

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

March 2017

"I still believe there's more medals to be won and I'm still trying to catch that monster jump because I think it's in there" - Greg Rutherford (March 2017)

CONTENTS:

- 2 Chair's Piece
- 3 Wolverton Five/MK 50 events
- 4 Buckinghamshire Cross-Country Champs
- 5 Chiltern League match 3(Luton)
- 6 Chiltern League match 4(Keysoe)
- 7 Club cross-country Championships
- 8 South of England XC Championships
- 9 "National" XC Championships
- 10 Chiltern League match 5 - champions!!
- 11 Cross-country Grand Slam
- 12 Ted Britnell (1953-2017)
- 13 Young athlete welfare at MMKAC
- 14 MK Festival of Running
- 15 In the news- Mike Burling, Cedric Parry,
Charlton Kerr.
- 16 Under 11's Sportshall Final
Chris Clarke, MBE
- 17 10 years ago- winter 2007
- 18/19 Indoor report/rankings
- 20 Dip Finish/Fixtures



**AND LOOKING FORWARD
TO THE SUMMER**

Chair's piece

The Club as a community

Over the last three or four months I have become very aware of many tensions within the Club, with increased friction between some of our coaching groups. I have taken steps over the last eight weeks to confront some of these issues and to try to find practical ways forward which respected the passions of the coaches involved, but which allow all our volunteer coaches to operate in a friendly and supportive environment. At the end of the day it is our athletes that are the most important individuals in all of this and our focus must always be to allow them to develop in the way that is most suited to their needs. Their success is our success, and it is always much more rewarding to organise and/or officiate at meetings when our athletes are performing well. A divided club will achieve far less success than a club that is working together in an atmosphere of mutual respect.

I hope I have made some progress here but if there are athletes, parents or coaches who feel there is more that I should be doing then please get in touch with me.

Chiltern League

Congratulations to everyone involved in the Chiltern Cross Country League this winter. Last year we won overall after finishing second to Bedford in the previous two seasons. This year we won even more comprehensively than last. There are overall trophies in five categories: Overall, Seniors, Juniors, Male and Female. Last year we won four of them with the Juniors finishing second to Bedford. This year our Juniors also won, completing the set.

We again had the most athletes turning out at each of the five fixtures, with a club record turnout of 132 at the Teardrop Lakes in November. Credit is due to Team Managers, Douglas Yabsley, Sharon Edghill, Richard Pownall and Jackson Ryan, who persuaded club members to turn out in such large numbers.

At the last fixture there were three presentations of awards in the marquee during the afternoon. Although it was a very cold day, I was disappointed that so few Milton Keynes runners were there for the final presentation, turning what should have been a celebration into something of a damp squib, after all the work that had gone into winning so many of the trophies.

MK Festival of Running

Thank you to everyone who turned out to help with this year's MK Festival on 5 March. Nearly 4000 runners finished races over 5km, 10km, a Half Marathon and 20 miles. The club should benefit to the tune of between £18k and £19k this year which will enable the club to fund many things that we could otherwise not afford.

This year the marshalling of the course was divided into five sectors with each sector managed by a different group within the club. This has worked much better than in previous years with far more marshals out on the course and at the feeding stations. Heavy rain between 8am and 9.15am dampened spirits (and caused some flooding at one of the underpasses on the course) but there was (contrary to the forecast) no further rain until 12.30pm when the races were almost finished. We were very lucky! Thank you to everyone who helped on the day (some of whom got soaked twice) and, in particular, the coordinators Karen Trapnell, Paul Sutherland, Jack Kee, Joan Peedah, Tia Margan and Nicole Boddington.

Feedback after the race suggested that we needed clearer instructions on how to use the radios, a sweeper bike at the end to tell marshals they could stand down, and a better system for ensuring that all the signs and litter were collected from the course. I cleared litter from the final part of the course some five days after the race, which does leave the club vulnerable to criticism from local residents.

Next year there will be no Silverstone Half Marathon (this year it was held the week after our Festival). It will be replaced by a London Half Marathon on 4 March 2018. Consequently we are provisionally targeting Sunday 11 March 2018 as the date for the next MK Festival of Running.

Athletics

As winter turns to spring, my thoughts turn to athletics. We have a full programme of events from open meetings to league competitions and championships, with enough to cater for everyone's needs. There are some changes to league competition this year. The Young Athletes' League (YDL) will have only three fixtures for our U20/17 and U15/13 Teams, followed by an Area Final. Only the top three teams in the Midlands Premier Division (North-East) will qualify for the Midlands Area Final. Last year our U20/17 Team finished third and our U15/13 Team was second. Our target will be for each team to at least qualify for those Area Finals.

In the Southern Athletics League (SAL), for Seniors, U20s and U17s, the number of points scored for each of four key officials has been raised from 2 to 5, making it even more important to get a full complement of officials for each meeting. The recent Officials' Course, organised by Karen Trapnell has boosted the number of officials we can call upon to support our meetings at home and away.

We are fortunate to have photofinish available for our home meetings in the YDL and SAL and for the British Milers' Club Meeting on 3 June.

East Midland Grand Prix Road Races

Our road runners have not been forgotten. There are a whole host of fixtures advertised on our fixtures list.

In particular there is the popular East Midlands Grand Prix Series (<http://www.emgp.org.uk>) of 8 races on summer evenings with the first at Silverstone on Tuesday, 2 May and the last at the Open University in Milton Keynes on Tuesday 27 June. I hope to see you there.

Club Membership Fees

Thank you to everyone who has renewed their membership for 2017 and been re-affiliated with England Athletics. Our new Membership Secretary, Richard Pownall has been emailing all members in the club (or at least all those members for whom we have a correct email address) to encourage renewal for this calendar year. The results have been a significant improvement on previous years although there are still a number of members who have not yet responded. You can contact Richard about your fees at membership@mkac.org.uk.

Under UKA rules, athletes must be registered with England Athletics in order to take part in athletics and cross country competition. Each registration will cost the club £14 this year. Only athletes who have paid their fees will be registered.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

THE 52nd WOLVERTON FIVE (26 November 2016)



◆ Thanks again to everyone who helped on the day. Sadly with just 207 finishers this was the lowest number ever on this course. We had an average of 290 for the previous three years.

◆ An easy win up front for Jack Goodwin(Bedford & Co) and his time of 23.57 is the 15th best on this course.

◆ Good to see Tom Comerford leading the MKAC contingent of 27 runners home(9th/26.25) closely followed by Graham Jones who knocked a minute off his previous best with a PB of 26.33(13th). Steve Herring was first M45(28.23)

◆ Rachel Robinson led home five MK female runners, 6th lady overall in 31.56.

◆ John Skelton (photo below) runs to the fastest M65 time in the UK for 2016(30.04) and places him 4th ALL-TIME in the UK rankings!



◆ 20% of the field finished inside 30mins, about average for the last five years. Average for the first three years (1991-1993) was no less than 48%.



Photos: left our new Treasurer, Peter Tye

The EMAC Champs were held with the race and here (R) Club President, Milford Cellow presents the M45 award to Steve Herring.

AND WHERE DO WE GO FROM HERE.....

Do we continue with the 2.00pm start on a Saturday?

Change to a Sunday AM/PM ???

Any thoughts – let Nicole Boddington know:

xnicolethornton@gmail.com



Some of you may have seen the MK50 exhibition in Middleton Hall back in January. MKAC were represented with a photo montage etc, a MK Tour of MK T-shirt and a Greg Rutherford display.

