

# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.

December 2017

*"best wishes to all club members for 2018"*

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**GREG RUTHERFORD  
SELECTED BY ENGLAND  
FOR THE COMMONWEALTH  
GAMES IN APRIL 2018,  
WHERE HE WILL BE  
DEFENDING HIS  
LONG JUMP TITLE**



QUEENSLAND  
Logo of 2018 Commonwealth Games  
Host city Gold Coast, Queensland,  
Australia

## KAYLEIGH PRESSWELL & JACK MEIJER HEAD THE MMKAC ATHLETES IN THE 2017 UK RANKINGS

Kayleigh is ranked 12<sup>th</sup> in the ladies hammer rankings with her throw of 59.38m at Hull.



Jack is at no 7 in the M17 age group over 3000m(8.37.91) at Bedford and 12<sup>th</sup> in the 1500m (3.59.02/BMC meet at MK).

### CHILTERN CROSS- LEAGUE

With two matches remaining we are just 86 points behind Bedford. The home match at Campbell Park on 10<sup>th</sup> February could be critical.  
**BE THERE!!**



## Chair's piece

### Volunteers

As a club we are very reliant on the services of a large number of volunteers. As well as the Committee, outlined on Page 3 there are coaches, officials and helpers who work hard to ensure that the club functions well.

We have a number of coaches at Stantonbury, led by Barry Hearn, Jim Lawrence, Mike Leonard, Panos Ioannou, Jack Kee, Janina Pownall, David Millett, Rick Townsend, Mick Lee, Karen Trapnell, Gordon Fallow, Sharon Edghill, James Tuttle, Diane Baldwin, Andrew Wasdell and Malcolm Kidby, with the help of many other qualified coaches and assistants. We also have a satellite club at Stowe School, led by Fiona Darling-Glinski, again with the assistance of many other qualified coaches and helpers. We do encourage members to qualify as coaches, and will pay the coaching fees of members who wish to coach at the club.

The club can call on the services of nearly 50 qualified officials: starters, starter's marksmen, timekeepers, track judges and field judges, led by Roy Campbell (starter), Nick Folwell (timekeeper), Diane Baldwin (track judge) and Richard Pownall (field judge). Russell Rose has taken on the job of organising the marshals for the club's road races. We do encourage members to qualify as officials and will pay the course fees for those who wish to qualify.

Details of courses for coaches and officials can be found on the club's website.

Ian Stewart and Ursula Ghaleb look after welfare issues. Richard Pownall looks after membership issues.

The club relies on the services of a number of team managers to organise and lead its teams: Julia Gibbens (UK Women's League), Alana Slater, Karen Trapnell and Richard Pownall (YDL), Jim Lawrence and Carly Scott (SAL), Jeremy Vick and Corinne Nurse (Eastern Masters), Richard Pownall, Jackson Ryan, Barry and Chris Hearn (Chiltern League), James Tuttle and Melanie Wright (Road Runners).

For the last 25 years the club has been responsible for managing the Athletics Stadium at Stantonbury out of school hours: David Millett looks after bookings; Jack Kee and Peter Hall manage the facility and look after the equipment; Kelvin Smith and Paul Toombs look after the grounds maintenance. Wendy and Matthew Durand look after the clubhouse kitchen. Kevin Church is looking after club kit.

Brian Graves has edited the club newsletter for the last 30 years. He also writes the press reports and takes lots of pictures for the website.

Jackson Ryan organises the annual Awards Evening.

I have listed these people to give some indication of the enormous amount of work that goes on behind the scenes on a voluntary basis. (I will have also inadvertently omitted some other volunteers who also do a great job – I do apologise!)

I would like to thank everyone for their contributions to the club and would encourage other club members to show their appreciation of the work done by thanking volunteers for their services. It can make an enormous difference if their services are appreciated!

### Cross Country

The cross country season is now well under way and the first three Chiltern League matches have been held. In the first two matches, at Oxford and the Teardrop Lakes in Milton Keynes, the Club won overall by narrow margins. In the third match Bedford turned out, in particular, a very strong Senior Men's Team. While we had a magnificent 10 runners home in the top 43, Bedford closed in on 39<sup>th</sup>. They now lead overall by the small margin of 10,746 to 10,660. Nevertheless, the Men's Team are still comfortably ahead. The Senior Women, after a shaky start at Oxford, now hold a slender lead over Dacorum & Tring. 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 Keysoe, north of Bedford on 13 January. With your help, we can still retain the overall league title. This match also incorporates the Club Championships and medals will be awarded to the first three MMK runners in each age category.

The County Cross Country Championships will be held at Old Warden Park, Shuttleworth, near Biggleswade (**SG18 9EA**) – only 40 minutes by car from Milton Keynes – on Saturday 6 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 required information from the club's database into a spreadsheet. What I do need are the names by Wednesday 20 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 Stanmer Park, Brighton, on Saturday 27 January. The closing date for these Championships is on 15 December. Please let me know if you wish to be entered for these championships by Thursday 14 December.

### Milton Keynes Festival of Running – 11 March 2018

The Milton Keynes Festival of Running is on Sunday 11 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 the date in your diary. The 20 mile race will incorporate the Buckinghamshire Long Distance Championship.

### Annual General Meeting

The Club's Annual General Meeting was held on Tuesday 14 November in the clubhouse. Fortunately all the positions on the Committee have been filled, and we will have a strong team of volunteers to manage the club.

### Membership renewal

Club membership comes up for renewal in the New Year: the membership secretary will be sending out renewal notices. Please do your best to make life easier for him. Chasing those who need reminders is a waste of his time, and not something a volunteer should be asked to do!

Merry Christmas and a Happy New Year

Mick Bromilow ([mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk))

Chair, Marshall Milton Keynes AC

[www.mkac.org.uk](http://www.mkac.org.uk)





## ANNUAL GENERAL MEETING – 14<sup>TH</sup> NOVEMBER 2017

### A precis of the meeting:

#### 1 Election of Officers. The committee for 2017/18 is:

Chair	Mick Bromilow
Secretary	David Millett
Treasurer	Peter Tye
Coaching Secretary	Panos Ioannou
Cross-Country Secretary	Jackson Ryan
Road Race Secretary	Andrew Wasdell
Ladies Secretary	Karen Bugaj
Track & Field Secretary	Jim Lawrence
Fixtures' Secretary	Jim Lawrence
Membership Secretary	Richard Pownall
Officials' Secretary	Fi-Han Bromilow
Veteran's Secretary(Sumer)	Jim Lawrence
Veteran's Secretary(Winter)	Karen Bugaj
Equipment Officer	Peter Hall
Development Officer	Ian Stewart
Track Liaison Officer	Jack Kee
Press Officer/Newsletter Editor	Brian Graves
Welfare Officer	Ursula Ghaleb
Young Athletes Rep.(1)	Tia Margan
Young Athletes Rep.(2)	Ben Roxbee-Cox
Buckingham Satellite Rep.	Fiona Darling-Glinski
<u>Members</u>	Jason Carvalho
	Dennis Edghill
	Sharon Edghill
	Barry Hearn
	James Tuttle

#### 2. Statement of Accounts and report from the Treasurer

- Draft Statement of Accounts produced. (*re-printed here*)
- Stadium Maintenance a significant item this year in creating the deficit (albeit there is still a health Bank balance);
- Tidying up of collection of fees under Track Management is under review by Peter Tye and David Millett;
- Rick Townsend's Salary will no longer be a feature.

#### Appointment of Auditor

Peter Tye proposed that Alec Walliker does the audit. The meeting confirmed.

### DRAFT MMKAC ACCOUNTS

	2015/16	2016/17
Subscriptions	45,883	49,166
Event Entry	26,566	25,226
Salary Contribution	8,164	5,800
Track management	9,526	3,267
kit sales	2,458	986
bank Interest	66	54
Donations	11,000	16,494
Kitchen	1,113	1,156
Awards Ev	1,980	744
<b>Total Income</b>	<b>106,755</b>	<b>102,891</b>
Awards evening	3,168	1,558
Affiliations	8,379	7,711
coaching courses	6,142	2,984
Event Expenses	10,235	10,576
Equipment	6,169	4,833
Event entries	1,278	3,686
Expenses	4,088	5,810
Stadium Maintenance	12,175	25,855
Hall hire	16,223	12,429
Other	1,535	617
Newsletter	1,665	518
Kit Purchases	3,169	3,704
Salaries	18,151	18,994
Trophies	342	430
Travel	11,204	11,245
Marshall distribution	2,150	4,333
<b>Total expenditure</b>	<b>106,073</b>	<b>115,284</b>
	<b>682</b>	<b>= 12,392</b>

### 3.Resolutions

The following resolutions were passed unanimously :-

- That the club should reduce the Second Claim membership fee to exactly half the Full ~~Fee~~ Fee
- That the club offers membership to disabled athletes attending the separate single weekly session designed for them on the same terms as an Associate Member (currently £15 annually). This should not preclude disabled athletes from taking a wider and full part in the club on the usual terms of membership.



