Interest	78	66
Donations	11550	11000
Kitchen	1862	1113
Awards Evening	2160	1980
Total Income	109512	106755
Expenditure(£)		
Awards Evening	3855	3168
Affiliations	8018	8379
Coaching Courses	1467	6142
Event Expenses	15692	10235
Equipment	20428	6169
Event Entries	1571	1278
Expenses	1968	4088
Stadium Maintenance	14587	12175
Hall hire	12551	15686
Insurance	1828	1053
Other	2640	482
Newsletter	6525	1665
Kit Purchases	1146	3169
Salaries	18091	18151
Trophies	229	342
Travel	11852	11204
Marshall distribution	6777	2150
Total expenditure	129225	105535
Balance	-19713	1220
Balance carried forward		90712
	total	91932

Awards Evening 2016

Saturday 1 October

Harden House, Newport Pagnell

The awards sub-committee comprised Mick Bromilow, David Millett, Jackson Ryan and Alana Slater.

A huge vote of thanks to Jackson Ryan who, again, master-minded the proceedings.

Brian Graves(Press Officer) and Alec Walliker(Treasurer) presented the awards.

Rick Townsend was M.C for the evening.

Thanks to Roy Campbell for the photography at the evening.



Mixed Awards

Athlete of the year	Greg Rutherford
Club Person	Richard Pownall
Sportsperson	Alana Slater
Ultra Runner	Martin Erasmus
Performance Coach	Jim Bennett
Development Coach	Karen Trapnell
Official of the year	Rick Townsend

Male Awards

Category	
Swain Winter	Steve Tuttle
Swain Summer	Chuko Cribb
Rayner Trophy (U17)	Alfie Yabsley
Road Runner	Mark Ryall
Veteran Winter	Steve Herring
M40 Veteran	Paul Canning
M50 Veteran	Andre Sinclair-Linton
M60 Veteran	John Skelton
Track Trophy	Aaron Adom
Field Event Trophy	Jamil Hassan
Chiltern League	Chris Hearn
Indoor Trophy	Maxwell Brown
U11 Cross Country	Sebastian Henry
U11 Track & Field	Kobe Sinclair-Linton
U11 Sportshall	Edward Barber
U13 Cross Country	Jack Sharp
U13 Track & Field	Yinka Adelowu
U13 Sportshall	Hamish McGarvie
U15 Cross Country	Jack Meijer
U15 Track & Field	Ethan Wiltshire
U17 Cross Country	Conrad Webber
U17 Track & Field	Jack Porteous
U20 Cross Country	George Wheeler
U20 Track & Field	Jonathan Pownall
Southern League	Lewis Barnes
YDL Upper Age Group	Ewan Forsythe
YDL Lower Age Group	Ben Stacey
Most Improved	James Ericsson-Nicholls



From the top:
Richard and Jonathan Pownall, Mark Ryall, Ewan Forsythe, Jack Porteous, James Ericsson-Nicholls & Ben Stacey



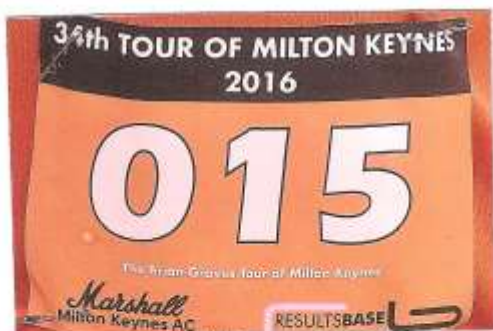
Female Awards

Category	
Women's Winter	Lara Bromilow
Women's Summer	Kayleigh Presswell
Chiltern League	Nadine Lewycky
Road Runner	Wendy Webber
Veteran Winter	Debra Brent
F35 Veteran	Corinne Nurse
F45 Veteran	Diane Presswell
F55 Veteran	Deborah Hindmarch
Track Trophy	Elle Roche
Field Event Trophy	Rachel Gibbens
Indoor Trophy	Laura Zialor
U11 Cross Country	Sonja de Koning
U11 Track & Field	Ayesha Jones
U11 Sportshall	Betsy Tapp
U13 Cross Country	Barbara de Koning
U13 Track & Field	Moyin Oduyemi
U13 Sportshall	Lateefa Agberemi
U15 Cross Country	Enya Deysel
U15 Track & Field	Abi Fitton
U17 Cross Country	Emma Mears
U17 Track & Field	Sade Ross
U20 Track & Field	Ebony Carr
UK Women's League	Emma Beardmore
Southern League	Martinha Royles
YDL Upper Age Group	Natalie Nurse
YDL Lower Age Group	Charlotte Underwood
Most Improved	Jasmine Trapnell



From the top:

Abi Fitton, Lateefa Agberemi, Sade Ross, Ebony Carr & Charlotte Underwood. Left: Award winners with Club Chair, Mick Bromilow, centre.



21-26th August, 2016

Andrew Wasdell reports:

This year's event took place a couple of weeks earlier than normal, primarily due to the fact that some runners were finishing in the dark last year, which led to a slightly lower turnout than expected. That said 130 individual runners took part in some or all of the tour...with 72 completing the whole 6 day event. At the front of the field, Steve Tuttle and Elliot Hind battled around all of the races with some great times being produced in all races and Elliot eventually won the tour with a 14 second lead over Steve...so it was very close! The 3rd place runner, Ross Langley, was over 16 mins behind these two which highlights the quality of running that the two front runners produced over the 6 events. As always, there were lots of other battles going on amongst the runners at all levels, especially amongst those vying for the club trophies and most improved awards.

Overall tour results

1st Male	Elliot Hind	LBAC
2nd Male	Steve Tuttle	MMKAC
3rd Male	Ross Langley	Tring
1st Vet Male	Tim Inchley	LBAC/MMKAC
2nd Vet Male	Andrew Wasdell	MMKAC

1st Female	Ella Townsend	
2nd Female	Helena De Villiers	MMKAC
3rd Female	Martinha Royles	MMKAC
1st Vet Female	Julie Jones	MMKAC
2nd Vet Female	Maria Callela	MMKAC

MMKAC Trophy Winners

1st Male	Steve Tuttle
1st V40 Male	Tim Inchley
1st V45 Male	Peter Tye
1st V50 Male	Andy Stiles
1st V55 Male	Les Turton
1st V60 Male	Paul Mason
1st V65 Male	Kelvin Smith
Most Improved Male	Michael Prest - improved by 18mins59 over 2015
1 st Female	Helena De Villiers
1 st Vet Female	Julie Jones
Most Improved Female	Siobhan Dyer - improved by 6mins40 over 2015

Can I say a huge, huge thank you to all club members that came along to help marshal, set out route signs, cleared up route markers, recorded times at the mile race etc and to Results Base for their continued support over the whole tour.

