

Marshall

Milton Keynes



Athletic Club

Your local athletics club caters for all standards of achievement and all branches of this sport including:

Road running; Track, field and sportshall athletics; Cross country, Race Walking and Fell running.

All athletes from **nine** to ninety nine are welcome to join the club, to train with us and to compete in the many and various leagues, team and individual competitions. We also run a session for 5-8 year-olds who don't need to be members (see Training below).

There is a satellite Club in Buckingham which uses the track at Stowe School in the summer.

The current membership of the Club is around 750. The Club is based at Stantonbury Campus Stadium, which was refurbished and extended from six to eight lanes in 2007.

The Club enjoys substantial annual sponsorship from Marshall Amplification Ltd, which it uses to support its athletes, coaches and officials.

Track and field athletics

Events take place mainly in the summer but there is some indoor competition in the winter. Some of our youngest members take part in Sportshall athletics in the winter. The Club has teams in a number of different leagues:

- **Southern Athletics League.** We have a team in Division 2 with five fixtures each year providing competition for athletes over 15.
- **UK Women's League** We have a team in Division 3 with three fixtures each year for women over 17.
- **Youth Development League (Boys and Girls).** The Club has teams in the Midland East Division in both the Under 15 and Under 20 sections of the league. Four fixtures each year provide competition for under 13s and under 15s together, and for under 17s and under 20s together. In 2018 the younger age-group made the National Final.
- **Open Meetings.** The Club organises five or six open meetings each year to cater for the needs of its young developing athletes.
- **The Eastern Masters League.** There are four matches plus a final in September, providing competition for veteran (35+) male and female athletes.
- **Sportshall.** There are competitions for Under 11s, Under 13s and Under 15s during the winter.

Marshall MKAC athletes win a substantial number of County Titles in the Buckinghamshire, Bedfordshire and

Northants County Athletics and Cross Country Championships. In addition many of our athletes attend open meetings.

In 2008 Craig Pickering and Greg Rutherford represented Great Britain at the Beijing Olympics. Craig competed in the 100m and 4x100m relay while Greg Rutherford reached the Final in the long jump. Greg holds the British Long Jump Record with 8.51m. Craig (100m and 4x100m), Greg and Chris Clarke (4x400m) and Mervyn Luckwell, (Javelin) represented Great Britain in the 2009 World Championships in Berlin. Craig, Greg and Chris represented Great Britain at the 2011 World Championships in Daegu. Two MMKAC athletes represented Great Britain at the London Games in 2012: Gold Medallist, Greg Rutherford, and Javelin thrower, Mervyn Luckwell. Greg has since become World, European and Commonwealth Champion, one of only five UK athletes who have simultaneously held all four titles. International Cerebral Palsy athlete, Thomas Green, is a member.

Road running

Road races take place throughout the year, catering mainly for senior and veteran, men and women. Marshall MKAC athletes attend events in this area and teams are entered in many races and relay events. The Club has a large section of veteran athletes (Women over 35 and Men over 40) of all abilities. The Club organises four major road races each year:

- **The Wolverton Five Mile Road Race** is held round Willen Lake on the last Sunday in November. The race attracts a high-quality field and has numbered over 250 runners. The course records are held by international athletes Justin Hobbs (23.01) and Alison Wyeth (26.21). This event is free for paid-up members.
- **The Milton Keynes 10km Road Race** is held at the Open University in late June/early July. This race is the last event in the East Midlands Grand Prix, which consists of a series of eight mid-week road races in May, June and July. Over 500 athletes entered the race in 2018. This event is free for paid-up members.
- **The Milton Keynes Half Marathon / 20 mile / 10km / 5km Fun Run.** This race is organised by the Club and MK Events Ltd. The 2019 race is on Sunday 17 March.
- **The South of England Men's 12-stage** and women's 6-stage road relays will be held from the track at Stantonbury in March 2019.

Cross country

Cross country races normally take place in the winter, catering for all age groups, male and female. The Club competes in the following league:

- **The Chiltern League** has five matches each winter for under 13, under 15, under 17 boys, senior men, veteran men, under 13, under 15, under 17 girls and senior women. For fifteen of the past twenty years the Club has been the Overall Champions in Division 1.

The Club sends teams to a variety of open cross country races, and to the County, Southern and National Cross Country Championships.

Fell-running and Race Walking

The Club occasionally sends teams to contest fell running events and has a number of members who are interested in race walking, for which coaching can be provided.

