

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

Winter 2019

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Bucks XC Championships.



NUMBER ONE IN THE UK

Lara Moffat(F15) hammer - 53.14m
Emma Beales(F45) discus-43.14m

HISTORIC INTERNATIONAL DOUBLE

Jack Meijer represented Great Britain at The Great Stirling International Cross-Country on 12th January. A day later Rachel Robinson ran for England at the Elgoibar(Spain) International Cross-Country. Jack ran in the under 20 4x1500m relay clocking 4.13 on leg 3, GB finishing 3rd behind Europe and USA.

Rachel ran to an outstanding 8th place, 2nd scorer for England in a race won by Kenyan superstar, Helen Obiri (World 5000m champion). Rachel ran for England seven years ago as an under 20.

Chair's piece

Chiltern League

The Chiltern League has only one fixture left this season, with the final match being held at Campbell Park, Milton Keynes on 9 February. As the host club for this final fixture, we will need volunteers to help with setting out the course at the beginning of the day, marshalling the course, and taking down the course at the end. If you can help, please contact Jackson Ryan (jacksonryan52@gmail.com).

It is very pleasing to report that the club goes into this fixture with a substantial overall lead of almost 2000 points. The club is also well ahead in the overall senior and male categories, is just 24 points behind Chiltern Harriers in the overall female category, and lies second in the overall young athletes' category. The key to our success is the size of our turnouts: 97 ran at Oxford, 120 at the Teardrop Lakes, 104 at Luton and 101 at Keysoe – only Chiltern Harriers have turned out in such numbers.

Individually, we have seven in the top 10 in the Senior Men's Chiltern League standings, with Sam Winters third and Dan Woodgate fourth, while James Minter (M20) and Debra Brent (F55) lead their categories and Rachel Robinson is second in the Senior Women.

Marshall Milton Keynes last won the overall title in 2017. In the 21 years that the overall title has been contested, (Marshall) Milton Keynes has won it 15 times to Bedford's 6. With another big turnout at Campbell Park, we could be bringing home a host of trophies and a glut of medals. Please try to be there.

Grounds Maintenance

We have a small group of dedicated volunteers who look after the grounds maintenance at the track – mowing, weeding and line-marking using the sit-on mower and other grass cutting equipment owned by the club. We are very keen to find extra people to help with this activity, which normally involves about half a day's work per week. The job would suit an early retiree or an active person with a little bit of time to spare. Please contact Mick Bromilow if you can help.

Officiating

We have a small but dedicated band of officials without whom we would not be able to put on athletics events. If you have some time to help as a starter, track judge, timekeeper or field judge, it would be greatly appreciated. It is particularly helpful if parents who will be attending the Youth Development League meetings could qualify as it will earn points for the Club. Please let Fi Han Bromilow (f.bromilow@btinternet.com) know if you wish to attend a course and she can supply the details of how to apply. The club will pay the course fees.

MK Festival of Running

The MK 20 mile, Half Marathon and 10km races and the 5km fun run take place on Sunday 17 March, with the first race (20 miles) starting at 9.45am. The map shows the 20 mile course which consists of one western loop of around 10km and two eastern loops of around 11km. The half marathon has one western loop and one eastern loop, while the 10km race just uses the western loop. The 5km fun run follows the western loop for about 2.5km before returning to the finish along the redway alongside the V8.



All four races start outside the Xscape Building. Details of the courses and online entry can be found on the mkrun website (<http://www.mkrun.co.uk>). The discount code MK15 entitles MMK runners to 15% discount on the entry fees.

The V7 will be closed to traffic as will various estate roads around the course. Marshalling these courses will stretch the club's resources. We will need well over 100 people to help. A significant proportion of the profits from the race will be used by the club, for example, to subsidise transport costs, entries to road races and championships, and to pay for officials and coaches to attend courses. Last year the club's income from the race was about £16k. Please volunteer to help with this event by contacting Mick Bromilow or one of the five volunteer coordinators. If you are under 18 you can help, for example, at the feeding stations or at the finish. If you are over 18 as an athlete, a parent or a friend, please let us know that you are available, and how you are able to help. All helpers will be given a free lunch and a T-shirt.

South of England Road Relays

The Club is again hosting the South of England Men's 12-stage and Women's 6-stage Road Relay Championships on Sunday 24 March, with the men starting at noon and the women starting at 1pm. The women's race will include two long (7.7km) stages to go with the four short (5km) stages.

The race will be run from Stantonbury Athletics Stadium, using the redways around Linford Wood. This race attracts many of the best runners from the South of England. Just one week after the MK Festival of Running, we will need 20-30 volunteers to marshal the relay course for a couple of hours each on a rota basis. If you can help, please contact Jackson Ryan (Jacksonryan52@gmail.com).

Club Membership Fees

The New Year is the time when Club Subscriptions are renewed. All members are being contacted by the Membership Secretary, Richard Pownall (rpownall59@gmail.com). Subscriptions can be paid by BACS transfer. There is a discount for those paying before the end of January.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



ANNUAL GENERAL MEETING 13 NOVEMBER, 2018

1) Elected Officers:

- Chairman Mick Bromilow
- Vice Chairman Jackson Ryan ##
- Secretary David Millett
- Treasurer Peter Tye
(looking to mentor a successor)
- Coaching Secretary Panos Iannou
- Cross Country Secretary James Tuttle
- Road Running Secretary Tom Cuthbertson
- Ladies Secretary Karen Bugaj
- Track & field Secretary Jim Lawrence
- Fixtures Secretary Jim Lawrence
- Membership Secretary Richard Pownall
- Officials Secretary Fi Han Bromilow ##
- Veterans Secretary(Summer) Jim Lawrence
- Veterans Secretary(Winter) Karen Bugaj
- Equipment Officer Peter Hall
- Development Officer Ian Stewart
- Track Liaison Officer Jack Kee
- Press Officer/
- Newsletter Editor Brian Graves
- Young Athletes Representatives x 2 Vacant
- Buckingham Satellite Representative
 - Leone Kahembe
- Welfare Officer (M) Ian Stewart; (F) Vacant

- The following were appointed as committee members without specific responsibilities :-
Jackson Ryan, Dennis Edghill, Sharon Edghill, Barry Hearn & Jason Carvalho
co-opted at first Committee Meeting

2) Statement of Accounts and report from the Treasurer

- Draft Statement of Accounts (on right)
- The bank account is healthy;
- The overspend of the previous year has been corrected;
- In part due to lower salaries;
- However significant expenditures are anticipated in the coming year in relation to the hammer cages and the clubhouse veranda.