## 35<sup>th</sup> TOUR OF MILTON KEYNES



### ANDREW WASDELL REVIEWS HIS WEEK

This years' Tour of MK (the 35<sup>th</sup>!) took place back in September and was one of the most highly attended tours of recent year. As always, the preparation was a little fraught with me looking at the entry details every day, trying to work out how many t-shirts I may or not need, worrying over the slow response of volunteers to help with the week, worrying about the weather and if the chalk marks will be washed away etc...needless to say, Russell Rose did a great job of finding marshals, we had enough t-shirts for the 105 6 day tour finishers and Paul/Kelvin ensured that no-one got lost!

I probably put a little more pressure on myself during tour week by organising and participating in the event at the same time....I think doing one of them would be easier...but taking part is one of the things I enjoy about the event, plus, if I didn't organise it, then I'm not sure if anyone else would (if you are willing to help organise next years' event then please let me know as it would be good if someone else could assist with some of the duties).

This years' event was slightly different for me as one of my main goals for the autumn was to run Leicester marathon on the 15<sup>th</sup> October, so I treated the Tour as a hard training week, knowing that on the end weekend I needed to go out and run 20 miles...so there was a little less pressure to race hard in every race...which obviously was in my mind at the start of the Tattenhoe race but then went out of the window by the time we got to the Willen race!

By the time the Willen race ends I am ready to have a pint (and food...but it was all gone by the time I went to eat!) and it is great to see so many participants, marshals and supporters with friends and family who stay on to have a few drinks and talk about their running prowess (or lack of!) and where they may have gained or lost those precious few seconds which affected their performance against everyone in their section of the race.

For next year I'll aim to keep to the competitive and friendly spirit of previous years, but there are some things that I'm considering changing (such as a slimming down of the MMKAC trophy awards on the Fri night...most will be awarded the following Tuesday session..and potentially no on the night entries for most of the races...) and these things will be decided over the next few months... that said, next years date is now fixed, Sunday 2<sup>nd</sup> to Fri 7<sup>th</sup> September, and on-line entry is now available (link for members on the website).

Can I say a huge thank you to everyone who participated in the Tour and an even bigger thank you to everyone that helped put this great event on. This is an event that gets us known throughout the MK running community and encourages new members to come down to join the club...we also generate a profit to subsidise club activities...so the hard work pays off!

### Tour review - Max McCaffrey

It was with mild trepidation that I signed up for the Tour of MK, six days of consecutive running across various disciplines including track and cross country sounded rather challenging, especially for a guy who rarely runs one day after another and who has been known to over indulge in a cheeseboard or two.

My father's 20 year old t shirt from his Tour of MK was a hallowed item and the fact that he had only completed one iteration of the Tour was taken by me as a warning sign to how intense this event would be.\*\*

Spurred on by a friend and fellow runner, we both decided to undertake the challenge and wow, I am extremely pleased I did.

I think the highlight of my Tour has to be the track day, my first go at running round a track since school, the atmosphere was electric with cheering from my fellow runners, other highlights include the climb up to Campbell Park which was tough going, making the downhill section so very much welcome, the running through water and clambering up the bank beside a perfectly functioning bridge on stage two, and the tough hills of Brickhill Woods to endure, which offered a completely new running experience.

Thanks to the Tour of MK, I know that I can cover in excess of 20 miles a week (I normally average around 10/14) and have a new interest in running not just on redways and paths but also 'off the beaten track' and indeed on track!

All runners were welcoming and friendly, the routes diverse and challenging in an enjoyable way and a well earned t-shirt and buffet at the end of the week topped it off. Again, many thanks to all that played a part in putting on such a fantastic event and those that ran it with me.

*\*\* His father finished 33<sup>rd</sup> from a field of 54 in 1997. The track mile and the Campbell "5" are the only surviving races from that era.*

### Lilli Stickley - The Tour: Year Four



Lily starts her second lap at Campbell Park

Another year, another Tour of MK write up!

This was the first year that I had to time trial an event as our flight from Canada landed at the same time as race one started! I'm not going to lie, having to run three laps of Tattenhoe, on my own, after a 9hr 30min flight was not particularly fun but it seemed like a better option than doubling up on another day! Especially as I was not 100% sure what jet lag had in store!

I was pleasantly surprised with my time, especially with no-one to chase down...perhaps I was running fast so that Jon didn't have to wait too long for me after he had finished running. Anyhow, job done - a course PB for me, and a first place for Jon.



*Lilli Stickley/ continued.* I was overly cautious about the cross country after this race effectively ruined my tour last year (remember the blisters I went on about for such a long time?) So this year, my feet were coated in vaseline and a pair of double layer socks. My plan worked - no blisters! Hurrah! Oh, and another PB (by a second - but still!)

The track mile continues to be my nemesis - after "coasting" on the 2nd and 3rd lap, I left it too late to speed up and go sub 7 minutes. Gun time = 7 minutes 8 seconds. Disappointing!

Campbell Park was tough this year, with a ridiculous stitch leaving me unable to breathe properly (you may know that this is quite important when running...well and just generally living). Oh - another PB...!

The woods...still bloody hard but as always - it is short and sweet, and I managed to pull another PB out of the bag.

And before we know it, its the last day! My legs were definitely feeling it, so my tactics didn't quite work for this race. I wanted to push my pace to the lake, ease around Willen and then pick up the pace again to the Pavilion. I didn't quite manage the last increase in pace, but it didn't really matter...because it was finished and it was time for snacks :)

I finished 26 minutes up on last year - which isn't necessarily surprising as a result of those blisters. BUT I was also around 4 minutes 30 seconds quicker than my 2015 time having run a PB in every race this year apart from the track. So I get to look after the 'Most Improved' trophy again for a year :)

Finished the week feeling very proud of Jon, who won the tour overall! Our mantelpiece will be looking somewhat more shiny with our trophies this year!

And all that with jet lag! Moral of the story? Mind over Matter people



Some prizewinners - first lady (Rachel Robinson) & John Skelton(M65); Eduardo Usterran(M45) & Martin Brent(M50);  
Right - Dave Storer joins the "all-time top 10" rankings

## TOUR STATS:

### Male MMKAC Trophies:

1st Male - Jonathan Peters  
1st Vet 40 - Dan Webber  
1st V45 -Eduardo Ustaran  
1st V50 - Martin Brent  
1st V55 - Les Turton  
1st V60 - Mervyn Phillips  
1st V65 - John Skelton  
Most Improved - Andrew Kirschner(+ 13.12mins)

### Female MMKAC trophies:

1st Female - Rachel Robinson  
1st Veteran - Amy Inchley  
Most improved - Lilli Stickley (+26.06mins)

### TOP TEN FINISHERS No: First Tour

1-Dave Findel-Hawkins	32	1983
2-Jim Morrison	31	1983
3-Eddie Hill	26	1987
4-Andy Harrison	25	1991
5-Milford Callow	23	1983
6-Sam Kirkpatrick	22	1983
7-Steve Rice	21	1984
8-Diane Baldwin	20	1988
9-Jim Miller	19	1991
10= Chas Herbert	18	1985
10=Dave Storer	18	1996

With Jim Morrison not competing this year, DFH now has 32 completions over the 35 years since 1983. Dave Storer is the only other one in the top 10 who competed this year. Diane is well clear as the leading lady. Sam Kirkpatrick ran his 22 events in consecutive years.

### Welcome to runners from nearby clubs

Apart from the 41 MMKAC and 34 Redway Runners completing the TOUR there were finishers from Bearbrook RC, Buckingham & Stowe RC, Lakeside Runners, Leighton Buzzard AC, Shenley Striders and Silson Joggers AC



NEXT YEAR  
2-7th Sept.



# ANNUAL AWARDS EVENING 2016/17

Held on 7<sup>th</sup> October at the Oak Tree Centre, Shenley Brook End.

◆ Jackson Ryan must yet again be commended for master-minding the evening etc., Many thanks to Chris Clarke for presenting the awards.



Thanks also to Roy Campbell for his photography on the night-  
Photos of John Skelton and Chris Hearn.

