

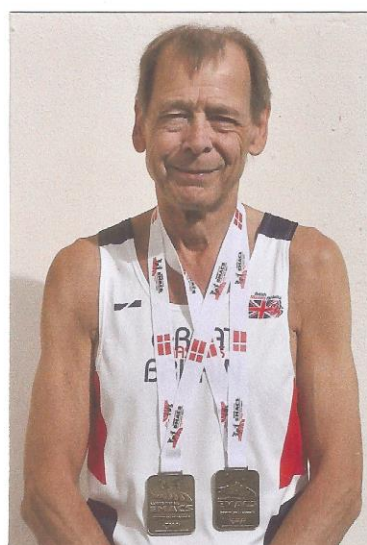
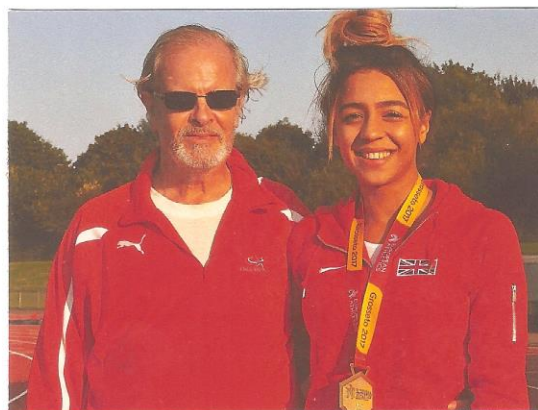
Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

Summer 2017

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Above: European medalists:

Ebony Carr (Under 20 Champs) with her coach Mike Leonard AND John Skelton M65 double European Champion.

Left: Club Connect relays at Birmingham

The winning M17 team - David Boakye, Ethan Wiltshire, Stephen Harvey & Hugo Wallace on their lap of honour.

Chair's piece

Track Season

It has been another excellent year for the Club, with some fine individual and team performances. Brian has summarised these achievements in the following pages.

The club relies on a large number of volunteers who turn out in all weathers to help the club. I'd like to thank all the coaches, officials and team managers for the work they have done. The club cannot operate at the level it does without the support of a large number of volunteers. Most leagues now award points for officials, and I'm pleased to report that, throughout the summer, we have always scored maximum points in this area.

Rick Townsend

Rick Townsend, who has been our Community Sports Coach since 2005, is retiring at the end of August. He joined us just as the new clubhouse was opened, having previously been Head of PE at Leon Secondary School. For the past twelve years he has worked with teachers in a great many schools in Milton Keynes, helping them teach athletics, and encouraging talented children to join the club. He has coached our under 11s group in the fundamentals of athletics, and has run regular sessions for disability athletes. He has been the driving force in schools athletics during this time, organising the primary schools athletics, cross country and sportshall championships and the district and county secondary schools championships. He organises the Startrack holiday sessions, where children can do athletics each day for a week. When he is not coaching or organising he acts as a timekeeper, regularly turning out for the club at meetings up and down the country.

In the short term he will be taking some well-earned holidays, and in the longer term he intends to move to Sheffield to be nearer his grandchildren. You may still see him helping out when he is in Milton Keynes.

He will be sorely missed.

Milton Keynes Distance Project

Many of you will be aware that around 40 of our middle distance athletes have decided to leave the club and form a new club, the Milton Keynes Distance Project, under the guidance of Jim and Kyle Bennett. In my view, this is a mistake for the athletes involved since it denies them the opportunity to be involved with our very successful track teams. They have applied to join the Chiltern League this winter, and will start in Division 2, so we will still see many of our old friends.

Grounds Maintenance

Many people will be unaware that, since 1992, the Club has been responsible for the management (outside schools hours) and grounds maintenance of the track and clubhouse. This year, Kelvin Smith and Paul Toombs have again done a fantastic job, making sure that the grass is cut, the lines marked and weeds removed. They could always do with additional help, so that if you have time to spend a morning a week at the stadium helping out, please let me know. Jack Kee and Peter Hall have spent a great deal of time making sure that all of our equipment is in good repair, replacing items when necessary. David Millett looks after stadium/clubhouse bookings, generating income for the club. This work, largely unseen, is vital to the continued success of the club.

Milton Keynes Festival of Running

The Club made around £15000 from this year's Milton Keynes Festival of Running in March. The date for next year's event has been fixed at Sunday 11 March 2018. We will need more than 100 helpers on the day to ensure its continued success. Please book the date in your diary. After the successful recruitment of volunteers for this year's event, having coordinators in each of the main coaching groups, we will be repeating this process for next year's event.

Cross Country

As the track season winds down, so the cross country season begins. Last winter Marshall Milton Keynes won all of the overall categories (Male, Female and Seniors, Juniors) and the Overall Trophy. In the fourteen age categories, the club was victorious in six, including the Senior Men and Senior Women.

To be successful in this league we need to get large numbers of runners out for each race in every match. The first league meeting of the season is Horspath, Oxford on 14 October. Please try to be there. The second match on 11 November will be at the Teardrop Lakes, Milton Keynes (organised by Leighton Buzzard) and the final match will be a home match in Campbell Park on 10 February. All races will be chip-timed and participation in these races remains free to members of Marshall Milton Keynes AC.

These are great social events as well as keenly fought sporting contests. I hope that our many athletes, parents and friends will support all the members of the Club, cheering them on and encouraging them to do well.

Social Media

For some years now the predominant means of communicating with each other has been via social media. Used well it can be a fantastic medium for supporting our friends, finding out what is going on, and getting feedback on our own activities. However, you do increasingly read stories in the press about the unacceptable and inappropriate use of social media, which can have devastating consequences. UK Athletics have published helpful guidelines, which our welfare officers have adapted for our club. It is published on page 21 of this newsletter.

Awards Evening

The Club Awards Evening is on Saturday 7 October, at the Oak Tree Centre at Shenley Church End. To reduce the cost of the evening we will be ordering a buffet but asking people to provide their own drinks. The price of the tickets will only reflect our need to cover the cost of the hall hire, disco and food. Jackson Ryan has been contacting last year's trophy winners. If you still have one of the trophies could you please return it to him as soon as possible.

Annual General Meeting

This year's AGM will be held at the clubhouse on Tuesday 14 November. If you are thinking of standing for one of the positions, please talk to Club Secretary, David Millett, or me.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

FINAL LEAGUE TABLE

	Match pts	League pts
1 Rugby & Northampton AC	17	1600
2 MMKAC	15.5	1584
3 Charnwood AC	11.5	1503
4 Birchfield H	10	1476
5 Solihull & Small Heath AC	6	1332
6 Wolverhampton & Bilston AC	3	1071

MATCH RESULTS (first three teams)

22 April(HOME)

1 Rugby & Northampton AC	543.5
2 MMKAC	523.5
3 Birchfield Harriers	484

20 May(Birmingham)

1 MMKAC	528
2 Rugby & Northampton AC	519
3 Charnwood AC	511.5

18 June(Rugby)

1 Rugby & Northampton AC	538
2 MMKAC	531
3 Charnwood AC	531

- ◆ Youngsters comfortably make the Area Final.
- ◆ A great victory over Rugby & Northampton at Birmingham.
- ◆ Many thanks to team managers Karen Trapnell and Alana Slater plus all the Officials and parents who assisted at the matches.



Track – Lily-Mae Smith(u13/1200m) & Rhys Jordan(u13/100m)
Sprint Hurdles – Lateefah Agberemi & Hamish McGarvie(both u15)
Throwers – u15's Lara Moffat(discus) & Eva Durand(javelin)



At Rugby both the under 13 and under 15boys relay teams set club 4x100m records. For the younger age group the quartet of Rhys Jordan, Thomas Chalmers, Joshua Stephens and Chad Wilson clocked 53.3 to clip 0.2 off the record set 26 years ago in 1991. The under 15's team of Matthew Field, George Ho, Hamish McGarvie and Harrison Reed ran 48.1 to eclipse the record set in 2015.



Eva Durand has twice improved the club u15girls javelin record. Sadie Watts threw 32.68m in 2005. Eva threw 35.14m at the MMKAC throws meet on 7 May and then 37.20m in the YDL Area Final at Cardiff(15 July)

MIDLANDS PREMIER LEAGUE(North/East)

UPPER AGE GROUP(u17/u20)

FINAL LEAGUE TABLE

	Match pts	League pts
1 Rugby & Northampton AC	18	2203
2 Birchfield Harriers	15	2057
3 MMKAC	11	1823
4 Notts AC	10	1728
5 Cannock & Stafford AC	5	1434
6 Wolverhampton & Bilston AC	4	1411

- ◆ Down to the wire for the team to make the final - in the third match, Notts AC were deducted 25pts for not having sufficient officials. Otherwise they would have taken third place instead of MMKAC.
- ◆ Many thanks to team managers Alana Slater and Richard Pownall plus all the Officials and parents who assisted at the matches.