MMKAC Accounts 2017 /2018

	2016/17	2017/18
Subscriptions	49,166	46,056
Event entry	25,226	27,589
Salary contribution	5,800	
Track management	3,267	7,833
Kit sales	986	921
Bank interest	54	16
Donations	16,494	13,730
Kitchen	1,156	550(Est)
Awards evening	744	960
Total Income	102,891	97,654

Awards evening	1,558	1,044
Affiliations	7,711	8,529
Coaching courses	2,984	3,734
Event expenses	10,576	9,375
Equipment	4,833	11,664
Event entries	3,686	1,931
Expenses	5,810	4,649
Stadium maintenance	25,855	9,281
Hall hire	12,429	11,698
Other	617	
Newsletter	518	
Kit purchases	3,704	3,821
Salaries	18,994	4,807
Trophies	430	2,509
Travel	11,245	7,696
Marshall distribution	4,333	6,975
Total Expenditure	115,284	87,712
Balance	12,392-	9,942

WELCOME

New committee members

Tom Cuthbertson	Road Running Secretary
James Tuttle	Cross-Country Secretary
Leone Kahembe	Buckingham Satellite Rep.

Thanks to Andrew Wasdell for his stint as Road Running Secretary. Has certainly improved communication between the road runners and set up the facebook page. Jackson has looked after cross-country for the past 20 years or so – some legacy! Leone takes over at Buckingham from Fiona-Darling Gliniski whom we must thank for setting it all up at Buckingham.

MMKAC PROVE THEY ARE THE MASTERS!

EASTERN MASTERS AC CUP FINAL - HISTORIC DOUBLE (23 September- Milton Keynes)

LEADING TEAMS:

MEN		WOMEN	
1 MMKAC	277.5	1 MMKAC	255
2 Nene Valley H	215.5	2 Ryston Runners	227
3 Southend AC	209.5	3 Fairland Valley	226

COMBINED (Carl Baldwin Trophy)

1 MMKAC	532.5
2 Ryston Runners	436.5
3 Nene Valley H	370
4 Southend AC	294.5

What with home advantage there was every chance of a good day for us. The men had comfortably won the Central Division ahead of Bedford and Fairlands Valley whilst Fairlands Valley topped the ladies Division ahead of MMKAC and Cambridge.

Jim Lawrence reminded me that in 2008 we won both trophies but that was based on league results. There was no final due to fixtures problems. The leading clubs competed together at Cambridge for the fourth league match and in the final analysis the leading teams were:

MEN 1-MMKAC(606) 2-Peterborough(504) 3-Bedford(482)
WOMEN 1MMKAC(496) 2-Ryston(490) 3-Loughton(435)

Back to 2018 and soon it was fairly obvious that our strong men's team were looking likely winners. The ladies were locked in a three-way battle with Fairlands Valley and Ryston.

And battle they did; great credit to the 10 ladies led by Corinne Nurse – Diane Baldwin, Emma Beales, Debra Brent, Diane Farmer, Jan Hardcastle, Steph Johnson, Jeanette Lawrence, Chrispina Odunewu and Di Presswell.



Corinne and Jeremy with EMAC Secretary, Carey Hollick

At halfway they were in second place but with a strong finish came through to win. Team captain Corinne Nurse won both the F35 400mhurdles and 800m plus taking second in the high jump. Di Presswell improved her club F50 record for the hammer(3kg) throwing 28.16m. This was the third time this that she has bettered her record. Di Baldwin competed in all six F50 events winning the 200 and 800m. Not surprisingly Emma Beales won the F35 discus and then the javelin and was only 1cm off equal first in the shot.

John Browne improved his M65 200m of 27.3 down to 27.1. Prior to these times Bert Busby had set the record of 30.9 some 40 years ago. Steve Herring ran to a fine treble in the M50 middle distance events Races winning the 800, 1500 and 3000m . Another treble to Paul Canning winning the M50 100m, 400m and 400mhurdles.

Brian Slaughter returned this year to add even more strength to the M60 team. He set a M60 league record of 4.94m (photo below) and later won the triple jump and 800m. Mark Featherstone won the M50 high and narrowly failed to beat the league record of 1.59m.

And, of course, we retained the Carl Baldwin Trophy.



MMKAC 2018 MASTERS WOMEN

UK TOP 40 RANKINGS

Compiled by Mick Bromilow & Jim Lawrence

100m			
28 Jan Hardcastle	F55	16.3	Cambridge
24 Di Baldwin	F60	17.6	Milton Keynes
200m			
33 Chrispina Odunewu	F40	30.9	Milton Keynes
32 Jan Hardcastle	F55	34.4	Bedford
18 Di Baldwin	F60	36.3	Bedford
400m			
21 Debra Brent	F55	78.3	Milton Keynes
9 Di Baldwin	F60	80.7	Cambridge
800m			
24 Corinne Nurse	F40	02:31.3	Milton Keynes
15 Debra Brent	F55	02:56.4	Bedford
9 Di Baldwin	F60	03:01.6	Bedford
40 Diane Farmer	F55	03:18.3	Bedford
1500m			
21 Debra Brent	F55	06:05.0	Cambridge
5 Di Baldwin	F60	06:05.8	Milton Keynes
26 Diane Farmer	F55	06:13.2	Milton Keynes
1 Mile			
5 Debra Brent	F55	06:27.3	Milton Keynes
34 Corinne Nurse	F40	06:30.0	Milton Keynes
5 Di Baldwin	F60	06:35.9	Milton Keynes
7 Diane Farmer	F55	06:44.5	Milton Keynes
26 Karen Bugaj	F55	08:35.2	Milton Keynes
3000m			
35 Wendy Webber	F35	10:56.89	Bedford
6 Di Baldwin	F60	12:51.95	Milton Keynes
20 Debra Brent	F55	12:52.3	Stevenage
23 Diane Farmer	F55	12:59.6	Milton Keynes
5000m			
14 Wendy Webber	F35	18:42.20	Battersea
1500m Steeplechase			
7 Carly Scott	F35	06:36.8	Reading
2000m Steeplechase			
2 Di Baldwin	F60	9:34.66	Milton Keynes
10 Carly Scott	F35	9:36.07	Eton
100m Hurdles			
20 Corinne Nurse	F35	22.12	w-0.7 Bedford
28 Carly Scott	F35	27.2	Reading
300m Hurdles			
9 Diane Presswell	F50	01:51.7	Milton Keynes
400m Hurdles			
7 Corinne Nurse	F40	75.9	Milton Keynes
23 Carly Scott	F35	97.87	Eton
31 Stephanie Johnston	F40	1:53.49	Sheffield
High Jump			
6 Corinne Nurse	F40	1.39m	Milton Keynes
23 Jan Hardcastle	F55	1.06m	Cambridge
Pole Vault			
21 Corinne Nurse	F40	1.20m	Bedford
21 Stephanie Johnston	F40	1.20m	Milton Keynes
Long Jump			
21 Corinne Nurse	F35	4.06m	Reading
23 Stephanie Johnston	F40	3.97m	w+1.5 Liverpool
22 Jan Hardcastle	F55	3.45m	Bedford
33 Diane Farmer	F55	3.12m	Milton Keynes
16 Di Baldwin	F60	2.91m	Milton Keynes
Triple Jump			
7 Stephanie Johnston	F40	8.43m	Stevenage
9 Jan Hardcastle	F55	7.65m	Cambridge
29 Carly Scott	F35	7.45m	Reading
17 Di Baldwin	F60	4.43m	Milton Keynes
Shot 3kg			
31 Diane Presswell	F50	6.85m	Milton Keynes
34 Jeanette Lawrence	F60	5.08m	Cambridge
Shot 4kg			
8 Emma Beales	F45	9.60m	Milton Keynes
12 Chrispina Odunewu	F40	8.74m	Stevenage
Discus 1kg			
1 Emma Beales	F45	43.14m	Lee Valley
19 Diane Presswell	F50	18.37m	Bedford
26 Jeanette Lawrence	F60	13.26m	Bedford
Hammer 3kg			
11 Diane Presswell	F50	28.16m	Milton Keynes
7 Jeanette Lawrence	F60	24.73m	Milton Keynes
37 Leone Kahembe	F50	16.80m	Milton Keynes
Javelin 500gm			
24 Diane Presswell	F50	15.20m	Bedford
28 Jeanette Lawrence	F60	10.12m	Bedford
Javelin 600gm			
13 Emma Beales	F45	24.61m	Milton Keynes



