

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

September 2018

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GREG RUTHERFORD PRAISED THE "INCREDIBLE SEND-OFF" FROM THE NEWCASTLE CROWD AS HE COMPLETES THE FINAL LONG JUMP OF HIS CAREER AT THE GREAT CITY GAMES



And following in his footsteps, perhaps

Chair's piece

Track Season

It has been mixed year for the Club, with some excellent individual and team performances, highlighted by our U15/U13 team making the YDL National Final for the first time. However, despite the best efforts of our long-suffering team managers, three of our teams were demoted this year. Brian has detailed these achievements and setbacks in the following pages. Several team managers complained that some athletes had declined to turn out for the team with the flimsiest of excuses, leaving other athletes to work harder covering more events than they wanted. This is a slippery slope since the athletes who do go get less enjoyment out of competing for the club and are less enthusiastic about turning out for the next match. If more people turned out the experience would improve for everyone, and the results would improve. I hope we can turn this around next year.

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.

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. Unfortunately Kelvin has now called time on the excellent service he has provided for the last five years. I would like to thank him for the outstanding work he has done during this time. **Having recently purchased a new sit-on mower, we are actively seeking a volunteer who can spend around half a day a week keeping the stadium in a tidy state. If you can spare the time helping out at the stadium, please let me know.**

Jack Kee and Peter Hall spend a great deal of time making sure that the clubhouse is kept in good order, and that all of our equipment is functioning, 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 £16000 from this year's Milton Keynes Festival of Running in March. The date for next year's event has been fixed at Sunday 17 March 2019. 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. **Anyone who would like to volunteer to recruit 20-25 volunteers for this event, in return for free membership (but not the track fee for those who use the track), please contact me.**

Cross Country

As the track season winds down, so the cross country season begins. Having dominated the league for the last 21 years, we struggled last winter after the loss of many of our middle distance athletes to the MK Distance Project. Nevertheless, the Club finished second overall to Bedford and County – we have not finished outside the top two overall in the league since the trophy was first awarded in 1998 just 326 points behind (17146 to 16820). The Seniors (Men and Women) won overall and the Senior Men won their competition, but the pickings were much reduced after the great successes of the 2016/17 season.

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 13 October. Please try to be there. The second match on 10 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 9 February. All races will be chip-timed and participation in these races remains free to MMKAC members.

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.

Awards Evening

The Club Awards Evening is on Saturday 6 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 alcoholic drinks. The tickets at £10 for individuals or £30 for a family of four will be on sale at the kitchen from 18 September. If you have one of the Club's trophies could you please return it to Jackson Ryan as soon as possible?

Annual General Meeting

This year's AGM will be held at the clubhouse on Tuesday 13 November. If you are thinking of standing for one of the positions, please talk to Club Secretary, David Millett, or me. I would like to take this opportunity to thank all the members of the Committee for their work on behalf of the Club.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk

GREG RUTHERFORD'S LONDON FAREWELL

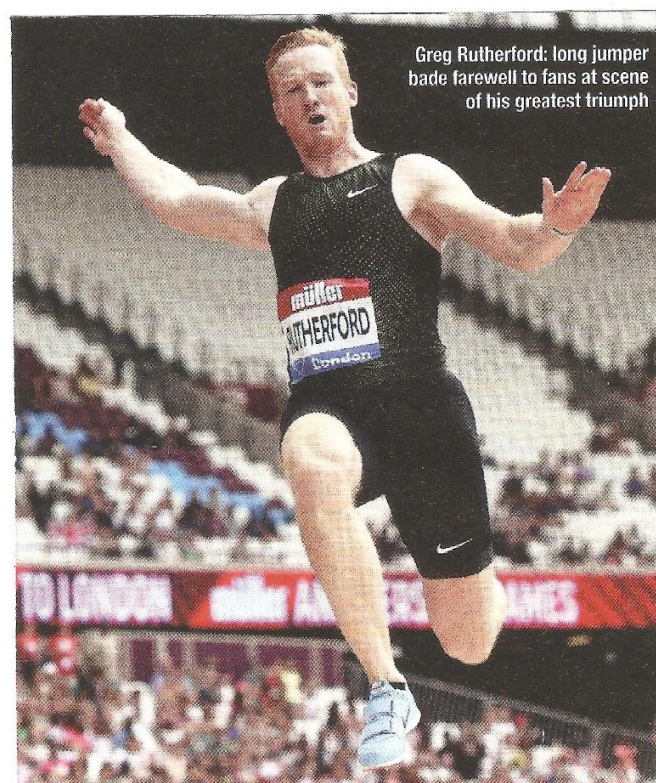
A resume of his career

Domestic Championships Record

AAA Indoor U20 Championships **GOLD**. AAA
U20 Championships **bronze**. AAA Championships **GOLD**
2006 - AAA Championships **GOLD**
2008 - Olympic Trials **GOLD**
2010 - Aviva Indoor World Trials **GOLD**
2012 - Aviva Olympic Trials & UK Championships **GOLD**
2015 - Sainsbury's British Championships **GOLD**
2018 - British Athletics Championships **GOLD**

Major Championships and International Record

2016 - Olympic Games **Bronze** (8.29m)
2016 - European Championships **GOLD***(8.25m)
2015 - IAAF World Championship **GOLD** (8.41m)
2014 - European Championships **GOLD** (8.29m)
2014 - Commonwealth Games **GOLD** (8.20m)
2013 - IAAF World Championships 8th European Athletics
Team Championships **bronze**
2012 - Olympic Games **GOLD** (8m31)
2011 - IAAF World Championships 7th q
2010 - Commonwealth Games **silver**
2009 - European Indoor Championships 6th.
IAAF World Championships 5th
2008 - Olympic Games 10th
2007 - World Championships 21st q
2006 - European Championships **Silver**.
Commonwealth Games 8th
2005 - European Junior Championships **GOLD**



Greg made his farewell at the Anniversary Games on 22 July. We all know that Greg has had a number of operations in recent years and his quest for peak fitness, was simply not willing. He has been a great flag-bearer for Milton Keynes

Greg made a sudden breakthrough in 2005, winning the AAA Championships at the tender age of 18, before winning the European Junior Championships in a national junior record of 8.14m and the following season, he threatened the national record, as the youngster defended his AAA title, jumping 8.26m at the age of 19, before winning a European silver medal in Gothenburg.

Greg looked destined to snatch the British record from Chris Tomlinson in 2007, but injury thwarted any chance of making a breakthrough on to the international stage, having missed the vast majority of the outdoor campaign, and was short of fitness at the World Championships in Osaka.

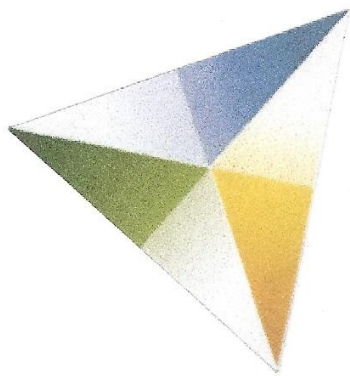
The Milton Keynes athlete returned to good form in 2008 and after winning the Olympic Trials with a leap of 8.20m, he was the third best qualifier at the Olympic Games, but disappointingly, made no impression in the final finishing in 10th place.

At the 2009 World Championships in Berlin he sailed out to a new UK Record of 8.30m and in the final he finished a creditable fifth. At the Great North City Games in Newcastle he again hit top form with an 8.17m performance, the same as he jumped in the World Championship final. 2010 saw his early season blighted by injury but he bounced back at the Commonwealth Games with a fine silver medal after an encouraging 10.26 victory over 100m at the Bupa Great North City Games in Gateshead. However, in 2012 his world would change forever with an Olympic gold medal in front of a partisan 80,000 spectators in London and at last his true potential was unleashed.

Greg improved the British record to 8.51m at Chula Vista, California, US in 2014.

BUT DON'T FORGET WHERE IT ALL STARTED-IN MILTON KEYNES-STANTONBURY TRACK

2003	M17	Long Jump	7.04m	Triple Jump(12.40m)	
2004	M20	Long Jump	7.28m	Triple Jump(13.54m)	100m(10.69)
2005	M20	Long Jump	8.14m	100m(10.38)	



WORLD DUATHLON CHAMPIONSHIPS, FYN, DENMARK [6-8th JULY]

JONATHAN PETERS AND PHIL JONES REPRESENT GREAT BRITAIN

Jonathan and Phil both qualified last year for the 2018 World Championships. In Denmark Jonathan finished a superb 5th in the 30-34 age group "standard" distance whilst Phil placed 11th in the 60-64 age "sprint" race.

Splits – Jonathan	9.42km run	30.02	T1(1.31)
	34 km bike	55.59	T2(2.18)
	5.11km run	18.36	

TOTAL RACE TIME 1:48.26

Splits – Phil	5.5 km run	21.43	T1(1.59)
	19.9km bike	34.45	T2(2.26)
	2.5km run	10.20	

TOTAL RACE TIME 1:11.13

Phil commented "I eventually finished a disappointing 11th having been disrupted running training leading up to the event. A poor opening run and a bike group who wouldn't share the work meant I was about 2minutes off what I had envisaged. 1 minute gained would have got me 6th, the two minutes would have been challenging for a podium spot. Indeed the British guy who finished third, I'd beaten back in March! On the plus side, as one of the top three Brits and top 15 in the Worlds, I have gained pre-qualification for next years' Worlds in Spain."



Jonathan leads Steve Tuttle in the Blisworth Five

SIX MMKAC ATHLETES REPRESENTING GREAT BRITAIN

AND, a reminder that, along with Jason Carvalho, Chris Finister, Diane Farmer and Alex Knowles, Jonathan and Phil will be in Ibiza for the European Duathlon Championships on 20th October.

GOOD LUCK TO THEM ALL

MILTON KEYNES 10KM

[10th July-Open University]

8th and final race in the East Midlands
Grand Prix series

- ♦ A near record of 472 finishers (best is 487 from 2015).
- ♦ Thanks again to the Registration team, the Race Officials ably organised by Rose Callow and to the many marshals helping around the course with Russell Rose at the helm here.
- ♦ And to Mick Bromilow once again for his many duties within the remit of Race Organiser.