The club are involved with a number of events. On the running side we are joining forces with Redway Runners to put on 6 runs of about 5miles; each club will organise three runs.(all on Thursdays, 7.00pm)

Our three are:

- ◆ 1st June "Pre Milton Keynes"
Meet at Bletchley Park
- ◆ 15th June "The 60's etc"
Meet at Wolverton House for a route that will include one lap of the original Wolverton 5 course. (first run in 1965)
- ◆ 27 July "The 90's"
Meet Westcroft Centre

Other dates are 29 June, 13 July and 3 August.

MMKAC HOME TRACK & FIELD FIXTURES

22 April- Youth Development League(u13/15)
3 June- British Milers Club PB Classic(4 pm)
10 June-Bucks Schools Championships
24/25 June- Midland Schools Combined Events
5 July- Eastern Masters League(7.00pm)
19 Aug- Southern Athletics League

Plus Open Meetings on:

2 April	9 April	7 May
2 July	20 Aug	24 Sept.

(more details to follow)



LEADING RESULTS

Under 13 Girls (3km)

- 2- Sonja De Koning
4-Charlotte Underwood

Team:

- 1- Chiltern H 9
2- MMKAC 13

Under 15 Girls (4km)

- 1-Barbara De Koning
2 Ella Carey
5-Montana Edghill

Team:

- 1-MMKAC 8
2-Chiltern H 25

Under 17 Women (6km)

- 1- Georgia Flawn-Thomas
5-Enja Deyssel
6-Holly Jamieson

Under 20 Women (6km)

- 4-Jade Brown

Combined 17/20 team:

- 1-Wycombe PH 10
2-MMKAC 15

Senior Women (8km)

- 1-Lara Bromilow
4-Natasha Baker

Team:

- 1-MMKAC 12
2-Chiltern H 25

Veteran Women (8km)

- F35 1-Lara Bromilow
F35 3-Wendy Webber
F55 1-Diane Baldwin
F55 2-Diane Farmer

Veteran Team:

- 1-MMKAC 23
2-Aylesbury 28

Under 13 Boys (3km)

- 5-Aidan Murphy

Team:

- 1-Chiltern H. 10
2-MMKAC 28

Under 15 Boys (4km)

- 3-James Dowsett

Team:

- 1-Chiltern H. 24
2-Aylesbury 38
3-MMKAC 56

Under 17 Men (6km)

- 1-Alfie Yabsley
3-Ewan Forsythe

Team:

- 1-MMKAC 19
2-Chiltern H 22

Under 20 Men (8km)

- 1-George Wheeler
2-Charles Wheeler

Senior Men (11km)

- 3-Graham Jones
4-Jamie Seddon

Team:

- 1-MMKAC 49
2-Chiltern H 85

Veteran Men (11km)

- M40-5 Steve Herring
M60- 1 Phil Jones
M60-3 Paul Mason

BUCKS AA CROSS-COUNTRY CHAMPIONSHIPS: STOWE (7 January 2017)

◆Seven individual gold medals; four silver and five bronze.

◆Five team golds, three silvers and one bronze.

◆The 27th senior men's team victory since their first win in 1977; an emphatic win with the scoring six in the first 13 finishers! - Graham Jones (3rd), Jamie Seddon (4th), Steve Tuttle (8th), James Tuttle (10th), Chris Hearn (11th) & Ian Wood (13th).



Top/left: the all-important final scorers in our team wins - Ian Wood (senior men), Wendy Webber (senior ladies), James Minter (U17 men), Diane Baldwin (Veteran ladies) & Montana Edghill (U15 girls)

Right: Gold and silver for the De Koning sisters (Sonja & Barbara)

Left: great to see Phil Jones back in action after a long time out with injury and winning the M60 gold

CHILTERN CROSS-COUNTRY LEAGUE

" 3 OUT OF 3 "

MATCH 3 AT LUTON (3 DECEMBER, 2016)

Overall Team Result

1 Marshall Milton Keynes AC	3638
2 Bedford and County AC	3292
3 Windsor, Slough Eton & H.	3278
4 Chiltern Harriers	3163
5 St Albans Striders	2982
6 Vale of Aylesbury AC	2513
7 Dacorum & Tring AC	2485
8 Leighton Buzzard AC	2467
9 Harrow AC	2359
10 Oxford City AC	2152
11 Gade Valley Harriers	1884
12 Redway Runners	1857
13 Luton AC	1698
14 Tring Running Club	1659

After 3 rounds

1 Marshall Milton Keynes AC	11644
2 Bedford and County AC	10730
3 Chiltern Harriers	10286
4 St Albans Striders	8918
5 Leighton Buzzard AC	7971
6 Dacorum & Tring AC	7962
7 Oxford City AC	7931
8 Vale of Aylesbury AC	7825
9 Harrow AC	7605
10 Windsor, Slough Eton & H.	7242
11 Redway Runners	6212
12 Gade Valley Harriers	5846
13 Tring Running Club	5696
14 Luton AC	4373

Spotlight on the younger male teams. Under 17's and under 15's both win whilst the under 13's finish third



Top: u13's-Jack & Harry Ross
Centre: u17's-Marcus Lovell, Tim McElligott & Archie Yabsley
Left: u15's-Freddy Finn leads Galen Butler, Tommas Billenness & Brian Sayle; Below: u11's-Sam Oldroyd & Max Holland ..



CHILTERN CROSS-COUNTRY LEAGUE

" 4 OUT OF 4 "

MATCH 4 AT KEYSOE (14 JANUARY)

Overall Team Result	Total	After 4 rounds(top 6)	Total
1 Marshall Milton Keynes	3247	1 Marshall Milton Keynes A	14888
2 Bedford and County AC	3065	2 Bedford and County AC	13792
3 Chiltern Harriers	2857	3 Chiltern Harriers	13138
4 Dacorum & Tring AC	2184	4 St Albans Striders	10855
5 Leighton Buzzard AC	2118	5 Dacorum & Tring AC	10141
6 Oxford City AC	2105	6 Leighton Buzzard AC	10082



**THE CLUB
CHAMPIONSHIPS
WERE HELD WITHIN
THIS FIXTURE**

AGE GROUP PLACINGS
(winners in bold)

Top:
Under 11 girls
Sonja De Koning with
Annabel Sanders(2)
Jessica Kampton(3)

Left: row 1
Under 20 ladies
Sophie Botham with
Jade Brown(2)
Natalie Nurse(3)

Under 17 Men
Jack Meijer with
Alfie Yabsley(2)
Ewan Forsythe(3)

Left: row 2
Under 17 Ladies
Emma Mears with
Georgia Flawn-Thomas(3)
Enja Deyzel(2)

Veteran Ladies
Martina Royles(W35)
Debra Brent(W45)
Diane Baldwin(F55)

Left: row 3
Under 15 Boys
James Dowsett with
Brian Sayle(2)
Robert Hickman(3)
Senior Ladies
Lara Bromilow with
Katashe Baker(2)
Rachel Robinson(3)



THE CLUB CHAMPIONSHIPS (continued)

row 1

Under 15 Girls

Barbara De Koning with
Ella Carey(2)
Imogen King(3)

Veteran Men

Steve Herring(M40)
Paul Sutherland(M50)
Paul Mason(M60)

row 2

Under 13 Boys

Aiden Murphy with
Harry Legg(2)
Sebastian Henry(3)

Senior Men

Steve Tuttle with
Graham Jones(2)
Oli Carrington(3)

row 3

Under 13 Girls

Charlotte Underwood with
Lily-Mae Smith(2)
Jodie Brogden(3)

Under 20 Men

Charles Wheeler with
George Wheeler(2)
Conrad Webber(3)

row 4

Under 11 Boys

Sam Oldroyd with
Toby Sepwell(2)
Max Holland(3)



AND through the watersplash.
Martina Royles leads Mel Wright.
Great to see Matt Clarke back in
action after a long time out injured.