14-Jul-18 F35 Record



03-Jun-18

20-May-18

06-Jun-18 F40 Record

01-Aug-18 F40 Record =

20-May-18

08-Jul-18

06-Jun-18 F55 Record

01-Aug-18

23-Sep-18

02-May

04-Jul-18

20-May-18

23-Sep-18 F60 Record

23-Sep-18

04-Jul-18

23-Sep-18 F45 Record

02-May-18

08-Sep-18 F45 Record

06-Jun-18

06-Jun-18

23-Sep-18 F50 Record

23-Sep-18

15-Apr-18

06-Jun-18

06-Jun-18 F60 Record

23-Sep-18



Debra Brent & Steph Johnston competing in the EMAC final. Jeanette Lawrence at Reading (SAL) & Jan Hardcastle in the EMAC final.

100m				
36 Panos Ioannou	M35	11.84	w +1.8 Solihull	
13 Paul Canning	M50	12.4	Welwyn	
2 John Browne	M65	12.98	w +2.2 Malaga, Spain	M65 REC
35= Kerry Courtenay-Robin	M50	13.0	Cambridge	
23= Dennis Edghill	M60	14.0	Cambridge	
200m				
28 Panos Ioannou	M35	24.25	w -0.9 Solihull	
10 Paul Canning	M50	25.4	Milton Keynes	M50 REC
3 John Browne	M65	27.1	Milton Keynes	M65 REC
14 Dennis Edghill	M60	28.13	w -0.2 Sandy	
300m				
2 Paul Canning	M50	41.7	Milton Keynes	M50 REC
400m				
29 Paul Canning	M50	59.91	Horspath, Oxf	
7 Dennis Edghill	M60	62.0	Cambridge	M60 REC
800m				
15 Steve Herring	M50	2.12.6	Southend	M50 REC
7 Dennis Edghill	M60	2.25.28	Birmingham	M60 REC
6 John Skelton	M65	2.35.15	Watford	
1500m				
16 Steve Herring	M50	4.32.35	Watford	M50 REC
37 Chris Finister	M45	4.36.9	Milton Keynes	
2 John Skelton	M65	4.59.88	Malaga, Spain	
One Mile				
9 Steve Herring	M50	4.56.6	Milton Keynes	M50 REC
39 Andrew Kirschner	M35	4.56.8	Milton Keynes	
18 Chris Finister	M45	4.57.7	Milton Keynes	
37 Matt Clarke	M40	5.00.1	Milton Keynes	
32 Steve Withers	M45	5.08.2	Milton Keynes	
4 John Skelton	M65	5.30.1	Milton Keynes	M65 REC
25 Dave Findel-Hawkins	M65	7.06.5	Milton Keynes	
27 Dave Storer	M65	7.11.3	Milton Keynes	
29 Jim Miller	M65	7.29.0	Milton Keynes	
3000m				
12 Steve Herring	M50	9.41.62	Watford	M50 REC
1 John Skelton	M65	10.57.99	Milton Keynes	
5000m				
16 Steve Herring	M50	16.52.9	Milton Keynes	
2 John Skelton	M65	18.35.00	Milton Keynes	
110m Hurdles (99.1cm-3'3")				
14 Jeremy Vick	M40	35.0	Bedford	
100m Hurdles (91.4cm-3'0")				
6 Paul Canning	M50	17.73	w 0.0 Birmingham	M50 REC
15 Paul Sutherland	M50	53.8	Bedford	
400m Hurdles (84.0 - 2'9")				
2 Paul Canning	M50	69.5	Milton Keynes	
14 Paul Sutherland	M50	109.9	Milton Keynes	
400m Hurdles (91.4cm-3'0")				
25 Jeremy Vick	M40	72.08	Milton Keynes	
High Jump				
13 Mark Featherstone	M50	1.50m	Stevenage	
39= Simon Kirschner-Heavens	M35	1.45m	Stevenage	
30= Andre Sinclair-Linton	M50	1.40m	Milton Keynes	
Pole Vault				
33 Mark Roberson	M40	1.60m	Reading	
Long Jump				
12 Andre Sinclair-Linton	M50	5.04m	Horspath, Oxf	
Triple Jump				
20 Andre Sinclair-Linton	M50	9.59m	Milton Keynes	
10 Paul Canning	M50	9.89m	w +1.6 Birmingham	
Shot (6kg)				
18 Mark Featherstone	M50	11.04m	Milton Keynes	
Shot (5kg)				
10 Bunt Scott	M65	9.46m	Sandy	
Discus (1.5 kg)				
13 Mark Featherstone	M50	36.06m	Milton Keynes	
Discus (1kg)				
4 Bunt Scott	M65	38.61m	Lee Valley	
Hammer (7.26kg)				
5 Mark Roberson	M40	44.60m	Milton Keynes	
Hammer (6kg)				
36 Mark Featherstone	M50	22.23m	Milton Keynes	
Hammer (5kg)				
4 Bunt Scott	M65	36.17m	Lee Valley	
Javelin (700gm)				
16= Mark Featherstone	M50	35.09m	Milton Keynes	
37 Andre Sinclair-Linton	M50	29.70m	Milton Keynes	
Javelin (600gm)				
6 Bunt Scott	M65	32.44m	Lee Valley	M65 REC
Weight (9.08kg)				
3 Bunt Scott	M65	13.85m	Birmingham	
Weights Pentathlon				
3 Bunt Scott	M65	3248 pts	Lee Valley	M65 REC