THE RACE – Five orange vests in the first dozen finishers and with Jamie Seddon(3rd), Steve Tuttle(6th), Paul Mizon(8th) and Tom Cuthbertson 9th with a PB of 34.32, it was a very comfortable team win for the men. Graham Jones finished 12th. The ladies took second team place to Rugby & Northampton with the trio of Lara Bromilow (2nd lady), Mel Wood(8th) and Diane Baldwin(35th).

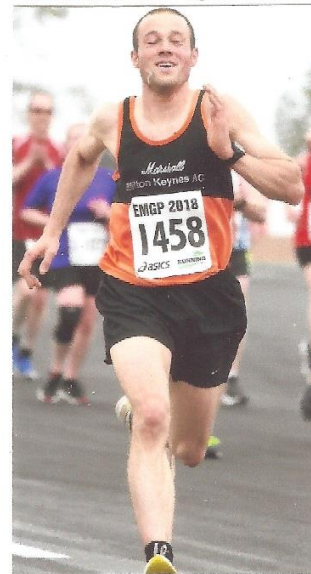
First individual places for Lara(F35) and Diane(F60). Second places to Ian Van Lokven(M55) and David Newens(M70) whilst Julie Jones placed 3rd F50.



OU action: Ian Van Lokven-David Newens-Julie Jones & Andrew Wasdell.

Congratulations to Steve Tuttle making club history in winning the overall male title . Steve ran all eight races and included winning at Silverstone, Corby and Banbury.

- 12 runners completed at least five races to qualify for a Grand Prix position
- A big improvement from just five last year. And apart from Steve both Alison Ray (6th F45) and Karen Tincknell(10th F40) ran all eight races.
- Age group wins for Diane Baldwin(F60) who ran seven races and Paul Mason(M65) who ran six.
- Mel Wood - a very welcome return after seven years away to Mel and she made her influence felt by placing third senior lady overall and competed in seven races.
- AND well run to the other six athletes who qualified for a Grand Prix position –
 7 races: Karen Bugai(13th F55) Matt Clarke(4th M40)
 and Andrew Wasdell(10th M40)
 6 races: Andrew Kirschner(12th senior man) and Steve Ratcliffe(14th senior man)
 5 races: Kevin Church(18th M50)
- A 40% improvement over last year in the number of runners competing this summer (146 including 31 at Silverstone).



Steve Tuttle on his way to victory at Silverstone: centre – Mel Wood & Diane Baldwin at MK, Alison Ray & Karen Tincknell at Blisworth; Left: - Karen Bugai (MK), Paul Mason (Blisworth) and Matt Clarke (Silverstone)

RICK TOWNSEND AT THE PALACE

It is with great pleasure to report that Rick and his wife Shirley, were invited to a Buckingham Palace Garden Party in the summer. The Lord Lieutenant of Buckinghamshire put Rick's name forward, via SportMK, to Buckingham Palace as a worthy recipient. He was awarded the invite for services to sport in Milton Keynes, both professionally with able bodied and disability sport; and in a voluntary capacity. The invite was recognition of a life time of devotion to young people and their sport in the Milton Keynes area.



REG MEAD MBE [1920 – 2018]

The club mourns the loss of life member, Reg Mead MBE who died on June 15th aged 97. Reg was awarded an MBE in the 2005 New Years Honours List. He is photographed below with the Sport MK award for Services to Sport in 2001. In 2005 the "appreciation" article, right was featured in the April MMKAC Newsletter.



REG MEAD ~ an appreciation

Reg was awarded an MBE in the 2005
New Years Honours List

Reg Mead, born at Wolverton in 1920, was educated at the Elementary and Grammar schools in Wolverton. He joined the Civil Service in 1938, working in the London Docks for Customs and Excise and surviving the Blitz in 1940. Later that year he joined the RAF, where he eventually trained as a radar technician and remained in that role until he left in 1946. His last posting was to the Cocos-Keeling Islands in the Indian Ocean. He was here when the war ended and he decided not to go back to his Civil Service job but to take advantage of the Government's Emergency Training Scheme to become a teacher. So in 1948 he joined Buckingham School as a handicraft teacher.

Once at Buckingham, Reg got involved in outdoor sports, but the only facility was one small football pitch. In no time the old wartime vegetable garden was taken over. Jumping pits were dug, cinders from the local bakery were put down for run ups, and concrete circles created, all with the help from staff and pupils. An athletics tradition was being created and by 1954 the school were North Bucks champions with repeat performances in 1955 and 1956.

From 1949 onwards, Reg had been going every year, during the summer holidays, to the AAA Summer School at Loughborough College, run by Chief Coach, Geoff Dyson, and all the National Coaches, and so Reg was able to gain expertise in many of the disciplines of track and field.

In 1957, Reg was seconded from school to do a mature student's course at Loughborough to gain a Physical Education Diploma, returning to Buckingham to become the PE teacher.

Reg's very first athletics experience came at a children's sports run by the local Wolverton Athletics and Cycling Club which, in those days, was a club largely for men only. Reg recalls a 100 yards race in which he dead-heated with another 10 year old but there was only one prize (in those days all prizes were articles of some kind). The other lad got the prize worth about 10 shillings (50p) and Reg was given a half crown coin (12.5p). He was not happy.

He has been responsible over the years for getting some 50+ young school athletes to the English Schools Championships, all with varying degrees of success including Gold, Silver, and Bronze in a whole variety of disciplines. If there was talent about at the school, Reg soon had them in training. He also had his own methods of spotting talent. He was once watching a school snowball fight and one particular girl was out-throwing the boys. He promptly encouraged her to take up javelin throwing and Barbara Nicholls went on to become a full international. He also took a young hammer thrower Chris James to the Schools International in Wales in 2000 where he placed second.

This man's enthusiasm for the sport of athletics was not only in producing athletes. He had, from the beginning, started to produce his own athletic equipment. Whilst at Loughborough he completed a study on making athletic equipment in school including javelins and discos either because it was not available in suitable sizes or because it was too expensive. Back at Buckingham he was visited several times by directors from a leading athletics equipment firm who took away many of his ideas. Forty years later some of these items are still being made - chain hammers, visual signal clap-guns, training hurdles. Apart from a first-year commission payment of £98, Reg has received nothing since.

As the years went by all manner of items for use on the athletics field and for safe storage were invented and made. An athletics store of monumental proportions was building up.

Reg recalls two personal tragedies during his time at Buckingham. The first came in 1975 when his labour of love, a Redgra facility which had developed from the original cindered vegetable patch into a five lane 120 yards Redgra straight and run ups for all the jumps, pole vault, and javelin plus circles for the hammer, discus and shot, were all bulldozed away to make room for the school to expand, and the Local Education Authority had no intention of building a replacement athletics facility because the first one had been built without their help. Reg was devastated. His response was to go direct to the Headmaster asking to return to teaching handicraft, which he did for his last seven years in the school until he retired in 1983. However, he had not done with athletics during this time and, in 1977, started work on a new athletics area on farmland, which had been acquired next to the school. Again, with much help from pupils, teachers, parents and governors, at lunchtimes, after school and weekends, it was all complete for a grand opening in 1981, by which time the County Council, in recognition of the magnificent effort that had been made, had given the last remaining farm building on the site a complete makeover as a store for all of the athletic equipment All very acceptable to Reg.

The second tragedy occurred in 1999 when vandals burnt down this great store and all the equipment accumulated over fifty years. It took over two years before the stock could be replaced.

Reg's athletics extended well beyond his school, both as a coach and official. From 1950 onwards he was coaching at the Wolverton club and serving on the committee, was District Secretary for North Bucks schools, helped manage the Bucks Schools' Team at the ESAA Championships each year and was chief field judge at the Bucks AA Championships for many years. In recent years he has helped with the marking out at Stantonbury Stadium, home of Milton Keynes Athletic Club.

Since retiring in 1983 there has rarely been a week when he has not been back at Buckingham helping any aspiring athletes or looking after the ground facilities. What a lifetime of dedication.



Our leading senior female hammer thrower, Kayleigh Presswell chasing the 60m barrier.

Kayleigh started 2018 with a PB of 59.38m for the 4kg implement; breaking the 60m barrier followed:

26 Feb Loughborough Winter Meet 59.41m

12 May Bucks AAA Champs(Horspath) 60.64m

.....the club record was improved –

3 June UKWAL(Bedford) 61.64m

.....other 60m throws followed:

9 June South of England Champs(Bedford) 60.67m

23 June Southern Athletics Lge.(Chelmsford) 60.56m

Major Championships:

UK Champs	5 th	59.49m	Birmingham
South of England	1 st	60.67m	Bedford
Inter-Counties	5 th	57..26m	ManchestPer

RANKED NO. 6 IN THE UK

Lara Moffat wins England Athletics F15 Hammer title with a club record of 53.14m, a massive improvement of 3.19m AND moved up to No.1 in the UK rankings.
(photo page 8)

Lara commenced 2018 with a best of 40.75m. On 8 April at a MK "Open" meet, Lara threw the 3kg hammer 47.70m to improve the club record of 45.05m set by Jasmine Trapnell in 2016.

Improvements –

5 May Thetford Open Meet 48.15m

13 Jul. English Schools Champs 49.95m

Major Championships

English Schools Champs	2 nd	49.95m	Birmingham
South of England Champs	2 nd	48.56m	Lea Valley
England Athletics Champs	1 st	53.14m	Bedford

Jasmine Trapnell breaks the 50m barrier and sets the F17 club record.

Jasmine started the season with a PB of 46.81m. Improvements–

8 Apr MK Open Meet 47.40m

29 Apr YDL (Birmingham) 49.39m

12 May Bucks AA Champs 50.96m

This latter throw broke the record set by Paige Barnes who threw 50.13m in 2015. Jasmine has had two further throws over 50m – Bucks Schools Champs(50.00m) & YDL(50.87m), both at MK.