Coaching and Officials

The Club has over sixty qualified coaches, including a Level 4 Coach and nine Level 3 coaches, covering all athletic events. All coaches offer their services without charge. **All athletes under seventeen years of age must be registered with a coach.**

The Club has a small but dedicated band of qualified officials, including timekeepers, track judges, field-event judges and starters, who ensure that all athletics meetings in Milton Keynes run smoothly and efficiently.

The Club is managed by a Committee of approximately twenty three members including athletes, coaches, officials and parents.

Any member who wishes to become a qualified coach or official is encouraged to attend courses. The Club will pay the fees for these courses, provided that members have been with the Club for at least six months and that they will use their qualification for the benefit of the Club. Any member, or prospective member, who wishes to become qualified should contact the Coaching Secretary: Panos Ioannou (panos100m@gmail.com), or the Officials' Secretary: Fi Han Bromilow (f.bromilow@btinternet.com).

Since April 1993 the Club has been responsible for the management of Stantonbury Athletics Stadium and for the maintenance and replacement of all athletic equipment. For any meeting held on the track outside school hours, the Club will appoint an equipment officer who will be responsible for organising the equipment and for its safe return. A small fee is paid for these services.

A small number of members organise refreshments at the clubhouse. If you wish to assist with the catering please contact Wendy Durand.

Thanks to sponsorship from *Bon Viveur*, a local gourmet restaurant, we are able to offer all officials and team managers a lavish lunch at all of our home meetings.

Training

For all disciplines, including road and cross country running, the main training times from Stantonbury Athletics Track are **Tuesday and Thursday evenings from 6 -- 9pm**. Training on the roads for senior athletes starts promptly at 7pm. Track and field athletics training also takes place on Saturday and Sunday mornings from 10 - 12 noon.

For details of the satellite club in Buckingham contact Leone Kahembe (01280 820976).

There are additional sessions specifically for young athletes:

5-8 year-olds: Gordon Fallow (07952 917556)

9-11 year-olds: Mick Lee (07966 471717)

11-13 year-olds: David Millett (07816 901431)

Please check the website or contact coaches for precise times.

For details of the Thursday alternative, runs at a gentle pace, contact Brian Graves (01908 631013) or visit the club website.

Other training sessions are organised by coaches for their athletes.

Newsletter

The Club publishes a full-colour newsletter "Athletics MK", which reviews the news and events of the last three or four months, publishes the Club rankings, and outlines all the events, social and athletic, which will be taking place in the coming months. This is delivered online.

Web Pages

The Club has its own web pages on the internet that has the latest results, news and information about the club. You can view them on

<http://www.mkac.org.uk>

Email

Most members of the Club Committee can be contacted by email using firstname.surname@mkac.org.uk so that, for example, the Membership Secretary can be contacted on richard.pownall@mkac.org.uk.

Subscriptions

The Club subscription year is from January to December. New members, joining after 1 April / 1 July / 1 October, will pay 75% / 50% / 25% of the membership fees in their first calendar year. Prospective members are allowed four weeks to decide whether to join before the membership fees become payable. The subscription rates for 2019 are:

Senior athletes: £60.

Junior athletes under 18 or in full-time education: £60.**

Family membership, covering parents and children in the same family: £120.

Associate Members, open only to those who are not athletically active: £15

Annual track and field fee, for all junior members and for senior athletes who use the track regularly: £60 (Family members pay a maximum of £120 in track fees).

Under 20 and Senior Athletes who do not train on the track at Stantonbury need not pay the track fee.

Per-Session track and field fee for Members who have NOT paid the annual fee: £2.50.

Sessional track and field fee for Non-members: £5.

** Note that, because young athletes receive coaching on the track or in the sports hall, all must pay the annual track and field fee.

Members may, if they wish, pay their fees in quarterly instalments, by arrangement with the membership secretary. For Members who **renew** their subscription before **31 January** there is a discount of £5 (£10 for Family Membership).

In the case of hardship, applications (in confidence) can be addressed to the Club Secretary, David Millett, 26 Massie Close, Willen Park, MK15 8HG. (07816 901431)

No other fees are payable for training, coaching or coach transport to away fixtures.

Club vests

Club vests, crop-tops, hoodies, jackets and a range of items can be purchased from Wendy Durand in the clubhouse kitchen, and hopefully soon on-line from the club website.

Further details

For further details contact:

The Membership Secretary: Richard Pownall, 9a Church End, Drayton Parslow, Milton Keynes, MK17 0JJ (07736 237460) (richard.pownall@mkac.org.uk)

The Club Chair: Mick Bromilow (01908 583761)