MMKAC 2018 MASTERS MEN UK TOP 40 RANKINGS

Compiled by Jim Lawrence



From the EMAC final:
• Paul Canning & Steve Herring
• Andre Sinclair Linton
& Mark Featherstone
• Panos Ioannou & John Browne

#CONGRATULATIONS TO JACK MEIJER FOR GAINING A GREAT BRITAIN M20 VEST AT THE EUROPEAN CROSS-COUNTRY CHAMPIONSHIPS.

#WHO ELSE HAS WON GREAT BRITAIN M20 VESTS IN ENDURANCE EVENTS?

Jack made a very impressive debut representing the Great Britain Under 20 men's team at the European Cross-Country Championships held in Tilburg, Holland. (9 December)

Running over a 6.3km course, Jack, the youngest of the six GB runners, was their 4th man home in a time of 19.09, just 69 seconds behind the winner, Jakob Ingebrigtsen (Norway). He started steadily being 47th after the first kilometre but then gradually moved up to finish 28th from the 100-strong field. The first three GB runners won the team silver medals.



TONY FORREST RAN FOR GREAT BRITAIN IN THE 1995 WORLD CROSS-COUNTRY CHAMPIONSHIPS

Tony finished a close 4th at Parliament Hill in the South of England U20 Championships and then 4th in the trial race at Durham. This gained him selection for the U20 World Championships team. Held at Durham on 25th March 1995

The Great Britain team found really top opposition with the African runners, Tony was second scorer (76th), just behind Allen Graffin with the team 15th from 23. Comment from GB team manager, Bernie Plain "when the first 3000m is run in under 8.30 – a time most of my team have yet to achieve on the track – you can appreciate the standard of the African runners and they still had another 5000m to run"

#PAUL FISHER REPRESENTED GREAT BRITAIN ON THE TRACK IN 1998

Paul competed in Alicante, Spain in an U20 international against the host country and France. He finished 5th in the 800m but set a then club record of 1.51.87 (this is the 3rd fastest in the all-time club rankings)

PAUL RAN THE TOUR MILE IN 4.16!!

Those around 20 years ago may remember this remarkable run. Running completely solo in the "guest" race he took advantage of the sublime conditions to power himself round the four laps – its certainly one of my Tour memories.

Paul also guested in the Willen Lake "8" – in those days the final race was held from the Open University. *This quite remarkable picture taken photo by the Citizen photographer.*



AND Jack Meijer has been selected to represent Great Britain again, at the televised Great Stirling Cross Country on 12 January.

He will contest the Junior Mixed Relay with Charlotte Alexander (Herne Hill Harriers), Grace Brock (Cornwall AC) and Max Willis (Wrexham AC).



SPRINTERS

EXCEL

IN 2018

A review by Jim Lawrence

MMMKAC sprinters have had an exceptional year in 2018 and has been one of the best in recent times.

BORN TO RUN

Ebony Carr won her Great Britain U20 International vest and went to the World Junior Championships in Tampere, Finland as part of the 4 x 100m relay team. Indeed G.B. came back with a superb Bronze medal. Individually Ebony won two well earned silver medals in the 60m indoors in the England Athletics U20 Championships and the South of England U20 Champs. She competed with distinction in the British Athletics Champs indoors & outdoors, England Athletics U20 Champs and became Buckinghamshire U20 Champion over the 100m and won a South of England U20 silver medal. Her 11.65 w +0.3 run at the Mannheim International in Germany ranks her at number 3 on the UK U20 lists this year. Over 200m she is also ranked number 16.

Joey Duck only ran twice, once in Los Angeles and at the British Championships topping the 200m lists for the club.

Rachel Oderinde (*photo below*) had a solid season competing in most of the major championships available to her.



In the senior male rankings for 2018 we had a quite outstanding year. We had six athletes' record times less than 11 seconds.

DANIEL

Daniel Oderinde contested the England Athletics U23 Championships. He goes up to fourth on the MMKAC All Time listings for both the 100m(10.55w) and 200m (21.47).

SPEED KING

Dickson Kusi (*photo,above*) contested the England Athletics Senior Championships and all 5 of the Southern Athletics League matches (winning 3 of the A races) and was awarded SAL Athlete of the Year. He broke the track record at Sandy as well for good measure. His best 100m time(10.72w) brings him up to 10th place in the MMKAC All Time lists.

David Boakye (*photo,below*) won the U20 Campionati Italiani Individuali su Pista Allieve competition in Italy and contested most of the SAL matches and the UK Youth Development matches. David's goes up to 11th in the 100m(10.8w) & 21st on the 200m(22.51) All Time lists.

Aaron Adom had a brilliant season for the SAL. He recorded a victory in the 100m and twice won races over 200m. He contested 4 of the 5 SAL matches and goes 12th on the club's 100m(10.89w) All Time list.

Kwame Twumasi Tawiah won the Buckinghamshire U20 100m title and represented Bucks in the English Schools Championships. He also contested most of the SAL & YDL matches. Kwame's 100m(10.92w) goes to 16th and his 22.5 hand timed 200m takes him up to 19th on the All Time lists. Kwame also won the 200m twice over the season for the SAL.

Maxwell Brown contested both the England Athletics U20 & the South of England U20 Indoor 60m Championships. He also competed in the British Athletics Championships for seniors over 60m Indoors.



RUNNING DOWN A DREAM

In the Masters section, renowned sprint coach Panos Ioannou (*photo,above*) won both the 100m & 200m M35 Eastern Masters Titles and won the M35-M49 100m at the Eastern Masters League Final which Milton Keynes hosted. He is ranked 36th & 28th respectively in the very competitive M35 plus section.