## MIXED AWARDS

Athlete of the year  
Sportsperson  
Club Person  
Ultra Runner  
Development Coach  
Performance Coach  
Official of the year

John Skelton  
Chris Hearn  
Rick Townsend  
Paul Sutherland  
Mick Lee  
Barry Hearn  
Diane Baldwin

## MALE AWARDS

Swain Winter  
Swain Summer  
Rayner Trophy (U17)  
Road Runner  
Veteran Winter  
M40 Veteran  
M50 Veteran  
M60 Veteran  
Track Trophy  
Field Event Trophy  
Chiltern League  
Indoor Trophy  
U11 Cross Country  
U11 Track & Field  
U11 Sportshall  
U13 Cross Country  
U13 Track & Field  
U13 Sportshall  
U15 Cross Country  
U15 Track & Field  
U17 Cross Country  
U17 Track & Field  
U20 Track & Field  
Southern League  
YDL Upper Age Grp.  
YDL Lower Age Grp.  
Most Improved

Steve Tuttle  
Maxwell Brown  
Jack Meijer  
Mark Ryall  
Steve Herring  
Mark Roberson  
Paul Canning  
Bunt Scott  
David Boakye  
Chuko Cribb  
Graham Jones  
Jamil Hassan  
Sam Oldroyd  
Kobe Sinclair-Linton  
Edward Barber  
Aidan Murphy  
Rhys Jordan  
George Ho  
Robert Hickman  
James Frith  
Ewan Forsythe  
James Ericsson-Nicholls  
Kwame Twumasi-Tawiah  
Robert Lewis  
James Minter  
Chad Wilson  
Ian Wood



Mick Lee, Robert Lewis.  
Rhys Jordan & Maxwell Brown.



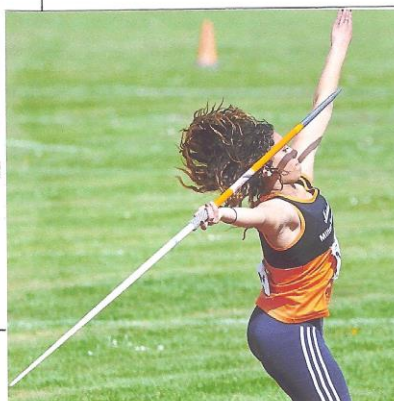


## FEMALE AWARDS

Women's Winter	Lara Bromilow
Women's Summer	Ebony Carr
Chiltern League	Rachel Robinson
Road Runner	Mel Wright
Veteran Winter	Debra Brent
F35 Veteran	Corinne Nurse
F45 Veteran	Emma Beales
F55 Veteran	Jeanette Lawrence
Track Trophy	Katie James
Field Event Trophy	Rachel Gibbens
Indoor Trophy	Laura Zialor
U11 Cross Country	Sonja De Koning
U11 Track & Field	Laura Chalmers
U11 Sportshall	Liberty Young
U13 Cross Country	Charlotte Underwood
U13 Track & Field	Tolu Abebayo
U13 Sportshall	Zaria Mmanga
U15 Cross Country	Barbara De Koning
U15 Track & Field	Moyin Oduyemi
U17 Cross Country	Enja Deysel
U17 Track & Field	Abi Fitton
U20 Cross Country	Sophie Botham
U20 Track & Field	Paige Barnes
UK Women's League	Kayleigh Presswell
Southern League	Emma Beardmore
YDL Upper Age	Joan Peedah
YDL Lower Age	Ella Carey
Most Improved	Eva Durand



Mel Wright, Jeanette Lawrence.  
Eva Durand & Tolu Abebayo





## HELVELLYN TRAIL CHALLENGE (15KM)

- 14 OCTOBER



### Chris Ryder reports

"Lakeland Trails are some of the most inspiring trail running and walking events in the UK, all held within the spectacular landscape of the Lake District National Park." This is the claim of the organiser and who am I to disagree? This was my third - (Coniston marathon and Cartmel 18K completed) and I will be back in 2018 for another t-shirt.

You know you are in for an interesting event when the organisers mail you the day before to tell you the car parking is all flooded & they are transporting people to the start (by canoe). However with some local knowledge we dutifully ignored this and managed to park a short distance from the Glenridding lakeside start. The temperature was mild and of course there was some precipitation - it's the Lakes! Off we set and in a short distance we are climbing past Helvellyn YHA and then following the miners tack, soon taking in gorgeous views of Ullswater.



There were three in our group - Hazel Cockerill, Malc Kidby and myself and we kept pretty much together and took photos en route...after all what's the point in blasting along the route and not taking in the scenery (that's our excuse any way!) The track was mainly disguised as a stream for most of the route, which was a plus really, as the previous Cartmel experience had been knee deep mud. We all ran across the line together and then strolled up to the pub for a mandatory pint of local ale...medically proven to be a great recovery drink.

The "Challenge" events are for the more leisurely runner whilst the "Race" guys eventually zip past towards the finish...and have the good grace and breath to tell us "well done". These events are low key and well marked, marshalled. There are a few grumbles about not very secure bag drops and not a lot of food left for the tail enders...but the routes are splendid, and we even had what amounted to a crowd as we left Glenridding (At least 12 people & 2 dogs) A lot different to a popular road race but in my mind, way more enjoyable. Put a note in your diary for the 2018 series. <http://www.lakelandtrails.org/>



## "VARIETY IN RUNNING" - URSULA GHALEB SHARES HER IDEALS

**M**y first race in the season was the Bledlow half marathon - an undulating trail course. The weather prior to the race was very wet and the run was just a mud race. I honestly can say that I did not enjoy sliding down the path in the mud and making sure not to slide backwards on the uphill. I took nearly 3 hours. Luckily a few of us went and they cheered me up afterwards.

End of April I went to Windermere to take part in a weekend hill training course. Anxiously I arrived and joined the group. We were 4 runners and one leader. We ran in the Loughrigg Fells and Kentmere area. It was a huge challenge for me. We were out for 6 hours each day and I learned how to tackle a hill run and the importance of keeping an even pace. It was a very informative weekend. The following Saturday I took part in the Staveley 17mile trail race in the south of Cumbria. I managed to keep a fairly even pace and finished in 2:08. I developed terrible cramps in my leg on the downhill run and instead running smoothly with my head high into the finishing line I just about ran/hobbled the last km.

Next challenge was Fuessen Marathon in beautiful south Bavaria. I felt well prepared and knew that the scenery will keep me going. I managed half way in 2:05 and I felt I was well on track to finish under 4:30. However, on about mile 20 I developed cramp in my leg and by the time I was on mile 21 I had cramp in both legs and toes. I hobbled along but had to give up mile 21.5 as I could not support myself any longer. I was very disappointed that I reached the finishing line by ambulance - I was not a happy person.

Beginning of September, I ran with Jim and Brian in Slovakia and we all completed the World Masters Mountain running championship. This was a brilliant event. It is wonderful to meet runners from different countries especially as I now know some of the German athletes. Speaking my mother tongue is always a bonus for me. There is a great comradeship amongst the runners. Anyone aged 35-79 can take part. Slovenia next year!

A dozen of us ran the annual Ridgway 15km in the Chiltern Hills and there were no less than seven ladies! (Ursula, R)

I thoroughly enjoyed the different terrains of my races and come to the conclusion that trail running is my preference and my now older body appreciated it more than road running. I learned more about my pacing and endurance level this season which hopefully will help me to complete in future races.





# WMA/WMRA WORLD MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS 2017

VRŠATEC (PRUSKÉ), DUBNICA NAD VAHOM,  
SLOVAKIA

2. September 2017

We flew to Bratislava and then by train north to Dubnica Nad Vahom (not far from the Czech Republic border). Next day we walked the course with temperatures in low 30's. Fortunately the forecast was correct for race day dropping to a more racing friendly mid-20's. As can be seen from the course profile we had a climb of just under 600m within the 9.6km course length, certainly for most very runnable.

Ursula completed her fourth consecutive World Masters event, 14<sup>th</sup> in the F60 age group (71.43) whilst Jim, in his second event, ran well considering he had just got over a bout of shingles – 36<sup>th</sup> M65 (74.59). Brian (the third oldest competitor) placed 19<sup>th</sup> in the M75 race (1:49.17) for his 20<sup>th</sup> World Champs completion and with his dodgy right knee was more than happy to find a relatively easy course. Next year Slovenia host the Championships where the course looks like being much tougher.



Jim starts the final run  
down to the finish

## AND THIS WHERE IT ALL STARTED FOR ME

THE 4<sup>TH</sup> WORLD MOUNTAIN RUNNING TROPHY  
ENGLISH LAKE DISTRICT: KESWICK-OCT.1989



My fell running career commenced back in 1977 (The Yorkshire Three Peaks.....40 years ago(?)). I had subsequently then raced in the Lakes, North Wales, Peaks etc. but had limited knowledge of what happened in Europe. I noticed in the 1989 fixtures list the above international race mentioned with an accompanying "open" race for others. This was the Grisedale Horseshoe Race – 16km/1500m climb. Dave Findel-Hawkins, Kevin Farmer, Howard Pattinson, Sam Kirkpatrick & myself all ran. The international race, over the same course, followed with Italians 1 and 2; over the subsequent years we got well used to hearing the Italian National Anthem!

Rodger Coupar took this great photo as we emerged from the mist onto the summit ridge of Grisedale Pike (791m). Skiddaw in the background.