MATCH RESULTS (first four teams)

30 April(Nottingham)

1 Rugby & Northampton AC	691
2 Birchfield Harriers	644
3 Notts AC	621
4 MMKAC	592

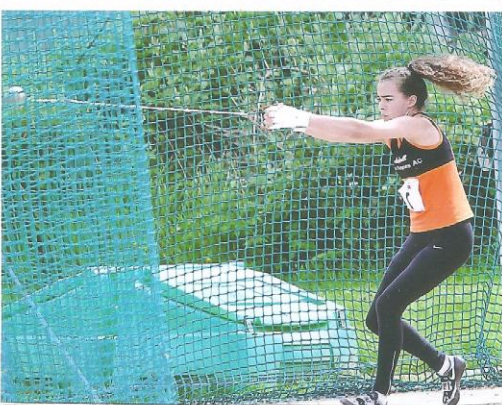
28 May(Rugby)

1 Rugby & Northampton AC	765
2 Birchfield Harriers	678
3 MMKAC	660
4 Notts AC	551

25 June(Wolverhampton)

1 Rugby & Northampton AC	736
2 Birchfield Harriers	735
3 MMKAC	577
4 Notts AC	558

●Action from Rugby where two club records were set:



CLUB RECORDS FROM:

U17men 4x100m Relay who clocked 43.8 to clip 0.7 off previous best – Hugo Wallace, David Boakye, Ethan Wiltshire & Stephen Harvey with coaches Mike Leonard and Jim Lawrence **AND** Emma Mears setting under 20 ladies 1500m steeplechase record of 5.15.1

Plus photos of Jordaan Flaherty(F17 high jump), James Mottram(M20 long jump) Jasmine Trapnell(F17 hammer) & Sophie Botham(F20 800m)



Upper Age Group

-A review of the season by Richard Pownall & Alana Slater

Another season in the top flight of the Midlands region of the league. Our five rival teams, most of which are familiar to us now, were Birchfield Harriers, Cannock & Stafford, Nottingham, Rugby & Northampton, and Wolverhampton & Bilston. We are used to coming behind Rugby, like to think we can beat Birchfield on a good day, and would hope to be ahead of the others.

This year there was a new format to the league. As well as battling for our position in the league (third would be normal, second would be good), there was the added incentive to finish in the top three after three matches, because the fourth match was to be a Midlands Area final between the leaders from our division and the leaders from the western group, with clubs from South Wales to Cornwall. We were confident we'd make the grade.

No home match advantage for us again this year. That's two seasons in a row. We started our travelling campaign in late April with a trip to Nottingham. It's always a little more exciting, the first match in a new season, finding out how the new arrivals in the team can perform, and worrying how strong the opposition might have become. And that worry was well placed – Nottingham used their home advantage well and we came away a little surprised and a little chastened in fourth place. It wasn't that we were particularly under-par, we had a good well-filled team, and some excellent A-string wins from Alf Yabsley, Emma Mears and Abi Fitton. It just didn't work out on the day.

Next was a trip to Rugby. A little closer to home, and this time the team was stronger. We achieved two new club records – one from Emma Mears in the 1500m Steeplechase, and the U17 Men's 4x100m Relay team clocked a record that gave them the leading time in the UK so far this year. Added to that were wins from Ebony Carr, Sophie Botham, Conrad Webber, Charlie Wheeler, Montana Edghill and Alf Yabsley, all of which helped us achieve a comfortable and reassuring third place. We just needed another third place from the third match to make that relay final.

That third match was in Wolverhampton. For some reason we were unusually short in numbers, so it turned out to be a frantic match with team managers asking a lot from the athletes, with many doing multiple events to help the team, and mostly with a smile! Wins this time for Emma Mears, Montana Edghill, Robert Lewis and James Palmer, but as the match progressed it was agonisingly close between ourselves and Nottingham for that vital third place and qualification for the final. In the end we got it, but only just, and it turned out only because Nottingham failed to produce their full complement of race officials, thereby losing the associated match points. A salutary reminder of the value of our officials and helpers. They don't just make the event happen, they contribute to the team success too.

And so to the final. This was held in Yate, near Bristol, and brought new western opposition in the form of Cardiff, Team Avon, and Devon & Cornwall. It was always going to be tough, but despite the onset of the school holidays, we were able to field a pretty good team. Very strong in overall numbers, but rather worryingly short in the girls' middle distance, where there are usually good points to be had for us.

We got off to a good start and were up to second place at one point. Our wins this time came from Charlie Wheeler, Sophie Botham, James Ericsson-Nichols and Jack Meijer. But half way through the afternoon the heavens opened and, with no sign of easing up, turned the track into a large shallow lake and the shot-putt sector into a mud-bath. After a much debate the officials called the match off and, with >50% of the events complete it was deemed that the result would stand as they were, which it turned out left us in 5th place.

A shame the season ended with a washout, but overall we held our own well in the new format, and can look forward to building on that in years to come. Across the season no fewer than 88 different young men women played their part in our team.

One day we'll get them all out at the same time, but meanwhile top billing goes to those that turned out for all four matches and were the backbone of the team, seventeen in all.

Paige Barnes, James Dowsett, James Ericsson-Nichols, Ewan Forsythe, Kacey Kalvin, Stephen Harvey, Marcus Lovell, James Minter, Rosie Merrin, Iris-Mae Morse, Natalie Nurse, Joan Peedah, Olivia Saunders, Mintu Sidhu, Luke Tchuimeni, Kwame Twumasi-Tawiah & Ethan Wiltshire.



James Ericsson-Nichols, Olivia Saunders & Kwame Twumasi-Tawiah

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

So we look forward to another summer of top athletics next year, and I hope another year of continuing to grow our breadth of coverage across the technical events, to be able to compete well at that level. We are looking forward to watching our impressive band of young athletes develop further still, and of course to welcoming the new talent moving up from the U15's.



Above: Rachel Oderinde battles down the home straight in the U17 200m at Yate - the last race before the match was abandoned.

UK WOMEN'S ATHLETIC LEAGUE

DIVISION TWO

The ladies finish in a comfortable mid-table position after a much stronger team place fourth in the final match at Leigh Sports Centre near Wigan

WIGAN (7 May)

1 Crawley AC	243
2 Sale/Manchester	215
3 Wigan H.	192
4 Herts Phoenix AC	189
5 MMKAC	159
6 Newham/Essex B	153
7 Havering AC	93
8 Reading AC	73

STEVENAGE (4 June)

Sale/Manchester	214
Crawley AC	213
Herts Phoenix AC	185
Newham/Essex B	180
Havering AC	163
MMKAC	157
Wigan H.	145
Reading AC	132

LEIGH (16 July)

Sale/Manchester	229
Crawley AC	217
Herts Phoenix AC	188
MMKAC	175
Newham/Essex B	165
Wigan H	164
Reading AC	113
Havering AC	94

FINAL LEAGUE TABLE		League pts.	Match pts.
1	Sale/Manchester	23	658
2	Crawley AC	22	672
3	Herts Phoenix AC	17	561
4	Newham/Essex B.	12	493
5	MMKAC	12	491
6	Wigan Harriers	11	501
7	Havering AC	6	344
8	Reading AC	5	341

With just three matches, lots of travelling and not really getting our best team out for the Stevenage match, there was plenty of pressure to perform well for the second visit to Lancashire. On the day the team of 13 athletes covered 29 of the 32 events. Sale/Manchester and Crawley are promoted to Division One with Havering and Reading relegated to Division Three.

For 2018 MMKAC will face Sheffield and Glasgow who are promoted from Division Three plus Bristol and Bedford, relegated from Division One. That leaves, with ourselves, Herts Phoenix. Newham/Essex Beagles and Wigan still in Division Two.

A trip to Glasgow.....??

The following six ladies competed in all three matches - Emma Beales, Rachel Gibbens, Nicola Gibson Corinne Nurse, Joan Peedah & Kayleigh Presswell.

Thanks to Mick Bromilow for "managing" the team plus ALL the officials who helped through the series of matches.



In action at Leigh - Kayleigh Presswell, Rachel Gibbens, Corinne Nurse, Emma Beales, Joan Peedah, Emma Beardmore and a unique photo of Joey Duck throwing the javelin.





Founded: 1963

BRITISH MILERS CLUB UNDER 20

PB CLASSIC

3 June, Stantonbury

RECORDS GALORE!!

- ◆ 495 finishers
- ◆ 300 personal bests(61%)
- ◆ 43 of 59 MMKAC athletes set P.B's(74%)
- ◆ No less than 46 races!
- ◆ Jack Meijer breaks 22-years old M17 3000m record(8.37.91)

Jack moves up from no 7 in the all-time rankings. Simon Rayner ran 8.57.6 in 1979 a record that lasted 15 years until Paul Fisher came on the scene. In 1994 Paul clocked 8.52.1. Next year he ran 8.42.8 at a Watford open meet. A record that lasted 22 years.



AND breaking a 37-years old record.

Jack ran 3.59.40 in June at a Watford open meet to break the time of 4.01.1 that Simon Rayner set at Crystal Palace in 1980.

Jack pictured, left, at Stantonbury. We had three female winners on the night and two of them set PB's, left Ella Carey(F15 800m/2.19.70) & right, F17 Charlotte Moyses (1500m/4.57.61)



AND more record breakers:

The u15 girls team of Ella Carey, Charlotte Underwood, Imogen King & Sara Diaz De La Fuente set a 4x 300m relay record of 3.01.82 at Cardiff on 15 July.



And, right, Alfie Yabsley has twice improved the u20 men 2000m steeple-chase record with a best of 5.54.43 at Birmingham when winning the English Schools title(8 July)

THE OLDEST YOUNG ATHLETES CLUB RECORDS

M13	Sie Alla	Long Jump	5.32m	1992
M15	Mark Everitt	800m	2.01.9	1981
M17	Mark Everitt	800m	1.56.1	1983
F13	Cathy Goddard	Long Jump	4.85m	1979
F15	Cathy Goddard	High Jump	1.80m	1980
	Sophie Wilkins	High Jump	1.80m	2005
F17	Cathy Goddard	Long Jump	5.62m	1982

Not surprisingly the two outstanding athletes from the early 1908's are still record holders, some 35 years + on. Cathy won a GB vest in the Heptathlon whilst still an U17 and when she returned to athletics in her mid 30's Cathy was still able to compete as a top-class long and high jumper. Mark continued into his 20's and is still highly ranked in the 800m, 1500m & 3000m. And the generation gap has seen Alfie Yabsley (pictured above) following in the footsteps of his uncle.