Paul Canning M50 won the indoor 60m silver medals at the British Championships & Southern Counties Champs and also won both the South of England and Eastern Masters Championships. Paul won the 100m & 400m at the EMAC Final and finished 2nd in the 200m. He had a double win over 100m & 200m at the Eastern Masters Championships and contested the British Masters Champs. He set new M50 Club records over 200m and 300m. He is ranked 13th, 10th & 29th respectively on the M50 masters UK lists.

KEEP ON RUNNING

At the other end of the age scale John Browne M65 was the 3rd fastest qualifier in the World Masters Championships held in Malaga, Spain but got unfortunately injured yet again and did not contest the final. Earlier in the season John won the Eastern Masters & joint South of England 60m indoor title. He also finished 1st in both the South of England M65 Masters outdoor 100m & 200m titles and also both the Eastern Masters League Final & the Eastern Masters Championships over 100m & 200m. Club records were also set by him over both distances. He is ranked UK number 2 over the 100m & UK number 3 over the 200m distances.

SCHOOLS OUT

Now dropping back down to the U17 male age groups. Ethan Wiltshire stood out and competed in the South of England indoor champs and had victory in the Bucks County 100m U17 title and the Bucks Schools. He ran a very quick 200m of 21.97 w +0.7at the English Schools Champs. Unfortunately he pulled a muscle and could not contend the final. He is ranked number 7 in this year's UK U17 100m list.



Ethan & Olly pictured above

Olly Miller won the Bucks U17 title over 200m with an impressive 22.83 w +1.0. Olly is an athlete who excels over all three main sprint events .100m, 200m & 400m.

In the younger girls age groups Moyin Oduyemi had an outstanding season and in the U15 rankings. Her 100m time of 12.47 w +1.1 at Birmingham managed her 4th place finish at the English Schools Championships and ranks her at no:14 in the UK lists. She was fourth again at the South of England indoors 60m. She obtained a wonderful silver medal at the South of England outdoor champs. She also won the Bucks title over 100m (plus a silver over 200m) and finished 1st in the South of England Inter-Counties.

A mention must also go to Sara Diaz (photo, below) She was agonisingly close to the MMKAC Girls U15 300m Record with a time of 42.63. She was a very consistent sub 43 second performer over the season.



RELAYS

The men's MMKAC U20 4 x 100m relay record was broken at Birmingham at the Youth Development U20 match. The team consisted of Kwame Twumasi-Tawiah, Ethan Wiltshire, David Boakye & Maxwell Brown who recorded new figures of 43.33

The Senior Men's 4 x 100m relay record was broken twice at Southern Athletics League matches. The team of Dickson Kusi, Smith Michael, Tyrell Dankwa & Aaron Adom set figures of 42.94 firstly at Battersea and then subsequently 42.80 at our final SAL match at Eton.

At the Birmingham Club Connect relays held in conjunction with the Grand Prix (on the same day this time!) , we had yet another successful day. Two new club records were set and three podium finishes.

Club records went to the U13 Girls. New figures were set with 53.95 down to Ayesha Jones, Victoria Ezech, Elizabeth Tcheumeni & Rhianna Dankwa. The U15 Boys Record also went down to 46.69 courtesy of Yinka Adelowo, Chad Willson, Shawn Ampofo & George Ho. They finished second in the race

The U13 Boys also finished in second place whilst the U15 Girls finished in third position. This is the third time in four years that MMKAC have been invited to this prestigious relay competition.

THE LONG RUN

At Marshall Milton Keynes A.C. we have two main sprint groups. Lead coach for one group is Mike Leonard and the other group lead coach's are Panos Ioannou and Jim Lawrence. Mike has been coaching sprints now for many years; possibly 25 and I must have coached for around 21 years or so. It was around 18 years ago that GB Internationals Craig Pickering (Former European Junior Champion), Joey Duck & Kadi-Ann Thomas first appeared with Mike and our main sprint group. I first started training and also helping Mike out coaching back then and formed my own group with Adam Poland about a decade ago. Panos (who was also in our sprint group back in 2000) came back as a coach and has been a great addition and a huge help to myself over the last 5 years or so.

Most of the athlete's named in this article are either coached by Mike or by Jim and Panos and we do on occasions work closely together and it is great that we all get on so well.

I must apologise if I have missed anyone out in my article who felt that they should have got a mention, but as you can see there are quite a lot of names already mentioned.

All the 2018 National rankings for all age group athlete's plus male & female masters should now be available on our new MMKAC website statistics page <http://www.mkac.org.uk/mkac>.

(left- senior men's 4 x 100m relay; anchor leg – Tyrell Dankwa and Aaron Adom)