The provisional date for next year's race is Sunday 3rd - Friday 8th September so put that in your diary now! For next year I could do with a bit of support at a couple of the races...It is highly likely that I will be away for one or more of the races so would like to have a deputy that can stand in if/when I am away (trust me...it is not complicated and I would have sorted everything out beforehand...)



Steve Tuttle leads Elliot Hind into the final lap of the Tour mile. Most improved runners - Michael Prest & Siobhan Dyer. First MMKAC lady - Helena De Villiers. Around the first loop of the Tattenhoe race - Russell Jones leads Neil Jones, Ross Wood & Wendy Clark.



DAVE FINDEL-HAWKINS & JIM MORRISON PULL AWAY AS TOUR LEADERS

Dave Findel-Hawkins and Jim Morrison again finish the TOUR, making it their 31st completion.

Leading finishers are now:

1=Dave Findel-Hawkins	31
1=Jim Morrison	31
3 Eddie Hill	26
4 Andy Harrison	25
5 Milford Callow	23
6 Sam Kirkpatrick	22
7 Steve Rice	21
8 Diane Baldwin	20
9 Jim Miller	19
10 Chas Herbert	18
11=Carl Baldwin	17
11=John Gillespie	17
11=Chris Mahon	17
11=Dave Storer	17



From Pottersbury:
DFH & Jim Morrison
Paul Mason leads Les Turton
Martinha Royles

World Master Mountain Running Championships Susa/Italy/2016 August 27/28

Brian Graves reports:

I had "converted" Ursula Ghaleb to mountain running when we both ran in the 2014 event, an uphill 800m/8km race in the Stubai Alps, south of Innsbruck. Ursula then competed when the event moved to North Wales in 2015, which was an "up & down" course by Betws-Y-Coed. I was still on crutches after my knee injury.

So for this year it was pleasing to have Jim Miller making his debut. The Championships were held in the Susa valley, some 50km west of Turin. I had competed there in 1992 when we ran a 15km uphill course on the south side of the valley. This year we faced a very testing uphill 7km course on the northern side with 800m ascent – a very steep, quite technical mountain running course. Temperatures were generally in the 30-32degrees range most of the weekend.

164 ladies (all ages) set off at 10.00am. Ursula finished 19th in the F60 category with a time of 86.18.(5th Great Britain). 196 men (M55+) started at 10.30am. Jim had an excellent debut recording 74.45, 48th in the M65 age group. The under 55 men ran the next day over a 11km course.



Me – my first DNF in a major European Mountain race; this was my 18th such event going back in time to 1989 covering eight countries. I went into the race with a slight back niggle but had hoped my experience in these races would have carried me through. Unfortunately by 5km my back had seized up so much that I could hardly put a foot forward on the steep climb and was forced to retire. Very disappointed but on reflection had the event come too quick for me after the longish time out recovering from my knee injury?

So its Slovakia next year – 2 September. The course profile looks easier than this year, uphill 9km course with 630m of ascent.

Just two teams(nine runners) represented the club at this prestigious event. Well run those of you who were there.

Where were we I was asked as I walked around the course????

AND WITH A VENUE SO CLOSE TO HOME

Probably back to Aldershot next year. It was a very windswept course and the youngsters down the back straight of the 3km(?) lap had a real struggle into the head-wind.

UNDER 13 GIRLS

46 Daisy Yabsley	11.54
40 Ella Saunders	12.08
31 Ella Nash	11.38
TEAM	35:40

UNDER 17 WOMEN

12 Emma Mears	10.12
18 Holly Jamieson	11.35
23 Jodie Wright	12.22
TEAM	34:09

UNDER 15 GIRLS

39 Gemma Milne	11.01
43 Charlotte Cooke	12.13

INCOMPLETE TEAM

UNDER 17 MEN(4.4km)

17 Alfie Yabsley	14.57
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INCOMPLETE TEAM



ENGLISH CROSS-COUNTRY RELAY CHAMPIONSHIPS BERRY HILL, MANSFIELD (5th November)

A record MMKAC 15 teams finishing.

18th place for our ladies from a record 123 finishers.

AND the ladies "B" team are 6th in this category!

Emma Mears(11th fastest on the day), James Dowsett(11th) & Alfie Yabsley(17th) all in top ten in their respective opening legs.

45 Under 13 Boys	23:48.7
39 Aidan Murphy	7:30.3
38 Harry Legg	7:55.2
45 Ben Green	8:23.2
78 teams finished	

27 Under 13 Girls A	24:42.8
58 Chloe Munro	8:04.6
39 Ella Nash	8:31.8
27 Charlotte Underwood	8:06.4

99 Under 13 Girls B	26:22.9
75 Hannah Lord	8:26.2
64 Daisy Yabsley	8:48.6
59 Phoebe Miller	9:08.1
87 teams finished	

26 Under 15 Boys	21:23.5
10 James Dowsett	6:31.4
13 Finlay Gibbs	7:04.9
26 Jack Sharp	7:07.2
78 teams finished	

23 Under 15 Girls A	23:38.1
22 Ella Carey	7:35.8
27 Gemma Milne	8:04.5
23 Imogen King	7:57.8

Under 15 Girls B	8:14.5
73 Charlotte Cooke	
incomplete	
91 teams finished	

25 Under 17 Men A	29:42.1
10 Alfred Yabsley	9:15.8
18 Ewan Forsythe	9:58.3
25 Marcus Lovell	10:28.0
71 Under 17 Men B	34:56.3
90 Archie Yabsley	11:25.8
83 Harvey Green	11:42.7
71 Tim McElligott	11:47.8
72 teams finished	