AND THIS TRIO ALL SET CHAMPIONSHIP BESTS AT THE BUCKS AA CHAMPS(12 May)

Kayleigh	60.64m
Lara	47.52m
Jasmine	50.96m



Kayleigh & Jasmine

And not forgetting James Ericsson-Nicholls chasing 60m.

Starting the season with a PB of 55.35m, he then improved –

12 May Bucks Champs 57.93m

27 May YDL(Notts) 59.28m

9 June Northants Schools 59.73m

8 July South of England Inter-Counties (Lea Valley) 60.63m



Eva Durand extends the F15 javelin record

Eva burst on the scene last year adding nearly 5m to the club record set by Sadie Watts in 2005. Her best throw last year was 37.20m at the YDL final in Cardiff. Coached by Janina Pownall, Eva threw 38.98m at a Loughborough "Javelin" meet. She placed 4th in the recent England Athletics Championships throwing a near PB of 37.69m



UNDER 13/15 TEAM WIN ALL THREE LEAGUE MATCHES

FINAL LEAGUE TABLE	Total Points		Match 1		Match 2		Match 3	
	Match	League	MK		Coventry		Rugby	
1 MMKAC	1559	17	1	484	1	543	2	512
2 Birchfield H	1541	13	5	458	2	521	1	542
3 Notts AC	1487	10.5	3=	460	3	499	3	508
4 Rugby & Northampton	1465	10.5	3=	460	4	498	4	487
5 Charnwood AC	1382	9	2	461	5	441	5	460
6 Coventry Godiva H	1270	3	6	419	6	418	6	413

AND THEN PLACED SECOND IN THE REGIONAL FINAL AT BRISTOL TO QUALIFY FOR THE NATIONAL FINAL ON 8 SEPTEMBER AT BEDFORD

REGIONAL FINAL -BRISTOL(21 July)

1 Cardiff	553
2 MMKAC	535
3 Birchfield H.	489
4 Swansea H.	482
5 Notts AC	476
6 Cheltenham & Co.	394



ACTION FROM THE FINAL

Top: Lara Moffat Centre: Kobe Sinclair-Linton;
Sara Diaz & Lateefah Agberemi
Left: D'mitri Varlack



REPORTS BY TEAM MANAGERS – ALANA SLATER

Well... what can I say? What an amazing season the U13/15 team are having this year!

Our YDL campaign started in April with a home match, and with so many new athletes in the team this was a great opportunity to ease them into club competition. MMKAC were in the lead from the start and with many great performances and a fantastic team effort we took the win!

We ended the day just 20 points ahead of the next 4 teams who were separated by just 3 points. A fantastic start to the YDL season with many athletes winning their events, lots of pb's and even a club record for the U13 girls relay team on their debut outing.

For our second match we headed to Coventry to see if we could have a repeat performance. Again, the team was amazing, and we finished in 1st place.

By the time we arrived in Rugby for our third match we were the firm leaders in our division. Unfortunately, injury and illness meant that we had a slightly weakened team. We fought hard but was just beaten into 2nd place. However, this was enough to confirm our position as overall winners of the Midland Premier North-East Division. This was a first for MMKAC and a great achievement. This is the match where I realised how special this team is. They were able to pull together and fill in events where needed and all the while cheering and supporting their fellow athletes.

REGIONAL FINAL

With a 7am start we headed off to Bristol for the Regional Final. With a strong team we knew we had the opportunity to qualify for the National Finals. We needed to finish in the top 2 on the day and I could tell that the athletes were a little more nervous than usual. Half way through the day we were in the lead with Cardiff Archers and Birchfield Harriers close behind.

MMKAC fought well until the end but were just beaten by Cardiff Archers while managing to hold off Birchfield and claim 2nd place. This meant that we had won ourselves a place in the National Final!

AND FROM NIGEL JORDAN

As a newcomer to the team management role, I have been impressed with the great team spirit. Yes there have been many fine individual performances, but equally the success in the YDL has been down to the great team spirit from all the athletes, including those that filled in at the last minute, or have done unfamiliar events at short notice.

This success also could not have been achieved without great support from all coaches and officials at the club ; and finally but just as important is the attendance and vocal support of many parents



Last changeover for the record breaking u13 girls 4 x 100m relay team: Rhianna Dankwa hands to Hope Oguidi. Along with Laura Chalmers & Victorious Ezech they clocked 54.36 to beat the previous record of 54.9; Elizabeth Tchuimeni(shot); Edward Barber who has clipped the 75mhurdles record down to 12.3; Zaria Mmanga(Long Jump) & Shawn Ampofo(High Jump).

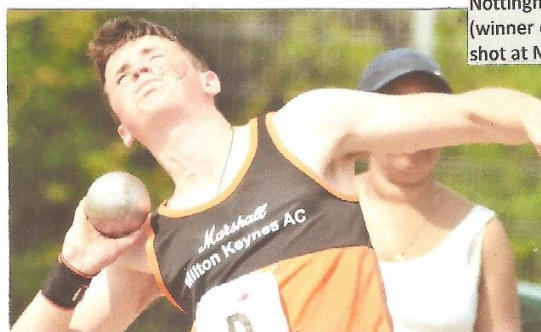
FIFTH PLACE FOR U17/U20 TEAM

FINAL LEAGUE TABLE	Total Points		Match 1		Match 2		Match 3	
	Match	League	Birmingham		Nottingham		MK	
1 Rugby & Northampton	2028	18	1	693	1	660	1	675
2 Birchfield H	1933	15	2	652	2	647	2	634
3 Charnwood AC	1839	11	3	630	4	609	3	600
4 Notts AC	1801	10	4	610	3	638	4	553
5 MMKAC	1434	6	5	453	5	505	5	476
6 Derby AC	865	3	6	398	6	266	6	201

Many thanks to Richard Pownall for managing the team again and to all the officials who travelled with the team. A much tougher prospect this season.

Two club records were set. Firstly on a freezing cold day at Birmingham the M20 4 x 100m relay team [David Boakye, Ethan Wiltshire, Kwame Twumasi-Taiwiah & Maxwell Brown] ran 43.3 to improve the 43.8 set last year at Birmingham[on a very wet day]. KTT was in that team along with Olly Miller, Ben Roxbee-Cox & Joshua Boakye. (David and Maxwell, pictured right).

Imogen King(pictured, top right) made her debut in the 1500m steeplechase at Birmingham recording 5.32.90. Then at Nottingham not only improved by over 13-seconds but set a club record of 5.19.6. Imogen then clocked 5.16.48 at the MMKAC BMC meet and 5.17.10 at the English School Championships.



Left: Winners at Nottingham, Sam Featherstone(High Jump) & Sophie Botham (800m)

Bottom Left: Ethan Wiltshire(100m at MK), Nicole Whittle wins the "B" string 1500m on the line at Nottingham and James Frith (winner of the discus and 2nd in the shot at MK)

UK WOMEN'S ATHLETIC LEAGUE

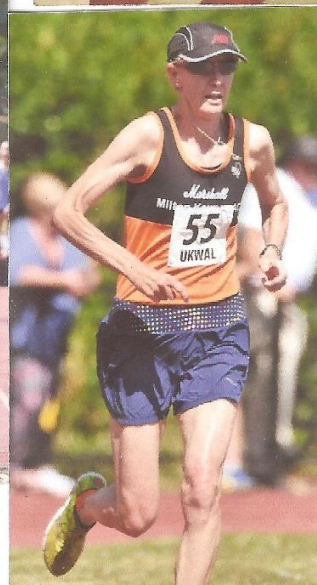
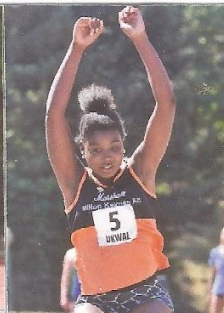
DIVISION TWO

SADLY DEMOTION FOR THE LADIES

Prior to the final match at Sheffield on 5th August, the league positions 5th to 8th looked like this: 5th City of Glasgow, 6th MMKAC, 7th City of Sheffield, 8th Bedford & Co. All with 6 league points!! WE HAD TO BEAT EITHER GLASGOW OR SHEFFIELD ASSUMING, OF COURSE, THAT WE WOULD HOLD BEDFORD OFF AGAIN.

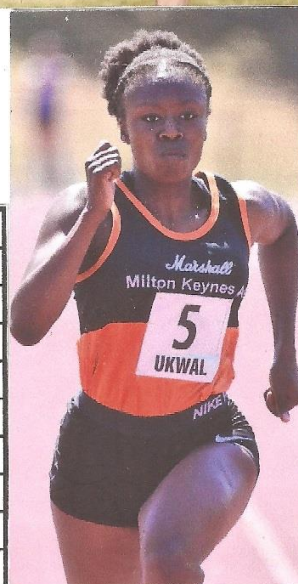
We beat Bedford, a club who dropped down from Division One and will join us in Division 3 next year. Not surprisingly home advantage helped Sheffield whilst Glasgow had a strong team leaving us some 30 match points + in arrears. Havering and Nene Valley H are promoted from Division 3 and we join Liverpool, Rugby & Northampton, Belgrave H, Herne Hill H and Reading in the lower Division.....at least there will be less travelling.

At Sheffield the team gave their all and couldn't be asked for more. Thanks to all of you who represented MMKAC in the three matches, to Mick Bromilow, team manager and mini-bus driver plus those who travelled to officiate.