So the die was cast. I then competed in the next nine Championships, same format as in Keswick. 1990 in the French Alps then onto to the Stubai Valley (Austria), Zermatt (Switzerland), Susa (Italy), Gap (France), Scotland (Edinburgh), Germany, Austria (Stubai) and no10 in the Czech Republic. The World Masters Champs started in 2001 and came back to the English Lake District in 2005. The 2007 race above the Rhone Valley in Switzerland saw us finish at around 2000m, on an all-weather track. A swim in the local outdoor spa followed.



AND this is why we  
do it – the chance to  
run along with such  
iconic peaks, as the  
Matterhorn to hold  
your attention.



# SOUTHERN ATHLETICS LEAGUE

## DIVISION ONE REVIEW

### FOUR STICKS

Jim Lawrence reviews the Southern Athletics League Men's Team. For completeness, as it is a joint men and women's League, I have contributed some thoughts on the fairer sex. Carly Scott, of course, is their team manager)

The team travelled to Dartford, Kent on 15 April (Easter weekend) for the opening match. We tried hard to get a good team out, but we were once again hampered by lots of injuries and university students not quite ready to compete for us as it was again early in the season. On a nice hot summer's day, we had two wins in the High Jump courtesy of U20 Robert Lewis and bottom year U17 Sam Featherstone. A good win came in the Javelin from multi-eventer Harry Dalton, who also finished 2<sup>nd</sup> in the Shot. Ever dependable Lewis Barnes was a winner in the 'B' string Shot. Lewis was also runner up in the Hammer with a personal best of 37.90m.

We had double runners-up in the 100m which was down to Kwame Twumasi-Tawiah and young David Boakye. We gained double second placing in the 5000m to the ever loyal Graham Jones and James Tuttle. Match wise: - Only 9 points separated the first three teams and unfortunately we dropped away to 4<sup>th</sup> place.

*What about this from the ladies – double points in the shot, discus and hammer!*

*Shot: Emma Beardmore(11.07) & Paige Barnes(7.31)  
Discus: Emma Beardmore(36.03) & Kayleigh Presswell(34.78)  
Hammer: Kayleigh Presswell(56.25) & Emma Beardmore(47.40)  
Plus a 2<sup>nd</sup> and 3<sup>rd</sup> in the Javelin.....29 out of 32pts.*

Not a great start to our campaign. This first match was the start of a quite unusual situation regarding league positions throughout the season for most of the clubs involved.

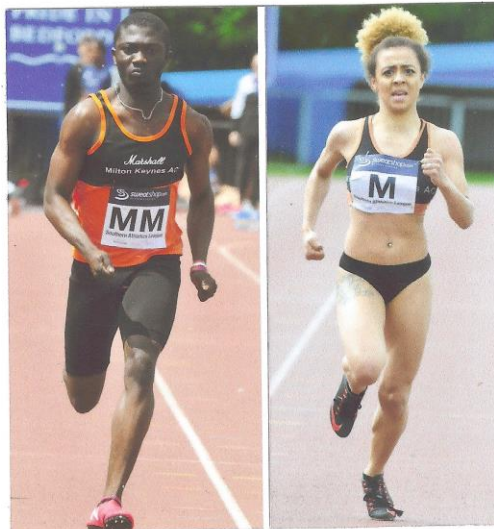
1 Dartford H	205	2 Southampton AC	201
3 Basingstoke	196	4 MMKAC	167

### TWO OF US

Sun. May 21<sup>st</sup> brought us much nearer to home – Bedford in fact. So we were hopeful of a much better result. A great start with two wins in the 100m from Maxwell Brown and Kwame. There was a great race in the 400m with George Glinski just edging Gareth Davies by one tenth of a second. Graham kept busy by winning the 'B' string 3000m Steeplechase and also finished 2<sup>nd</sup> in the flat 3000m. Chuko Cribb returned to Triple Jump duty & broke his MMKAC Club Record leaping out to 15.30m. After a year out with shoulder surgery, Mark Roberson was back to winning ways in the Hammer. Match wise: - In a close run fixture we finished in 2<sup>nd</sup> place only 6.5 points behind Nene Valley Harriers – who eventually went on to win the Division One title.

*Kayleigh Presswell was the female "athlete of the match" for her hammer throw of 56.84m Rachel Gibbens leapt 3.90m in the pole vault, her best for two years and made it a double in the high jump(1.60m). Ebony Carr took a fine sprint double in the 100m(12.3) and 200m(24.8). Good points in the 400m from Katie James, 2<sup>nd</sup>"A" and Lizzie Adam winning the "B" race. Encouraging debut from Montana Edghill, 2<sup>nd</sup> in the "B" 1500m just short of her PB(4.58.2).*

1 Nene Valley H	207.5	2 MMKAC	201
3 Bedford & Co.	189	4 Thames Valley	181.5



### I FEEL FREE

Another hot day welcomed us at Chelmsford on Sat 17<sup>th</sup> June. A great start with double tops in the 100m & 200m. Kwame won both sprints with 11.1 & 22.6 (both personal bests at that time) & David Boakye. Tyrell Dankwa in the 'B' sprint races. Twins Charles and George Wheeler won both 5000m races. Jamil Hassan was back to winning ways in the Triple Jump. A comfortable win in the 4 x 100m relay by Dickson Kusi, David Boakye, Tyrell & Kwame in 43.6

*Rachel further improved her season's pole vault best winning the "athlete of the match award leaping 4.05m. Excellent 3km double from Elle Roche and Natasha Baker whilst Katie James won a close 400m in 59.4*

Match wise :- Chelmsford took home advantage and won whilst Blackheath & Bromley finished 2<sup>nd</sup> with MMKAC 3<sup>rd</sup> just 8 points behind B & B who went on to finish runners-up in Div One at the end of the season.

1 Chelmsford	213	2 Blackheath & Bromley	204
3 MMKAC	196	4 Woking AC	174



Top: Kwame Twumasi-Tawiah & Ebony Carr at Bedford. Right: Lewis Barnes at Dartford



## IT TAKES TWO

We were really blessed with good weather this year. Another blazing hot day on Sat July 8<sup>th</sup> at Battersea Park London. We missed a few of our regulars who were competing at the English Schools the day before. Dickson won the 'B' string 100m. Graham came down a distance and won the 'B' 1500m & emulated that by winning the 'B' 3000m Steeplechase. Steve Tuttle was back to winning ways with a 1<sup>ST</sup> in that race. Lewis won an exciting Hammer competition. Just five points between 2<sup>nd</sup> and 4<sup>th</sup> – lucky for us.

*Emma Beardmore set a PB in the hammer winning with 49.41m and good to see victories from Rachel Oderinde(100m) and Joan Peedah in the triple jump. And this time we saw Byrony Gibbens winning the ladies pole vault. Rachel tried her hand in the shot taking the "B" with 10.30m.*

League wise- as most unusual. We were lying in 13<sup>th</sup> place out of 16. The bottom 4 teams go down to Div 2. But there was only one league point between 4<sup>th</sup> & 13<sup>th</sup> place. So going into our 5<sup>th</sup> and final match of the season..... not only league points but all match points counted.

1 Belgrave Harriers	238	2 MMKAC	180
3 Harrow AC	177	4 Bracknell AC	175

## WINNER TAKES ALL

The final match(19<sup>th</sup> Aug) gave us home advantage in Milton Keynes. Steve & James Tuttle won the 5000m races. Kwame took the 'B' 100m and Tyrell the 200m. George Glinski won the 'B' 400m. Young Ewan Forsythe and Devon Harford both won a very close hard fought 1500m. Steve and Graham took the honours in the 2000m Steeplechase. Steve set a new personal best with a time of 6:32.90

A High Jump double once again from young Robert and Sam. Chuko excelled once again by taking top honours in the Long and Triple Jump. He equalled his T.J. record with 15.33m. M50 Mark Featherstone took the 'B' Shot honours. Double tops again from Mark R & Lewis B in the hammer.

*Kayleigh Presswell improved her hammer record to 58.82, edging nearer 60m. A "no-throw" was very close to the 60m line. The flat 400m saw Katie James 2<sup>nd</sup>"A" and a "B" win for Hannah McLaughlin. Over the 400m hurdles Natalie Nurse was 2<sup>nd</sup>"A" whilst Isobel Bach won the "B" race. Elle Roche won the 3000m and placed 2<sup>nd</sup> in the 800m, Sophie Botham winning the "B" race. Rachel Gibbens won her pole vault speciality and placed 2<sup>nd</sup> in both the high and long jumps.*

What a relief when the final scores came in. We had **WON**. This win took us completely out of the relegation zone and it rocketed us up to an amazing 4<sup>th</sup> position in the table. What an incredible finish to what was very much an up and down inconsistent season.