20 Under 17 Women A	29:22.7
6 Emma Mears	9:02.1
22 Anna Kofoed-Gregory	10:21.0
20 Enya Deyssel	9:59.6
57 Under 17 Women B	32:37.4
64 Holly Jamieson	10:32.7
54 Jessica Nuttall	10:34.0
57 Jodie Wright	11:30.7

64 Under 17 Women C	35:24.2
73 Libby Hardman-Smith	11:11.1
72 Rosie Merrin	11:49.0
64 Sinead Armstrong-Suther	12:24.1
64 teams finished	

24 Under 20 Men	28:22.5
39 George Wheeler	9:21.4
29 Charles Wheeler	9:29.9
24 Conrad Webber	9:31.2
55 teams finished	

69:16.7	18 Senior Women A	32:35.9
16:11.2	25 Elle Roche	10:25.9
17:27.6	31 Alice Ritchie	11:35.4
17:43.4	18 Lara Bromilow	10:34.6
17:54.5	38 Senior Women B	34:56.4
76:44.9	54 Natasha Baker	11:34.6
18:14.4	44 Rachel Robinson	11:36.7
19:42.1	38 Wendy Webber	11:45.1
19:33.9	Senior Women C	
19:14.5	97 Diane Baldwin	13:11.3
166 teams finished	incomplete	
	123 teams finished	



Under 17 ladies – Enya Deyssel & Emma Mears(start)
Holly Jamieson & Jodie Wright



CONGRATULATIONS TO DAVID MILLETT FOR HIS TWO COACHING AWARDS

SOUTH-EAST REGION COACH OF THE YEAR

Citation:

David is Head Coach of Youth Development at Marshall Milton Keynes AC, delivering Athletics 365 to all junior athletes who come through the club, developing their overall athleticism to achieve in their event group that follows. He has become one of the best known deliverers of Athletics 365 in the country and has delivered an impressive number of workshops and flying coach visits across the country this year. Just recently he was asked to deliver an Athletics 365 and youth development workshop in Gibraltar

At event level, David is an excellent hurdles coach. His passion to share knowledge and facilitate the development of both coaches and athletes contributes significantly to developing athletes of the future.



David was presented with this award at our track on 22nd September by Amy Frith, England Athletics Club and Coach Support Officer for our area. Pictured right and with David, centre and fellow MMKAC coaches, Janina Pownall, Jim Lawrence, Gordon Fallow, Karen Trapnell and Mike Leonard.



England Athletics volunteer award winners: Include far left - Tim Cook, Chairman of the Greater Peterborough Athletics Network, and Paul Pickard - Volunteer of the Year. Middle distance coach and Official for Stevenage & North Herts AC. To the left of David is Alan Bell - Official of the Year, well known international race starter but works with the YDL etc.

Right: David with his wife Annabel and Scott Grace who developed the Athletics 365 programme that David delivers.

ENGLAND ATHLETICS COACH OF THE YEAR

David was presented with this award at the England Athletics "Hall of Fame" Dinner at Birmingham on 16 October.



David commented:

"We are vessels for the values that guide us and the practice that has inspired us to be better."

It is a great privilege to receive an award like the England Athletics Coach of the Year. However it is also an opportunity to acknowledge: the teachers that first sparked in me a passion for sport; family past and present that unselfishly picked up the tab; colleagues who guided my first faltering into coaching; the legion of people who taught me the techniques and understanding I now use; every coach who has carried the mantle for appropriate and inclusive youth development; the athletes, parents and their carers who continue to place trust in me.

I have also been lucky to ride the wave that has seen significant improvement in coach education and development, the rediscovery of best practice in youth development and the growing awareness about the movement skills that underpin every step we take.

Like any award a lot of people are due a piece of it."



British Masters Athletic Federation



Track & Field Championships - Birmingham(17/18 September)

**FOUR AGE GROUP GOLD MEDALS
from Ivars Licietis, Bunt Scott and
John Skelton AND six age group club
records**

100mH	M50	6 Paul Canning	17.90 w+1.2	Club M50 Record
	M55			
800m		4 Dennis Edghill	2:20.00	
	M60			
200m		4 Ivars Licietis	27.61 w+0.8	
400m		4 Ivars Licietis	62.38	Club M60 Record
800m		1 Ivars Licietis	2:37.77	
	M65			
400m		5 John Skelton	68.52	Club M65 Record
1500m		1 John Skelton	5:01.57	Club M65 Record
5000m		1 John Skelton	18:21.66	Club M65 Record
Shot		4 Bunt Scott	9.63	
Weight		3 Bunt Scott	12.30	
Discus		6 Bunt Scott	33.76	
Hammer		1 Bunt Scott	36.66	
Javelin		3 Bunt Scott	31.79	Club M65 Record



Bunt Scott, Ivars Licietis & Diane Farmer



26 OCTOBER - 6 NOVEMBER

Diane Farmer and John Skelton represent GB
in Perth. Two golds and a silver for John.

John, as many of you may know, is not a lover of cross-country but he commented that he might as well run this race as he had a week before the 10km track race. On the latter he said "it was 32 degrees on the track and a very hot race with the current European 10km and half-marathon champion, and he was better on the day - but I am very happy with silver!"

M65 Cross-Country(8km)-26 October

1 John Skelton	GB	31.04.73
2 Dave Oxlade	GB	31.41.42
3 Joachim Kruttgen	Germany	31.52.28

Team

1 Great Britain(1+2+8)	11pts
2 Australia	15
3 Finland	34



Britain's winning M65 team in the cross country of Alex Sutherland, individual winner John Skelton and David Oxlade

W55 Cross-Country(8km)-26 October

5 Diane Farmer	GB	38.29.23
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Team GB - 3rd

W55 5000m-28 October

11 Diane Farmer	GB	22.54.79
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M65 10,000m-2 November

1 Joachim Kruttgen	Germ	39.33.65
2 John Skelton	GB	39.50.46
3 Omar Fahaus	Chile	40.04.50



**AND MORE INTERNATIONAL
ACTION FOR JOHN SKELTON
12 November**

M65	3rd
England Team	1st

EMAC

EASTERN MASTERS ATHLETIC CLUB LEAGUE FINAL - 11 SEPTEMBER

[BEDFORD]

Congratulations to Lesley Byrne and her ladies team who defended the league trophy(just) with FVS, 2nd again. Sadly new men's manager Jeremy Vick had to put up with wholesale unavailabilities and they slipped to their poorest position since 1994. However great credit to those on the day who worked very hard to fill most of the gaps in the team sheet.