ACTION FROM SHEFFIELD

Clockwise from top left-Kayleigh Presswell, in a more unfamiliar role throwing the javelin; Natalie Nurse, ran all three steeplechase events; Joan Peedah (long & triple jump); Katie James, 400m ever-present; Diane Baldwin took time out from track judging to run the 3000m and Rachel Oderinde(100/200m)



FINAL LEAGUE TABLE			Total Points		Match 1		Match 2		Match 3	
			Match	League	Bedford		Liverpool		Sheffield	
1	Wigan Harriers	669	24		1	214	1	241	1	214
2	Herts Phoenix AC	607	21		2	199	2	202	2	206
3	Newham & Essex B	506	15		3	180	5	149	4	177
4	Bristol & West	541	14		7	153	3	191	3	196
5	City of Sheffield	462	10		5	159	7	129	5	174
6	City of Glasgow	461	9		8	122	4	169	6	171
7	MMKAC	428	8		6	158	6	132	7	138
8	Bedford & County	401	7		4	163	8	114	8	125

EASTERN MASTERS TRACK & FIELD LEAGUE CENTRAL DIVISION

**BOTH MEN AND WOMEN QUALIFY FOR THE
LEAGUE FINAL BEING HELD IN MK ON SUNDAY 23
SEPTEMBER**

The fourth and final match was held at MK on 1st August. The men's team(15 athletes) comfortably won again but how well the 6-strong ladies team rose to the challenge to lose to Fairlands Valley by just 14pts. Take a bow – Diane Baldwin, Emma Beales, Diane Farmer, Steph Johnston, Jeanette Lawrence and Corinne Nurse.

Top three on the night:

Men

1 MMKAC	135
2 Fairlands Valley	108
3 Bedford & Co	106

Women

1 Fairlands Valley	124
2 MMKAC	110
3 Cambridge & Col	66

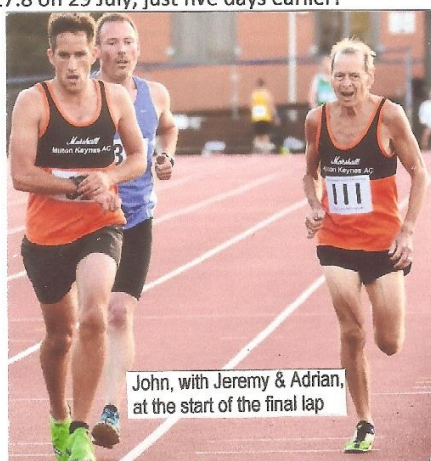
FINAL LEAGUE TABLES

1 MMKAC	503	1 Fairlands Valley	507
2 Bedford & Co	413	2 MMKAC	465
3 Fairlands Valley	411	3 Cambridge & Col	360
4 Cambridge & Col	257	4 Biggleswade	237
5 Biggleswade	239	5 Bedford Harriers	149
6 Bedford Harriers	172	6 Luton AC	70
7 Luton AC	85	7 Bedford & Co.	65

One of the track highlights was a 200m treble by the men Here there were wins for Panos Ioannau(M35/24.5), Kerry Courteney-Robin(M45/26.9) and John Browne(M55/27.3). The same happened in the javelin throw from the trio of Andre Sinclair-Linton(35.83m), Mark Featherstone(35.09m) and Bunt Scott(28.16). For the ladies Emma Beales threw the discus 40.90 and the javelin(23.83m) to win the relative F35 events. Diane Baldwin won the F60 200m and mile.

John Skelton just fails to break UK M65 One Mile record

With the One mile as part of the programme for this match, John set up an attempt to break the record. His M65 PB was 5.37.3 set in the 2017 Tour mile. Derek Jackson(Black Pear Joggers) had run 5.27.9 in 2017 and then one of John's main adversaries, Dave Oxlade(Notts AC) ran 5.27.8 on 29 July, just five days earlier!



John, with Jeremy & Adrian,
at the start of the final lap

John had arranged for Jeremy Vick, Tim Inchley and Adrian Maidment to act as pacemakers. So the scene was set and officials included Nick Folwell, a Chief Timekeeper who could ensure the validity of any record.

After an opening lap of 76.9 they reached halfway in 2:40.4, inside schedule. Unfortunately a slower third lap of 86.9 made it a tough ask for the final lap. Jeremy and Adrian worked hard for John before peeling off and saw John "give everything" as they say over the last 60m to finish with 5.30.1, agonisingly just 2.3 off the record. (Last lap- 82.8). John went through 1500m in 5.09.1.



Kerry Courtenay-Robin & John Browne, 200m at MK.
Jeanette Lawrence & Debra Brent at Stevenage
Di Farmer, 200m at MK/Ever-present Bunt Scott
[from Bedford, 2017]

RESULTS

EUROPEAN NON STADIA CHAMPIONSHIPS – ALICANTE(18 May)

9.47.6 in 200510km 4th John Skelton(39.48)

SWANSEA HALF-MARATHON(17June): M60 Record for Ian Van Lokven- 84.15 (Previous Record/John Skelton/85.13/2013)

SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS(27 June) – BATTERSEA PARK

M60 100m -1st John Browne(13.39).

M65 Hammer/Weight - 1st Bunt Scott(34.97m/11.82m)

2nd Discus(36.46m) – 3rd Shot/Javelin(9.16m/28.21m)

INTER-AREA CHALLENGE(8 July) – SOLIHULL~ representing EMAC

M35- 100m/200m, 3rd/4th Panos Ioannou(11.84/24.25)

3000m 3rd Jeremy Vick(10.04.81)

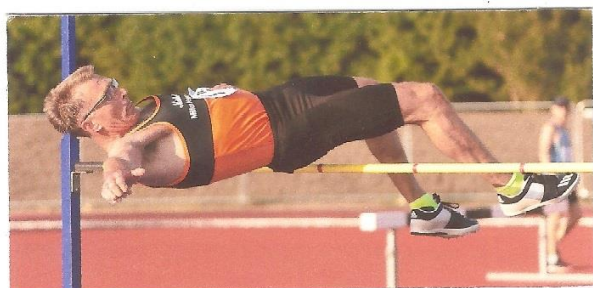
M50- 400m/800m/1500m Steve Herring(62.03/2.18.99/4.34.59)

Hammer 6th Bunt Scott(30.33m) 6 kg

WATFORD OPEN MEET(27 July) – Steve Herring breaks the 12-year old M50 record for 1500m with 4.32.35. Phil Jones ran 4.34.36 then.

EMAC CHAMPIONSHIPS- SOUTHEND(11 August)

M35			
100m	1	Panos Ioannou	M35 12.3
200m	1	Panos Ioannou	M35 25.7
M50			
100m	1	Paul Canning	M50 12.6
	2	Kerry Courtenay-Robin	M50 13.1
200m	1	Paul Canning	M50 25.9
	2	Kerry Courtenay-Robin	M50 27.6
800m	1	Stephen Herring	M50 2:12.6
100mH	2	Paul Canning	M50 18.7
M60			
3000m	2	Michael Kelly	M60 13:40.2
M65			
100m	1	John Browne	M65 13.4
200m	1	John Browne	M65 29.2
Shot	5	Bunt Scott	M65 9.33
Discus	3	Bunt Scott	M65 37.06
Hammer	1	Bunt Scott	M65 33.43
Javelin	4	Bunt Scott	M65 27.81



Above: Great to see Brian Slaughter back with MK. He has a fine pedigree as a multi-eventer a few years ago.

EMAC LEAGUE CUP FINALISTS – MK. 23RD September

MEN	WOMEN
Bedford & County	Cambridge & Col.
Chelmsford & Sp.	Fairlands Valley
Fairlands Valley	Loughton AC
MMKAC	MMKAC
Nene Valley H	Nene Valley H
Ryston Runners	Ryston Runners
Southend AC	Southend AC
West Norfolk AC	WestSuffolk/St.Edms.



BRITISH MASTERS CHAMPIONSHIPS BIRMINGHAM (25/26 AUGUST)

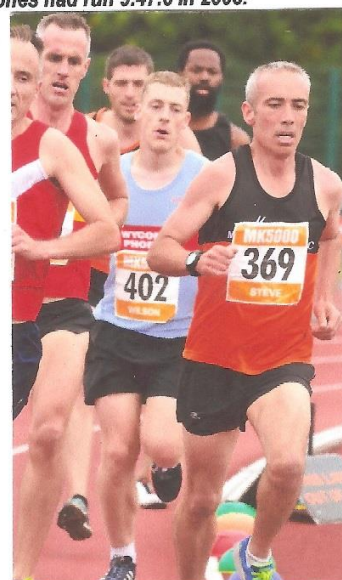
- THREE GOLD MEDALS
- EIGHT PODIUM PLACES
- ONE CLUB RECORD

F45			
Discus	1	Emma Beales	37.61
M35			
100m Final	6	Panos Ioannou	11.95 w+0.8
200m Final	4	Panos Ioannou	24.62 w-2.2
M50			
100m heats	3	Paul Canning	12.41 w+2.1..Q
100m Final	6	Paul Canning	12.46 w+0.0
200m TT	3	Paul Canning	25.93 w-1.6
800m	4	Steve Herring	2:16.71
1500m	4	Steve Herring	4:34.38
100mH	3	Paul Canning	17.73 w+0.0
Triple Jump	3	Paul Canning	9.89 w+1.6
M60			
800m	1	Dennis Edghill	2:25.28
M65			
1500m	2	John Skelton	5:07.16
Shot	4	Bunt Scott	8.64
Weight	1	Bunt Scott	13.85 pb
Discus	4	Bunt Scott	35.05
Hammer	3	Bunt Scott	32.68
Javelin	5	Bunt Scott	29.33

CLUB RECORDS TO DENIS EDGHILL And STEVE HERRING

Denis set a M60 record in the 800m beating the time of 2.27.3 set by Alasdair Gibson in 2014. Earlier in the season he ran 62.0 for 400m at the EMAC match in Cambridge. Ivars Licietis had clocked 62.38 in 2016

Steve Herring, as mentioned on the previous EMAC page set new figures for the M50 1500m. Then at Southend he beat the previous M50 record for 800m(2.13.73 set by Malcolm Down in 2011). That same day Steve drove back from Southend and ran in one of the MK5000m races! (photo below) And then on 22nd August back to Watford to run 3000m in 9.41.62. Phil Jones had run 9.47.6 in 2005.