SOUTH OF ENGLAND CROSS- COUNTRY CHAMPS: PARLIAMENT HILL (28 Jan)



Happy Birthdays to Charlotte Underwood and Finlay Gibbs (above) who celebrated their respective birthdays by competing here.

Congratulations to the 24 MMKAC athletes who made the pilgrimage to Parliament Hill Fields for the South of England Cross-Country Championships. Sadly the number was even down on the 30 from last year. As Barry Hearn commented - Wembley is to Football, Lords is to Cricket, Twickenham is to Rugby.....Parliament Hill is to cross-country.

Just three teams finishing!!!!!! The senior men just completed a team. Graham Jones(L) comes in at no14 in the all-time rankings, Good debut by Peter Adams and well run near 65 years old Paul Mason for ensuring we had, at least, six competing. Lara Bromilow was just two places down on her position at these Championships and again we had to rely on stalwart veteran ladies, Diane Baldwin and Debra Brent to close a team. Great battle between Ewan Forsythe and James Minter (R) in the u17 race with James coming through strongly on the second lap to beat his team-mate for the first time. And we had 3/4th of an U15girls team - Enya Deyssel, Libby Herdman-Smith & Rosie Merrin(below)

Senior Men	Senior Women
126 Graham Jones	22 Lara Bromilow
370 Steve Herring	149 Natasha Baker
454 Peter Adams	272 Diane Baldwin
521 Jeremy Vick	315 Debra Brent
525 Mark Palser	574 finished
871 Paul Mason	Team: 30th
1068 finished	Under 17 Women
Team: 48th	66 Enya Deyssel
Under 17 Men	135 Libby Herdman-Smith
79 James Minter	150 Rosie Merrin
87 Ewan Forsythe	161 finished
183 finished	Under 15 Girls
Under 15 Boys	35 Barbara de Koning
93 Finlay Gibbs	41 Ella Carey
291 finished	270 finished
Under 13 boys	Under 13 Girls
110 Aidan Murphy	62 Charlotte Underwood
131 Harry Rose	108 Chloe Munro
194 Jack Rose	283 finished
222 Ben Green	
312 finished	
Team: 29th	

"SENIOR MEN ALL-TIME TOP 15"

Kerry Hayes	13	1990	Parliament Hill
Steve Tuttle	22	2015	Brighton
Tom Comerford	37	2012	Brighton
Chas. Herrington	40	1998	Parliament Hill
Mick Bromilow	50	1978	Parliament Hill
Ian Thompson	62	1991	Portsmouth
Marcin Fudalej	66	2011	Parliament Hill
Ian Van Loken	102	2000	Parliament Hill
Clive Owen	104	1981	Trent Park
Gerard Copps	112	1985	Trent Park
Ryan Burling	116	2015	Brighton
Kevin Farmer	117	1989	Basingstoke
Chris Hearn	125	2009	Parliament Hill
Graham Jones	126	2017	Parliament Hill
Phil Jones	137	2001	Parliament Hill



Notes
Top L - women's start/
Chloe Munro just behind
Charlotte Underwood.



ENGLISH NATIONAL CROSS-COUNTRY CHAMPIONSHIPS

WOLLATON PARK, NOTTINGHAM
25 FEBRUARY 2017

Under 13 Boys(3km)
175 Aidan Murphy
227 Harry Rose
312 Ben Green
458 finished
Under 15 Girls(4km)
45 Barbara de Koning
274 Tia Sinclair-Linton
311 Nicole Whittle
426 finished
Senior Women(8km)
43 Lara Bromilow
411 Mel Wright
482 Debra Brent
788 finished
Senior Men(12km)
209 Steven Tuttle
248 Jamie Seddon
262 Graham Jones
428 James Tuttle
516 Ian Wood
551 Stephen Herring
621 Stephen Young
726 Mark Palser
921 Ross Wood
976 Jack Comerford
1062 Chris Dunn
1283 Russell Rose
1762 finished
Team 34th

- Congratulations to the 21 athletes who represented MMKAC at this, the most prestigious of the club cross-country Championships.
- Disappointing that we failed to complete the three remaining teams.
- Individually Lara Bromilow improved by six places her best position to 43rd and third all-time overall.
- Jamie Seddon and Graham Jones come in at nos 8 & 13 in the men's all-time rankings.
- Barbara De Koning comes in at no 13 in the under 15 girls all-time rankings.
- The senior men's 34th team placing is their 5th best. Their leading position is 24th in the 2012 "National" at Parliament Hill.



U15girls- Barbara de Koning, Tia Sinclair-Linton
& Nicole Whittle
U13boys- Ben Green, Aidan Murphy & Harry Rose
Senior making their "National" debuts -
Russell Rose & Stephen Young
Chris Dunn & Jamie Seddon
Ross Wood & James Tuttle

CHILTERN CROSS-COUNTRY LEAGUE

" 5 OUT OF 5 "

AND LEAGUE CHAMPIONS FOR THE 15TH TIME IN THE LAST 20 YEARS!

FINAL MATCH RESULT(Div.1)

(Campbell Park, 11 Feb)

1 MMKAC	2941
2 Chiltern Harriers	2762
3 Leighton Buzzard	2262
4 Bedford & County	2139
5 St Albans Striders	2115
6 Oxford City AC	1882

What more can be said! Ourselves and Bedford have been the only outright winners since the Chiltern League amalgamated to have all age groups competing together back in 1996. This has always suited us; no less than 173 athletes represented the Club this season(102 males and 71 females). From that total 46(26%) ran in all five matches. They are listed on the next page..

Congratulations to our team managers, Sharon Edghill, Richard Pownall, Jackson Ryan and Doug Yabsley. AND to the following athletes who made the top three in the Chiltern League rankings.

FINAL LEAGUE TABLE

1 MMKAC	17838
2 Bedford & County	15939
3 Chiltern Harriers	15884
4 St Albans Striders	12979
5 Leighton Buzzard	12347
6 Oxford City AC	12008
7 Dacorum & Tring	11797
8 Aylesbury AC	11557
9 Harrow AC	10802
10 Windsor S.E. & H	10047
11 Redway Runners	9356
12 Gade Valley H	8820
13 Tring R.C	8521
14 Luton AC	5857

First places:

Sonja De Koning	F11
Emma Mears	F17
Sophie Botham	F20
Jack Meijer	M17

Second places:

Lara Bromilow	FS
James Dowsett	M15
Alfie Yabsley	M17

Third places:

Barbara De Koning	F15
Brian Sayle	M15
Ewan Forsythe	M17
George Wheeler	M20

And just missing the podium were:
Annabel Sanders(F11), Steve Herring(M40)
and Kelvin Smith(M60).

Looking at the league table it seems sad to see a club like Luton at the bottom. In the 1980/90's they were a major force in the league, likewise Harrow who used to dominate the senior men's race. And similarly Bracknell who, this season, languished half-way down Division Two. On the assumption it will be two down and two up for 2017/18 Wycombe Phoenix Harriers and Headington Road Runners will replace Tring and Luton. And a final statistic, since MKAC were promoted from Division Two in 1979/80 it is only Windsor and ourselves who have been ever present in the top echelon.