Pos	Women's Teams	
1	Marshall Milton Keynes AC	226
2	Fairlands Valley Spartans	225.5
3	Ryston Runners AC	199
4	Loughton AC	182
5	Southend AC	161.5
6	Cambridge & Coleridge AC	148
7	Peterborough AC	136
8	Wellingborough & District AC	50
Pos	Men's Teams	
1	Bedford & County AC	241.5
2	Southend AC	213.5
3	Ryston Runners AC	195
4	Thurrock Harriers	161
4	Peterborough AC	161
6	Nene Valley Harriers	154.5
7	Marshall Milton Keynes AC	149.5
8	West Norfolk AC	82
	COMBINED TEAMS	
1	Ryston Runners AC	394
2=	Marshall Milton Keynes AC	375
2=	Southend AC	375
4	Peterborough AC	297



Centre: Jason Carvalho wins the 2km walk/Stephanie Johnston(Triple Jump). Above Emma Beales/Di Baldwin & Ursula Ghaleb(3000m)/Mark Featherstone/Jeremy Vick(1500m)



GREAT TEAM VICTORY MATCH AT OXFORD

OPENING CHILTERN LEAGUE

1 Marshall Milton Keynes AC	4140
2 Bedford and County AC	4052
3 Chiltern Harriers	3881
4 St Albans Striders	3163
5 Oxford City AC	3153
6 Vale of Aylesbury AC	2989
7 Leighton Buzzard AC	2869
8 Dacorum & Tring AC	2784
9 Harrow AC	2751
10 Tring Running Club	2276
11 Gade Valley Harriers	2262
12 Redway Runners	2047
13 Windsor, Slough Eton & H.	1826
14 Luton AC	1219



The photographers' picture of the day - James Dowsett leads Brian Sayle in the under 15 boys race, Brian prevailed by 6-seconds in the final countdown

- 116 athletes competed on 12th October
- Individual wins for Sonja De Koning(F11), Emma Mears (F17), Elle Roche(senior ladies) & Alfie Yabsley(M17)
- Teams win for senior ladies, under17/20 ladies & under 15 girls.
- Second places for senior men, under 15 boys, under 11 girls, and under 13 girls



The "final team-scores" in each of the five female age group races - Millie Freeland(3rd F11), Ella Nash(4th F13), Gemma Mole(4th F15), Anna Koford-Gregory (4th F17/20) and Katie James(6th senior lady)



BIG WIN AT THE TEAR-DROPS CONSOLIDATES OUR LEAD IN DIVISION ONE - A RECORD 132 ATHLETES REPRESENT THE CLUB

Leading positions on the day:

1 MMKAC	3886
2 Bedford & County	3386
3 Chiltern Harriers	3242
4 St Albans Striders	2773
5 Dacorum & Tring	2694
6 Leighton Buzzard AC	2635

OVERALL LEAGUE ONE

1 MMKAC	8006
2 Bedford & County	7438
3 Chiltern Harriers	7123
4 St Albans Striders	5936
5 Oxford City AC	5779
6 Leighton Buzzard AC	5504
7 Dacorum & Tring	5477
8 Vale of Aylesbury AC	5312
9 Harrow AC	5246
10 Redway Runners	4355
11 Tring Running Club	4037
12 Windsor, S.E & H	3964
13 Gade Valley Harriers	3962
14 Luton AC	2675

- INDIVIDUAL WINS FOR EMMA MEARS(F17), JACK MEIJER(M17) and SONJA De KONING(F11).
- TEAM WINS FOR SENIOR MEN and WOMEN plus M20, M15 and F15 age groups.
- SECOND PLACES FOR M17, F17/20 and F13 age groups
- NO LESS THAN 38 SENIOR/JUNIOR MEN FINISH (15% of the Division One field.)



Top- the winning M20 team(Charles & George Wheeler and Conrad Webber, 3rd, 4th & 5th)
Centre: another Chiltern League Family - Paul Sutherland, Rachel Armstrong & Sinead Armstrong-Sutherland
Right- the winning under15 boys(James Dinwiddie & Brian Sayle, L); Robert Hickman & Finlay Gibbs plus 5th scorer Leo Freeland

PORTRAIT OF A LEGEND

A few memories of Carl Baldwin by Jim Lawrence.

I first met Carl when I was drafted in to the old Southern Men's League 'B' team back in 1994. It was apparent then that he was the 'main man' if you like. He was 40 years old then, but still performed at a high level. Although he was never the Team Manager, he was in all respects the Team Captain. He was always geeing up the youngsters in the team. Helping, supporting and encouraging everyone to give that extra percentage to their performance. After a few years I was asked to assist in team managing and I will always remember when we all met to select a team, the first name on the team sheet was Carl. Without fail we put him in to do all four jumping events and all four throwing events. He was a dream. He said to me 'why don't you have some youngsters to put in ahead of me'. We did find some and we dropped Carl from some of his events. What was his response? He only went ahead and competed in them anyway – albeit as a non-scorer.

I moved over to joint team manage our A team for a while but Carl continued to support our B team. Many a time we had double fixtures and I will always remember what was literally a 10 minute coaching session to an up and coming young athlete who was chosen to attempt the triple jump for the first time. This raw novice subsequently cleared 12 metres.

I will never forget the assistance he gave to my son Iain. Iain was an up and coming hammer thrower and was only 15 when he made his senior debut. Carl was there as always offering great support & much needed encouragement. My daughter Hazel who officiated in many of Carl's events made lots of cakes for Carl over the years. They went down extremely well. It is well known that Carl loved his cakes, especially Lemon Curd Sponges. He supported Jeanette, Hazel and Amelia when they were officiating, offering advice and help if required.

When I came back into the B team set up, Carl was often our sole competitor in events such as 110m hurdles, 400m hurdles and an event which he particularly loved for some reason – 3000m Steeplechase.



This was all in addition to his 8 other events. This guy really loved competing. Carl had a philosophy of never having blank spaces in the team. This is a philosophy that I hold today. Carl sent me a list of all his best performances each year from when he joined MMKAC to 2013 and I noted that from 1996 through to 2009 he did not miss a single SML match. (see next column)

I will not go into great statistical detail, but if you look at the all-time Veterans lists you will note that a lot of his performances are age group records. Indeed in the M40 rankings, his Pole Vault And Javelin marks were records that stood for 10 & 11 years respectively.