1 MMKAC	225.5	2 Crawley AC	204.5
3 Colchester H	204.5	4 Herts Phoenix	123

## LEAGUE TABLE - TOP EIGHT

1 Nene Valley Harriers	20	1155 league pts
2 Blackheath & Bromley	17	1118
3 Thames Valley Harriers	14	1001
4 MMKAC	13	970
5 Southampton AC	13	951
6 Dartford Harriers	13	918
7 Bedford & County	12.5	977
8 Crawley AC	12.5	904

## Many thanks once again to our hard working officials.

We are very fortunate to have a full quota of qualified officials. Indeed they are more important than ever. If we field a full set, they obtain 20 very important match points.

There are a few regulars who deserve a mention. Mick Bromilow, Jackson Ryan, Jeanette Lawrence, Hazel Lawrence, Richard Pownall, Di Baldwin, Amelia Penny, David Millett – even myself – & all the many others who helped throughout the season.

We look forward to another hugely exciting SAL season in 2018



## AND A FINALE FROM JIM LAWRENCE

This was to some degree arguably the third best season ever over the 37 year period that we have been in the Southern Men's League or Southern Athletics League.

We were 2<sup>nd</sup> in Division One in the first ever SAL inaugural season in 2011 (Managers were Jackson Ryan & Ian Stewart). In 2002 we finished 3<sup>rd</sup> in the old Southern Men's League. (Managers were Barry Hearn & myself).

So having completed 20 years as a Track & Field Team Manager (either SML A or B teams & SAL) I was very pleased to pull it out of the hat in the last match – for the fourth season in a row now.

*Action from the home match – Rachel Gibbens, Graham Jones & Ewan Forsythe, Sophie Botham and Sam Featherstone.*



# EMAC

## EASTERN MASTERS ATHLETICS CLUB LEAGUE FINAL - BEDFORD(10 September)

- ◆ **OVERALL TEAM VICTORY** with both teams placing second.
- ◆ Our ladies continued their close duels with Fairlands Valley Spartans, this year the Hertfordshire club took the honours.
- ◆ The men had led Bedford throughout the day and we were disappointed to lose out in the final stages.
- ◆ It was great to win back the overall trophy, especially as it is the name of Carl Baldwin.

Pos	OVERALL	Final Points
1	Marshall Milton Keynes AC	462
2	Chelmsford AC/Springfield	397
3	Southend AC	340
4	Cambridge & Coleridge AC	235
Pos	Men's Teams	Final Points
1	Bedford & County AC	248.5
2	Marshall Milton Keynes AC	242
3	Chelmsford AC/Springfield	196.5
4	Southend AC	195
5	Nene Valley Harriers	172
6	Thurrock Harriers	149
7	Corby AC	125
8	Cambridge & Coleridge AC	91
Pos	Women's Teams	Final Points
1	Fairlands Valley Spartans	241
2	Marshall Milton Keynes AC	220
3	Chelmsford AC/Springfield	200.5
4	Loughton AC	191
5	Ryston Runners AC	159.5
6	Southend AC	145
7	Cambridge & Coleridge AC	144
8	Huntingdonshire AC	107



Panos Ioannou, who has made a big contribution to the sprints this summer, Corinne Nurse, Ladies team manager, here in the 100m and Malcolm Kidby who has turned his hand to assist in the throws







Team managers Jeremy Vick and Corinne Nurse with the Carl Baldwin Trophy

### SOME AGE GROUP PERCENTAGES SET AT BEDFORD IN THE EMAC FINAL

Paul Canning	M50 100m	12.5	88.4%
John Skelton	M60 3000m	10.54.8	88.2
John Browne	M60 100m	13.6	88.1
Denis Edghill	M50 800m	2.25.7	85.9
Steve Herring	M45 3000m	9.51.7	84.3
Panos Ioannou	M35 100m	11.9	83.8
Mark Featherstone	M50 High Jump	1.58m	80.7
Diane Baldwin	W60 1500m	6.13.0	85.0
Diane Farmer	W50 3000m	13.25.7	81.3
Debra Brent	W50 3000m	12.43.6	81.1
Jan Hardcastle	W50 100m	16.8	79.1

#The age grade calculator is a way of putting all participants on a level playing field, regardless of age or gender. Courtney Gunn, the EMAC results man, has a formula built into his results programme.

Mark Featherstone, pictured below, equalled the M50 EMAC League record with his leap of 1.58m. This is also a club M50 record and the second best all-time by a veteran; Andre Sinclair-Linton(M45) cleared 1.60m in 2015. In the M50 rankings Mark is now no.1 in the shot(12.10m/6kg) and 2<sup>nd</sup> in both Discus (38.74m/1.5kg) and Javelin (38.82m/700gm).



Paul Canning(below) is now no.1 in the M50 200m rankings with a time of 25.71 and moves to 3<sup>rd</sup> in the 400m(60.4). He holds the 100m record with 12.1 from 2016.



Jan Hardcastle(above R) competed in no less than seven events at Bedford. – 2<sup>nd</sup> in the triple jump; 4<sup>th</sup> in the 200m, 80mHurdles and high jump. 5<sup>th</sup> in the long jump and 7<sup>th</sup> in the 100m plus a 200m leg for the relay team that placed 3<sup>rd</sup>.



John Skelton in unusual guise – a high jumper!



### JOHN SKELTON IS THIRD IN THE BRITISH & IRISH MASTERS' INTERNATIONAL M65 RACE IN DERRY, N.IRELAND

John placed third behind Nick Rose(England) and Tony Martin Scotland but was a member of the winning England team.  
1-England 9pts 2-Scotland 12 3-Ireland 27  
4 Wales 32 5-Northern Ireland 50

Nick Rose represented Great Britain at both the Moscow(1980) and Los Angeles(1984) Olympics.





## Chasing the Hammer Boundaries

I would have thought that, pre-summer 2107, both Emma Beardmore and Kayleigh Presswell may well have had ambitions to target the 50m and 60m boundaries. The very reliable duo scored, as usual, many points for the track and field teams (and in the shot, discus & javelin, too) and, whilst improving their PB's, did not quite achieve 50m and 60m respectively

Kayleigh commenced the season with her PB and club record 57.09m. She opened her league programme with a throw of 56:25m at Dartford and then three weeks later (7 May) threw **58:06m** in the first UKWAL match at Wigan adding almost a metre to her record. Even better the following week winning the Bucks AA County title at Horspath and throwing **58:60m**.

Her throwing hovered around 57/58m over the summer months until the final SAL at MK. (19 Aug), Kayleigh threw the 4kg implement **58:82m**; then over 59m at Loughborough with **59:18m** (16 Sept). And finally to the Hammer Circle Reunion Meeting at Hull on 7 October for a further record of **59.38m**.

Emma was ranked fifth before this season, but with a throw of 49:19m at Battersea moved ahead of Sadie Watts (49.33m from 2010). Paige Barnes (photo below) has now moved into the senior/junior rankings (4kg) and the top six are now:

1 Kayleigh Presswell	59.38	Hull	2017
2 Jean Clark	50.12	Welwyn GC	1995
3 Laeken Impey (F20)	49.80	Bedford	2015
4 Emma Beardmore	49.41	Battersea Park	2017
5 Sadie Watts	49.33	Bromley	2010
6 Paige Barnes (F20)	43.66	Loughborough	2107

Jasmine Trapnell led the u15 rankings last year (45:05m) and in her first year as an u17 (3kg) with a best of 46.81m has moved to no.3 behind Paige Barnes (50:19m) and Lauren Presswell (50:15m).

Moving into the under 15 rankings is Lara Moffat coming in at no 5 with her best of 40:75m (3kg) and will no doubt move up higher in 2018.

Reviewing the under 17 men, James Ericsson-Nicholls has put in a very good season (ever-present in the YDL) and his best of 55:35m with the 5km hammer (on wet circle at Yate) places him at no 3 in the all-time rankings.



## THE HAMMER CIRCLE REUNION – HULL (7/8 OCTOBER)



Jack Kee reports: Kayleigh Presswell, Jasmine Trapnell, Lara Moffat and James Ericsson-Nicholls (above) attended this annual end of season event.

Kayleigh came away with three trophies: Her club record throw of 59.38m was not only the longest throw by an under 23 but also for all senior women. And then the Reunion Handicap Trophy (Reidy Plate) – greatest improvement to season's best throw.

### Best throws from:

Jasmine Trapnell (F17)	43:34m
Lara Moffat (F15)	34:72m (photo below)
James Ericsson-Nicholls (17)	54:80m



Mark Roberson – great to see Mark back in action after his long-term injury problem. He competed in the SAL and EMAC matches with a best throw of best of 45:23m, set at Bedford.