SIX TEAM TITLES and two second & one third place

Senior Men		Senior Women	
1 MMKAC	10388	1 MMKAC	3094
2 Oxford City	10250	2 Chiltern	2993
3 Bedford	9038	3 Dacorum	2960
M20		F17/20	
1 MMKAC	3022	1 Bedford	588
2 Chiltern	3011	2 MMKAC	523
3 Windsor	2356	3 Chiltern	438
M17			
1 MMKAC	422		
2 Bedford	396		
3 Chiltern	304		
M15		F15	
1 MMKAC	870	1 MMKAC	795
2 Chiltern	783	2 Bedford	731
3 Aylesbury	737	3 Chiltern	631
M13		F13	
1 Chiltern	1097	1 Chiltern	977
2 Bedford	990	2 MMKAC	882
3 MMKAC	864	3 Bedford	814



Four of the u13 girls who were ever-present this season-
Chloe Munro and Daisy Yabsley; Nicki Kay & Izzy Millar



Those who ran in
all 5 matches

Sen/M20/Vet Men

George Wheeler
Graham Jones
Charles Wheeler
Steve Tuttle
Jamie Seddon
Steve Herring
Peter Adams
Jason Carvalho
Steve Martin
Kelvin Smith

Under 17 Men

Ewan Forsythe

Under 15 Boys

James Dowsett
Brian Sayle
Robert Hickman
Finlay Gibbs
Leo Freeland
Peter Hickman
Tomas Billenness
Galen Butler

Under 13 Boys

Aidan Murphy
Sebastian Henry
Harry Legg
Harry Rose
Jack Ratcliffe
Ethan Murrill

Under 11 Boys

Sam Oldroyd
Max Holland

Sen/Vet Women

Lara Bromilow
Rachel Robinson
Debra Brent

Under 17 Women

Holly Jamieson
Jodie Wright
Libby Herdman-Smith

Under 15 Girls

Barbara De Koning
Gemma Milne
Nicole Whittle
Alesha Patel

Under 13 Girls

Chloe Munro
Jodie Brogden
Lily-Mae Smith
Daisy Yabsley
Nikki Kay
Phoebe Miller

Under 11 Girls

Sonja De Koning
Jessica Kempton
Izzy Miller

CROSS - GRAND SLAM COUNTRY

S EVEN ATHLETES RAN ALL FIVE
CHILTERN LEAGUE MATCHES, THE
BUCKS COUNTY CHAMPS, THE SOUTH
OF ENGLAND CHAMPS AND THE
"NATIONAL" CHAMPS:

DEBRA BRENT	W50
LARA BROMILOW	FS
BARBARA DE KONING	W15

STEVE HERRING	M45
GRAHAM JONES	SM
AIDAN MURPHY	M13
HARRY ROSE	M13



TED BRITNELL

1953 - 2017

Michelle Simonds writes.....

Pancreatic cancer has just claimed someone very dear. The relationship between athlete and coach is a very special one. There must be so much trust in each other, as well as dedication and hard work from both parties to succeed. You spend many hours, every week together- over a number of years training- in the rain, snow or sunshine. I'm so lucky, grateful and privileged to have achieved all of my successes as a teenager with my running. From being county champion many many times over different disciplines, National gold, silver and bronze medals, breaking club records, running in Hungary and Malta; competing in major championships such as the English Schools.....the list goes on. Thank you so much Ted for all the hours, dedication and support you provided over the years. I owe all of my successes to you. Thank you for being not just an amazing coach, but also a great friend. May you rest in peace.



Ted Britnell with Michelle at the 1998 SEAA xc Champs. (Parl.Hill)

Jane Kracke (nee Horner)

I used to be coached by Ted at MKAC a long while ago (in the 80s and 90s). I used to live in Hanslope and go to school with Leigha and Claire, and Ted gave me lifts to training / races for years until I left home and moved to Norwich. If it hadn't been for him I wouldn't have been able to do athletics as unfortunately my parents wouldn't have given me lifts, so I'd really like to express my sadness and gratitude to his family.

Ted coached at the Club between 1985 and 2000 and had many successes. Quite a few were on cross-country events and the following is a summary of these.

◆1991 BUCKS CROSS-COUNTRY CHAMPIONSHIPS

What a great sight in the last 800m of the under13 girls race – eleven MK vests in line astern!

1-Hazel Greatbatch, 2-Corinne Nurse, 3-Jo Benham, 4-Lynsey Evans, 5- Philippa Evans, 6-Andrea Williams, 7- Claire Peterkin, 8-Kelly Dearden, 9-Sarah Canvin, 10-Ruth Johnson, 11-Natasha Kelly.

◆MKAC GIRLS COMPLETE THE ENTIRE BUCKS TEAM FOR BOTH THE SOUTHERN AND NATIONAL INTER-COUNTIES CROSS-COUNTRY CHAMPIONSHIPS.

For the first event, at Harrow, the top six mentioned above plus Caroline Hardwick and Kelly Dearden comprised the team which placed 12th overall. The National Inter-counties was held at Gateshead and even after the long journey our girls (the top eleven from the Bucks Champs.) performed admirably with 14th position out of 29 County teams. Hazel led them home at both events, 7th at Harrow and 14th at Gateshead.

◆U13 GIRLS TAKE SILVER IN THE 1993 SOUTH OF ENGLAND XC CHAMPIONSHIPS(Bedford) –

Sarah Canvin finished 10th, Hayley Griffin 35th, Nicole Chipperfield 42nd and Amanda Janes(47th).

The same quartet then placed a superb 4th in the Nationals at Luton.

◆PODIUM PLACES FOR U13 GIRLS AT BOTH THE 1999 AND 2000 SOUTH OF ENGLAND XC CHAMPIONSHIPS.

Parliament Hill was the venue for both and Emma Hunt stormed to the gold medal in 1999. Backed-up by Michelle Jessop(10th), Jordan James(18th) & Kayleigh Docherty(28th) they took team silver.



2000 produced team bronze from Kirsten Berryman(25th), Laura Hunt(32nd), Charlie Gaspar(45th) & Jordan James(49th).

AND MANY OF THE ABOVE FEATURE IN THE CURRENT CLUB TRACK RANKINGS

U13 GIRLS ALL-TIME 800M

3 Amanda Child	2 23.7(1994)
4 Jordan James	2.26.0(1994)
6 Michelle Jessop	2.26.3(1998)
8 Emma Hunt	2.27.29(1998)

U15 GIRLS ALL-TIME 800M

4 Michelle Jessop	2.16.9(2000)
5 Amanda Child	2.16.96(1996)
6 Emma Hunt	2.17.1(2000)
7 Sarah Canvin	2.17.6(1994)
8 Joanne Hubbard	2.17.9(1994)

YOUNG ATHLETE WELFARE AT MMKAC

With the welfare of young athletes very prominent in the press at the moment, we felt it was important to communicate both to athletes and parents/carers some highlights of our club policies on this topic. Needless to say that the club takes its responsibilities in relation to welfare very seriously, as do our governing bodies, UK Athletics and England Athletics. The welfare officers for the club are Ian Stewart (07785761664) and Karen Trapnell (07984394448).

The club has adopted a number of policies and procedures in relation to welfare, and these are published on our website. In short these policies cover codes of conduct in relation to:

1. The club as a whole
2. Coaches
3. Officials
4. Athletes
5. Parents/People with parental responsibility
6. Team managers
7. Contractors, Employees/Volunteers/ Track managers
8. Medical officers/physiotherapists/masseurs

In particular, we would like to reaffirm that the club has a responsibility to ensure that :-

- all staff and volunteers operating within the club environment hold the appropriate qualifications and have undertaken the appropriate checks eg DBS, licences and relevant qualifications
- coaches, officials and club officers attend recommended training on welfare, safeguarding and protecting children
- place the welfare and safety of the athlete above other considerations including the development of performance
- report any suspected misconduct by club officials, coaches, technical officials or other people involved in athletics at the club to the club, the UKA Welfare Officer, and if necessary the police and social services

From time to time, we hope to publish in the newsletter articles/ information relevant to athlete welfare at the club. We thought it might be worth covering some brief information in relation to **drug taking in our sport**.