Carl suffered from cancer since 2010 but miraculously still continued to compete all through to 2015. As an M60 he set still standing age group records for High Jump, Pole Vault and the 1500m walk in 2014 & 2015. This guy had guts and determination like no one I have ever witnessed.

Like his wife Diane, Carl moved more and more onto officiating and having achieved a high ranking of Level Three Field Official he was many a time acting as Field Referee for our Southern Athletics League matches and other league events over the last couple of years.

Carl was a big strong guy and never lost his cool. He was kind and one of the nicest fellows you could ever meet. A few weeks before he passed away, we had a very long chat outside the track. We talked as we always did, about our great sport of athletics. I am going to miss those sometimes on occasions, very long talks. I am so glad that he made me late for my dinner that evening. I could have chatted to him all night.

So long dear friend. As far as I am concerned you are a legend.



Above: contrasting events – long jump & Chiltern XC League

PROLIFIC POINTS SCORER FOR OUR TRACK & FIELD TEAMS

In the summer of 2013 Carl produced a spread sheet detailing the number of Southern League and Eastern Veterans League matches that he had competed in since 1989. From the huge total of 210 competitions it amassed to 6 x A4 sheets (50cm square), when stuck together! Since 1969 (from a senior man through to an M60) he had competed in every track event up to 1500m, both the 4 x 100m and 4 x 400m relays and the EVAC medley relays, and the 3000m steeplechase. ALL field events and race walking up to 3000m.

Southern Men's League	125 competitions
	870 events
	2650 points amassed

His best year (event-wise) was 1992, when he contested no less than 52 individual events.

Eastern Veterans League	85 competitions
	385 events
	1855 points amassed.

Best individual year was 2004 where he contested 27 events over the five matches.

Total points scored 4505!!!!

DIANE RECALLS MANY OF THE OTHER SPORTS WHERE CARL HAD AN INVOLVEMENT

Carl was born in Chatham, Kent
School – football – won Medway Schools Champs
Gillingham Boys Grammar: Captain for Basketball, Rugby and won Triple Jump in Kent Senior Schools Championships which led to being invited to Crystal Palace for training.

Took to Angling whilst at School and continued this throughout his life: biggest fish being caught recently close to Milton Keynes: 29lb Cat Fish (Amphill) and 22lb Carp (Tingrith).

Whilst at University he played Rugby, Table Tennis and Basket-ball. He was awarded Full Colours (Blues) for all of these sports – first student to have achieved this. At his University. He was selected to play for a representative British Universities team.

On leaving University until 1986 his focus was Basketball – playing at local league, National through to International standard playing or training every day, even the day we were married. Locally he was top scorer in the leagues year in year out. He played in the National League for a number of teams and was the top British scorer a number of years running, normally averaging 70-90 points a game. Locally he would score similar points and often score 80% of the total points for the team in a match. Another record he held was in two years he never missed a free throw shot – not even the professional Americans in the league managed this.

During his basketball career he won countless awards with his team and individually. Even whilst on holiday he would find a team to play with, even in America he managed to train and play with Utah. His basketball career was ended with injury which prevented him taking up a professional career in Australia.

From 1986 – around 1990 his main sport / competition was racing Model Radio Cars., again he seemed to win a trophy every weekend.

At the end of the 80's Diane started to run and Carl decided to run with her. In 1989 he competed at his first track & field meeting at Stoke Mandeville. From here he became a prolific competitor in multi events on the track & field. He also ran the 1991 London Marathon in 4:30.23; his best half marathon was 1:43.49 (MK/1990). He also ran in the Mercedes Silver Mile.



1989-2009 Mountain Bike Orienteering (photo above/2006) from local events to the National series and occasional events abroad. This was an event we excelled at as a couple getting podium places in the majority of events, including Polaris (2 day challenge). In 2002 we were 3rd in the 2 day Polaris and in the same year won a 3 day event in the Isle of Wight.

In 2003 rode in a 24 hour event – Sleepless in the Saddle. In 2008 he won 2 major events outright, beating good standard men of less than half their age and winning the Trophy awarded to the leading points scorer in the Midland League.

During 2010 with the cancer diagnosis along came geocaching and he also concentrated more on officiating.

Other sports:

Duathlon – selected to represent Great Britain in Age Group Competition out in Australia and also in Italy.

Triathlon. Concept Rowing, Tennis & Volleyball (the latter two – "just for fun"

ROUND NORFOLK RELAY- "Diane recalls"



Carl ran the Round Norfolk Relay nine times and really, really wanted to do ten but was not able to do due to his health but the last time he ran was just after part of his lung was removed, quite terrifying experience but he was not the slowest on the leg.

He loved the event, following, supporting and analysing. One year we followed the whole race then went off to do a 5 hour mountain bike orienteering event at Holbeach – we won our category but remember we had to stop in a lay-by on the way home and sleep as so exhausted.

GREENSAND RIDGE RELAY

Carl ran in this race on seven occasions between 1997 and 2013.

Again ill-health stopped him from running more often, but when this was a problem he was generally out supporting the MK teams.

Photo right, taken in 2009 on leg 4.



AND THE LAST WORD FROM ALEC WALLIKER

As a team captain or teammate Carl was a dream person. He loved the county of Norfolk and loved the Round Norfolk Relay just as much. As soon as one year's event completed he would remind me of his intention to participate the following year if selected (there was never any doubt he wouldn't be in the team)

Along with Di he would pop up anytime anywhere during the 26 hours MMKAC normally took to complete. I know how appreciative runners (particularly those competing through the night) were of his support.

Despite his poor health and struggling with training whilst undergoing operations and medication Carl was determined to be in the team and, on his last run in the RNR, put in an amazing effort and I for one was overwhelmed by his amazing determination. I promised him that if he couldn't run the following year I would keep myself in reserve to run to Horsey Mill. I did and you can guess who kept popping up along the course keeping me honest.

Although he didn't run in our last two trips to Norfolk he was always there supporting and helping me as captain.

if we do enter any further RNR relays I'm sure we will fare well with Carl looking over us



A MMKAC LADIES TEAM COMPLETE THE ROUND NORFOLK RELAY- a team of 17: third team in this category with a total time of 27hrs 22min.39.