MARSHALL MILTON KEYNES ATHLETES IN UK NATIONAL RANKINGS

UK TOP 30 for 2018

Track & Field rankings compiled by Jim Lawrence

SENIOR MEN					
Long Jump	4	Greg Rutherford	7.89m	ind	Emirates Arena 25-Feb
			7.86m		Oordegem, Belg 02-Jun
Triple Jump	21	Chuko Cribb	15.25m	ind	Eton 04-Mar
			15.23m	w 0.0	Bedford 28-Aug
SENIOR WOMEN					
100m	21	Ebony Carr	U20 11.65	w +0.3	Mannheim, Germ 23-Jun
Discus (1kg)	28	Emma Beales	F45 43.14m		Lee Valley 08-Sep
Hammer (7.26kg)	6	Kayleigh Presswell			Bedford 03-Jun
Weight (9.08 kg)	7	Kayleigh Presswell			Hull 13-Oct
U23 MEN					
100m	30=	Daniel Oderinde	10.76	w + 1.8	Lee Valley 18-Jul
			10.55	w + 2.7	Lee Valley 15-Aug
200m	15	Daniel Oderinde	21.47	w + 0.4	Lee Valley 25-Apr
U23 WOMEN					
High Jump	16	Laura Zialor	1.65m		Milton Keynes 14-Apr
Pole Vault	30	Kewe King	2.40m		Aldershot 20-Jun
Long Jump	29	Laura Zialor	5.46m		Chelmsford 23-Jun
Triple Jump	9	Laura Zialor	12.02m		Milton Keynes 14-Apr
	24	Kewe King	10.86m		Aldershot 20-Jun
U20 MEN					
1500m	29	Jack Meijer	3.54.80		Eltham 07-Jul
3000m	11	Jack Meijer	8.27.10		Watford 05-Sep
4 x 100m Relay	28	YDL (KTT,EW,DB,MB)	43.33		Birmingham 29-Apr
U20 WOMEN					
100m	3	Ebony Carr	11.65	w +0.3	Mannheim, Germ 23-Jun
200m	16	Ebony Carr	24.58	w +1.5	Birmingham 29-Jun
Hammer (4kg)	30	Paige Barnes	43.59m		Bedford 10-Jun
U17 MEN					
100m	26	Ethan Wiltshire	11.02	w+1.5	Horspath, Oxford 12-May
200m	7	Ethan Wiltshire	21.97	w +0.7	Birmingham 13-Jul
High Jump	18	Sam Featherstone	1.92m		Birmingham 13-Jul
Triple Jump	20	Jayden Courtenay- Robin	13.17m		Battersea 14-Jul
Hammer (5 kg)	6	James Ericsson-Nicholls	60.63m		Lee Valley 08-Jul
U17 WOMEN					
1500m St/Chase	15	Imogen King	5.16.48		Milton Keynes 02-Jun
Hammer (3 kg)	20	Jasmine Trapnell	50.96m		Horspath, Oxford 12-May
U15 BOYS					
Pole Vault	9	Tim Penley	3.51m		Bedford 25-Aug
Triple Jump	11	Shawn Ampofo	12.40m		Milton Keynes 09-Jun
Javelin (600gm)	20	Joseph Taylor	42.47m		Milton Keynes 02-Sep
U15 GIRLS					
100m	14	Moyin Oduyemi	12.47	w +1.1	Birmingham 14-Jul
75m Hurdles	11	Asher-Cliff Afemari	11.84	w +1.3	Hemel Hempstead 09-Jun
Hammer (3kg)	1	Lara Moffat	53.14m		Bedford 25-Aug
Javelin (500gm)	6	Eva Durand	38.98m		Loughborough 27-May
4 x 100m Relay	29	YDL (ZM,LA,DL,MO)	50.70		Bedford 08-May
U13 BOYS					
75m Hurdles	13	Ed Barber	12.3		Milton Keynes 15-Jul
	22	Kobe Sinclair-Linton	12.6		Milton Keynes 15-Jul
Long Jump	15=	Ed Barber	5.08m		Stoke Gifford 21-Jul
4 x 100m Relay	20	Grand Prix (EB,DV,IP,JS)	52.96		Birmingham 19-Aug
U13 GIRLS					
1200m	5	Sonja de Koning	3.51.80		Bedford 08-Sep
Javelin (400 gm)	7	Ayesha Jones	31.24m		Stoke Gifford 21-Jul
4 x 100m Relay	20	Grand Prix (AJ,VE,ET,RO)	53.95		Birmingham 19-Aug

Performances in orange are club or age group records

From the top:
Kayleigh Presswell
Ed Barber
Tim Penley
Laura Zialor
Sam Featherstone





Some members of the MMK YDL under 15 team: - from the left: Eva Durand (with trophy), Lara Moffatt, Lateefah Agberemi, Charlotte Underwood, Sara Diaz, Tim Penley, Shawn Ampofo, George Ho, Jamie Penley & Moyin Oduyemi.

MMK Members win 7 Awards at the Sport MK Awards Evening

The Sport MK Awards Evening was held at Denbigh School on 4th December to celebrate achievement in Sport over the last twelve months. Members from Marshall Milton Keynes enjoyed considerable success with seven awards:

Sport MK Senior Female Award: Ebony Carr – unfortunately Ebony was not able to attend the meeting.

Sport MK Team of the Year: the MMK YDL U15 Team that made the national finals

Sport MK Coach of the Year: Jack Kee, to celebrate the many successes of the hammer throwers. (photo, top R)

Sport MK Over 50 Male Award: John Skelton

Harry Hewitt Memorial Trophy: Lara Moffat for her success in the Hammer

MK Community Foundation Bursary: Eva Durand

Special Award for Contributions to the MK Sports Partnership: Rick Townsend (photo, right)



Lara, Eva & John with their awards

Three MMK athletes who had won monthly awards picked up their certificates: Tim Penley, Lara Moffat and John Skelton.

Several other MMK athletes were in schools that won awards: Alex Brent and Charlotte Underwood were part of the Sport MK Secondary School Award won by Denbigh School, and Izzy Wilcox was part of the Slated Row Special School Award.



THE 54TH WOLVERTON FIVE

SUNDAY 25TH NOVEMBER

Was changing to a Sunday a success?

Numerically we had 244 finishers, down on 255 from last year. Average for the last ten years has been 260. Record on the Willen course is 420 from 2005. And a revised course. It was a great shame we could not use the envisaged start outside the pub where it is much wider. Unfortunately the runners had to use the diversion caused by an accident with a delivery lorry a few months ago, so we were forced to bring the start forward, albeit slightly wider than in recent years.

My feedback was mixed feelings from runners; however I believe it will be a Sunday this year (24th November). Just 19% broke 30mins (51% in 1992!)



Matt Bergin(Bedford) held off last year's winner, Kevin Seward(Cardiff) to win in 24.27 by 4-seconds. His "namesake" Alice Burgin, also from Bedford was first lady(29.01). Paul Mizon 7th/25.32) held off Sam Winters 8th/25.40 for first MMKAC runner home (pictured below) closely followed by Graham Jones 11th/26.25 and 12th, James Tuttle/26.27. Paul and Sam move into the all-time top 20.

Many thanks to Jackson Ryan and all those who assisted on the day. Not forgetting Russell Rose who arranged the race marshalling.



Gary Blaber finished 33rd overall, first MK veteran man in 28.21 and 4th overall M40. John Skelton was very narrowly beaten for the M65 prize(30.21 and a club age group record) whilst Ian Van Lokven was second M60(30.55). David Newens retained his M70 crown, 133rd overall in 36.59. (Gary, John & Ian and David pictured top R)



Siobhan Dyer(above R) led the local ladies home with a personal best of 33.52 and 8th lady overall. Diane Baldwin(35.35/1stF60) headed Alex Knowles (35.46/2nd F50) as Lilli Peters(pictured below) ran a PB of 36.30 just ahead of Di Farmer(36.35/3rdF55).

One of my memories was watching Darren O'Leary, making his club debut, sprinting (pictured below) to the finish in 40.50 to great acclaim from his family.