MMKAC ATHLETES IN MAJOR CHAMPIONSHIPS

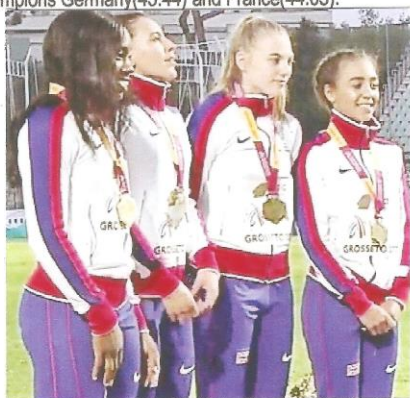
MEDALS IN ITALY FOR EBONY CARR & DAVID BOAKYE

Bronze medal for Ebony at European u20's



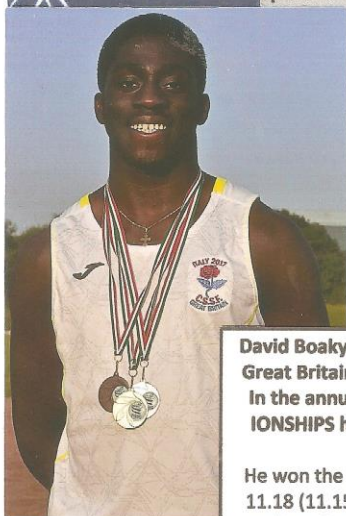
(23 July)

Ebony did not run in the heats where the Great Britain team won race two with a time of 44.50. Ebony came in to run the opening leg in the final and along with Alisha Rees(Edinburgh), Maya Brunej (Guildford) & Olivia Okoli (Blackheath & Bromley) stormed to the bronze medals with a time of 44.17 behind champions Germany(43.44) and France(44.03).



(Ebony, right with Alisha, Maya & Olivia)

Ebony made her Great Britain debut at the Mannheim Junior Gala (Germany) on 1 July and won her 100m race with a PB of 11.70 and then ran the opening leg for the winning(44.66) 4 x 100m relay team. (same team as that competed in Grosseto)



David Boakye represented the Great Britain Catholic Schools in the annual FISEC CHAMPIONSHIPS held near Venice.

He won the 100m in a time of 11.18 (11.15 in his heat). This emulates Daniel Oderinde who won this title in Hungary(2013) with a time of 10.94

SOUTH OF ENGLAND SENIOR/UNDER 20 CHAMPIONSHIPS – CRYSTAL PALACE (10/11 JUNE)

- ◆ **GOLD MEDALS FOR EBONY CARR(200m) & LAURA ZIALOR(triple Jump)**
- ◆ **SILVERS FOR KAYLEIGH PRESSWELL(Hammer) & MAXWELL BROWN(100m)**
- ◆ **BRONZE MEDALS FOR CHUKO CRIBB(Triple Jump) & EBONY CARR(200m)**
- ◆ **and CLUB RECORD FOR CHUKO (15.33M)**

Senior Men

100m heat	7 Tyrell Dankwa	11.84w-0.2
200m heat	6 Tyrell Dankwa	23.75w-1.9
400m heat	5 Gareth Davies	50.99 Q
400m semi	6 Gareth Davies	52.04
Triple Jump	3 Chuko Cribb	15.33w-0.8

Under 20 Men

100m heat	1 Maxwell Brown	10.99nwi Q
100m Final	2 Maxwell Brown	11.05w-3.6

Senior Women

Hammer	2 Kayleigh Presswell	58.39m
	6 Emma Beardmore	46.73m

Under 20 Women

100m heat	1 Ebony Carr	12.20w-1.0 Q
100m Final	3 Ebony Carr	12.34w-3.4
200m heat	1 Ebony Carr	25.08w-3.0 Q
200m Final	1 Ebony Carr	24.74nwi
Triple Jump	1 Laura Zialor	12.40m w+1.2

ENGLAND ATHLETICS under 20/u23 CHAMPIONSHIPS – BEDFORD (17/18 June)

Under 23 Men

100m heat	5 Daniel Oderinde	10.90w+1.6 Q
100m semi	7 Daniel Oderinde	10.95w-0.1

Under 20 Men

100m heat	2 Maxwell Brown	10.67w+0.3 Q
100m semi	4 Maxwell Brown	10.60w+2.3

Under 20 Women

100m heat	2 Ebony Carr	11.86w+0.2 Q
100m semi	2 Ebony Carr	11.83w+1.3 Q
100m Final	3 Ebony Carr	11.84w+0.2

UK SENIOR CHAMPIONSHIPS-BIRMINGHAM (1 /2 July)

100m heat	3 Maxwell Brown(M20)	10.68w+0.6
200m heat	4 Joey Duck(FS)	24.12w+1.6
Pole Vault	9 Rachel Gibbens(FS)	3.85m
Triple Jump	10 Laura Zialor(F20)	12.06mw-0.5
Hammer	6 Kayleigh Presswell(FS)	57.78m

CAU/ENGLAND ATHLETICS CHAMPIONSHIPS- BEDFORD (29/30 July)

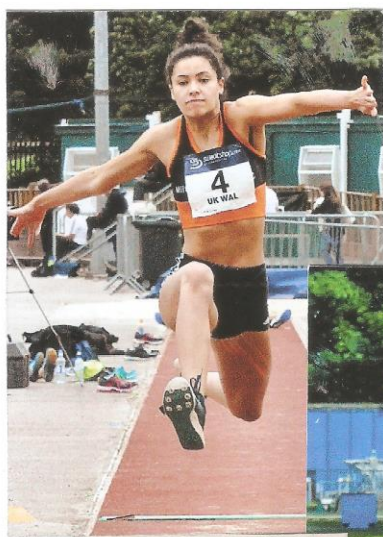
Men (all representing Buckinghamshire)

100m heats 5 Daniel Oderinde MS 10.81 w+1.6
Triple Jump 6 Chuko Cribb MS 14.87m w +3.0

Women

100m heats 6 Rachel Oderinde F20 12.43 w+1.5
5000m 8 Lara Bromilow FS 17.33.17
Hammer 9 Kayleigh Presswell FS 56.77m

Men(club) 1 Thomas Green T32



Club triple jump record holders-
Laura Zialor & Chuko Cribb



English Schools Track & Field Championship Birmingham 8/9 July

ONE GOLD, ONE SILVER AND TWO BRONZE MEDALS FOR MMKAC ATHLETES

Alfie Yabsley (Stantonbury School) won the senior boys 2km steeplechase with a time of 5.54.43, some 4-seconds ahead of closest rival, and further improving the MMKAC club record. No stranger on the podium as he won bronze last year in the intermediate boys 1500m steeplechase. *The last local gold medallist was Lewis Barnes who won the junior boys shot throwing 14.14m in the 2010 championships.*

Ebony Carr(Bletchley College) continued her fine form with silver in the senior girls 100m, clocking 11.78 having won her heat in 11.88. Ebony has also been a previous medallist having taken bronze in the intermediate 100m in 2015.

Jack Meijer(Walton High) took a hard earned bronze in the intermediate boys 3000m with 8.38.71, less than a second of his PB. Recently, at Watford, Jack broke the 27-years old club u17 1500m record ducking inside 4mins for the first time in 3.59.40. Simon Rayner had run 4.01.1 in 1980.

Another sprinter in great form on the day was Max Brown (Northants Schools) winning bronze in the very competitive senior boys 100m(10.66) having finished 2nd in both his heat(10.75) and semi-final(10.77).

In this tough cauldron of athletics Moyin Oduyemi (Royal Latin) battled through the rounds of the junior girls 100m to reach the final placing a fine 6th in 12.47.

In the field events both Lara Moffat(Ousedale) and James Ericsson-Nichols(Northants Schools) placed 9th in their respective hammer throwing events. Lara threw 32.83m in the junior girls and James 53.13m in the intermediate boys.

INTO THE MEN'S 100m TOP TEN(at 1 August)

Max finished 2016 with a PB of 11.06(19th in all-time rankings) but this summer had rocketed up to no.6. The listing, left, is a mix of hand-times and those in the modern era with electronic timing and wind gauges. The legal limit is any time with less than 2metres per second(tailwind).