## ANOTHER CHILTERN LEAGUE SEASON, OUR 37<sup>TH</sup> CONSECUTIVE YEAR IN DIVISION ONE

IN THE DEFENCE OF OUR TITLE, A  
CLOSE OVERALL TEAM WIN IN THE  
OPENING MATCH AT HORSPATH,  
OXFORD ON 14 OCTOBER

1	Marshall Milton Keynes AC	3612
2	Bedford and County AC	3528
3	Chiltern Harriers	3392
4	Wycombe Phoenix	3220
5	Vale of Aylesbury AC	3020
6	Oxford City AC	2961
7	St Albans Striders	2889
8	Leighton Buzzard AC	2648
9	Headington Road Runners	2442
10	Dacorum & Tring AC	2292
11	Harrow A.C.	2116
12	Gade Valley Harriers	1922
13	Redway Runners	1867
14	Windsor, Slough Eton & Hounslow AC	1601

### BRILLIANT TEAM RUNNING FROM THE SENIOR MEN WITH THEIR SCORING 10 IN THE FIRST 44 FINISHERS!!

Steve Tuttle	2 <sup>nd</sup>	Graham Jones	9 <sup>th</sup>
James Minter	15 <sup>th</sup>	James Tuttle	17 <sup>th</sup>
Jamie Seddon	18 <sup>th</sup>	Mark Palser	21 <sup>st</sup>
Liam Smith	24 <sup>th</sup>	Ewan Forsythe	29 <sup>th</sup>
Steve Herring	35 <sup>th</sup>	Stephen Young	44 <sup>th</sup>

AND AN INSPIRED  
INDIVIDUAL VICTORY  
FOR ELLE ROCHE IN  
THE SENIOR LADIES  
RACE, LARA BROMILOW  
PLACING 3<sup>RD</sup>.



**First home in their age group:**  
Sonja De Koning(u13) & Ella Carey(u15)  
Leo Freeland(u15) & Finlay Gibbs(u17)  
AND Steve Tuttle here seen leading the  
men's field up Shotover Hill on their  
first lap., to eventually finish 2<sup>nd</sup>.



## MATCH 2 at the tear-drop lakes course(11 November) - ANOTHER CLOSE WIN OVER BEDFORD KEEPS US AT THE TOP OF THE TABLE

ON THE DAY		AFTER TWO MATCHES	
1 Marshall Milton Keynes AC	3871	1 Marshall Milton Keynes AC	7483
2 Bedford and County AC	3824	2 Bedford and County AC	7352
3 Chiltern Harriers	3429	3 Chiltern Harriers	6821
4 St Albans Striders	3091	4 Wycombe Phoenix	6141
5 Oxford City AC	3045	5 Oxford City AC	6006
6 Dacorum & Tring AC	2969	6 St Albans Striders	5980
7 Wycombe Phoenix	2921	7 Vale of Aylesbury AC	5842
8 Vale of Aylesbury AC	2922	8 Leighton Buzzard AC	5554
9 Leighton Buzzard AC	2906	9 Dacorum & Tring AC	5261
10 Harrow AC	2305	10 Headington Road Runners	4704
11 Redway Runners	2262	11 Harrow AC	4421
12 Headington Road Runners	2262	12 Redway Runners	4129
13 Gade Valley Harriers	2092	13 Gade Valley Harriers	4014
14 Windsor, Slough Eton & H.	1908	14 Windsor, Slough Eton & H.	3509

**The first outing for the new Club Tent –  
very welcome for winter events.**

- Some of the senior men/10 out of 13 ladies
- Below: Wendy Webber(L) whilst Ashley Berry (R) makes her club debut finishing 9<sup>th</sup>.

- 90 athletes representing MMKAC
- 13 senior ladies/a win in this category
- AND a victory for Jack Meijer in the M17 race



**Under 13 boys:**  
From the left: Ethan Murrill/Callum Tripp/  
Oliver James leads Harry Rose



❶ THANKS TO RICHARD INCHLEY AND HIS LEIGHTON BUZZARD TEAM WHO ORGANISED THE MATCH.

❷ AND, OF COURSE, TO THOSE OF YOU FROM MMKAC WHO ASSISTED AS OFFICIALS, MARSHALLS etc.,

❸ ANOTHER CLOSE WIN OVER BEDFORD AND AS CAN BE SEEN FROM THE LEAGUE TABLE THE TWO OF US ARE ALREADY PULLING AWAY AT THE TOP.

❹ THE SENIOR MEN HAD THEIR SCORING TEN IN THE FIRST 62; WE PUT 44 IN THIS CATEGORY AT OXFORD BUT STILL PREVAILED OVER BEDFORD AT MK.

❺ THE MUCH STRONGER LADIES TEAM WON ON THE DAY-

1 MMKAC	829
2 Dacorum & Tring	805
3 Chiltern H	739

❻ AND its close at the top:

1 Chiltern H	1443
2 Dacorum & Tring	1410
3 MMKAC	1403

**NEXT MATCH AT LUTON 2<sup>ND</sup> DECEMBER**



## BRITISH ATHLETICS CROSS CHALLENGE

### JACK MEIJER WINS AT MILTON KEYNES

Jack Meijer is representing MMKAC in the above competition. In the opening event at Cardiff on 14<sup>th</sup> October he finished 4<sup>th</sup>. The Chiltern League incorporated round two where Jack stormed to victory beating the 2<sup>nd</sup> and 3<sup>rd</sup> finishers from Cardiff. Races at Liverpool and Antrim (Northern Ireland) follow with the final included in the Inter-Counties Championships at Loughborough on 10<sup>th</sup> March 2018.



Jack with the two Yorkshire athletes who finished 2<sup>nd</sup> and 3<sup>rd</sup>

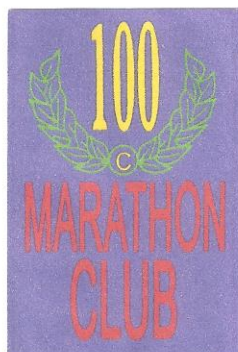


Left: Under Girls – Imogen King, Tia Sinclair-Linton, Jodie Brogden & Nicole Whittle.

Above: Under 17 Ladies – Montana Edghill, Anna Usteran-Anderegg & Skye Verwey



## Sheila Rose joins the 100 Marathon Club



Her journey began for real in 2013 and progressing into using Luna sandals and made her debut in the MK Marathon that year. Sheila started doing trail running marathons in 2014, celebrated her 50<sup>th</sup> birthday and her first attempt at double weekends with Enigma Running at Caldecote Lake.

Sheila commented "by 2015 the possibility of reaching the 100 was becoming maybe more achievable in my mind. Russ and I entered the Green Man ultra(Bristol area), 46miles- a baptism of fire" 2016 included her first Quad(Barrow, Suffolk) the North Downs 50 and the Robin Hood 100.

And so to 2017, 71 marathon distance and over on Sheila's spreadsheet. So the Great Barrow 10 in 10 challenge was achieved (report in August Newsletter) and another Robin Hood 100m and finally to a rainy Caldecote Lake on 4<sup>th</sup> November for number 100. (pictured above with her special medal and wearing the exclusive 100 Marathon Club vest.

### Summary/ year/number of marathons +

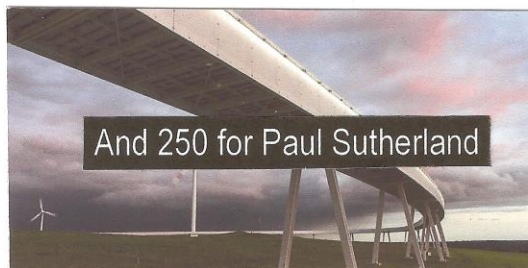
2013	4	2014	13	2015	25
2016	29	2017	29		

## MMKAC NOW HAS FIVE 100 MARATHON CLUB MEMBERS

**Dave Findel- Hawkins** did not join until 2010 but had completed his 100 many years earlier.

**Jim McKellar** qualified in 2009

Add to this duo, more recent MMKAC members, **Paul Sutherland** and **Rachel Armstrong** (up to 117 marathons)



And 250 for Paul Sutherland

## HORIZONTWEG MARATHON.HAMBURG 11 NOVEMBER 2017

The course is on a high level horizontal track around a wind farm overlooking the City. Each lap was 915m, so 46 circuits!!

In his build-up to the event Paul had run marathons, as follows:

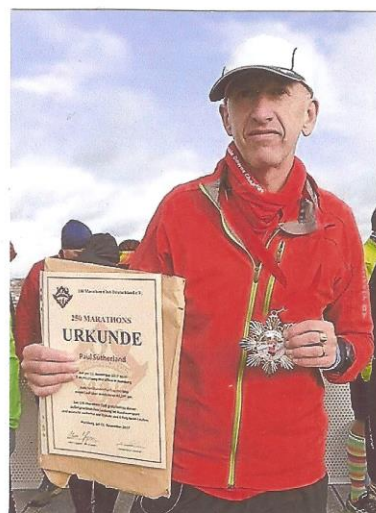
23/24 September	Enigma (back to back)-	3:34.44/3:30.46
22 October	Chelmsford	3:44.29
29 October	Frankfurt, Germany	3:20.58(PB)
5 November	Enigma	3:19.27

### Paul comments:

**Well** what a Dash that was, straight from work Friday to Hamburg and Back ... .....The weather was challenging for this run. For the previous three weeks I basically ran the exactly same time - 3:20 Almost never finished when I crashed in to a bin (which had been there every lap ) with 500m to go , how painful and how stupid !!! BUT that is 250 done and a BIG thank you to Christian Hottas for the special medal and indeed 100 Marathon Club Deutschland for a special certificate, a real surprise to get this and really chuffed..... just need to stop slowing down from 20 miles and I can bag my first sub 3:15.