UK Athletics, our governing body is 100% committed to drug free athletics through;

- Investment in personal athlete education
- Comprehensive programmes of 'no notice' testing, in and out of competition
- Full co-operation with both UK and International Anti-Doping Authorities

Through effective education and information programmes, UKA's aim is:

- To create a generation of athletes who have confidence in their ability to succeed in athletics without resorting to the misuse of prohibited substances or prohibited methods.
- To create a generation of support personnel who understand that the athletes they work with can achieve their goals without resorting to prohibited substances or prohibited methods, and who embrace their obligations within the "100% me" principles.
- To create a generation of athletics supporters who are sensitive to issues of doping in sport in an effort to increase their receptivity to prevention messages so that they can play their part in fostering clean athletics.

The use of inhalers- Did you know ?

Some of you may either now or in time, start to compete at national levels where drug testing regimes at competitions take place. **INHALERS** were an ambiguous area of drug testing....some drugs inhaled in this way were and are perfectly legal in athletics, some are not. Due to recent changes to the WADA Prohibited List, many inhaler medications have now been removed and are no longer classed as Prohibited. **Please note however that some inhalers have a maximum use threshold within a 24 hour period and it is important to check the details of your particular inhaler at www.qlobaldro.com to ascertain the status.**

To access more useful information about Anti-Doping, your responsibilities and the role you can play in promoting clean sport, please take a look at the informative website pages www.britishathletics.org.uk/anti-doping. Should you have any queries however, please do not hesitate to contact the UKA Anti-Doping department as they are always happy to help. Email: antidoping@uka.org.uk Phone: 0121 7138432



MK FESTIVAL OF RUNNING 5 MARCH 2017



From Mick Bromilow, Race Director:

"A special thank you to all the volunteers who helped marshal the course, man the feeding stations, help out at the finish, cycled in from or behind each race, set out the course, manned the registration and baggage areas, or helped coordinate the activities. We could not have done it without you."

There was a total of 3841 finishers:

20miles	819
Half-Marathon	1282
10km	1289
5km	451

Volunteer Co-ordinators:

The innovation to have a number of people to co-ordinate respective parts of the courses seemed to have worked out very well. On the day we had some 130 helpers – a big improvement over recent years. The co-ordinators were Nicole Boddington, Jack Kee, Joan Peedah & Tia Margan, Paul Sutherland and Karen Trapnell.

Karen also helped Gordon Fallow with the baggage area.

Setting out the race signage:

Diane Baldwin and Adrian Cox set out at 3.00am
Mick Bromilow and Ian Stewart set out at 5.00am
.....all done by 7.30am!!!!!!!!!!!!!!!!!!!!!!

Twenty mile rankings:

Jamie Seddon in his 20mile debut led the MMKAC finishers, 4th overall and just inside two hours with 1:59.21 and into 16th place in the all-time rankings. Mark Ryall finished 6th with 2:01.11 and into 21st place overall. Dan Webber was close behind, 8th (2:01.25), having run 2:00.33 last year.

Wendy Webber moves up a place in the ladies rankings to 7th overall with her PB of 2:17.51 ahead of Jane Bird who ran 2:18.47 in the 1987 Finchley 20.



Tom Hayman/David Moody
Linsey & Mark Ryall



Paul Sutherland commented from his Woolstone marshalling area.....water station/toilets and medical centre – certainly busy – non-stop !!!!!!! – take a bow David Stride, Shelia Rose and Sandra Nesbitt (photo above).

.....David Stride "I've done loads of marshalling over the years but this has got to be the busiest. Felt like I had run the 20"

Mike Burling - on the mend

A partial up-date on Mike. You will remember he had a serious cycling accident on 23 July last year in Jersey and was subsequently air-lifted to Stoke Mandeville Hospital. I first saw Mike back in September last year in the National Spinal Injury Centre at Stoke Mandeville Hospital and he was hopeful of getting out of hospital by Christmas. He was then wheel-chair bound but was making excellent progress with his rehabilitation. Knowing Mick's character to keep as fit as he can, it was no surprise he was ahead of schedule. Such has been his progress he was out in November. His biggest problem is with the immobility in his hands

I called by early February and Mike came to his front door to welcome me, walking, albeit slowly, but very upright. He spends around two hours a day with his rehabilitation/physio and as he said "my attempt at swimming!" He has been able to inspire other out-patients when they see what he can do considering his very serious injury. He can now drive having been officially re-assessed.

Radio Five Live produced a programme visiting the National Spinal Injury Centre at Stoke Mandeville Hospital and Mike was chosen to be one of those interviewed by Adrian Chiles. Subsequently Three Counties Radio picked up his story and along with Elaine was interviewed at length. He was in-turn invited back to Radio Five Live for an up-date on his progress talking again with Adrian Chiles.

On leaving, his consultant commented "we shall meet up again in six months' time and hope to see as you are now.....apparently many who leave the Centre do not progress once out of the NHS environment.



Mike: cross-country one day; track & field league another.

The cross-country "GRAND SLAM" - it was Mike who introduced this a few years ago. And coming from essentially a thrower who had put some decent road times together before knee problems-somehow how he could throw the discus and hammer! Lots of training and competing with rowing machines helped his progress culminating in winning the National M50 indoor rowing championships a few years ago.

And not forgetting Elaine and Ryan who have been so supportive.

I'm certain Mike will be down at the track in the summer to have a go at "something" discus?? We look forward to seeing him.

CEDRIC PARRY 1932 - 2017

Cedric was an outstanding jumper (long (6.43m), high and triple (14.07m)) for Wolverton AAC in the 1950s. Prior to arriving in the area in 1955, he had represented Lancashire in the then named , hop, step and jump. His 14.07m is the 8th best in the club all-time rankings and remained a club record for no less than 25 years until Mark Pickerill cleared 14.16m in 1982.

Cedric was Head of PE at the Radcliffe School for many years before retiring at the end of the 1970s. He was passionate about athletics and was responsible for improving the athletics facilities at the School.



Cedric seen high jumping at a Wolverton Park Bank Holiday Sports. Old style scissors jumping and landing into a sand-pit.

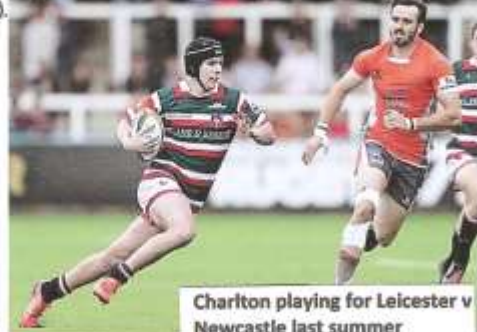
Debra Brent remembers the 1978 Women's National Cross-Country Championships held at High Wycombe

Debra tells me that she was then representing Southend-on Sea AC and placed 155th in the under 15 girls race. That year was the first time that MKAC competed at these Championships. Three youngsters in the 15 race - Julie Pearce(286th), Michelle Culpeck(305th) & Tracy Turner(403rd). Angela Quill placed 426th in the under 13 race.

Ex-MMKAC athlete Charlton Kerr scored a dramatic stoppage-time try in the HSBC World Rugby Sevens series debut on 6th March to help England beat Australia 10-7 and earn them fifth place in the Las Vegas based competition.

Kerr, 19, came on for his World Series debut in the last minute and after Dan Norton collected his own punt forward he passed to the teenager to dot down the winning try and sealed the 10-7 victory. "It's incredible, being 13th man you just wait for your opportunity," said Kerr. "I didn't really do much, it was all Norton showing his experience and I was just on the end of it. It's such a great squad with great mates and I'm loving it all"

Charlton represented the Club between 2009 and 2015, last competing in the 2015 YDL. His PB's were 2.00.89(800m) and 51.7(400m).