MEN'S 100m ALL-TIME TOP TEN			
100m			
1 Craig Pickering	10.08w Ostrava, Czechoslovakia	2009 w+2.1	
Craig Pickering	10.14 Debrecen, Hungary	2007 w+0.2	
2 Greg Rutherford	10.26 Newcastle	2010 w+1.0	
3 Chris Clarke	M20 10.45 Copthall	2007 w+1.1	
4 Jeremy Keen	10.6w Harrow Weald	1988	
4 Scott Herbert	10.6w Milton Keynes	1993	
6 Maxwell Brown	M20 10.60w Bedford	2017 w+2.3	
Maxwell Brown	10.66 Birmingham	2017	
7 Andy Smith	10.7 Stoke Mandeville	1983	
7 Subomi Onanuga	10.7 Havant	2014	
9 Daniel Oderinde	10.72 Lee Valley	2016 w+2.2	
Daniel Oderinde	10.76 Loughborough	2017	
10 John Stevens	10.9 Stoke Mandeville	1981	
10 David Vidgen	M20 10.90 Wrexham	1993	
10 Robert Broadley	10.9 Chelmsford	2012	



*Photo of the 100m final where just 0.05sec covered the first three!
1-Samir Williams(Surrey/yellow vest/10.61) 2- Camron Lyttle(Kent/10.62) & 3rd Max Brown(Northants/dark blue vest/10.66). (Photo courtesy of Gary Mitchell)*

EMAC

EASTERN MASTERS ATHLETICS CLUB

TRACK & FIELD LEAGUE – CENTRAL DIVISION

“BOTH OUR TEAMS EASILY QUALIFY FOR THE LEAGUE FINAL TO BE HELD AT BEDFORD ON 10TH SEPTEMBER”

3 May – BEDFORD

MEN	
1 MMKAC	153
2 Bedford & Co	140
3 Cambridge & Col	116
4 Fairlands Valley	93
5 Biggleswade AC	84
6 Bedford Harriers	53
7 Luton AC	34

WOMEN

1 Fairlands Valley	146
2 MMKAC	121
3 Cambridge & Col	93

FINAL LEAGUE TABLES

MEN

1 MMKAC	567
2 Bedford & Co	548
3 Cambridge	479
4 Fairlands V	327
5 Biggleswade	323
6 Bedford H.	185
7 Luton AC	154

WOMEN

1 Fairlands V	561
2 MMKAC	540
3 Cambridge	393
4 Biggleswade	285
5 Bedford H.	217
6 Bedford 7 Co	114
7 Luton AC	126

**A big thanks to team managers
Corinne Nurse & Jeremy Vick**

7 June – CAMBRIDGE

MEN	
1 Bedford & Co	146
2 Cambridge & Col	131
3 MMKAC	128

WOMEN

1 MMKAC	138
2 Fairlands Valley	135
3 Cambridge & Col	92

5 July – HOME

MEN	
1 Bedford & Co	140
2 MMKAC	136
3 Cambridge & Col	103

WOMEN

1 MMKAC	133
2 Fairlands Valley	129
3 Cambridge & Col	81

26 July - STEVENAGE

MEN	
1 MMKAC	150
2 Cambridge & Col	128
3 Bedford & Co.	122

WOMEN

1 Fairlands Valley	151
2 MMKAC	148
3 Cambridge & Col	125



**Ever-present at all four matches:
Corinne Nurse & Jeremy Vick,
Jason Carvalho & Diane Presswell,
Fi Han Bromilow & Bunt Scott**

Diane Baldwin has twice broken the F60 UK RECORD for the 2000m steeplechase.

9.23.3 Dartford 15 April
9.21.32 Stevenage 4 June

However on 17th June, Gwyneth Hueter (Oxford City) clocked 9.05.3.

Over the 1500m S/C distance Diane has run 7.01.2 with the Oxford lady just behind recording 7.02.1

And Diane has improved the F60 Club road records at two distances:
5miles 34.54 Banbury(6 June)
10km 42.36 Silvesterstone(2 May)



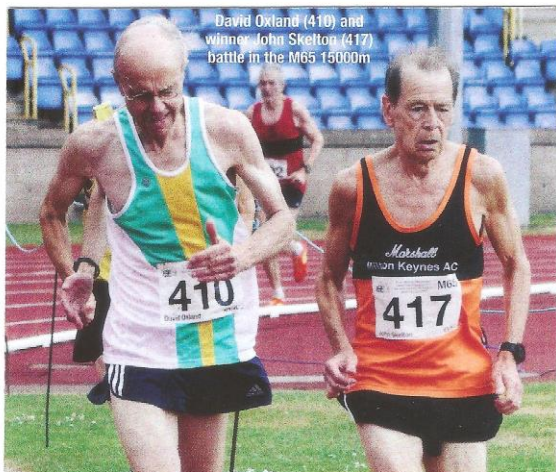
Over 5miles, Diane had previously run 34.55 at Blisworth and 35.50 at Corby, both inside the old record of 37.44 set by Deborah Hindmarch a year earlier at Banbury. Deborah has also set the previous 10km best of 46.39 from Silverstone last year. Prior to that, Rosemary Muston ran 46.53 at MK in 2008.

On the track Diane has currently four other performances in the UK top ten:
800m 2.55.3 7th 1500m 5.53.4 3rd
3000m 12.14.7 7th 5000m 21.46.5 3rd

JOHN SKELTON TAKES DOUBLE GOLD & BUNT SCOTT COMPETED IN ALL FIVE OF THE THROWING DISCIPLINES AT THE BRITISH MASTERS CHAMPIONSHIPS BIRMINGHAM 24/25 MAY

◆ John, won both the 1500m(4.58.65) and 5000m(18.49.77) and in the former he beat his old adversary Dave Oxland(Notts AC). (photo below)

◆ Bunt, pictured left, won two bronze medals: - Hammer(34.75m) and Weight(12.41m) He placed 4th in the Javelin(29.25m) and 5th in both Shot(9.37m) and Discus(34.68m)



David Oxland (410) and winner John Skelton (417) battle in the M65 1500m

EASTERN MASTERS CHAMPIONSHIPS- SOUTHEND (22 July)

Golds for Steve Herring & Bunt Scott

Steve won the M45 1500m(4.37.0) whilst Bunt won the Hammer(35.48m). He also took bronze in the Discus(34.48m) and Javelin(28.85m) and then 4th in the Shot(9.48m)

EUROPEAN MASTERS ATHLETICS CHAMPIONSHIPS

2017 July 27 -August 6



AARHUS, DENMARK

DOUBLE GOLD FOR JOHN SKELTON
John won both the 1500m and 5000m at these Championships.

In the 1500m he qualified comfortably second in his heat with a time of 5.27.35 and in the final he won by over 5-seconds. John ran 4.56.87, fastest UK time this year and the 4th best all-time in the UK age group rankings. Giovanni Finielli (Italy) took silver(5.02.12) and Tom Christensen the bronze(5.05.56). Four days later he won the 5000m but it was a much closer race as the Spanish runner, Jose Louis Otero was running strongly in the lead through 4km. However John put in a very powerful last 800m to take the European title in 18.24.67. Otero won silver(18.26.84) with an Italian, Rolando Di Marco third (18.27.76).



John, on the podium after the 5000m

John, as at 3 August, leads the M65 2017 UK rankings in the following events **AND the 3000m time is a UK RECORD**

ROAD

5km 18.10 Pocket Rocket, MK 30 April
10k 38.55 Coventry(Northbrook) 9 July

TRACK

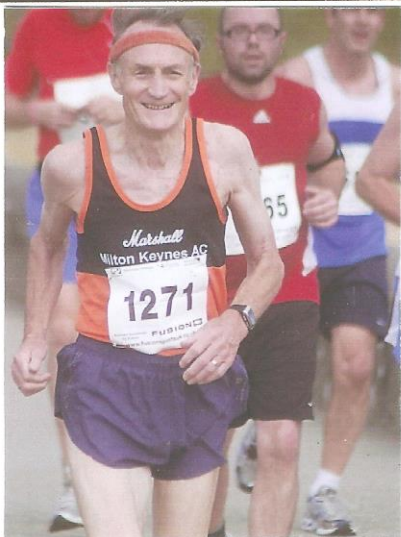
1500m 4.56.87 Aarhus, Denmark 31 July
3000m 10.19.82 Watford 31 May
5000m 18.49.77 Aarhus, Denmark 3 August

Over 800m John clocked 2.32.3 at Stantonbury in our home EMAC match which places him 2nd in the current UK M65 rankings. And at Cambridge, apart from winning the 1500m(5.08.8) John cleared 1.00m in the high jump and ran 33.5 in the 200m, both 2nd positions.

AND BACK TO AARHUS

Diane Farmer contested the 4km cross-country Championships and placed 4th with a time of 16.36, 29-secs off the bronze medal performance but ahead of two other Great Britain runners

JOHN GREENALL 1935 - 2017



John, seen in the 2006 MK Half-Marathon, appropriately at the Open University.

It was with great sadness when we heard that John, after a long illness, had passed away on 16th June. John was one of the early pioneers at the Open University and was also well known on the local theatrical scene directing many plays.

The following is a resume of John's running career, joining MKAC in October 1996 and made his debut in the Wolverton "5" placing 3rd M60 in 33.57.

John's iconic year was 2006 where he set the following and current M70 records AND his marathon time ranked him second in the UK rankings

Banbury 5	35.33
MK 10km	44.43
Grunty Fen Half-Marathon	96.30
Oakley 20	2:37.19
London Marathon	3:29.58

Alec Walliker comments "I fondly remember seeing him go past me in the 2006 London marathon. I was trying (and failing) to run sub 3.30 at the age of 50 and he did it at the age of 70!! "

In 2005, as a late M65 he ran 3:48.18 in the Nottingham Marathon and 75.44 in the Leighton Buzzard 10. His Marathon PB was set in the 1998 London(3:20.13) and the following year in Reims he clocked 3:21.10(M60) and then ran 3:24.08 as a M65 in the 2000 London. His Half-Marathon best was 92.02 at Hitchin in 1999(M60). The next year(2000) John ran 21.18 for the Luton 5km.