Southern Athletics League Division One

"Another demotion for a Club team"

FINAL LEAGUE TABLE	LEAGUE PTS/MATCH PTS	
1 Chelmsford AC	19	1117
2 Blackheath & Bromley	18	1166
3 Windsor, Slough, E & H.	17	1136
4 City of Norwich	16	1079
5 Bracknell AC	16	1049
6 Crawley AC	13	956
7 Thames Valley H.	13	938
8 Nene Valley H.	13	925
9 Colchester H.	12	977
10 Belgrave H	11	960
11 Southampton AC	11	902
12 Reading AC	11	815
13 MMKAC	10	916
14 Stevenage & N.Herts	8	716
15 Bedford & County	6	757
16 Dartford H.	6	729

A REVIEW OF THE SOUTHERN ATHLETICS LEAGUE 2018 (MALE WISE)

By JIM LAWRENCE

GET READY

Our first match was at HOME and I was very optimistic that if we got our best team out we could kick off the season with a victory. It started off well with the sprinters. Dickson Kusi and Kwame Twumasi-Tawiah registered wins in the 100m & 200m. We had very rare double tops in the 400m courtesy of Gareth Davies & Jack Meijer. Middle distances double thanks to Liam Smith and Ewan Forsythe in the 1500m. Long distances double in the 5000m courtesy of ever present Steve Tuttle. Paul Mizon made his debut for the SAL having joined us from another local club. Steve later on won the 2000m Steeplechase which he has managed to pull off quite a few times now.

We had a difficult time in both the jumps and the throws and of course as usual the technical events, as the opposition was very strong. After a tough battle, City of Norwich won with 226.5 points while MMKAC finished 2nd with 211.

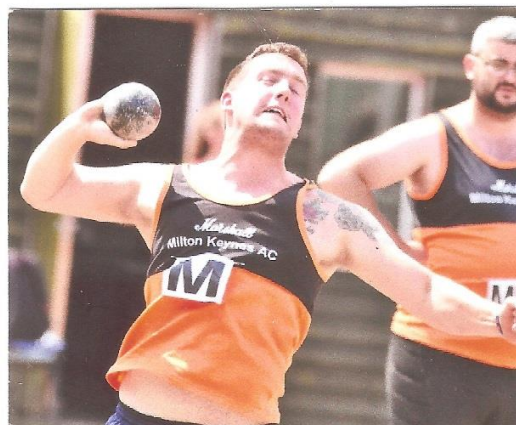
JUMP

For match 2 we travelled to Reading. The welcome return of Chuko Cribb got him two wins in the Long Jump and the Triple Jump. We had a double, down to Steve Tuttle and Graham Jones both registering fabulous wins in the 3000m & the 3000m Steeplechase. The sprinters excelled once again with a double win in the 100m from Dickson Kusi and Aaron Adom. Aaron has re-joined our club which was excellent news indeed. Kwame had another 200m win. The result went Reading with 228 points, Nene Valley Harriers 193 & only 5 points behind with 188 was MMKAC. This was a third placing which was so close but unfortunate.

SUNNY AFTERNOON

Our third fixture over at Chelmsford also brought a hat trick of wins for Dickson in the 100m whilst Aaron took the honours in the 200m. Sam Winters returned to winning ways in the 800m. In the hot blazing sun of our freaky summer weather we had an interesting 5000m race with the brothers – James & Steve Tuttle winning the 'A' string and the 'B' string race. Steve also recovered well enough to come first in the 2000m Steeplechase. He was closely followed by this year's track sensation Tom Cuthbertson who won the 'B' string. The High Jump was a blinder. Both young Sam Featherstone and ever consistent Robert Lewis finished in 1st place. Ever loyal thrower Lewis Barnes won the 'B' string Javelin.

Unfortunately going into this match and during the match, we were hampered by injuries so we had to settle for another third place. Chelmsford 229, Colchester Harriers 205.5, MMKAC 181.



Lewis Barnes, who not only competed in all five matches, contested the shot, discus, javelin and Hammer in four of them. Only at Eton did he not throw the hammer!!

FAMILY AFFAIR

Very interesting to note we had various members of different families on duty. Mother and Daughter Kayleigh and Di Presswell competed in the women's throws.

Mother and Daughter Corinne and Natalie Nurse competed in the women's hurdles among other events.

Brothers-Both James and Steve Tuttle won the 5000m.

Father and son duo of Richard (Field Official) & Jonathan Pownall competed in the Javelin.

Father and Son – Mark (Field Official) and Sam Featherstone won the High Jump.

Last but not least Mother and Daughter Jeanette and Hazel Lawrence (both Field Officials) plus of course myself as Men's Team Manager.

PARKLIFE

Battersea Park was the venue for match 4. Practically all of the athletes travelled by coach, which was great for our team spirit. The good weather also helped with everyone's upbeat approach.

We had a great win in the Hammer via Lewis Barnes. Chuko Cribb returned to win the Triple Jump again alongside young 15 year old Jayden Courtenay-Robin. We may have found a new star. Jayden's leap of 13.17m puts him right near the top of the MMKAC All Time List for U17'S. Aaron Adom won the 200m again with a very fast legal 21.98. The highlight of the day had to be the superb double from Sam Winters. He devastated the opposition in the 800m winning in a personal best 1:53.53. Less than 2 hours later he again controlled the 1500m winning in a superb 3:57.11. It was another brilliant personal best. (Both subsequently beaten later in the season). Sam became the latest member of the exclusive 'sub2/4 club' as called by his coach Barry Hearn.

PARKLIFE/CONTINUED

The senior men's 4 x 100m relay record was broken with an excellent time of 42.94. Leadoff man was Dickson Kusi to Smith Michael; Leg 3 was Tyrell Dankwa with Aaron Adom on the anchor leg.

Another tough match and the top 3 went Thames Valley Harriers 224, Belgrave Harriers 207.5 with us in third place 183.5. This left us in 8th position in League Division One. But with four teams to go down to Division 2 out of 16 teams, it was mighty close. Too many teams were on the same number of league points. Match points were very close as well. So as well as ourselves getting a good result, we were very dependent on other team's misfortunes.

CLOSE TO THE EDGE

So we went to Thames Valley Athletics Centre in Eton for our fifth and final match of the season. We knew it would be tough. We were against the teams in 2nd, 3rd & 4th in the league. This time the distance boys took the plaudits. Tom Cuthbertson and Steve Tuttle both won the 5000m. Tom's time of 15:32.47 was a massive personal best. Over the season Tom has increased his pb by a margin of 42 seconds in this event. They also did well over the 2000m Steeplechase. Steve was 2nd in the 'A' race whilst Tom won the 'B' race.

The senior men's 4 x 100m relay record was broken again by the same team of Dickson, Smith, Tyrell and Aaron with a new time of 42.80. There was a great last leg by Aaron who was chasing down the opposition. Only 6 hundredths of a second separated the top 3 teams.

In the end the result went Blackheath & Bromley 216. Windsor, Slough, Eton and Hounslow 215. Bracknell 198 and Marshall Milton Keynes 155. So 4th place it was. That gave us 10 match points with 918.5 league points.

So we waited with abated breath for the other match results. Over the weekend it came through that Southampton had won at home with Reading second. That was not what we wanted. The result that surprised everybody was that Crawley won their match and they were in a similar situation to us. Anyway it all meant that MMKAC finished in 13th position and get relegated to Division 2 West.

A CRY FROM THE HEART -OFFICIALS

I have to say a huge thank you to all our officials. There are 100 points on offer over the 5 matches for filling all the major roles and our guys got the maximum 100 points.

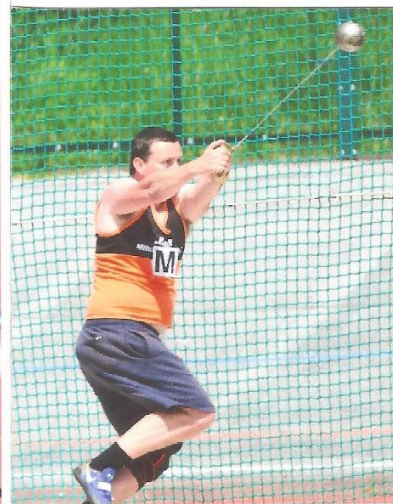
Mick Bromilow, Jeanette Lawrence, Hazel Lawrence, Richard Pownall and Julie Davison did all or most of our matches. Jackson Ryan did the earlier ones whilst I had various track Judges to cover such as Dennis Edghill and Mark & Fiona McGarvie.



HEARTACHE TONIGHT

This only leaves me to say that the athletes who competed for us over the season did MMKAC extremely proud and I know all of them gave 100%. It is such a shame that for all their efforts we go down a division. Last season we were in a similar situation but somehow we managed to finish 4th in the league.

Obviously having worked hard to get full teams out in every match I am hugely disappointed that we finished in the bottom four. I know on paper at least, we can bounce back straight up back to Division One in 2019. Whether that will be me as Men's Team Manager, we will have to wait and see.



Dickson Kusi & Mark Roberson

AND NOT FORGETTING THE LADIES

I attended all five matches and there was no doubt the ladies were giving it 101% in an effort to glean a few more points here and there. I'm sure Carly and Corinne echo much of what Jim comments at the top of this page. More from them in the next edition.

The always competitive Emma Beales, (right) and Corinne, seen here in the 1500m at Eton, also contested the following through the season –

100mH, 400mH, High & Long Jump, Pole Vault, Javelin & Shot



A UNIQUE EVENT AT OUR TRACK

The brain-child of Elliot Hind, Paul Mizon, Jonathan and Lilli Peters

60% of the runners attained a personal best

Picking up from the now infamous Highgate Harriers "Night of the 10,000m" which has been held since 2013 and where "Race atmosphere was seen as pivotal to assisting"

There were twelve 5,000m races with a total of 175 athletes competing. Races were suitably graded and with pacemakers to at least 3,000m and culminating with three BMC Gold Standard races. The home straight was lined with street concessionaires and the track was taped to lane four to allow spectators to be much nearer the runners. All augmented by a commentator and music.