1-Leah Williams (16.3m)	2-Katie Penrose (14.1m)
3-Val Russell (5.4m)	4-Maria Calleia (12.8m)
5-Paula Chammings(8.6m)	6-Chris Ryder (7.9m)
7-Di Baldwin (9.2m)	8-Deb Hindmarch (7.5m)
9-Ursula Ghaleb 11.3m)	10-Anick Valapinee (15.1m)
11-Julie Dalzell (19.6m)	12-Ruth Gardener (19.7m)
13-Fran Malin (13.3m)	14-Jacqui Maycock (8.8m)
15-Wendy McConnell (7.2m)	16-Di Farmer (5.5m)
17-Julie McPheat (11.7m)	



Right: Julie McPheat brings the team home at Kings Lynn.
Below(back): Val, Wendy, Julie D, Ursula, Kirsty Bishop (cyclist), & Julie M.
(front row), Anick, Jacqui, DI F & Chris D.



Chiltern League
victory at Oxford
MMKAC WIN THE OPENING CHILTERN LEAGUE MATCH AT OXFORD (10th OCTOBER)

The men's scoring ten comprised:

Sam Deathe(15th), Chad Lambert(16th), Chris Hearn(20th), Paul Erwood(24th), Elliot Winter(29th), Paul Bond(30th), Steve Green(36th), Kevin Farmer(66th) Robin Dowsell(78th)and Robby Taylor(85th). Incidentally Steve Tuttle then running for Bedford & Co, finished 9th overall. Harrow won the men's race with MMKAC second.
Photo – Chad leads up Shotover Hill on their first lap



Bedford just pipped MK in the ladies race where Lara Bromilow finished 4th. Carly Scott 5th, Tanya Taylor 10th and Sarah Cox 13th. No less than 17 ladies competed.

The quartet of Mel Wood(2nd), Beth Swords(5th), Elle Roche(7th) and Jo Livesey(13th) won the under17/20 women's race.
Photo: Elle leads Beth



ON THE MARATHON ROAD IN EUROPE



**TCS AMSTERDAM
MARATHON**
RACE CONSULTANCY SERVICES

16 October

351 Tom Hayman(M5)-2:56.30: 673 Wendy Webber(F35/3rd in this age group)-3:05.46: 8326 Mel Wright(FS)-4:16.18

12,181 finished

Half-Marathon: Katie Penrose(F40)-95.05: Siohan Dyer(F35)-106.12 14,832 finished



**Piepenbrock
DRESDEN-MARATHON**
14. October 2016

23 October

354 Paul Sutherland(M50-38th)- 3:32.45

1013 finished



30 October

192 Dan Webber(M40-24th)- 2:39.02

11,880 finished



30 October

1001 Ian Van Lokven(M50-13th)- 3:12.01:

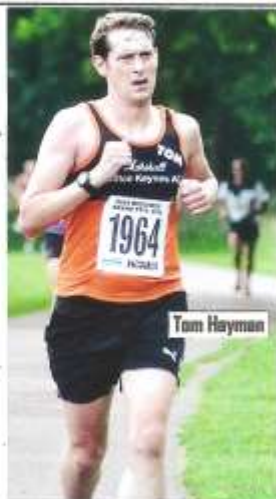
3941 Katie Penrose(F40) - 3:42.51

16,830 finished

AND NOT FORGETTING(21 October):

The Abingdon Marathon

11th Gary Blaber(5th M40)- 2:48.09: 181 Martin Erasmus(M50) - 3:13.44: 211 Ross Wood(M5)-3:17.43: 347/B Julie Jones(F45) & Neil Jones(M40) - 3:36.03 696 finished



"MMKAC WIN THE EIGHT TO SCORE TEAM RACE IN THE LEIGHTON BUZZARD TEN" [including Bucks AA Championships]

18th September

Dan Webber is 5th overall and first M40 and Bucks AA bronze medallist. Wendy is both first lady and first F35 lady and Bucks AA Champion. The scoring eight:



5	Daniel Webber	M40	58.57	102	Suzanne Anderberg	F45	81.37
10	Carl Tucker	M5	63.12	103	Eduardo Ustaran	M40	81.37
16	Andrew Wasdell	M40	64.31	104	Kevin Church	M50	82.15
18	Wendy Webber	F35	64.44	127	Jim Miller	M60	85.59
35	Neil Jones	M40	70.29	139	Alison Key	F45	86.24
39	Russell Jones	M40	71.07	149	Leah Hartwell	F35	87.20
65	Julie Jones	F45	76.04	185	Hazel Lockhart	F45	94.13
68	Kevin Smith	M60	76.21	199	Karen Bugaj	F35	98.07
87	Marie Cane	F35	79.23	249	THORNTON		

LADIES ALL-TIME 10mile rankings

Wendy moves up to 9th & Lynsey Ryall comes in at 15th

Linda Dewhurst	FS	57.08	Nene Valley	1986
Michelle Lee	FS	58.12	St Albans	2005
Rita Quill	FS	60.27	Maidenhead	1997
Jane Preen	F35	60.45	Leighton Buzzard	2008
Lara Bromilow	FS	60.51	Portsmouth	2015
Imogen Thornborough	FS	60.58	Maidenhead	2005
Nadine Lewycky	FS	61.48	St Albans	2015
Jane Bird	F35	62.09	Weedon	1984
Wendy Webber	F35	63.48	Maidenhead	2016
Katrina White	FS	63.59	Hemel Hempstead	2000
Alex Knowles	F45	66.10	Preston	2013
Margaret Swithenby	F40	66.36	Northampton	1990
Di Baldwin	F35	66.42	Willen	1992
Rachel Robinson	FS	66.50	Leighton Buzzard	2015
Lynsey Ryall	F35	66.57	Twickenham	2016
Lucy Stephens	FS	68.31	Bedford	1992
Julie Dazell	F35	68.45	Leighton Buzzard	2007
Di Knight	F40	68.49	Leighton Buzzard	2001
Carole Huxter	FS	69.17	Bedford	1984
Kathy McGuinness	F35	69.33	Weedon	1985



RIO DE JANEIRO: 7 - 18TH SEPTEMBER

DOUBLE GOLD FOR LIBBY CLEGG AND CHRIS CLARKE

Libby Clegg and guide Chris Clarke from MMKAC had the perfect Paralympics – two events and two gold medals. Libby said that she was hoping to make the podium but did not expect a double gold. The 100m was surreal. In the course of 36 hours, the duo had won their heat (12.17), won the semi-final and broken the world record with a time of 11.91, been disqualified after a protest from Brazil that Chris had dragged his visually-impaired partner along and, eventually, reinstated. She won the final in 11.96 but by just two hundredths of a second from China's Zhou Guohua.