John was essentially an out and out road runner but a brief foray on the track in the early 2000s as an M65 saw him run 2.54.97(800m) and 12.25.0(3000m). In 2010 he came along to the clubs' 125th anniversary celebration meeting and had a go with the 4kg shot throwing 5.90m.

And running with a pacemaker

John had had a pacemaker fitted and often experienced comments that he was gaining artificial assistance!!

Thoughts on the run.....On one of our Thursday runs I can remember John "interviewing" Barry Hardwick for a role in a play that he was directing. Barry made his debut as the waiter in Harolds Pinter's "Betrayal".

A team of M70's complete the Greensand Ridge Relay Race

Although John was not too keen to run cross-country he very enthusiastically joined the team of M70's who were planning to run the Greensand Ridge Relay in 2010. Along with Brian Graves, Brian Gilks, Brian Daniells, Jim McKellar and Milford Callow the team finished 22nd out of 30 finishers. The team made a bit of history that day and were roundly applauded at the end. John was a little notorious with his map-reading skills and had gone wrong in a previous race. Here even after two reconnoitres he still made a mistake on race day!



Brian Graves, Jim McKellar, Brian Gilks, John Greenall, Brian Daniells & Milford Callow.

Last race - MK Park run (25 June 2011) – 28.48 as a M75

HEATHER COUPAR 1942-2017

A few of our older members will remember Heather. She was widely respected in the sport of Badminton and, along with her husband Rodger joined MKAC in the late 70's. She made her club debut in the 1980 Wolverton "5" recording 38.27. As a W40 in 1982 Heather ran the London Marathon(4:22.30) and the Wolverton "5" with a PB of 36.17. Two years later she ran the MK 10km(47.51) and the Northampton "10" in 78.43. Over the years she supported Rodger, DFH, myself and others in mountain running events.

Heather continued to do the occasional race through to 1990 but badminton was her forte. Along with Rodger they were highly acclaimed coaches in this sphere of activity. In 2006 she was won the over 50 Sport award at the annual Sport MK Presentation evening. In 2012 along with Rodger they were awarded the prestigious Services to Sport trophy for their many years of coaching in badminton. They moved down to the New Forest area a few years ago.



Our condolences to Rodger and his family.

The East Midlands Grand Prix 2017

Sponsored by The Running Shop, Northampton and by 

- Just five MMKAC athletes complete the series
- Our poorest ever performance in the 30 years+ that this event has been organised.
- So congratulations to the five finishers –

Mel Wright	5 th Senior lady	Ran 6 races
Diane Baldwin	1 st F60 lady	Ran 7 races
Andrew Wasdell	9 th M40	Ran 5 races
Kevin Church	16 th M50	Ran 7 races
Les Turton	7 th M55	Ran 6 races

Number of MMKAC runners per race:

Silverstone 10km	19
Blisworth Five	21
Rugby Six	9
Corby Five	4
Banbury Five	5
Harborough Five	6
Weedon 10km	10
MK 10km	30

◆ THE MILTON KEYNES 10km (27 June)

- ♦ A record 456 finishers.
- ♦ Second place on the night for Steve Tuttle who ran a minute quicker(32.12) than his winning time from last year. This time is the 13th best on the club all-time 10km rankings.
- ♦ Second place in the men's team race with Steve, Jonathan Peters(9th/33.48 PB), Jamie Seddon (14th/34.26) and Ian Wood(16th) smashing his PB by almost 3mins with 34.47.
- ♦ Three age group winners on the night:

Diane Baldwin	F60	43.47
Kelvin Smith	M65	48.11
David Newens	M70	48.13

AND GRATEFUL THANKS TO ALL THE CLUB MEMBERS WHO HELPED ON THE DAY, ESPECIALLY THOSE WHO MARSHALLED IN THE RATHER INCLEMENT WEATHER.

◆ SOME CLUB AGE GROUP 10km RECORDS

MS Kerry Hayes	29.45	Harrow	1989
M40 Ian Van Lokven	32.48	Flitwick	1998
M50 Phil Jones	34.14	Bicester	2005
M60 John Skelton	37.54	MK	2011
M70 John Greenall	44.43	MK	2006
FS Michelle Lee	33.55	Windsor	2006
F35 Linda Dewhurst	35.20	MK	1994
F40 Jane Bird	36.20	Silverstone	1988
F50 Diane Baldwin	41.25	Silverstone	2010
F60 Diane Baldwin	42.36	Silverstone	2017



"The famous 5" – Diane, Andrew & Les at Silverstone; Kevin alongside Pete Simpson & Mel in the MK race. Steve on his way to a PB and 2nd place.



SHEILA ROSE COMPLETES THE 10 in 10 MARATHONS CHALLENGE

Running **TEN** consecutive marathons between 29 June and 8 July

“I chose the Great Barrow Challenge as I have run with them before. I did the Quad (four consecutive marathons) and they are great for looking after their runners, and of course having 6 different courses helps. The courses are mixed terrain, most come up over marathon distance and all come with their own challenges, most go from rolling hills to very hilly, the weather conditions were also very challenging throughout the 10 days. I drove from MK Thurs/Fri/Sat and stayed locally from the Sunday night, which made it a lot easier.

My most challenging day was the Monday day 5 not only unknown as I'd only ever done 4 before, but I woke up feeling very ill - it transpired to be food poisoning I'd left my dinner in a cool bag in the car all day Sunday and in those temperatures it had gone off, so the first 20 miles were a real struggle, luckily the CP at 20 had ginger ale - one burp and two lots of projectile vomiting later and things started to look up - that's probably too much information!

My best day was the Tuesday day 6, the Thetford course is my favourite as it's a lot of trail some through Kings Forrest and we were joined by a two friends, one unexpected who popped up half way, one Lakeside runner and one a Redway runner.

The biggest challenge through the 10 days and definitely in the latter stages was getting the nutrition right and salts and electrolytes into the body, the weather actually got hotter as we went on, and even the 8am start didn't help, I know on the Thursday I had to have a full medical as I simply was not getting enough hydration, I had elevated temperature but they got me hydrated again and passed fit to run on the Friday, overall it was a huge learning curve in endurance running which will hopefully stand me in good stead for future events.

I ran with my friend Debbie Coolman (MK Lakeside) and having a run buddy again was a huge help, and the camaraderie with fellow 10 in 10 runners throughout the event is very special and exactly what attracts me to endurance running, no competition just a desire to look out for and help each other, unfortunately some runners had to drop on medical grounds.

I was also raising money for Many Tears Animal Rescue [I foster for them] and totally amazed to be over £2000 at the minute, I did a daily blog on Facebook and the messages of support each day from fellow runners and MT supporters was I guess the motivation to get going each day!

It was a great challenge - a huge learning curve in managing the runs, nutrition, hydration and generally looking after yourself to ensure you could carry on the next day.”

DAY BY DAY RUNNING TIMES (total 2days 15mins)

Day 1	Day 2	Day 3	Day 4	Day 5
05:38:54	06:04:41	06:04:40	06:11:45	07:08:10
Day 6	Day 7	Day 8	Day 9	Day 10
06:31:38	06:23:57	06:04:52	06:25:20	06:37:43



Sheila (right) with Debbie Coolman

AND COMPETING IN LUNA SANDALS

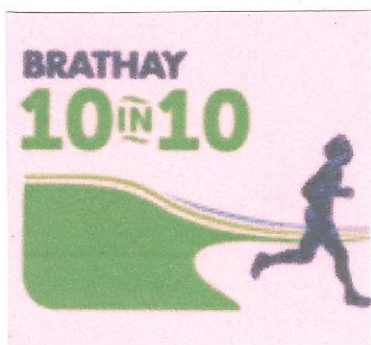
A few days after completion Sheila commented “My legs are fine, a slight swollen ankle and tight muscles but no lasting damage. I ran in Luna sandals so unlike some of the other runners no blisters or lost toe-nails! I believe I'm the first in the UK to run 10 in 10 in Lunas, I know I was the first lady to run a 100 miler in them which means a bit to me, as I get a lot of silly comments.



Some background to building up to the Great Barrow Challenge

After completing the Quad (four consecutive marathons) last June, Sheila entered the North Downs Way 100miler in August (Farnham, Surrey to Ashford, Kent across the North Downs, Box Hill etc, some 9930' of ascent! She dropped out at 80miles - “nothing wrong physically just got the mental side totally wrong.” Six weeks later Sheila did the Robin Hood 100miler, nailed it mentally but suffered in the last 50 as six weeks recovery was simply not enough. (29hours34m).

Looking ahead there is the Stour Valley 100km (12 August) and back to the Robin Hood in September - “see if I can make a better job of it this time” Sheila comments.



PAUL SUTHERLAND COMPLETED THE "BRATHAY 10 IN 10 CHALLENGE" in 2015

The Brathay Marathon is held annually in late May. Brathay is just west of Ambleside in the Lake District and the race makes an anti-clockwise loop around Lake Windermere. In 2007 a challenge was offered to run the course each day for the nine days leading up the race day. Since then over a 100 runners have taken up the challenge and Paul made his completion in May 2015, running a marathon consecutively between 8th and 17th May.

DAILY SCHEDULE

Day 1	3:57.3	6 th
Day 2	3:59.4	3 rd
Day 3	4:07.1	5 th
Day 4	4:05.0	6 th
Day 5	5:58.3	4 th
Day 6	4:00.1	4 th
Day 7	3:52.6	5 TH
Day 8	3:52.3	4 th
Day 9	3:55.2	3 rd
Day 10	3:50.1	5 th

His total time was 39hours 36mins with a daily average of 3:57.28. He became the 81st individual to complete the challenge and, at that time, was 28th in the all-time rankings.