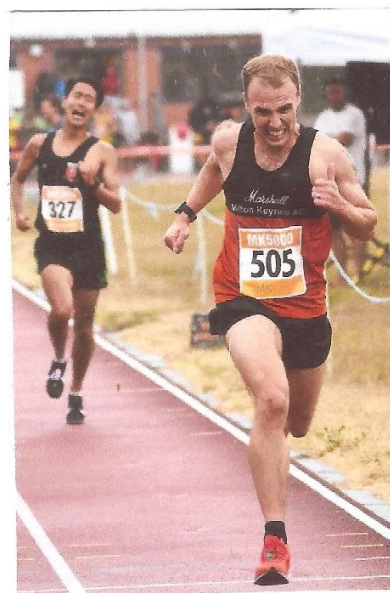
MMKAC FINISHERS

Paul Mizon	SM	15.32.19PB	RACE D
Tom Cuthbertson	SM	15:48.35PB	RACE E
Steve Tuttle	SM	15.41.05	RACE C
Graham Jones	SM	16.00.50	RACE D
Jonathan Peters	SM	16.06.67PB	RACE E
Mark Palser	SM	16.46.69	RACE F
Steve Herring	M50	17.15.35	RACE F
Chris Finister	M45	17.28.08PB	RACE H
Andrew Kirschner	SM	17.31.94PB	RACE H
Simon Kirschner-Heavens	SM	18.32.06PB	RACE I
John Skelton	M65	18.35.00	RACE I
Lilli Peters	FS	22.53.50PB	RACE K



Photos: "The street market" opens.....
bottom left: Ladies start – Jessica Judd(102) straight into the lead, Emelia Gorecka, to her right, Pippa Woolven(108).
Below: Paul Mizon and Tom Cuthbertson sprint to the finish, 3rd and 2nd respectively in their races.
Start of the "H" race with Chris Finister, centre and Andrew Kirschner, right. The winner, Alice Burgin(403)

There was plenty of interest in the BMC ladies race featuring three GB internationals. Jessica Judd, who represented GB at the World Championships last summer, has been active on the athletics scene since she was an U13 back in 2006. Amongst her PB's are 800m(1.59.77) and 1500m(4.03.73). Emelia Gorecka has GB honours in both track and cross-country whilst Emily Hosker Thornhill has run internationally in cross-country. Not surprisingly this trio soon broke away from the field as the rain poured down. Jessica went on to win in 15.37.23(just 3-secs off her PB) and a track record. Emily came through strongly for 2nd(15.58.31) with Emelia 3rd(16.06.30).



Jack Crabtree(Shaftesbury Barnet) put in a fast last 200m to win the men's "A" race in a track record of 14.07.74. This eclipsed the time of 14.11.3 set by Eamon Martin in a Southern League match back in 1992.

Twelve MMKAC runners (11 men) competed and seven set PB's. Tom Cuthbertson improved by no-less than 22-secs. He passed the bell in his race in 14.43.4, took out two runners on his 65.4 last 400m to place a close second. Paul Mizon and Jonathan Peters improved their PB's by 11 and 16-secs respectively.



AND WHO HELPED ON THE DAY

Not the least that Elliot, Paul, Jonathan and Lilli had a very busy day. Lilli looked after the registration. Mick Bromilow had a sizeable input and with Fi-Han managed the start of each race. Thanks to Paul Gooding(Bedford) who was the BMC liaison.

Nick Folwell, Eddie Gutteridge, Jim Lawrence and Rick Townsend were the manual timekeepers whilst Jackson Ryan and Graham Ghaleb were race recorders. Old friend Sam Kirkpatrick was the race starter. Thanks to you all.



- △ Start of Race 1 including John Skelton & Simon Kirschner-Heavens. Steve Withers, left, who retired at 3000m(11.14.5)
- △ Mark Palser & Jonathan Peters
- △ The "trial" race: Elliott Hind, Lilli Peters & Matt Clements.

Super

season

for

Ebony

Carr

● **BRONZE MEDAL AT WORLD JUNIOR CHAMPIONSHIPS FOR THE GREAT BRITAIN 4X100M RELAY TEAM**

● **4TH (11.66) IN THE ENGLAND AA U20 CHAMPIONSHIPS**

● **PERSONAL BEST OF 11.65 WINNING THE 100M AT THE MANNHEIM(Germany) JUNIOR GALA**

● **2ND IN THE SOUTH OF ENGLAND 100M CHAMPIONSHIPS**

● **3RD IN THE 2018 UK UNDER 20 RANKINGS**

● **CONSOLIDATES 4TH PLACE IN MMKAC ALL-TIME 100M FEMALE RANKINGS**

Competing in the Flanders Invitation Meet(26 May) she ran 11.72 for 2nd place and a new PB.(previous 11.78/11.70w) A busy June and 11.66 at Bedford in the England AA Champs. Two weeks later Ebony was in Germany and won her heat at the Bauhaus Junioren Gala(Mannheim) clocking a record breaking 11.65. She then anchored the GB 4 x 100m relay team to second place(44.57).

After competing in the British Athletics Championships, Ebony was selected to represent the Great Britain 4x100m relay team at the World Junior Championships In Tampere, Finland. The team of Kristal Awuah (Herne Hill H), Alisha Rees(Edinburgh),Georgina Adam(Lincoln) and Ebony placed 2nd in their heat(44.83) and then won bronze(44.05) in the final behind Germany and Ireland.



Ebony being interviewed at the track for BBC "Look East"

AND with mum, Anne and coach Mike Leonard



KERRY HAYES 1963-2018

Kerry sadly passed away, after a long battle with cancer, on 23rd August

Kerry joined MKAC in the Autumn of 1987 from Kent club GEC Avionics. He ran in the Wolverton 5 that year, finishing 15th in 24.26! Gordon Faulds, who was to be a really good training partner for Kerry had set the club 3000m steeplechase record of 9.37.4 in 1987. AND along comes Kerry, first outing over the sticks in 1988 he ran 9.17.5 and then smashing the 9min. barrier placing 4th in the South of England Champs. at Crystal Palace with 8.54.81. He also placed 4th representing Bucks in the Inter-Counties Champs at Corby with a time of 9.05.3. During the summer he competed for the Southern League team that won Division Two by half a point over Peterborough. He ran the 800m(1.57.1), 1500m(3.52.6) and 3000m(8.17.2) during the course of the season. He finished the year by leading the senior men to the Bucks AA cross-country team title at Aston Clinton, finishing runner-up himself.

1989 saw Kerry run four club records which all still stand: -

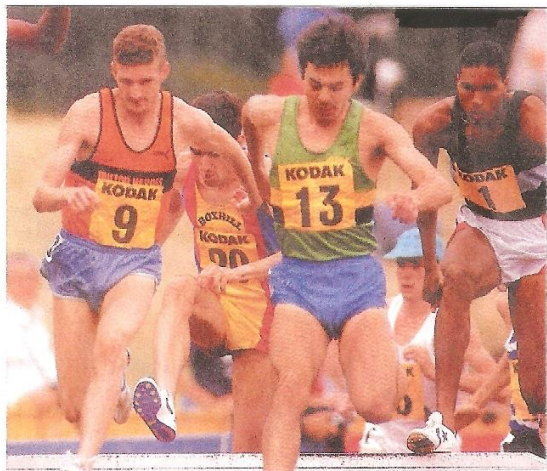
3000m steeplechase(8.54.31/UK Champs/Jarrow

Fleet Half-Marathon 3rd- 66.32

Chesham 5km (14.42)

Harrow 10km 3rd -29.45

And in cross-country that year he placed 30th in the Southern, 54th at the Nationals and a really fine 15th at the Inter-Counties. In the summer he set the then club 5000m record with 14.27.4 in the Southern Champs at Crystal Palace. Back to cross-country, Kerry won the first two Chiltern League matches, at Windsor and then a home fixture in Brickhill Woods. The same venue saw Kerry win the Bucks AA Champs and led the team to victory again.



Kerry seen here in the 1988 AAA 3000m S/C Champs at Crystal Palace

1990 saw Kerry run to a magnificent 13th place in the South of England XC Champs at Parliament Hill.....still a club best. He set a club best for the Nationals in 1995, placing 44th at Luton from over 1800 finishers. This "record" lasted to 2011 when Tom Comerford placed 41st at Alton Towers.

Kerry continued to represent MKAC on the track, cross-country and roads through to 1995 when he "retired" On the track he set a then club record for 10,000m with 31.39.2 in the 1994 Southern at Crystal Palace, still the 4th best in the club rankings.

On the roads he ran 24.15 in the 1990 Wolverton "5" and then 30.48 at the Silverstone 10km the following year.. In 1993 he ran 30.41 in the Moreton-In-The-Marsh 10km. The following year 30.31 in the MK 10km and 24.22 for the Blisworth "5" One of his last races in club colours was the 1995 Feltham "5" recording 25.15. Kerry was a great clubman, whether it be on road, track & field or cross-country.

SHEILA and RUSSELL ROSE

"A REAL ULTRA RUNNING PARTNERSHIP"

Sheila has set herself up to complete the "grand-slam" of 100 mile races this year. She warmed-up with the 29 miles Humanity Direct Ultra from Amersham, (19 March) and then in April with the Coventry Way 40 miler. Then came three of the "Grand Slam" Races -

5/6 May: Thames Path 100 (Richmond-Oxford): 26:54.39

9/10 June: South Downs Way 100(Winchester-Eastbourne) 28:07.44

4/5 Aug: North Downs Way 100(Farnham-Ashford) 29:34.08

GOOD LUCK to Sheila when she runs the "Autumn 100" from Goring-on-Thames on 13/14 October



Sheila nearing the end of the North Downs 100/Russell, seen here, at the Chiltern XC Match back in January at Keysoe

Pre-his South Downs Way race Russell contested the Humanity Direct 29miler and then the Kielder Forest 50km in April (5:55.49). Next month came the Ridgeway 40 completed in 7:13

Russell finished the South Downs 100 sub 24hrs. but he had to put in a fast last mile to do it (23:58.49). In between he has been pacing and supporting Sheila on her Grand Slam quest. Good luck to Russell, when, on the 15th September, he competes in the annual Robin Hood 100, includes sections of Sherwood Forest, Notts.