Charlton playing for Leicester v Newcastle last summer

BRONZE MEDALS FOR GIRLS

There was success for the Buckinghamshire U11 Team at the South East Regional Sportshall Final at Burgess Hill on Saturday 11 February. The team of 12 boy and 12 girl athletes (mainly from MMKAC) competed across 17 events against 6 other counties from the region. The girls team finished 3rd overall and the boys team finished 5th. Kent beat Berkshire for gold and silver in the girls event with the same two counties reversed for the boys.

The first event for the girls resulted in 3rd place in the obstacle relay (Maddi Banks, Liberty Young, Lizzie Garner and Millie Freeland), followed by 1st place in the hurdles relay (Mary Drewett, Victorious Ezech, Aaliyah Williams and Laura Chalmers). Other notable relay success for the girls was the 6 lap parlauf where Mary Drewett and Laura Chalmers achieved 2nd place.

More 6 lap parlauf success followed with the boys also achieving 2nd place (Kian Russell and Joshua Stephens) and a 3rd place finish for the 4x1 lap relay (Thomas Shipley, Conrad Gyan, Kobe Sinclair-Linton and Edward Barber). There was also 3rd place for the boys in the hurdles relay (Ethan Perry, Daniel Ayodele, Alex Evora-Dinane and Joshua Stephens).

In the field events, Ayesha Jones and Mary Drewett both threw 13m in the javelin to achieve overall 4th and 5th respectively, Elizabeth Tchuimeni leapt to third place in the standing triple jump with a best of 5.92m, whilst Victorious Ezech, Hope Oguidi and Isabelle Cuddy competed in the vertical jump achieving 2nd, 6th and 12th places respectively. In addition, Lizzie Garner came equal 3rd in the target throw, Liberty Young achieved 4th in the speed bounce and Maddi Banks was equal 4th in the chest push with a distance of 7m.

Ashley Samson and Sam Duncanson-Hinter came equal 5th and 9th respectively in the balance test, Eashan Leal threw the javelin 14m to finish 7th and Edward Barber was the only athlete in the competition to jump over 7m in the standing triple jump, leaping to 1st place with a distance of 7.16m.

Brighton-based Amber Anning, the 2016 UK Sportshall All-Rounder Champion (U17), attended the event to present medals and certificates to the winners.

Thanks to Jackie Garner for submitting the report.



The Bucks girls team with Amber Anning and team manager, Gordon Fallow.



Chris Clarke - Member of the Order of the British Empire (MBE)

Chris was awarded the MBE in the 2007 New Year Honours 2017 for "services to sport"

In February 2016, Chris began competing as a guide runner with Paralympic silver medalist Libby Clegg. They won the gold medal in the 100 m - T11 & 200 m - T11 events at the Rio Paralympics (photo below). Libby was also awarded the MBE.





BUCKS CROSS-COUNTRY CHAMPS- AMPHILL PARK(6TH Jan) – 6 individual and five team golds.

Mel Wood won the u13 girls title but the team lost their unbeaten record of winning every year since 1989! Sophie Wilkins won the u17/20 race. Clean sweep of golds for boys – Daniel Murphy(u13), Chad Lambert(u15) & Elliot Winter(u17). Andy Whetstone took silver in the men's race leading the team to their 21st victory since 1977- backed up by Steve Green(5th) Gavin Wilcox(8th), Tom Comerford(11th), Adrian Cox(12th) & Robin Dowsell(16th). Carly Scott edged Lara Bromilow for bronze in the ladies race but a team victory nevertheless.

2012

days to go.....

that was January 23 last when the countdown to the London Olympics was 2012 days.

Athletics Weekly gave "ten reasons to be cheerful".....

Ten athletes were highlighted as Olympic hopefuls and no less than three are from MMKAC!

- **Chris Clarke:** the pocket rocket from Milton Keynes could be a 400m contender in 2012 if his improvement continues
- **Craig Pickering:** sprint talent tipped by Jason Gardener to go all the way
- **Greg Rutherford:** confident and talented as hell, the red headed jumper should be at his peak in 2012

AND GREG DID THE BUSINESS!

BEDFORD HALT OUR PROGRESS FOR TEN CONSECUTIVE CHILTERN LEAGUE TITLES – Wing(17 Feb)

Still 9 out of 9 wasn't too bad!!

INAUGURAL EVAC INDOOR CHAMPS, LEE VALLEY (18 Feb). GOLDS FOR JAN HARDCASTLE & IVARS LICITIS

60M			
F45	Jan Hardcastle	3rd	9.1
M45	Andy Smith	6th	8.0
200M			
F45	Sue Newberry	2nd	30.1
M45	Andy Smith	2nd	25.9
M50	Jim Lawrence	4th	29.3
400M			
F45	Sue Newberry	2nd	66.3
M50	Jim Lawrence	2nd	67.2
800M			
F45	Di Farmer	4th	2.53.8
M50	Ivars Licitis	1st	2.19.3
H.JUMP			
F45	Jan Hardcastle	1st	1.38m
L.JUMP			
F45	Jan Hardcastle	1st	4.05m

SILVER MEDAL FOR CRAIG PICKERING IN THE 60m AT THE EUROPEAN INDOOR CHAMPIONSHIPS

(4TH MARCH, BIRMINGHAM)

Craig and Jason Gardener both won their heats in 6.61 and 6.59 respectively then won their semi-finals both clocking 6.58. There were two false starts, firstly a "yellow" was given and then at the second time of asking the third GB runner, Ryan Scott was red carded. The tension was mounting but Gardener kept his nerve and sprinted away from the field to win in 6.51 whilst Craig just held off Frenchman Ronald Pognan for the silver medal(6.59). Craig twice ran 6.55 that winter and this time is still the club record.



Jason Gardener and Craig Pickering celebrate their British one-two

NO LESS THAN 24 MMKAC RUNNERS IN THE OAKLEY 20 – 1st April

Jane Preen(Ovington) and Neil Ovington finished together in 2:13.27 and put Jane at no 3 in the ladies all-time rankings. Inside 2:20 that day were Chris Mahon(2:15.15), Andrew Wasdell(2:16.02), Malcolm Down(2:17.54). Jim Miller ran 2:35.38/2nd M55) and Deb Hindmarch(2:47.37/1st F60)

SOUTH OF ENGLAND ROAD RELAYS OPEN UNIVERSITY(1 Apr)

Our ninth organisation of this prestigious event. The men's field was down to 47 from 51 the previous year but the ladies were up from 28 to 37. Up front Shaftesbury H. beat Belgrave H. in the men's race whilst Bedford beat Aldershot to take the ladies title.

Unfortunately MMKAC did not have their strongest teams competing and their results are listed below.

LADIES RESULTS

"A" team			
leg	name	time	pos.
1	Carly Scott	19.59	15th
2	Imogen Thornburgh	19.41	7th
3	Sarah Cox	20.39	7th
4	Lauren Licitis	21.18	7th
5	Diane Farmer	22.56	12th
6	Becky Williams	22.45	13th

MENS RESULTS

"A" team			
1	Paul Bond	27.39	38th
2	Gavin Wilcox	18.15	33rd
3	Tom Comerford	27.05	30th
4	Daniel Brumby	20.36	33rd
5	Phil Feist	29.21	35th
6	Adrian Cox	19.01	35th
7	Ian Clayton	29.27	33rd
8	Colin Turrell-Brown	21.00	33rd
9	Michael Groom	30.14	34th
10	Deitmar Moritz	19.15	31st
11	Ian Van Lokven	27.59	31st
12	Ian Pheasey	19.54	31st

Tom Comerford who ran the fastest long leg for MMKAC.





There were a lot of MMKAC athletes participating in indoor competition this year and it is getting more and more popular. So it is impossible to mention everyone but I will try and select the highlights.

Tamzin Hill competed with distinction at the South of England U17 Pentathlon Championships back in December and since then has been a prolific indoor performer. Staying with multi-events, Harry Dalton made a welcome return to MMKAC and performed well at the England Athletics Indoor Pentathlon Champs.