ROUTE



AND COMPETING ON THE TRACK, 2017

Paul has twice competed in the Eastern Masters Athletics Club league matches. He ran 11.19.2 for 3000m at Bedford and 2.45.8 over 800m at MK, (photo below) both in the M50 classification.



PS: Paul ran the 2017 Brathay Marathon (21 May, placing 38th overall with a time of 3:24.55

THE INAUGURAL STELVIO MARATHON (ITALY) – 17 June

Paul quotes.....I love a Bonkers marathon challenge.....10,000' continuous climb from the 8mile point. JUST HAD TO BE DONE.....



AND, OF COURSE, IT WAS.....

Above is a birds-eye view of the climax to the race: the 25 bends of the legendary Road of Passo dello Stelvio to the finish at the Stelvio Pass(2757m). The final climb begins at 2190m and the bends come in the second half of the climb to the second highest mountain pass in Europe and adjacent to the Swiss border.

The course is a mix of "asphalt/gravel roads and hiking/alpine paths" The start is at 915m giving a total climb of 2350m(just under 8,000'). The venue is around 50km east of St.Moritz

How did Paul fare.

112th from a finish field of 371 in a time of 5hours32.56 and 19th M50. Last man, an Italian M70 in 8:08.08. A German won (3:45.30) with an Italian second and a Swiss in third place.





The annual Dartmoor Discovery 32 miler has been popular with club members over the years and the 2017 race saw debutants Dan Webber place 7th (4:08.01), Tom Hayman 17th (4:29.08) and Jeremy Vick 35th (4:44.41)

Leading times since 2010

Gary Blaber	M40	4:00.10	2015
Dan Webber	M40	4:08.01	2017
Wendy Webber	F35	4:28.51	2016
Tom Hayman	MS	4:29.08	2017
Jeremy Vick	MS	4:44.41	2017
Neil Jones	MS	5:07.16	2012
Alex Tvarozkova	F35	5:11.50	2015
Julie Dalzell/Jones	F35	5:13.17	2012
Dave Findel-Hawkins	M60	5:35.23	2012
Susan Davey	F35	5:48.47	2011
Ian Davey	MS	5:48.49	2011



Jeremy, Dan & Tom plus Tom Inchley who placed 16th in 4:27.57



GREENSAND RIDGE RELAY

17 June

Four MMKAC teams this year contesting the annual multi-terrain 34miles relay across Bedfordshire from Linslade to Northhill, near Sandy. Teams of six run consecutive legs of varying distances

- ◆ 3rd place in the mixed team category for "Loose Cannons"
- ◆ 25th consecutive run from the MK Originals

TEAM RESULTS IN ACTUAL TIME
ORDER FINISHING BASED ON THE
AGE GROUP HANDICAPS.

8th LOOSE CANNONS

Name	Age Group
Rachel Armstrong	W45 52.11
Leah Williams	W35 34.13
Russell Jones	M40 72.15
Maria Calleia	W4550.07
Ben Miller	M40 44.43
Kelvin Smith	M60 37.38

13th MELS'S PACERS

Chris Dunn	SM 40.45
Kevin K	SM 32.09
Jack Comerford	SM 76.54
Andrew Wasdell	M40 41.19
Andrew Kirschner	M40 36.09
Rachel Robinson	SW 35.30

17th ORIGINALS

Jim Miller	M60 50.09
Malcolm Kidby	M50 40.23
Ursula Ghaleb	W55 101.37
Hazel Cockerill	W55 62.39
Kevin Church	M50 47.43
Geoff New	M50 37.53

22nd MELS'S RACERS

Monique S	W35 53.26
Karen Bugaj	W55 42.35
Simon K-Heavens	SM 73.28
Eddie F	SM 46.04
Victoria K-Heavens	W45 51.14
Mel Wright	SW 36.30



RESULTS WITH NET TIMES

6 th Mel's Pacers	4:22.46
12 th Loose Cannons	4:51.07
18 th Mel's racers	5:03.08
29 MK Originals	5:40.24

40 teams finished with five incomplete.

Photos: Malcolm Kidby on leg 2, the climb up from the Woburn Rd, Ben Miller – leg 5, the climb up to Haynes & Rachel Robinson bringing home Mel's Racers

5 Miles

Steve Tuttle	MS	26.10	Banbury
Mark Palser	MS	29.25	Blisworth
Matthew Clarke	M40	29.57	Blisworth
Andrew Wasdell	M40	30.29	Blisworth
Andrew Kirschner	MS	31.05	Blisworth
Ian Lamb	M55	31.09	Blisworth
Carl Tucker	MS	31.21	Harborough
Phil Jones	M60	31.48	Blisworth
Ian Lamb	M55	32.06	Corby
Mark Dawson	M40	32.11	Blisworth

10km

Steve Tuttle	MS	32.12	MK(OU)
Graham Jones	MS	33.04	London(Westminster)
Mark Ryall	MS	33.05	Exeter
Jonathan Peters	MS	33.48	MK(OU)
Jamie Seddon	MS	34.26	MK(OU)
Ian Wood	MS	34.47	MK(OU)
Stephen Young	MS	35.51	Bedford
Mark Palser	MS	36.05	MK(OU)
Lara Bromilow	FS	36.18	London(Serpentine)
David Moody	MS	36.28	MK(OU)

10 miles

Mark Ryall	MS	55.43	Maryport
Gark Blaber	M40	60.06	Sandy
Tom Hayman	MS	61.55	Sandy
Wendy Webber	F35	64.16	Sandy
John Skelton	M65	65.32	St.Albans
Linsey Ryall	F35	70.28	Maryport

Half-Marathon

Mark Ryall	MS	72.47	Wokingham
Jamie Seddon	MS	73.09	Reading
Daniel Webber	M40	76.36	Watford
Stephen Herring	M45	79.02	Milton Keynes Fest.
Ian Wood	MS	80.43	Milton Keynes Fest.
Lara Bromilow	FS	81.30	Reading
Chris Finister	M40	82.02	Reading
Tom Hayman	MS	82.03	Silverstone
David Moody	MS	82.28	Watford
Ross Wood	MS	83.46	Wokingham

20 Miles

Jamie Seddon	MS	1.59.21	Milton Keynes Fest.
Mark Ryall	MS	2.01.11	Milton Keynes Fest.
Daniel Webber	M40	2.01.25	Milton Keynes Fest.
Gary Blaber	M40	2.08.08	Milton Keynes Fest.
Ian Wood	MS	2.08.08	Oakley
Tom Hayman	MS	2.10.42	Milton Keynes Fest.
Jeremy Vick	MS	2.13.30	Milton Keynes Fest.
David Moody	MS	2.14.10	Milton Keynes Fest.
Mike Kerrigan	M45	2.16.49	Oakley
Ross Wood	MS	2.17.02	Milton Keynes Fest.

Marathon

Mark Ryall	MS	2.35.45	London
Jamie Seddon	MS	2.41.05	London
Daniel Webber	M40	2.41.27	London
Wendy Webber	F35	2.53.48	London
Stephen Young	MS	2.54.07	MK(May)
David Moody	MS	2.57.22	London
Tom Hayman	MS	2.58.38	London
Chis Finister	M40	2.58.48	MK(May)
Ross Wood	MS	3.01.41	Manchester
Linsey Ryall	F35	3.10.34	London



ROAD RANKINGS [top ten at 1 August]

Action from the MK Festival 20miler - Mark Ryall/Dan Webber & Wendy Webber. Jamie Seddon, Ross Wood & David Moody. Below: Stephen Young & Chris Finister (MK Marathon) and Linsey Ryall (MK 20)





Along with Redway Runners we organized six runs to help celebrate MK50. Planning started last October when I attended a meeting held by MK Council to ascertain which sporting clubs were prepared to assist.

It so happened that I was sitting on a table with Martin Lawrence, Chair of Redway Runners and I said to him that it would perhaps make sense to join forces. He was more than happy with this and a number of meetings took place to plan activities. It was agreed that each club would organize three events.

With my local knowledge it was suggested that I could probably organize a run "pre-Milton Keynes" Bletchley Park, as a venue, sprung to mind- but would they be interested? As it turned out they were more than happy to accommodate us. I met their Events Organiser who was very helpful and when she said "and where would you like to start the run, in front of the Mansion?" – I did a double-take as they say – "yes, please"

I incorporated the Blue Lagoon area into the run given that this area was one of the sites of the London Brick Company and up to 1971 there were four full size brick chimneys adjacent to the railway line. Jim Miller led the run (*photo below*) on 1 June with Alison Ray as "back-marker" Some 100 runners took part, albeit the majority were from Redway. Whatever a great start to the series.



Two weeks later we were at Wolverton House where I took the advantage to include sections of the original Wolverton Five course. Next through Wolverton Park which was where the then



Wolverton Athletics club were formed in 1885. Back along the Ousel Valley by the recently formed Floodplain Forest and under the infamous cattle-creeper. Alison and Jim exchanged lead positions with help from Nicole Boddington (*photo - coming through the cattle-creeper*)

Our third and final run was from the Westcroft Centre and organised and led by Jim Miller. Route was to the MK Bowl with the return alongside the brook through Furzton and Emerson Valley and finishing on the edge of Howe Park Wood.