FASTEST MK TIMES AT WILLEN

MEN ALL-TIME TOP 30

Tony Forrest	M20	24.09	1995
Richard Nifah	MS	24.13	2002
Ian Thompson	MS	24.33	1991
Marcin Fudalej	MS	24.40	2008
Andy McKenna	MS	24.43	2002
Daryn Castle	MS	24.51	2004
Charles Herrington	MS	25.00	1998
John Crouch	MS	25.03	1992
Tom Comerford	MS	25.03	2010
Ray Crabbe	MS	25.04	1992
Steve Tuttle	MS	25.08	2014
Alex Bowden	MS	25.19	2004
Paul Mizon	MS	25.32	2018
Liam Smith	MS	25.40	2014
Sam Winters	MS	25.40	2018
Kevin Farmer	MS	25.42	1991
Paul Erwood	MS	25.53	2009
Paul Fisher	M17	26.00	1994
Andy Harris	MS	26.01	1994
Mark Ryall	MS	26.04	2017
Ian Van Lokven	M40	26.08	1998
Graham Jones	MS	26.09	2017
Mick Kelly	MS	26.14	1992
Andy Whetstone	MS	26.14	2007
Nigel Fenwick	MS	26.17	1991
Chris Hearn	MS	26.17	2009
James Tuttle	MS	26.21	2017
Michal Glowacki	MS	26.25	2013
Jackson Ryan	M40	26.30	1994
Campbell Noon	MS	26.31	1992
Daniel Pinna	M17	26.31	1995
Jamie Seddon	MS	26.31	2017

WOMEN ALL-TIME TOP 30

Linda Dewhurst	F35	27.57	1993
Rita Quill	F5	28.22	1992
Emily Tallen	F5	28.48	2012
Michelle Lee	F5	29.14	2002
Vicky Pincombe	F5	29.39	2004
Elle Roche	F5	29.50	2014
Claire Rooney	F35	30.30	2004
Kinga Keresztes	F20	30.45	2004
Kim McBride	F5	30.56	2005
Imogen Thornburgh	F5	30.58	2002
Sarah Cox	F5	31.33	2003
Diane Baldwin	F5	31.40	1991
Linsey Ryall	F35	31.43	2015
Jo Benham	F5	31.54	2006
Rachel Robinson	F5	31.56	2016
Alex Knowles	F45	32.04	2012
Gemma Childs	F20	32.06	2012
Julie Dalzell	F40	32.13	2007
Lauren Licietis	F5	32.27	2008
Tanya Taylor	F17	32.28	2005
Wendy Webber	F35	32.32	2017
Lyn Jolley	F5	32.42	1995
Trudi Green	F35	32.54	2004
Margaret Swithenby	F45	32.55	1991
Natasha Baker	F5	32.56	2015
Kerry Farmer	F5	33.09	2002
Fern Yull	F20	33.12	2013
Charlie Gaspar	F20	33.15	2005
Katrina White	F5	33.17	1998
Amanda Fuller	F35	33.18	2000

WILLEN FIVE - ALL-TIME TOP 10 MEN

Justin Hobbs	Cardiff AC	23.01	1993
Jim Campbell	Annadale Striders	23.26	1994
Dermot Donnelly	Annadale Striders	23.32	1994
Julien Moorhouse	Birchfield H.	23.35	1999
Adam Bowden	Harrow AC	23.40	2008
Amin Kokai	Ilford AC	23.44	1994
Spencer Duval	Cannock & Stafford	23.44	1997
Keith Cullen	Chelmsford AC	23.46	2003
Gary Spring	Bedford & County	23.47	1994
Davy Wilson	Annadale Striders	23.49	1994

WILLEN FIVE- ALL-TIME TOP 10 LADIES

Alison Wyeth	Parkside AC	26.21	1992
Liz Yelling	Bedford & County	26.36	1996
Nicky Morris	Essex Ladies AC	26.44	1991
Teresa Dyer	Peterborough AC	26.57	1992
Andrea Whitcombe	Parkside AC	27.11	1994
Amy Whitehead	Sale H.	27.37	2011
Vicky Pincombe	Bideford AC	27.50	2002
Linda Dewhurst	Milton Keynes AC	27.57	1993
Wendy Farrow	Derby Ladies	27.58	1999
Louisa Wood	Bedford & County	28.12	2002

Marcin is second in Wolverton Five

THE 44th running of the annual 'Wolverton' five-mile road race - now held around Willen Lake to make the race virtually traffic-free - attracted its best field of runners for four years.

On a cold, but dry day, some 375 finished but up-front Great Britain track international Adam Bowden from Harrow soon hit the front and sped away to a very impressive victory.

His finishing time of 23m 40s was the fastest winning time for 10 years and just five seconds off the course record.

From the 60 Marshall Milton Keynes Athletic Club runners Marcin Fudalej, who finished runner-up last year, had hoped to go one better this year.

However, he again had to settle for second place but was rewarded with MMKAC's best time since 2002 and their fourth fastest all-time with 24m 40s.

He was with the chasing group of three which was reduced to two by four miles and he held off the challenge from international duathlete Rich Hobby over the final mile, crossing the line with three seconds to spare.



SECOND AGAIN: Marcin Fudalej.

TEN YEARS AGO

Tom Comerford set a personal best of 26m 08s for 13th place and he moved to number 15 in the club rankings for this course.

Fudalej and Comerford, along with Chris Hearn, 17th in 26m 53s, saw the MMKAC placed third in the men's team race.

Paul Bond, 22nd in 27m 26s, Paul Erwood, 29th in 28m 17s, and Ian Van Lokven, 35th in 28m 30s, comprised the 'B' team who finished seventh. Andrew Wasdell, who was 38th, ran his best time since joining the MMKAC with 28m 43s, one place ahead of Neil Ovington, 28m 48s, who was also the second over 45 male finisher.

Inside 30 minutes were Steve Herring, 43rd in 29m 05s, Sam Bradley, 44th in 29m 09s, Phil Jones, 48th in 29m 14s, Robin Downswell, 62nd in 29m 35s, Ian Lamb, 63rd in 29m 42s, and Richard Golding, 65th in 29m 55s.

Lauren Licietis was first local lady, finishing ninth female with a personal best of 32m 27s and with Julie Dalzell recording 33m 29s and Sophie Gibbons running a personal best of 34m 46s, the club took second place in the ladies' team race behind Bedford.

The next three MMKAC ladies Diane Baldwin, 35m 40s, Becky Williams, 35m 43s, and Jane Lee, 37m 20s, made up the 'B' team which finished fifth.