THANK YOU ALL for the fun since 2012.....50 to till I stop counting numbers.

PS- I would like to break my PB at 5, 10, 21 and 42km next year – older and faster is the goal!!!



Paul with the special certificate presented by 100 Marathon Club Deutschland

**Big** respect to Rachel Armstrong (photo left) for struggling through yet again and ended up getting a battering from a hailstorm. You can just pick her out in the dark. You could see the sun one side and total darkness the other side, certainly an experience.



# A

## UTUMN MARATHONS IN EUROPE

24 September **BERLIN  
MARATHON**

Linsey Ryall 3:08.57(168<sup>th</sup> lady) PB

### ALL-TIME LADIES MARATHON TOP TEN

Michelle Lee	FS	2:35.51	London	2004
Imogen Thornburgh	FS	2:48.43	London	2006
Jane Preen	F35	2:52.19	Berlin	2007
Wendy Webber	F35	2:54.04	London	2016
Katrina White	FS	2:54.37	London	2000
Jane Bird	F35	2:57.13	London	1984
Rachel Robinson	FS	2:59.06	London	2015
Nadine Lewycky	FS	3:00.13	Paris	2015
Linsey Ryall	F35	3:08.57	Berlin	2017
Margaret Swithenby	F40	3:12.21	London	1994

### 8 October **CHICAGO MARATHON**

Tom Hayman (3:03.41), Wendy Webber (3:04.47/29<sup>th</sup> F35) and Geoff New (4:23.11). Geoff, with two smashed-up knees, placed 16,857<sup>th</sup> – there were still 28,000 behind him! He has since had an operation on his right knee and hopes to have his left knee sorted in the new year. Good luck, Geoff.

### 15 October **AMSTERDAM MARATHON**

Simon Kirschner-Heavens 3:41.57  
Victoria Kirschner-Heavens 3:54.36 PB

### 29 October **FRANKFURT MARATHON**

Paul Sutherland 3:20.58 PB

## AND NEARER TO HOME:

October 15 **Leicester Marathon**  
Andrew Wasdell 3:03.49

October 22 **Abingdon Marathon**  
**Ross Woods joins the "sub-3-hour club"**  
Ross Wood 2:57.26  
Mike Kerrigan 2:57.42  
Tim Aldridge 3:26.30

### FAST HALF-MARATHONS AT BRISTOL(17 Sept)

3 Steve Tuttle 69.49 PB  
27 James Tuttle 74.29 PB  
77 Lara Bromilow 77.59(4<sup>th</sup> lady/PB)

Steve, in his debut at this distance, moves to no 4 in the club all-time rankings as does Lara Bromilow with her PB of 79.59 in the ladies rankings.



## ENGLISH CROSS-COUNTRY RELAY CHAMPIONSHIPS – MANSFIELD 4<sup>th</sup> NOVEMBER

- ♦♦10 MMKAC teams competed (32 athletes).
- ♦♦Jack Meijer on the opening leg for the u17 men was the fastest overall from 234 runners. Finlay Gibbs ran "a blinder" hanging on to 4<sup>th</sup> on the second leg.
- ♦♦Best placed team were the under 15 girls with the trio of Ella Carey, Imogen King & Barbara de Koning placing 28<sup>th</sup> from well over 100 teams.
- ♦♦The senior men's "A" team closed in 31<sup>st</sup> from a field of some 200 with the quartet of Steve Tuttle, Liam Smith, James Tuttle & Graham Jones.
- ♦♦AND great to have two senior ladies teams with "big-time" debuts from Suzanne Anderegg and Rachel Armstrong.



Photos of Rachel Robinson [her first race for over two months], Debra Brent, Suzanne and Rachel [seen in a better "light" than the one on the previous page].



# The 53<sup>rd</sup> Wolverton 5 mile Road Race

## Saturday 25 November 2017

*Including the Eastern Masters' Athletics Club 5 miles road running Championship*



♦♦ 255 finishers - nearly 50 up on last year.

The winner, Kevin Seaward(Cardiff), ran 24.05, 25-seconds quicker than when he won two years ago. He now places 20<sup>th</sup> in the all-time rankings for this course.

♦♦ Rosie Keane (Luton) won the ladies race in the 10<sup>th</sup> best (28.10) ladies time on this course. Rosie, seen here in the front row of the start photo, is actually in front of eventual winner Kevin Seaward who is just to the left (with white cap) of Ryan Burling.

♦♦ A unique husband and wife "first MMKAC finishers" from Mark and Linsey Ryall. Pictured right with Rose Callow who has officiated at every single Wolverton 5 since 1965.

♦♦ Mark placed 6<sup>th</sup> overall and his time of 26.04 places him 18<sup>th</sup> in the club all-time rankings for this course. Graham Jones came home 7<sup>th</sup>(26.09) and moves to no 20. Linsey and Wendy Webber had a good dual in the race, 8<sup>th</sup> and 9<sup>th</sup> ladies/3<sup>rd</sup> and 4<sup>th</sup> F35. More PB's from James Tuttle(26.21) and Jamie Seddon(26.31).

♦♦ Great to see Chad Lambert running. Chad, through injuries, has not raced seriously since May 2014. He ran 3.53.01 for 1500m in the British University Championships at Bedford that year.

♦♦ Two age group winners: Diane Baldwin was first W60 in a time of 35.15 (her club record is 34.54 set at Banbury last year). David Newens took the M70 prize clocking 36.57. Only the late John Greenall has run quicker - 35.33 in 2006. Both pictured right.

♦♦ In the accompanying EMAC Championships we had four on the podium. Winners were Diane Farmer(F55) and Diane Baldwin(F60) plus Simon Kirschner-Heavens(M35). Chris Finister placed 2<sup>nd</sup> M40.

♦♦ Teamwise Bedford men beat us by just 41-seconds: 104mins15 to 104mins56 (four to score). We won the ladies and both veteran categories.

♦♦♦ Sadly the percentage of runners breaking 30mins is still averaging around 20%. This year it was 21.8. Average over last six years is 21.8%. In 1991 when the race was first held at Willen we had a field of 257 but 46% broke 30mins. This goes with the national average of declining performances. Still the show must go, as they say and we can only hope.....





## BEST TIMES AT WILLEN\*

### MEN ALL-TIME TOP 40(sub 27mins)

1	Tony Forrest	M20	24.09	1995
2	Richard Nifah	MS	24.13	2002
3	Ian Thompson	MS	24.33	1991
4	Marcin Fudalej	MS	24.40	2008
5	Andy McKenna	MS	24.43	2002
6	Daryn Castle	MS	24.51	2004
7	Charles Herrington	MS	25.00	1998
8	John Crouch	MS	25.03	1992
8	Tom Comerford	MS	25.03	2010
10	Ray Crabbe	MS	25.04	1992
11	Steve Tuttle	MS	25.08	2014
12	Alex Bowden	MS	25.19	2004
13	Liam Smith	MS	25.40	2015
14	Kevin Farmer	MS	25.42	1991
15	Paul Erwood	MS	25.53	2009
16	Paul Fisher	M17	26.00	1994
17	Andy Harris	MS	26.01	1994
18	Mark Ryall	MS	26.04	2017
19	Ian Van Lokven	M40	26.08	1998
20	Graham Jones	MS	26.09	2017
21	Mick Kelly	MS	26.14	1992
22	Andy Whetstone	MS	26.15	2007
23	Nigel Fenwick	MS	26.17	1991
23	Chris Hearn	MS	26.17	2003
25	James Tuttle	MS	26.21	2017
26	Michal Glowacki	MS	26.25	2013
27	Jackson Ryan	M40	26.30	1994
28	Campbell Noon	MS	26.31	1992
28	Daniel Pinna	MS	26.31	1995
28	Jamie Seddon	MS	26.31	2017
31	Gavin Wilcox	MS	26.37	2004
32	Richard Ashton	M40	26.40	2009
33	Steve Green	MS	26.42	2007
34	Adrian Cox	MS	26.43	1992
35	Phil Jones	MS	26.45	1994
36	Ian Russell	M40	26.47	1992
36	Steve Rice	MS	26.47	1992
38	Sam Deathe	MS	26.48	2012
39	Rob Evans	MS	26.49	1991
40	Frank Cheney	MS	26.52	1993
41	Sean O'Sullivan	MS	26.53	1995