GREG RUTHERFORD IS FORCED TO WITHDRAW FROM THE WORLD CHAMPIONSHIPS

- **Withdrawing 'completely and utterly gutting' – Greg Rutherford**

"With an incredible start to the year in training, and very promising early season form, I have had a difficult series of setbacks as the season progressed," added Rutherford, who also won Commonwealth gold in 2014 and the European title in 2014 and 2016.

"Most recently, a badly damaged ankle ligament and a sportsman's hernia, really put paid to my 2017 plans. The injuries have taken longer to heal than we hoped, and I have been unable to even jump at all in training, let alone compete.

"I am truly gutted. That stadium is such a special place for me, I am so devastated that I won't be competing in front of the best fans in the world, in the stadium that changed my life."

"Greg is one of only a few British athletes to complete the 'Grand Slam' of medals, but that won't make missing London any easier," said Neil Black, performance director for British Athletics.

"He desperately wanted to defend his world title in front of the home crowd, but unfortunately his injury hasn't cleared up in time and the hard but sensible decision had to be made to withdraw."

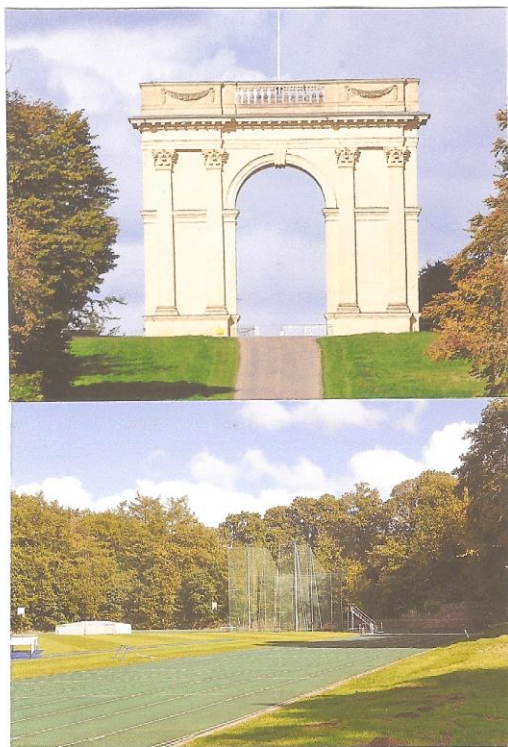
HELLO!

Congratulations to Greg Rutherford and his girlfriend Susie Verrill! The couple have announced the arrival of their second child (14 July), a little boy called Rex. Taking to his Instagram page, the 30-year-old Olympian shared a picture of his newborn fast asleep in his mother's arms. "For the second time in my life I've become the richest man in the world," he wrote in the caption. "Welcome to the family Rex. I love you." He added: "@susiejevrrill has done it again. Created a beautiful baby. I can't wait for all the adventures



Re-group crossing Watling Street by the MK Bowl – Inc. Debra Brent, Jim and Russell Rose

"THE BUCKINGHAM SATELLITE"



Kai Kahembe, Zaria Mmanga, Fiona, George Glinski, Henry Pearson, Isobel Bach and Abi Fitton

FIONA GLINSKI-DARLING SETS THE SCENE AT BUCKINGHAM

The club (albeit part of MMKAC) is based at the Stowe School track (opened in September 2009 by Seb Coe) in the summer and the Royal Latin School in the winter months, has enabled athletes to train closer to home. The club is a small one with the largest group comprising around 30 under 13/15 athletes who are ably led by Leone Kahembe, Mark Thompson and Judith Pickering. The much smaller section is my group (under 15 and above) which comprises around 12 regular athletes, predominantly sprinters but also rugby players looking to improve their movement on the field. This summer has seen the likes of Abi Fitton, Isobel Bach, George Glinski and Zaria Mmanga representing MMKAC in the Youth Development League and Southern Athletics League. All athletes have achieved PB's again this summer.

The parent club provides guidance and support in mentoring coaches at the Satellite so that the quality of provision complements the expertise at Milton Keynes. Whilst our numbers are smaller the confidence of our athletes continues to be nurtured and their personal journeys have been a pleasure to be a part of. Jade Brown and George Glinski will now be leaving for University but they, like Kai Kahembe, will return to the fold as often as they can. Good luck to you all and thank you for your commitment and great sense of fun these past 8 years!



Abi Fitton and George Glinski competing at Nottingham & Yate respectively for the YDL team.

Abi represented Buckinghamshire in the English Schools Championships at Birmingham placing 4th in her 300m heat with a PB of 40.97 – 4th best time in MMKAC all-time rankings. She has set PB's for 100m(12.46) and 200m(26.0).

George has improved his 400m time down to 51.3 and clocked 23.3 over 200m. Sub 50-seconds next year?

TEN YEARS AGO—A LOOK BACK TO SUMMER 2007

WHAT A WEEKEND

THREE CLUB RECORDS AND AN ENGLISH CHAMPION

CHRIS CLARKE

Friday 10th August

Club 200m record of 20.87

Competing in Leverkusen, Germany Chris clocked his first sub -21 second time.

MERVYN LUCKWELL

Saturday 11th August

Club Javelin record of 75.68m

At Loughborough winning the annual L.E.A.P competition adding 3.31m to his previous record.

SADIE WATTS

Sunday 12th August

UK under 17 Javelin Champion

Sadie threw 39.87m to win the Javelin event at Sheffield and for good measure took bronze in the Hammer throwing 44.71m

KADI-ANN THOMAS

Monday 13th August

Silver medal and Club 200m record at World Student Games.

Competing in Bangkok, Kadi-Ann clocked 23.28 to clip the previous record set by Stephanie Douglas(23.30) back in 1991

DAVE FINDEL-HAWKINS JOINS THE EXCLUSIVE "CENTURIANS" CLUB

Dave Findel-Hawkins joined the exclusive band of race walkers who have walked 100miles with 24 hours. Over the weekend of 28/29th July, Dave competed in the annual 100 miles race, held this year at Battersea Park, London. Along with 50 other walkers he was hoping to complete the course within 24-hours and join the "Centurians" club.

They faced a two-mile lap around the park — 50 laps! Dave constantly lapped at just over two hours for 10miles. He reached 50miles in 10hr29mins. 80miles was passed in 17:24 and well on target to finish with 24hours. 90miles was passed in 19:47 and he completed the final 10miles in 2:10 for a finishing time of 21:57.13.

He finished 8th overall and became Centurian no 1056 and was also rewarded with the bronze medal in the accompanying UK 100-mile Championships. 28 finished within the time limit.



Dave finishes on the track at Battersea Park, fellow walkers Mark Wall and Sue Rey applaud.

EAST
MIDLANDS
GRAND
PRIX
SERIES

THE
RUNNING
SHOP

• Deb Hindmarch and Michael Groom are both overall winners in the over50 categories.

• Four run all eight races — Alison Ray, Jim Miller, Eddie Hill and Colin Burnett

• Second places overall for Jim Miller(M55), Keith Cook(M60) & Milford Callow(M70)

• No less than 23 runners (seven ladies & sixteen men) qualified for a Grand Prix position by completing at least five races.

• 42 MKAC runners amongst the field of 337.



WORLD ATHLETICS CHAMPIONSHIPS — DEBUTS FOR CRAIG PICKERING & GREG RUTHERFORD

Bronze medal for Craig Pickering in the 4 x 100m relay.

• The Great Britain team of Christian Malcolm, Craig, Marlon Devonish & Mark Lewis-Francis clocked 37.90 — just 1/100th of a second behind Jamaica. USA won with 37.78. *The GB team who won in London clocked 37.47.* Craig reached the semi-finals of the 100m finishing 6th(10.29) having run 10.24 in his heat.

• Not a good Championships for Greg Rutherford. Returning from an ankle problem he jumped 7.77m, a lowly 21st out of 30 in the qualifying competition



Happy with bronze: Mark Lewis-Francis, Marlon Devonish, Craig Pickering and Christian Malcolm

EASTERN VETERANS LEAGUE FINAL

**LADIES WIN BY JUST ONE POINT FROM CHELMSFORD
WHILST THE MEN TAKE SECOND PLACE JUST SIX
POINTS BEHIND BEDFORD & CO**



The ladies team comprised Emma Beales, Paula Chammings, Julie Dalzell, Di Gill, Catherine Goddard, Jenny Melton, Jo Millington-Wallace, Rosemary Muston, Sue Newbury, Sue Rey & Anick Valapinee

Marshall Milton Keynes Athletic Club

Social Media Guidance



Social media apps such as Facebook, Twitter, Instagram, Snapchat, Whatsapp etc when used correctly are great ways to stay in touch with friends/ groups etc at the club. Social media can be used in a positive way, for example, to make people aware of events, activities or work that you are involved in within the sport and to make positive statements about the successes and activities of athletes, coaches, volunteers and officials at the club. Occasionally however, they are used in an incorrect way and MMKAC wanted to highlight a few points. (We will be adopting a Code of Conduct for Social Media soon and this will be put on the website asap.)

Any communications that club members make in a personal capacity through social media must not:

- bring the club into disrepute, for example, by:
 - making defamatory comments about individuals or other organisations or groups;
 - posting images that are inappropriate or links to inappropriate content;
 - being seen to support (for example by 'liking' on Facebook or retweeting on Twitter) a comment or post that would fall into any of the above categories (note: a comment may be retweeted purely to make people aware of it but this may be misconstrued as showing support for the statement retweeted).
- do anything that could be considered discriminatory against, or bullying or harassment of, any individual, for example by:
 - making offensive or derogatory comments relating to sex, race (including nationality), disability, sexual orientation, religion or belief or age;
 - using social media to bully another individual; or
 - posting images that are discriminatory or offensive.