THE NEW TOUR OF MK ORGANISER

Russell is standing down from his role with the Club in organising the marshalling for our major road and cross-country BUT is taking on the job of organising the TOUR OF MILTON KEYNES, Andrew Wasdell relinquishing this role after five very successful tours.

OTHER CLUB MEMBERS, PAST & PRESENT, WHO HAVE COMPLETED A 100 mile event

Rachel Armstrong
Dave Findel-Hawkins
Brian Graves
Raymond Hickman
Jim Morrison
Tony Natale
Howard Pattinson
Andy Sutton
Paul Sutherland



Another very well organised British Milers Club PB Classic. (3 June) Thanks again to everyone who helped. There were 45 races and some 51.7% set personal bests.

For MMKAC, 31 athletes competed and 20 personal bests(64.5%) were set by the following:

800m	M17	Leo Freeland	2.02.24
	M17	Galen Butler	2.10.97
	M17	Peter Hickman	2.10.07
	M15	Alex Brent	2.26.11
	M13	Elias Skaarup	2.32.25
	M20	Joshua Ustaran-Anderegg	2.09.34
	F17	Montana Edghill	2.17.85
	F17	Ella Carey	2.19.44
	F17	Tia Sinclair-Linton	2.31.83
	F15	Charlotte Underwood	2.18.04
	F15	Phoebe Miller	2.43.20
	F13	Madeleine Pearce	2.42.38
	F13	Isobelle Miller	3.08.88
1500m	M17	Robert Hickman	4.23.07
	M17	Jack Sharp	4.27.86
	M17	Tomas Billenness	4.49.23
	M15	Jack Rose	4.35.75
3000m	M20	Jack Meijer	8.37.28
1500m Steeplechase			
	F17	Imogen King	5.16.48
2000m Steeplechase			
	M20	James Minter	6.28.35

RELAY RECORD BREAKING

The senior men have twice broken the club 4 x 100m Relay record in SAL matches.

Firstly at Battersea Park the quartet of Dickson Kusi, Michael Smith, Tyrell Dankwa and Aaron Adom clocked 42.94 and then at Eton the same foursome ran 42.80

Previous record set in 2012 by Nicoloi Williams, Daniel Oderinde, Ben Sturgess and Robert Broadley who ran 43.2 at Thurrock.



Final changeover at Eton; Tyrell Dankwa – Aaron Adom.

Under 20 men improve their age group record

The quartet of David Boakye, Ethan Wiltshire, Kwame Twumasi-Taiwiah & Maxwell Brown set new figures of 43.3 at Birmingham. See YDL report for more information and photos(page 10)

DIAMOND LEAGUE INVITATION YOUNG ATHLETES SPRINT RELAYS

[18 August Birmingham]

4TH M20 48.74

Niklas Adio-Joseph Tolbert-Yianni Korontzis-Jamie White (dropped baton)

2ND M15 46.69 **CLUB RECORD**

Ayoyinka Adelowo-Chad Wilson-Shawn Ampofo-George Ho

2ND M13 52.96

Edward Barber-D'Mitri Varlack-Isaiah Phillip-Joshua Stephens

3RD F15 51.18

Zaria Mmanga-Lateefah Agberemi-Deborah Lago-Moyin Oduyemi

4TH F13 53.95 **CLUB RECORD**

Ayesha Jones-Victorious Ezeh

Elizabeth Tchuimeni-Rhianna Dankwa

The previous record was set at the opening YDL match at MK. Rhianna and Victorious were joined by Laura Chalmers and Hope Oguidi on that occasion clocking 54.36

The previous M15 record (47.33) was set last year at Birmingham by the team of George Ho, Daniel Pindura, Hamish McGarvie and Harrison Reed.

Photo of the record breaking under 15 Boys



James Minter/Montana Edghill leads Ella Carey/Madeleine Pearce leads Phoebe Miller/Tomas Billenness



ABBY ROSKILLY

WELCOME BACK

MEL WOOD

Abby joined in late 2000 and was soon at the forefront for the under 13girls during the 2001 Winter season. She finished second in the Bucks XC Champs held at Wing and then the following weekend in Brickhill Woods for the next Chiltern League fixture placed second again. The final League race at Warden Hill produced her first victory for the club. Then to Durham for the "National". Charlie Gasper ran the race of her life finishing 2nd but Abby was in the spotlight for 7th.



Abby(25) in the Bucks AA Champs. at Wing

Abby competed on the track that summer for the EYAL and SWL etc., Her best times were 800m(2.24.2) and 1500m(5.07.7). 2002 saw the under 15girls sweep to victory in the Chiltern League where Abby placed 4th in the final race at Luton. She finished 25th in the Southern XC at Parliament Hill where the team closed in 6th. On the track Abby ran PB's of 2.21.5 and 4.50.4 over 800m/1500m

2003 saw Abby lead the U15Girls to second place behind Windsor in the Chiltern League and in the Southern XC at Exmouth she finished 13th. On the track Abby improved her 800m PB to 2.20.7 in an EYAL match at Basildon.

AND 15 YEARS LATER.....

Who is the "new" lady lining up for the start of the Southern Athletics League match at Reading on 20th May?

Abby made her debut as a senior finishing third in both the 800m(2.23.0) and 1500m(5.22.3).

By the end of the track season she had improved to 2.16.47 & 5.16.56, both set at Battersea Park.

Abby has been a very enthusiastic member of both the SAL and UK Women's League teams and at Chelmsford she had a fine victory in the 800m(2.18.5) for the former team.

She has filled in with other events- 400m(60.51), 3000m(12.02.65) And even threw the discus to score good points by placing second in the "B" string at Chelmsford.



Mel joined MKAC in 2005 and in the six years she was with us became quite a prodigious talent. A look at her all-time club rankings for 800 and 1500m.

Under 13	2.21.8(1 st)	4.56.12(2 nd)	2006
Under 15	2.11.23(1 st)	4.34.68(1 st)	2008
Under 17	2.09.24(1 st)	4.25.83(1 st)	2009

Her 800m time is the Club all-time record(set in a BMC meeting at Stretford) whilst the 1500m is just short of the time(4.25.20) that Linda Dewhurst ran in 1987. The 800m u15 record was set winning the silver medal at the English Schools Champs.(Gateshead). As an U15 Mel ran 57.89 for 400! Her best time for 3000m is 9.58.15



Over the country Mel was just as dominant. Here seen in Buckinghamshire colours leading her county to 2nd place in the 2009 Inter - Counties Championships. Mel finished 8th with Beth Swords(16th) and Elle Roche(30th)

Mel then placed 6th in the English Schools XC Champs and won an international vest finishing 8th in the Home Countries international, at Bangor, Wales.

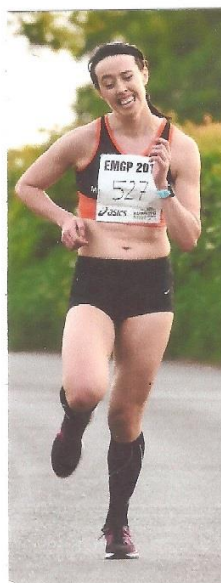
Earlier Mel made a brief foray indoors to win the South of England 1500m title at Lee Valley.(4.34.99). And then finished the year with a F17 5km road record in the annual Boxing Day race.

2010 produced a 800m bronze medal for Mel in the England AA Champs at Bedford(2.14.62).

AND NOW TO 2018

Mel rejoined us from Rugby & Northampton in the Spring and I was delighted to see her at the Silverstone 10km where she ran 39.49 and then 31.22 at the Blisworth "5" (photo, left)

As reported on page 5, Mel ran 7 out of the 8 East Midlands Grand Prix races and finished third senior lady overall.



A YOUNG ATHLETES ROUND-UP

TIM PENLEY ADDS 51cm TO THE UNDER 15 BOYS POLE VAULT RECORD.

Tim commenced 2018 with a PB of 2.50m. At an indoor meet at Brunel in March, he vaulted 2.70m. He then went straight over 3.10m at the Bucks Schools Champs(MK/June) to set a club record. Steve Robinson had leapt 3.00m, 26 years ago in 1992. Next month he claimed the bronze medal at the Tim commenced 2018 with a PB of 2.50m. He vaulted 2.70 English Schools Champs(Birmingham) with 3.45m. He then placed 4th at the South of England champs. with 3.40m before going on to the. England AA Champs at Bedford on 25th August. Here, although placing 5th, he cleared 3.51m! And 9th in the UK rankings. AND an improvement of 1metre+



AYESHA JONES- under 13 JAVELIN HOPEFUL

Ayesha threw the 400gm javelin 23.06m at the MK Open Meet on 8 April and in her first official competition broke the club record of 22.42m set in 2014 by Hannah Weatherley. Improvements continued. Coached by Janina Pownall.