Libby commented "I was deeply affected by the accusations of cheating against me. I was really disappointed because I felt that my integrity as an athlete had been called into question and I didn't want to win a medal dishonourably. I wasn't able to enjoy the day because it was such an emotional rollercoaster. I even got protests against me when I was in the medal ceremony room so it was just insane"

The 200m was more straightforward but not without further controversy when local favourite Terezinha Guilhermina was disqualified in the final for a false start. Libby clocked 25.90 in her heat, 25.24 to win the semi-final and then 24.51 in the final. She had set the world record of 24.44 in the IPC Grand Final (Anniversary Games/London) previous to Rio.

It had been a tough previous two years for Libby. She missed both the 2014 European Championships (illness) and 2015 World Championships (injury) and subsequently lost her UKA funding. Rio was her third Games, having won a silver medal each from Beijing and London. "In London I was absolutely devastated having run a lifetime best, I really wanted to win a gold medal on home soil"

Chris took over from Mikail Huggins in November 2015 and Libby said "He is such a laid-back person. He is an incredible athlete – he is basically jogging when he runs with me. He is well within his comfort zone. We get on really, really well. He has such a lovely personality. I think I needed a fresh start and he has given it to me. I can't wait for London 2017 (World Championships) – back in the Olympic stadium, it will be so exciting"



CHRIS CLARKE – a resume of his athletics career

Chris has been a member of MMKAC since 2002. He won the English Schools senior boys 400m title (47.18) in 2006 and then later that year made his international debut at the Beijing World Junior Athletics Championships where he won a bronze medal in the 4x400m relay. In 2007 he finished first in the 400 metres final (46.74) of the World Youth Championships to win the gold medal. On 24 July 2009 he won two gold medals (400 m and 4 x 400 m) at the European Junior Championships, the former with a new personal best of 45.59 seconds. (current club record)

2010 saw him compete at his first senior athletics championship (European Team Champs.) as part of the 4 x 400 m relay team who later went on to claim a bronze medal. In 2011 the GB relay team qualified for the IAAF World Championships (Daegu/Korea) final with 3:00.38 (Chris running 44.99 split on leg 3). The team later went on to finish sixth in 3:01.16. Chris placed sixth in the 2012 200m European Championships having clocked 20.83 in his heat. He then set his 200m PB of 20.22 winning the 2013 CAU title at Bedford. His 100m PB goes back to 2007 with 10.45 in the SEAA u20 Championships.

Chris, in Bucks AA colours, on his way to his 20.22 timing at Bedford.

Through the age groups 200m/400m:

U15	22.25	511.1
U17	21.16	47.18
U20	20.87	45.59
Senior	20.22	45.59



FEMALE ATHLETES MOVING UP THE CLUB ALL-TIME RANKINGS

SENIOR WOMEN

800m	7th	Elle Roche	2:15.92
1500m	2nd	Elle Roche	4:30.77
3000m	3rd	Elle Roche	9:49.13
5000m	7th	Alice Ritchie	19:19.55
	10th	Lynsey Ryall	19:47.5
1500mSC	5th	Alice Ritchie	7:50.78
Long Jp	6th	Laura Zialor(F20)	5m47
	10th	Devon Byrne	5m35
Triple J	1st	Laura Zialor(F20)	12m96
Shot	4th	Emma Beardmore	11m47
Discus	2nd	Emma Beardmore	37m24
Hammer	1st	Kayleigh Presswell	57m09
	5th	Emma Beardmore	49m19
Javelin	10th	Kayleigh Presswell	28m24

UNDER 17 LADIES

100m	6th	Tia Morris	12.4
1500mSC	1st	Emma Mears	5:19.66
	2nd	Enya Deyssel	5:33.18
	6th	Holly Jamieson	6:03.41
	8th	Charlotte Moyle	6:16.0
Pole Vlt	9th	Iris-Mae Morse	2m30
Triple J	5th	Ite Aderoju	10m82
	6th	Iris-Mae Morse	10m77
Shot(4kg)	4th	Sade Ross	10m73
Hammer	4th	Sade Ross	42m35
	9th	Joan Peediah	22m18
Javelin	3rd	Tia Margan	22m08
	4th	Ite Aderoju	21m32
	5th	Ellen Bailey	20m72
	6th	Iris-Mae Morse	20m64
	7th	Isobel Bach	18m60
	8th	Amy Milne	18m41

UNDER 15 GIRLS

200m	8th	Abigail Fitton	26.29
300m	2nd	Abigail Fitton	42.63
	6th	Regan Cooper	44.63
3000m	4th	Montana Edghill	10:46.31
	9th	Barbara de Koning	10:58.00
High Jp	4th	Charlotte Bailey	1m56
Pole Vlt	10th	Mia Soman	1m80
Triple J	2nd	Tamzin Hill	9m64
	9th	Charlotte Bailey	8m84
Discus	10th	Jasmine Trapnell	24m95
Hammer	1st	Jasmine Trapnell	45m05
Javelin	2nd	Hannah Weatherley	27m36

UNDER 13 GIRLS

75m	2nd	Moyin Oduyemi	10.06
	8th	Lateefa Agberemi	10.49
100m	2nd	Moyin Oduyemi	13.19
150m	2nd	Moyin Oduyemi	19.44
	8th	Lateefa Agberemi	20.73
200m	2nd	Moyin Oduyemi	27.37
800m	5th	Charlotte Underwood	2:26.01
1200m	5th	Charlotte Underwood	3:58.7
1500m	9th	Charlotte Underwood	5:08.83
70mHurd	3rd	Lateefa Agberemi	12.0
	5th	Charlotte Underwood	12.3
	9th	Asher Cliff-Afemari	12.4
High Jp	1st	Asher Cliff-Afemari	1m50
Long Jp	2nd	Lateefa Agberemi	4m79
	4th	Asher Cliff-Afemari	4m72
Shot	1st	Lara Moffat	10m02
	7th	Moyin Oduyemi	7m97
Discus	6th	Lara Moffat	20m08
Hammer	1st	Lara Moffat	28m42
Javelin	2nd	Eva Durand	22m39
	10th	Lara Moffat	17m64