No comment should ever be made about an individual or subject that exposes someone to hatred, ridicule or contempt and/or causes them to be shunned or avoided.

Reporting Concerns & Disciplinary Action

Members should note that any breaches of this guidance may lead to disciplinary action.

Serious breaches of this guidance, for example incidents of bullying of other club members, inappropriate usage or social media activity causing serious damage to the club or another member, may lead to club membership being terminated.

Note also codes of conduct for roles including coaches, athletes, officials, parents and team managers are published by UKA. Breach of these codes of conducts, including in the use of social media, may also result in disciplinary proceedings by UKA and/ or England Athletics.

As a user of a social networking site, you may at some time have a concern about what you are seeing or being told about by another user. Concerns may range from negative or abusive comments, and cyber bullying to suspected grooming. If you have any such concerns you should contact one of MKAC's Welfare Officers in the first instance for guidance.

Before you...



THINK!

T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?

8 tips to stay safe online

- 1 Be nice to people online.
- 2 Take care with what you share.
- 3 Keep personal information private.
- 4 Check your privacy settings.
- 5 Know how to report posts.
- 6 Keep your passwords safe.
- 7 Never meet anyone in person you've only met online.
- 8 If you see anything online that you don't like or you find upsetting, tell someone you trust.

Southern Athletics League- (Div.1)

AFTER THE FINAL SHOWDOWN ON 19TH AUGUST MMKAC'S SENIOR MEN & LADIES TRACK and FIELD TEAM FINISH IN AN INSPIRED 4TH POSITION

FINAL LEAGUE TABLE – DIVISION ONE

	League pts.	Match pts.
1 Nene Valley Harriers	20	1155
2 Blackheath & Bromley AC	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
9 Bracknell AC	12	975
10 Chelmsford AC	12	905
11 Colchester Harriers	11	979
12 Belgrave Harriers	11	938
13 Basingstoke & Mid Hants	11	897
14 Harrow AC	11	858
15 Woking AC	10.5	949
16 Herts Phoenix AC	7.5	787

After four matches the league table was very intriguing with just two league points separating 3rd placed Dartford and MMKAC in 13th position. The final day threw up some interesting results which assisted our move from 13th to 4th. For example Harrow dropped from 6th to the relegation zone(14th).

Team managers Carly Scott and Jim Lawrence were no doubt very relieved when all the results were in. Home advantage obviously helped us; but the bottom line for MMKAC was 4th place – *relegation* - 3rd place in the relegation mix. Kayleigh Presswell & Emma Beardmore took the usual maximum points in the hammer and we were off and never headed to pick up the maximum league points.

THANKS AGAIN TO CARLY AND JIM FOR SHOULDERING THE TEAM MANAGERSHIP ROLES AND TO EVERYONE WHO ASSISTED IN THE MANY OFFICIATING DUTIES.

RESULTS OF THE FIVE LEAGUE MATCHES

Dartford(15 April)

1 Dartford Harriers	205
2 Southampton AC	201
3 Basingstoke & Mid Hants	196
4 MMKAC	167

Bedford(21 May)

1 Nene Valley H	207
2 MMKAC	201
3 Bedford & Co	189
4 Thames Valley H.	181

Chelmsford(17 June)

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

Battersea Park, London(8 July)

1 Belgrave Harriers	236
2 MMKAC	180
3 Harrow AC	177
4 Bracknell AC	175

Milton Keynes(19 August)

1 MMKAC	225
2 Crawley AC	212
3 Colchester Harriers	204
4 Herts Phoenix AC	123



Amongst those who competed in ALL five matches:
Katie James, Graham Jones. Lewis Barnes & Carly Scott
(right) – Emma Beardmore & Robert Lewis

No less than seven MMKAC athletes made the top six in the "Athlete of the match awards".

Kayleigh Presswell is three times the overall winner, Chuko Cribb (twice) and Rachel Gibbens (once)

Match 1					pts
<i>Women</i>					
1 Kayleigh Presswell	Hammer	56.25m			913
5 Emma Beardmore	Hammer	47.40m			818
<i>Men</i>					
1 Alfie Yabsley (M20)	2km S/Chase	5.57.1			943
Match 2					
<i>Women</i>					
1 Kayleigh Presswell	Hammer	56.84m			919
2 Rachel Gibbens	Pole Vault	3.90m			902
6 Lara Bromilow	5000m	17.25.9			850
<i>Men</i>					
1 Chuko Cribb	Triple Jump	15.30m			970
5 Chuko Cribb	Long Jump	6.78m			801
Match 3					
<i>Women</i>					
1 Rachel Gibbens	Pole Vault	4.05m			943
4 Emma Beardmore	Hammer	49.05m			837
Match 4					
<i>Women</i>					
3 Emma Beardmore	Hammer	49.41m			841
Match 5					
<i>Women</i>					
1 Kayleigh Presswell	Hammer	58.82m			939
4 Rachel Gibbens	Pole Vault	3.80m			877
<i>Men</i>					
1 Chuko Cribb	Triple Jump	15.33m			973
2 Daniel Oderinde	100m	10.75			853
3 Chuko Cribb	Long Jump	6.74m			793



AND who is this helping out at the SAL match at Stantonbury – Chris Clarke, after his "fun run" stint at Linford Wood, called by to say hello.



BRITISH ATHLETICS

Club:Connect Relays

British Athletics' Club:Connect initiative has the objective of recognising and rewarding the significant contributions made by clubs in supporting athletes through all levels of their athletics journey. The initiative has gone from strength to strength since being launched in January 2014 and plans to continue growing! Clubs are the foundation of the athletics pyramid, British Athletics recognises this and will be using our global award winning major events to showcase clubs and age group athletes in different formats. The Club:Connect Relays took place at the Muller Diamond League Grand Prix, Birmingham on 20th August. The top 8 teams from the power of 10 rankings were selected.

◆ GREAT DAY AT BIRMINGHAM FOR THE YOUNG ATHLETES

◆ TWO VICTORIES

◆ THREE CLUB RECORDS

Under 13 Boys					Club M13 Record
2	Rhys Jordan	Ed Barber	52.43		
	Joshua Stephens	Chad Wilson			
Under 15 Girls					
2	Debra Lago	Zaria Mmanga	51.45		
	Lateefa Agberemi	Moyin Oduyemi			
Under 15 Boys					Club M15 Record
2	George Ho	Daniel Pindura	47.33		
	Hamish McGarvie	Harrison Reed			
Under 17 Women					
	Jordaan Flaherty	Olivia Saunders			
	Regan Cooper	Abigail Fitton	dnf		
Under 17 Men					
1	Hugo Wallace	David Boakye	43.91		
	Ethan Wiltshire	Stephen Harvey			
Under 20 Women					
	Grace Linnett	Iris-Mae Morse			
	Kacey Kalvin	Rachel Oderinde	disq		
Under 20 Men					Club M20 Record
1	Olly Miller	Ben Roxbee-Cox	43.80		
	Joshua Boakye	Kwame Twumasi-Tawiah			

AND a huge vote of thanks to sprint coaches, Mike Leonard, Panos Ioannou and Jim Lawrence.

AND TOP OF THE MEDAL TABLE

MMKAC	2G, 3S, 0B
Coventry	2, 0, 1
Birchfield	1, 1, 1
Bedford	1, 0, 1
Notts.	1, 0, 0
Rugby & N.	0, 4, 1
Charnwood	0, 0, 1
Solihull	0, 0, 1

Right: u13 boys

(Rhys, Ed, Joshua & Chad)

Below: u15 girls

(Zaria, Moyin, Lateefa & Debra)



Club:Connect Relays

More photos from the event:

- 1-Under 15 boys: George Ho, Hamish McGarvie, Daniel Pindura & Harrison Reed
- 2-Stephen Harvey brings home the winning u17 Men's team
- 3-Jordaan Flaherty; start for U17 women's team



Marshall Milton Keynes Athletic Club Awards 2016/17

The Annual Awards Evening will be held on **Saturday 7 October** at the **Oak Tree Centre, Shenley Church End (MK5 7GZ)** on **Saturday 7 October**.

Tickets available soon

ANNUAL GENERAL MEETING FOR 2016/17

WILL BE HELD ON **TUESDAY 14TH NOVEMBER**

STANTONBURY CLUBHOUSE

More details nearer the time

THE 53rd WOLVERTON FIVE

Saturday 25th - Willen Lakeside, 2.00pm
Lots of help will be required

MAJOR WINTER FIXTURES

Chiltern Cross-Country League

- 14 Oct. OXFORD(Shotover)
- 11 Nov. MILTON KEYNES (Tear-Drop Lakes – UK Challenge)
- 2 Dec. LUTON
2018
- 13 Jan. KEYSOE(Bedford)
- 10 Feb. MILTON KEYNES- Campbell Park

CHAMPIONSHIPS

- ECCA Relays 4 Nov(Mansfield)
- SEAA I/Counties & Masters 9 Dec(Oxford)
2018
- Buck/Beds XC 6 Jan(Shuttleworth ?)
- South of England 27 Jan(Brighton)
- "National" 24 Feb(Parliament Hill)
- Inter-Counties 10 March(Loughborough)
- English Schools 17 March



NEWSLETTER EDITED
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*CONTRIBUTIONS ALWAYS
WELCOME!*