18 May	24.60m	Coventry	YDL
17 June	30.87m	Rugby	YDL
18 July	31.24m	Bristol	YDL DIV.FINAL



LATEEF AH AGBEREMI (see right)

In her first official triple jump competition with MMKAC, Lateefah, more well known as a long jumper broke the under 15 girls club record leaping 10.44m, albeit with a following wind of 5.7. Laura Zialor had leapt 10.16m in 2012



UNDER 13 SOUTHERN INTER-COUNTIES (28 July-KINGSTON)

Edward Barber took two third places competing for Buckinghamshire; 75m hurdles(12.65) and Long Jump(5.02m) Kobe Sinclair Linton placed 2nd in the "B" 75m hurdles with 12.82. For the girls Victorious Ezech took third in the 200m "B" race(28.11) as did Ayesha Jones in the Javelin(30.62) and placed 4th in the "B" shot(8.15m)

SOUTH OF ENGLAND U17/15 CHAMPS- LEE VALLEY(11/12 Aug)

U17Men Triple Jump	Jayden Courtenay Robin	6 th (12.56m)
Discus	Oliver Moyles	7 th (33.67m) PB
U15 Boys Pole Vault	Tim Penley	4 th (3.40m)
Javelin	Tim Penley	11 th (36.10m)
U15Girls 100m	Moyin Oduyemi	Heat: 1 st /13.02
	Semi-Final	2 nd /12.72
	Final	2 nd /12.85
U15Girls Hammer	Lara Moffat	2 nd /48.56m

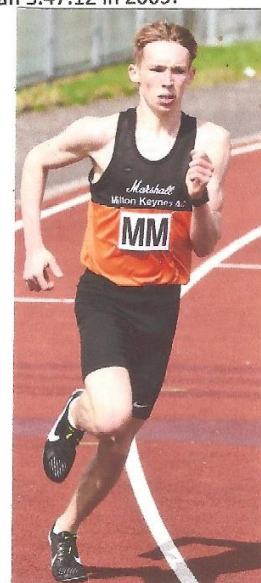
ENGLAND ATHLETICS U17/15 CHAMPS - BEDFORD(25/26 Aug)

U17Men 100m heat	Olly Miller	7 th /11.28
High Jump	Sam Featherstone	12 th /1.86m
U15Boys 200m heat	George Ho	5 th /24.74
Pole Vault	Tim Penley	5 th /3.51m CLUB RECORD
U15Girls 100m	Moyin Oduyemi	Heat 3 rd /12.44
	Semi-Final	5 th /12.45 Final 7 th /12.43
Triple Jump	Lateefah Agberemi	7 th /10.44m CLUB RECORD
Hammer	Lara Moffat	1 st /53.14m CLUB RECORD
Javelin	Eva Durrand	4 th /37.69m

JACK MEIJER CHASING THE UNDER 20 MEN MIDDLE DISTANCE CLUB RECORDS

Jack has run 800m(1.55.92), 1500m(3.54.80) and very recently 3000m(8.27.10) this summer. These rank him 7th, 4th(with Chad Lambert) and 2nd respectively. Barry Hearn, his coach, comments "It's been a pleasure coaching him. Listens to all the advice that I offer him. Is extremely focused and determined in training and competition. Destined to become one of the top middle distance runners in the history of the Club.

This winter Chris and myself will be working with him on his steeplechase. Looking for England/GB vest in the new year. Race is on between him and Sam Winters(PB 3.50.12) for the Club senior 1500m record. Marcin Fudalej ran 3.47.12 in 2009.



THE 36TH TOUR OF MILTON KEYNES

[2nd - 7th September]

- Many thanks to Andrew and his team for organising the event.
- Congratulations to the 73 who completed the six days.
- Dan Woodgate led throughout for a comfortable victory.
- Same for Ella Townsend in the ladies race.
- Lilli Peters will be a new name on the MMKAC ladies trophy

TOUR WINNERS

1st Male	Dan Woodgate	1st Female	Ella Townsend
2nd Male	Mark Palser	2nd Female	Lilli Peters
3rd Male	Will Shippin	3rd Female	Di Baldwin
1st Vet Male	Dermot Martin	1st Vet Female	Jessica Anstee (2nd overall)
2nd Vet Male	Chris Finister	2nd Vet Female	Sarah Bird
3rd Vet Male	Simon Woodward	3rd Vet Female	Debra Brent
MMKAC Tour trophy winners:			
1st Male	Dan Woodgate	1st Female	Lilli Stickley
1st Vet 40	Tim Inchley	1st Vet	Di Baldwin
1st Vet 45	Chris Finister	Most Improved	Karen Bugaj (36mins)
1st Vet 50	Martin Brent		
1st Vet 55	Andy Stiles		
1st Vet 60			
1st Vet 65	Dave Findel-Hawkins		
Most improved	Dave Findel-Hawkins (6mins)		
Redway Runner Tour trophy winners:			
1st Male	Chris Mahoney		
1st Female	Sarah Bird		
Most improved	Katie Grayson		

ANDREW WASDELL STANDS DOWN AS TOUR ORGANISER

Grateful thanks to Andrew for aptly organising the event for the past five years.
As mentioned earlier Russell Rose is taking over. Please support him next year.



TOUR LONGEVITY

Dave Findel-Hawkins completed his 33rd TOUR
Diane Baldwin now has 21 completions, Jim Miller 20 and Dave Storer 19.

YOUR STORIES, COMMENTS ETC

I will be pleased to receive any articles for the next Newsletter

Photos: Dan Woodgate(93), Lilli Peters(66), Dave Findel Hawkins(32), Jim Miller(57) & Dave Storer(80)

YOUTH DEVELOPMENT LEAGUE – LOWER AGE GROUP – NATIONAL FINAL – BEDFORD – 8 SEPT. 2018

49 athletes competed for
MMKAC:24 Boys & 25 Girls.

UNDER 15 BOYS

Shawn Ampofo
Adelowo Ayoyinka
Thomas Chalmers
Zac Freeland
Ben Green
Torsten Hansen
George Ho
Rhys Thomas Jordan
Aidan Murphy
Tim Penley
Edward Proctor
Jack Rose
Chad Wilson

UNDER 15 GIRLS

Tolu Adebayo
Lateefah Agberemi
April Barnes
Asher Cliff-Afemari
Sara Diaz De La Fuente
Eva Durand
Deborah Lago
Phoebe Miller
Zaria Mmanga
Lara Moffat
Moyin Oduyemi
Sophie Stockton
Charlotte Underwood

UNDER 13 BOYS

Daniel Ayodele
Edward Barber
Sam Oldroyd
Jamie Penley
Isiah Phillip
Kobe Sinclair-Linton
Elias Skaarup
Joshua Stephens
Harry Totton
Callum Tripp
D'Mitri Varlack

UNDER 13 GIRLS

Maddison Banks
Laura Chalmers
Rhianna Dankwa
Sonja De Koning
Hayley Dimond
Victorious Ezeh
Millie Freeland
Elizabeth Garner
Ayesha Jones
Hope Oguidi
Madeleine Pearce
Elizabeth Tchuimeni

OUR YOUNGSTERS DO THEMSELVES PROUD IN THEIR FIRST EVER NATIONAL FINAL

Many thanks to team managers, Alana Slater and Nigel Jordan who worked tirelessly to get a full team together. The only slot we did not fill was a "B" string under 15 lady pole vaulter. We were not alone here as three other teams had the same problem.

We provided 10 officials helping to keep the match running on time, and it did with 94 events to cover. And thanks to parents, supporters etc who enthusiastically cheered the athletes on



MATCH RESULT

1 Reading	517
2= Blackheath & Bromley	509.5
2= Preston Harriers	509.5
4 Sale Harriers	497.5
5 Edinburgh AC	483
6 Cardiff Archers	454
7 MMKAC	412.5



Action from Bedford: Maddison Banks; Zac Freeland; Charlotte Underwood

FIXTURES

SEPTEMBER

23 South of England Road Relays [Crystal Palace]
29 NSPCCA half-marathon – Milton Keynes Bowl

OCTOBER

13 Chiltern XC League – Oxford(Horspath)

NOVEMBER

3 National Cross-Country Relays-Mansfield
10 Chiltern XC League- MK(Tear-Drop lakes) &
UK Cross Challenge
25 Wolverton Five

DECEMBER

1 Chiltern XC League- Luton
8 Southern Inter-Counties/Southern Masters
XC Champs- Oxford(Horspath)
9 MK Winter Half Marathon

2019

JANUARY

5 Bucks XC Championships- High Wycombe
12 Chiltern League – Keysoe
26 South of England XC Champs
(Parliament Hill)

FEBRUARY

9 Chiltern XC League – MK(Campbell Park)
23 National XC Champs -Leeds

MARCH

9 Inter-Counties XC Champs & UK Cross Challenge)-
Loughborough
17 Milton Keynes Festival of Running

THE 54TH WOLVERTON FIVE
SUNDAY 25TH NOVEMBER,
11.00AM

Offers to help on the day are very welcome.
Contact Jackson Ryan. jacksonryan52@gmail.com

See club web site for entry details

NEWSLETTER EDITED
BY
BRIAN GRAVES
b.graves134@btinternet.com

CONTRIBUTIONS ALWAYS
WELCOME!



ON THE ROADS ON THE ROADS ON THE

28 May LONDON 10KM 112 Paul Mizen(32.57), 150 James Tuttle(33.40), 178 Jamie Seddon(34.11), 209 Tom Cuthbertson (34.35), Rachel Robinson 22nd lady(35.59), 388 Gary Blaber(36.58), 449 Tom Hayman(37.44), Lara Bromilow 21st lady(38.22).

8 June MARSTON VALLEY 5KM 57 Ben Miller(20.48), 71 Diane Baldwin(21.35 1st F60

17 June EASTLEIGH 10KM Ian Van Lokven(38.53) 2nd M60

24 June SWANSEA HALF MARATHON 80 Ian Van Lokven*77.12_ 1st M60 **M60 RECORD**

24 June LUTON "5" 9 Andrew Kirschner(30.41)

25 June SRI CHINMOY 5KM (Battersea Park) 2 Jamie Seddon(15.59), 9 Rachel Robinson(17.12) 1st FS

20 July BEDFORDSHIRE 10KM (Bedford) 2 Jamie Seddon(33.03), 29 Tom Hayman(56.53), 33 Andrew Kirschner(37.37), 50 Ross Wood(38.49), 51 Andrew Wasdell(38.57), 53 Wendy Webber(39.04) 2nd F35, 129 Karen Tincknell(50.13)

22 July GRIMSBY 10KM 1st lady Rachel Robinson(35.16 – 4th best all ladies time

25 July DOUG ANDERSON 5KM (Bedford) 2nd lady Wendy Webber (18.55), 3rd lady Montana Edghill (19.28) & Karen Tincknell(24.07).
3rd Ladies Team

27 July SRI CHIMNEY 5KM (Battersea Park) 1st lady Rachel Robinson(17.01)



Rachel here seen
in cross-country
mode at the
"National"

6 August PODIUM 5KM (Barrowford, Lancs) 3rd lady Rachel Robinson(16.40) **CLUB RECORD**