In the senior women's rankings Elle Roche has moved up in the three middle-distance events, none more so by her 1500m in the UKWAL match at Manchester. Linda Dewhurst's record of 4:25.2 will be 30 years old in 2017! Laura Zialor improved her triple jump club record from 12m23 to 12m96 as did Kayleigh Presswell in the hammer adding over 3metres from 53.53 to 57m09. Emma Beardmore consolidated her all-round throwing progress but I'm reminded how good Emma Beales was back in the 1990's - her discus record is 54m68 set in 1995.

Emma Mears retained no 1 spot in the under17 ladies steeplechase improving from 5:26.30 to 5:19.66. In the under 15 age group Jasmine Trapnell (45m05) takes over from Paige Barnes(43m56/2013) whilst in the triple jump Tamzin Hill moved closer to Laura Zialor's record(10m16/2012).

For the under13's Moyin Oduyemi is only headed by Joey Duck in the 75m(10.0), 100m(13.0) (150m(19.2) - all set in 2001. Cathy Goddard set the long jump record of 4m85 in 1979. Lateefa Agberemi got close with her 4m79 but Asher Cliff-Afemari improved Cathy's high jump(1979) from 1m42 to 1m50 this summer. Lara Moffat improved the shot best set by Sade Ross(9m17) in 2012.



Top: Elle Roche & Emma Beardmore(Manchester/UKWAL)
Above: Lara Moffat & Jasmine Trapnell(MK/YDL)
Left: Charlotte Bailey(Lee Valley/Alpha Trophy)



Many of you will have heard that Milton Keynes celebrates its 50th anniversary in 2017. On the recreational front the MK Council are planning a number of sporting events through the year and we are liaising with them with athletics/running events. Ideas include a family "fun" track & field day, runs based on some of the iconic MK sites etc.....watch this space

OUTDOOR WINTER FIXTURES

DECEMBER

- 3 Chiltern XC League(Stopsley/Luton)
- 4 Bedford Half-Marathon
- 10 South of England Inter-Counties XC Champs (Horspath,Oxford)
- 11 MK Winter Half-Marathon
- 28 Aylesbury Boxing Day 5km

JANUARY 2017

- 7 Bucks Cross-Country Champs(Stowe)
- 14 Chiltern XC League(Keysoe, Beds)
- 22 St Albans 10
- 25 Bucks Schools Cross-Country Champs(TBC)
- 28 South of England XC Champs - Parliament Hill Fields(North London)

FEBRUARY

- 5 Watford Half Marathon
- 11 Chiltern XC League final match - Campbell Park, MK
- 25 English "National" XC Champs - Wollaton Parks, Notts
- 26 Winslow 10km inc. Bucks AA Champs

MARCH

- 5 Milton Keynes Festival of Running(5km,10km,Half-Marathon & 20 miles)
- 11 Inter-Counties XC Champs (Loughborough)
- 18 English Schools XC Champs(Norwich)

"Greg had good run but deserved to go"

Daily Telegraph report on "Strictly Come Dancing" -

Long-jumper Greg Rutherford has been a cracking contestant: committed, courageous, likeable and on that thing so beloved by reality contests: "a journey". He's arguably the most improved dancer in this year's contest, starting as a complete novice and turning into a respectable mover over the course of nine weeks.

He started brightly with jitterbugging jive, notoriously stuck his bottom out during his tango (calm down, Bruno) and got into swashbuckling character for a Robin Hood routine in Movie Week. Some Latin wobbles followed but he bounced back strongly with a Viennese waltz and powerful peso.

Sweetest of all, though, was his partnership with popular pro Natalie Lowe. They've clearly become close friends and hugely admire each other, which has been heart-warming to watch. Ed Balls aside, though, Greg was the worst dancer remaining, so it was right that he went. Well played, jumping ginger.



ATHLETICS OFFICIALS

We need your help!!

This has been a fantastic season. Hopefully all of you (or your children) have really enjoyed being able to compete at various competitions we have held throughout the summer. There have been many PBs and even club records set at our track this season. None of this is possible without our officials.

What is involved?

Initially you will need to go on a course. We are in the process of arranging some in Milton Keynes over the winter period. The course is half a day and will give you an overview of the role as long as training you on Health and Safety to ensure that you and our athletes can compete safely. After that you can start officiating.

But I don't know what to do!

Don't panic! You will get an overview on the course. After that you will have a qualified official to work with at the events so that you can put your learning into practice without the fear of doing it on your own.

Is there a lot to learn?

There are a lot of rules but you do not need to know them all. There is a rule book that you can refer to and there are other qualified officials to help too. Nobody expects anyone to know everything. Just be confident to know where to look. After your course you will have at least 4 competitions to officiate at with a qualified official before you become qualified and you will learn most information you need to know during this experience.

How much time will it take?

How much time you give is totally up to you. The more we have the less onerous it is on everyone. Any time you can give would all be appreciated. Please be assured that it is never compulsory!

Will it stop me competing myself?

No it won't! We have such a variety of competitions at our track we would appreciate you helping when you aren't competing. It might be after you have competed or in competitions you aren't competing in. We will prioritise your need to compete so do not worry.

Why should I give up my time?

It is fun! In order to continue to have all the competitions we have in future years we need more officials. The more we have the less onerous it is for anyone.

How can I find out more information?

You can follow this link to the England Athletics website <http://www.englandathletics.org/england-athletics-officials/becoming-a-licensed-official> Alternatively you can speak to Karen Trapnell or email her on trapnellk@outlook.com

STARS RECEIVE THEIR PIECE OF LONDON 2012



The London 2012 track has been broken up (there will be a new surface for the 2017 World Championships) and Greg Rutherford has his own piece of the Olympic track. His "Strictly" dance partner Natalie recently presented him with his very own personal memento of his long jump gold on an unforgettable 'Super Saturday' - 3rd August 2012

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