At the South of England U17 Indoor Champs David Boakye made the 60m final whilst Anna Kofoed-Gregory won a superb silver medal in the U20 800m.

There were personal bests aplenty by various athletes over differing events at venues over a wide range such as Brunel, Lee Valley, Loughborough, Manchester and Eton. Athletes of note included Ben Roxbee-Cox, Ethan Wiltshire, Tyrell Dankwa, Rachel Oderinde, Aaron Adom, Anita Dzre, Kwame Twumasi-Tawiah, Tia Margan and Iris-Mae Morse.

Robert Lewis high jumped 1.80m at Lee Valley; equal fifth highest in the club rankings. Jamil Hassan triple jumped 14.26m to set a M20 club record and to move up from third to second in the all-time rankings behind Chuko Cribb(15.08m)

Ebony Carr, Laura Zialor and Aaron Adom made the qualifying standard and competed at the UK Indoor Championships held at Sheffield. Here Ebony clocked 24.49 in the 200m, the third fastest all-time for the ladies. Laura also competed in the triple jump at the British University Indoor Championships (leaping 12.29, down on her 2016 best of 12.57 but a distance no other female has achieved for MMKAC). At these Championships Aaron Adom got a well earned 200m bronze medal and in a time of 21.83, second fastest ever by a MMKAC athlete.

Harrison Reed broke the club's U15 300m record at the England Athletics U15 Champs with a time of 38.88. Maxwell Brown made the final of the England Athletics U20 Champs with a superb 60m time of 6.92 – the fifth fastest all-time by a local athlete.

Our World Champion Long Jumper Greg Rutherford made an unexpected indoor appearance at Eton and ran the 60m in a classy 6.75. (his PB is 6.68 set back in 2009)

Two very encouraging 400m Indoor personal bests indoors were set by newcomer Gareth Davies (51.83) and George Glinski (53.93).

Marshall Milton Keynes Indoor Rankings - 2016/17

Compiled by Jim Lawrence on 13 March 2017

Male

60m

1	Greg Rutherford	M5	6.75 Eton	5-Mar
2	Maxwell Brown	M20	6.92 Sheffield	25-Feb
3	Aaron Adom	M5	6.99 Manchester	29-Jan
4	David Boakye	M17	7.20 Lee Valley	7-Jan
5	Kwame Twumasi-Tawiah	M20	7.23 Lee Valley	14-Jan
6	Ethan Wiltshire	M17	7.25 Lee Valley	21-Jan
7	Ben Roxbee-Cox	M17	7.33 Brunel	28-Jan
8	Harry Dalton	M5	7.35 Sheffield	7-Jan
8	Joshua Boakye	M20	7.35 Loughborough	28-Jan
10	Tyrell Dankwa	M23	7.38 Lee Valley	28-Jan
11	Laurent Stephenson	M5	7.39 Lee Valley	28-Jan
12	Harrison Reed	M15	7.91 Lee Valley	7-Jan
13	Paul Canning	M50	8.03 Lee Valley	11-Mar
14	Jim Lawrence	M60	9.40 Lee Valley	12-Feb

200m

1	Aaron Adom	M5	21.83 Sheffield	18-Feb
2	Ethan Wiltshire	M17	23.60 Lee Valley	21-Jan
3	Gareth Davies	M23	23.65 Lee Valley	28-Jan
4	Tyrell Dankwa	M23	24.27 Lee Valley	29-Jan
5	Harrison Reed	M15	25.28 Lee Valley	8-Jan
6	Paul Canning	M50	26.31 Lee Valley	12-Mar
7	Ivars Licietis	M60	28.06 Lee Valley	26-Feb
8	Jim Lawrence	M60	32.21 Lee Valley	12-Feb

300m

1	Harrison Reed	M15	38.88 Sheffield	26-Feb M15 Rec.
---	---------------	-----	-----------------	-----------------

400m

1	Gareth Davies	M23	51.93 Birmingham	19-Feb
2	George Glinski	M20	53.72 Lee Valley	29-Jan
3	Paul Canning	M50	61.86 Lee Valley	11-Mar
4	Ivars Licietis	M60	62.47 Lee Valley	26-Feb
5	Jim Lawrence	M60	82.55 Lee Valley	12-Feb

600m

1	Oli Lum	M23	1.28.16 Cardiff	11-Dec
---	---------	-----	-----------------	--------

800m

1	Oli Lum	M23	2.02.20 Lee Valley	28-Jan
2	Felix Lum	M20	2.08.97 Lee Valley	15-Feb
3	Charley Madgin	M17	2.12.62 Lee Valley	15-Feb
4	Kylen Nurse	M15	2.23.45 Lee Valley	15-Feb
5	Connor Marley	M20	2.25.81 Lee Valley	15-Feb
6	Phil Jones	M60	2.39.7 Lee Valley	26-Feb

1000m

1	Harry Dalton	M5	3.18.48 Sheffield	8-Jan
---	--------------	----	-------------------	-------

1500m

1	Oli Lum	M23	4.12.80 Lee Valley	1-Feb
---	---------	-----	--------------------	-------

3000m

1	Phil Jones	M60	11.04.60 Lee Valley	12-Feb
---	------------	-----	---------------------	--------

60m Hurdles

1	Harry Dalton	M5	9.45 Sheffield	8-Jan
---	--------------	----	----------------	-------

High Jump

1	Robert Lewis	M20	1.80m Lee Valley	15-Jan
2	Harry Dalton	M5	1.75m Sheffield	7-Jan

Pole Vault

1	Harry Dalton	M5	3.11m Sheffield	8-Jan
---	--------------	----	-----------------	-------

Long Jump

1	Jamil Hassan	M20	6.08m Birmingham	19-Feb
1	James Mottram	M20	5.83m Birmingham	19-Feb
2	Harry Dalton	M5	5.72m Sheffield	7-Jan

Triple Jump

1	Chuko Cribb	M5	14.60m Lee Valley	29-Jan
2	Jamil Hassan	M20	14.26m Lee Valley	15-Jan M20 Rec.
3	Mikun Vaughan	M23	13.44m Athlone,Ire	10-Feb

Shot (7.26kg)

1	Harry Dalton	M5	10.17m Sheffield	7-Jan
---	--------------	----	------------------	-------

Shot (6kg)

1	Paul Canning	M50	8.88m Lee Valley	12-Feb
---	--------------	-----	------------------	--------

Shot (5kg)

1	Bunt Scott	M65	9.92m Lee Valley	11-Mar
---	------------	-----	------------------	--------

Heptathlon

1	Harry Dalton	M5	3899 Sheffield	8-Jan
---	--------------	----	----------------	-------

Female

60m

1	Ebony Carr	F20	7.71	Lee Valley	14-Jan
2	Rachel Oderinde	F20	7.99	Eton	5-Feb
3	Molly Adams	F20	8.00	Lee Valley	14-Jan
4	Anita Dzre	F20	8.16	Birmingham	15-Jan
5	Moyin Oduyemi	F15	8.20	Birmingham	19-Feb
6	Iris-Mae Morse	F17	8.50	Loughboroug	28-Jan
7	Tia Margan	F17	8.52	Brunel	28-Jan
8	Lateefa Agberemi	F15	8.57	Birmingham	19-Feb
9	Jan Hardcastle	F55	9.47	Lee Valley	11-Mar

200m

1	Ebony Carr	F20	24.49	Sheffield	12-Feb
2	Abigail Fitton	F17	26.89	Birmingham	19-Feb
3	Moyin Oduyemi	F15	28.41	Birmingham	19-Feb
4	Jan Hardcastle	F55	33.02	Lee Valley	26-Feb