### WOMEN ALL-TIME TOP 30+ (sub 34mins)

1	Linda Dewhurst	F35	27.57	1993
2	Rita Quill	FS	28.22	1992
3	Emily Tallen	FS	28.48	2012
4	Michelle Lee	FS	29.14	2002
5	Vicky Pincombe	FS	29.39	2004
6	Elle Roche	FS	29.52	2014
7	Claire Rooney	FS	30.30	2004
8	Imogen Thornburgh	FS	30.38	2002
9	Kinga Kerestes	F20	30.45	2004
10	Kim McBride	FS	30.56	2005
11	Sarah Cox	FS	31.33	2003
12	Diane Baldwin	FS	31.40	1991
13	Linsey Ryall	F35	31.43	2015
14	Jo Benham	FS	31.54	2006
15	Rachel Robinson	FS	31.56	2016
16	Alex Knowles	F45	32.04	2012
17	Gemma Childs	F20	32.06	2012
18	Julie Dalzell	F40	32.13	2007
19	Lauren Licetis	FS	32.27	2008
19	Wendy Webber	F35	32.27	2017
21	Tanya Taylor	F17	32.28	2005
22	Lyn Jolley	FS	32.42	1995
23	Trudy Green	F35	32.54	2004
24	Margaret Swithenby	F45	32.55	1991
25	Natasha Baker	FS	32.56	2015
26	Kerry Farmer	FS	33.09	2002
27	Fern Yull	F20	33.12	2013
28	Charlie Gasper	F20	33.15	2005
29	Katrina White	FS	33.17	1998
30	Amanda Fuller	F35	33.18	2000
31	Lara Bromilow	FS	33.20	2004
32	Fran Malin	F45	33.33	2012
33	Di Knight	F40	33.38	2000
34	Anick Valapinee	F45	33.39	2004
35	Morag Larsen	FS	33.49	2005
36	Jane Bird	F45	33.52	1992

\* Willen Lake course first run in 1991



1-18 of the 37 MMKAC runners.  
2-Chad Lambert/Siobhan Dyer  
3-Rose Callow presents the winners' trophy to Kevin Seaward (He ran 24.05, 30-seconds quicker than when he won in 2015)  
4-Martyn Barnes - "well pleased" with his 2min. improvement over last year and welcome back to Simon Booth who has been out of action for a couple of years.





# MATCH 3 at Stopsley Common(Luton) – 2<sup>nd</sup> DECEMBER. BEDFORD WIN ON THE DAY AND TAKE A NARROW LEAD OVER US INTO 2018. TWO MATCHES REMAINING.

## OVERALL TEAM RESULT ON THE DAY (top 6)

1 Bedford & County AC.	3352
<b>2 Marshall Milton Keynes AC</b>	<b>3141</b>
3 Chiltern Harriers	2963
4 St Albans Striders	2728
5 Wycombe PH	2673
6 Dacorum & Tring AC	2238

## After 3 rounds(top 6)

1 Bedford and County AC	10718
<b>2 Marshall Milton Keynes AC</b>	<b>10632</b>
3 Chiltern Harriers	9790
4 Wycombe Phoenix	8820
5 St Albans Striders	8716
6 Vale of Aylesbury AC	8017

- Our first defeat by Bedford in five matches (this calendar year)
- In spite of having our men's scoring team of 10 in the first 43, Bedford just pipped us !
- Senior women win again and have a small lead over Dacorum & Tring AC after 3 matches.
- Youngsters age group team positions after 3 matches:  

F13	4 <sup>th</sup>	F15	3 <sup>rd</sup>
F17	5 <sup>th</sup>		
M13	5 <sup>th</sup>	M15	4 <sup>th</sup>
M17	6 <sup>th</sup>		

## Leading MMKAC individual positions after 3 matches

(Full details on club web site).

- Senior Men Steve Tuttle
- M20 Ewan Forsythe
- M40 Matt Clarke
- M50 Martin Brent
- M60 Kelvin Smith
- M17 Finlay Gibbs
- M15 Leo Freeland
- M13 Callum Tripp
- M11 Sam Oldroyd
- Senior Women Elle Roche
- F45 Debra Brent
- F55 Diane Baldwin
- F17 Montana Edghill
- F15 Imogen King
- F13 Sonja de Koning
- F11 Madeline Pearce

■ Its been tough for our youngster's teams who have lost athletes who defected to the MKDP. Where are the latter going.....nowhere!  
Good luck to our young athletes teams in the final two matches.



## ACTION FROM LUTON –

Leading under 11's – Madeline Pearce & Sam Oldroyd  
Under 13 girls – Millie Freeland & Phoebe Miller  
Left: James Minter who has made a quite dramatic leap up from the u17's to making the scoring 10 for the seniors  
Good to see Tom Comerford back after a long-term injury.





## DIANE BALDWIN IS ELECTED AS THE PRESIDENT OF THE BUCKINGHAMSHIRE AAA FOR 2018

Congratulations to Diane for this prestigious honour.

### DEFIBRILLATOR COURSE

We have a defibrillator in the club office. A course was held back in September for some members to learn how to use it and carry out Cardiopulmonary resuscitation (CPR).



### THE NEW CLUB TENT MADE IT'S DEBUT AT THE CHILTERN LEAGUE FIXTURE AT THE TEAR-DROPS

Very welcome for our outdoor teams. Put to good use at the recent Wolverton 5. Another picture is on page 16.



### 2017 ROAD RANKINGS

These will be updated at the end of December. Rankings as at 4th August are on club web site. Please let Brian Graves know if there are missing results for the period January - August this year.

## MALE ALL-TIME CLUB TRACK & FIELD RANKINGS

These have been up-dated (on club web-site) and pride of place must go to Jack Meijer.

Jack, by the end of the season, set M17 records in the 1500 and 3000m and narrowly failed to break the 800m record. In the 1500m he improved from 4.08.29 to 3.59.02, the 3000m saw an improvement from 9.02.86 to 8.37.91.

Leading three in these disciplines:

#### 800m

1 Mark Everitt	1.56.1	Luton	1983
2 Jack Meijer	1.56.40	Watford	2017
3 Paul Fisher	1.57.0	Milton Keynes	1995

#### 1500m

1 Jack Meijer	3.59.02	Bedford	2017
2 Simon Rayner	4.01.1	Crystal Palace	1980
3 Mark Everitt	4.02.5	Cophall	1982

#### 3000m

1 Jack Meijer	8.37.91	Milton Keynes	2017
2 Paul Fisher	8.42.8	Watford	1995
3 Archie Rippon	8.49.54	Watford	2013

### OTHER MALE HIGHLY RANKED ATHLETES

Sen. Men. Triple Jump	1 <sup>st</sup> Chuko Cribb	15.33m
U20 Men 100m	4 <sup>th</sup> Maxwell Brown	10.60
M17 High Jump	3 <sup>rd</sup> Sam Featherstone	1.85m
M17 Hammer	3 <sup>rd</sup> James Ericsson-Nicholls	55.35m
M15 Pole Vault	3 <sup>rd</sup> Tim Penley	2.50m
M15 Shot	4 <sup>th</sup> James Frith	13.54m
M13 Pentathlon	2 <sup>nd</sup> Rhys Jordan	1227pts
M13 Pentathlon	3 <sup>rd</sup> Edward Barber	1146pt.



Chuko Cribb and James Frith in action.

Ladies rankings in next issue



## CLUB KIT



Don't forget to order your club kit in good time to guarantee delivery by Christmas.



Email [Kevin\\_Church@hotmail.co.uk](mailto:Kevin_Church@hotmail.co.uk) for an order form.

Let's get some orange out there!!!

### MAIN CROSS-COUNTRY/ROAD FIXTURES

January 2018	
6	Bucks AA Cross-Country Championships- Shuttleworth
13	Chiltern XC League- Keysoe(Bedford)
21	St.Albans 10
27	South of England XC Champs – Brighton
February	
4	Watford Half Marathon
7	Bucks School XC Champs – Stowe School
10	Chiltern XC League – MK (Campbell Park)
24	"National" XC Champs – Parliament Hill
March	
10	National Inter-Counties Champs – Loughborough
11	Milton Keynes Festival of Running
17	English Schools XC Champs
18	South of England 6/12 stage road relay Champs - Stantonbury
18	Oakley 20

### MAJOR INDOOR FIXTURES

January	
6/7	South of England Champs(u15/17)- Lee Valley
13/14	South of England Champs(u20/Sen)-Lee Valley
February	
17/18	British Champs – Sheffield
25	EMAC Champs – Lee Valley
March	
10/11	British Masters & Winter Throws – Lee Valley

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