300m

1	Hannah Weatherley	F17	48.93	Lee Valley	21-Jan
2	Tamzin Hill	F17	50.19	Lee Valley	26-Nov

800m

1	Anna Kofoed-Gregory	F20	2:27.78	Lee Valley	15-Feb
2	Corinne Nurse	F35	2:30.86	Lee Valley	26-Feb
3	Jessica Nuttall	F17	2:31.44	Lee Valley	21-Jan
4	Hannah Lord	F15	2:38.86	Lee Valley	15-Feb
5	Tamzin Hill	F17	3:13.07	Lee Valley	17-Dec

1500m

1	Anna Kofoed-Gregory	F20	5:26.11	Lee Valley	8-Jan
---	---------------------	-----	---------	------------	-------

60m Hurdles

1	Lateefa Agberemi	F15	10.34	Birmingham	19-Feb
2	Hannah Weatherley	F17	10.37	Lee Valley	21-Jan
3	Tamzin Hill	F17	10.65	Lee Valley	17-Dec

High Jump

1	Laura Zialor	F20	1.65m	Lee Valley	28-Jan
2	Tamzin Hill	F17	1.33m	Lee Valley	17-Dec
3	Jan Hardcastle	F55	1.21m	Lee Valley	11-Mar

Long Jump

1	Laura Zialor	F20	5.28m	Lee Valley	28-Jan
2	Molly Adams	F20	5.23m	Lee Valley	28-Jan
3	Amber Evans	F17	4.46m	Lee Valley	21-Jan
4	Tamzin Hill	F17	4.44m	Eton	5-Mar
5	Jan Hardcastle	F55	3.45m	Lee Valley	11-Mar

Triple Jump

1	Laura Zialor	F20	12.29m	Sheffield	19-Feb
2	Tamzin Hill	F17	9.94m	Lee Valley	8-Jan
3	Iris-Mae Morse	F17	9.69m	Lee Valley	21-Jan
4	Jan Hardcastle	F55	7.44m	Lee Valley	26-Feb

Shot (3 kg)

1	Tamzin Hill	F17	8.71m	Eton	5-Mar
---	-------------	-----	-------	------	-------

Pentathlon

1	Tamzin Hill	F17	2110	Lee Valley	17-Dec
---	-------------	-----	------	------------	--------



In outdoor action – Laura Zialor (above) & Paul Canning (centre R).

MASTERS MAJESTIC

At the other end of the age scale there were medals galore at the Eastern Masters Champs which included the South of England Champs. Results for simplicity as below:-

				EMAC	SoE
60m	2	Paul Canning	M50	8.12	1st EMAC 2nd SoE
	6	Jim Lawrence	M60	9.40	1st EMAC 6th SoE
200m	2	Paul Canning	M50	27.09	1st EMAC 2nd SoE
	2	Ivars Licetis	M60	28.17	1st EMAC 3rd SoE
	4	Jim Lawrence	M60	32.21	3rd EMAC 10th
400m	1	Ivars Licetis	M60	63.60	1st EMAC 1st SoE
	4	Paul Canning	M50	64.10	2nd EMAC 4th
	4	Jim Lawrence	M60	82.55	3rd EMAC 4th
800m	2	Corinne Nurse	F35	2:32.54	1st EMAC 2nd SoE
3000m	2	Phil Jones	M60	11:04.60	1st EMAC 2nd SoE
Shot	6	Paul Canning	M50	8.88m	1st EMAC 1st SoE

Paul, Ivars, Phil, Corinne & Jan Hardcastle (F55) represented EMAC in the Inter – Area match where the men and women finished in overall 2nd position.

The British Masters Indoor championships were held at Lee Valley over the weekend of 11/12th March. Bunt Scott (who did exceptionally well with the M65 throws in the outside arena), Jan, Ivars & Paul Canning in particular were in great form. Paul earning a well deserved bronze in the M50 200m.



BRITISH MASTERS OUTDOOR THROWS CHAMPS – LEE VALLEY(11/12 March)

4 medals from five events for Bunt Scott!

Bunt won both the M65 hammer(34.81m) and weight(12.81m), took the silver medal in the javelin(27.17m) placed third in the discus(34.71m and fourth in the shot(9.92m).



Marshall Milton Keynes Track & Field Fixtures 2017

UK Women's League		
Division 2		
Manager	Julia Gibbens	
Sunday	7-May	Wigan
Sunday	4-June	Stevenage
Sunday	16-July	Manchester
Alpha Trophy Meeting		
Manager	Carly Scott	
Sunday	9-April	Lee Valley

UK Youth Development League U20/U17		
Midland Premier North East		
Men's Manager	Richard Pownall	
Women's Manager	Alana Slater	
Sunday	30-April	Nottingham
Sunday	28-May	Rugby
Sunday	25-June	Wolverhampton
Sunday	23-July	Area Final - Yate

Eastern Masters' League		
South West Division		
Men's Manager	Jeremy Vick	
Women's Manager	Lesley Byrne	
Wednesd	3-May	Bedford
Wednesd	7-June	Cambridge
Wednesd	5-July	Milton Keynes
Wednesd	26-July	Stevenage
Sunday	10-Sept.	Bedford - Final

Bucks County Champs		
Sat/Sun	13/14 May	Oxford

Bucks Schools Champs		
Saturday	10-June	Milton Keynes

Midland Schools' Combined Events		
Sat/Sun	24/25 June	Milton Keynes

Southern Athletics League		
Division 1		
Men's Manager	Jim Lawrence	
Assistant Manager	Jackson Ryan	
Women's Manager	Carly Scott	
Saturday	15-April	Dartford
Sunday	21-May	Bedford
Saturday	17-June	Chelmsford
Saturday	8-July	Battersea
Saturday	19-August	Milton Keynes

UK Youth Development League U15/U13		
Midland Premier North East		
Boys' Manager	Karen Trapnell	
Girls' Manager	Alana Slater	
Saturday	22-April	Milton Keynes
Saturday	20-May	Birmingham
Sunday	18-June	Rugby
Saturday	15-July	Area Final - Cardiff

Young Athletes' Open Meetings		
Organisers	Dave Millett	
	Rick Townsend	
	Gordon Fallow	
Sunday	2-April	Milton Keynes
Sunday	9-April	Milton Keynes
Sunday	7-May	Milton Keynes
Sunday	2-July	Milton Keynes
Sunday	20-August	Milton Keynes
Sunday	24-Sept.	Milton Keynes

British Milers Club PB Classic		
Saturday	3-June	Milton Keynes
	Start time	1600

Fixtures Secretary Jim Lawrence
jim.lawrence@pobroadband.co.uk

EAST MIDLANDS GRAND PRIX ROAD RUNNING SERIES

Tues. 2 May Silverstone 10km
 Frid. 12 May Blisworth 5
 Wed. 17 May Rugby 6
 Wed. 24 May Corby 5
 Tue. 6 June Banbury 5
 Tues. 13 June Harborough 5
 Tues. 20 June Weedon 10km
 Tues. 27 June MILTON KEYNES 10KM

Full details on club website; we had a rather limited response last summer so lets see loads more of you contesting this series in 2017.

THE 35TH TOUR OF MILTON KEYNES

3-8TH SEPTEMBER

Full details on club web site

FROM ATHLETICS WEEKLY/DIP FINISH "Craziness and controversy in the world of athletics"

RACE OFFERS PLENTY OF BITE

THERE was definitely something fishy going on at the Chiltern League cross country fixture at Keysoe earlier this month when organisers put a couple of blow-up sharks in the water.

So athletes like Charlotte Underwood (right) not only had to battle their running rivals but they had to dodge the plastic fish as they charged through the water obstacle.



NEWSLETTER EDITED BY
 BRIAN GRAVES
b.graves134@btinternet.com
 tel:(01908) 631013