Within the age group categories, Julie was fourth of the over 40 ladies with Diane second of the over 50 ladies. Uraula Ghaleb was second of the over 55 ladies in a personal best of 40m 53s. Michael Groom was 73rd overall in 30m 16s followed by Andy Stiles, 88th in 30m 56s, one place ahead of Les Turton, 31m.

John Skelton was fourth of the over 55 men in 31m 4s while Jim McKellar was second of the over 70 men in 42m 18s. Bob Austin race-walked the course in a very creditable time of 48m 22s.

FIRST MK LADY: Lauren Licietis.

ANNUAL AWARDS EVENING 2017/8 - 6TH OCTOBER

Over 100 people attended the Awards Evening at the Oak Tree Centre, Shenley Brook End to see Marshall Milton Keynes' Olympic Champion Greg Rutherford hand out 63 awards. Many thanks to Jackson Ryan who spent many hours organising the evening.

Ebony Carr was the Athlete of the Year after collecting a bronze medal at the World Junior Championships in the GB Women's 4x100m Relay.

Corinne Nurse was the Sports person, celebrating her roles as Team Manager for the Masters Team that won the Eastern Masters Final, and as a regular competitor in the EMAC, SAL and UK Women's Team, despite carrying an injury for most of the season.

Kelvin Smith was the Club person, celebrating his role of Voluntary Groundsman for the last five years.

Leone Kahembe (Stowe Satellite) and **Jack Kee** for their inspired work won the Development and Performance Coach awards respectively.

Richard Pownall was the Official of the Year

Mixed Awards	
Athlete of the year	Ebony Carr
Sportsperson	Corinne Nurse
Club Person	Kelvin Smith
Ultra Runner	Sheila Rose
Development Coach	Leone Kahembe
Performance Coach	Jack Kee
Official	Richard Pownall
Male Awards	
Swain Winter	Steve Tuttle
Swain Summer	Greg Rutherford
Rayner Trophy (U17)	James Ericsson-Nicholls
Road Runner	Jamie Seddon
Veteran Winter	Steve Herring
M40 Veteran	Matt Clarke
M50 Veteran	Paul Canning
M60 Veteran	Dennis Edghill
Track Trophy	Sam Winters
Field Event Trophy	Chuko Cribb
Chiltern League	Graham Jones
Indoor Trophy	Sam Featherstone
U11 Cross Country	Sam Oldroyd
U11 Track & Field	Joe Mumford/Isaac Durand
U11 Sportshall	Daniel Ayodele
U13 Cross Country	Callum Tripp
U13 Track & Field	Edward Barber
U13 Sportshall	Joshua Stephens
U15 Cross Country	Leo Freeland
U15 Track & Field	Tim Penley
U17 Cross Country	Finlay Gibbs
U17 Track & Field	Ethan Wiltshire
U20 Cross Country	James Minter
U20 Track & Field	Jack Meijer
Southern League	Dickson Kusi
YDL Upper Age Group	Hamish McGarvie
YDL Lower Age Group	Shawn Ampofo
Most Improved	Tom Cuthbertson



Ebony Carr-Corinne Nurse -Leone Kahembe with Greg Rutherford and Chuko Cribb



Group photo by Roy Campbell

Individual photos:
 Lara Bromilow & Abby Roskilly
 Ayesha Jones & Hope Oguida
 Lateefah Agberemi(L)
 Montana Edghill & Imogen King(R)

Female Awards

Women's Winter	Lara Bromilow
Women's Summer	Kayleigh Presswell
Chiltern League	Elle Roche
Road Runner	Rachel Robinson
Veteran Winter	Alex Knowles
F35 Veteran	Stephanie Johnson
F45 Veteran	Emma Beales
F55 Veteran	Diane Baldwin
Track Trophy	Abby Roskilly
Field Event Trophy	Lara Moffat
Indoor Trophy	Moyin Oduyemi
U11 Cross Country	Madeline Pearce
U11 Track & Field	Daisy Lewis-Vivas
U11 Sportshall	Maddi Banks
U13 Cross Country	Sonja De Koning
U13 Track & Field	Hope Oguida
U13 Sportshall	Betsy Tapp
U15 Cross Country	Imogen King
U15 Track & Field	Eva Durand
U17 Cross Country	Montana Edghill
U17 Track & Field	Jasmine Trapnell
U20 Cross Country	Sophie Botham
U20 Track & Field	Rachel Oderinde
UK Women's League	Emma Beardmore
Southern League	Natalie Nurse
YDL Upper Age Group	Mia Soman
YDL Lower Age Group	Lateefah Agberemi
Most Improved	Ayesha Jones



Mizuno British Rowing Indoor Championships 2018



Silver medals for Chris Hearn in the Lightweight [30-39 age group] 2000m event (6.42) and 500m event (1.29).



The British Indoor Rowing Championships is held at the start of December every year in the Olympic Velodrome in Stratford. Although it's the "British" championships the competition is open to competitors from all over the world and is contested by members of the Great Britain Rowing Team as well as club rowers and cross fit/gym fanatics most of whom have never been in a rowing boat in their life. This was my second year competing in the competition having been surprised and delighted to win two silver medals the previous year for both the 2000m and 500m in the 30-39 light weight category and this year I was hoping for a similar result.

I had got into it almost by accident when after suffering another Achilles tendon injury on the track decided that I would do all I could to maintain the fitness I had worked so hard to build up by switching my focus on the gym, setting and completing gruelling sessions on a combination of static bike, elliptical machine and indoor rower with the goal of returning to form quickly once my injury had healed up.

It was whilst doing this that a friend of mine who's a bit of a cross fit/tough mudder/run up a mountain with a 20kg backpack kind of guy challenged me to do a 500m row as fast as I could. After doing this and telling him my time he informed me that it was quicker than anyone had managed in his gym and that he had tried to better it but had completely blown up after 200m.

Wanting to know how good my time really was when compared to the best I went on the internet and came across the British Indoor Rowing Championships. Looking at past results it was clear that I would be no match for the giant Matthew Pinsent's of the world but was encouraged to see that there was also a lightweight category and surprised to find that if I had rowed the same time I had set in the gym in that year I would have medalled in my age group.

With my Achilles not looking like it was going to be healing up any time soon and the thought of realistically being able to win a national medal in the back of my mind I decided to join Milton Keynes Rowing Club who I thought might be able to guide me in a sport that was all new to me. As the time to enter the competition drew nearer it was there that someone had suggested that I should enter the more hotly contested 2000 metres race as well as the 500 metres which was later proved to be a good decision.

Training for the competition that year had been tough but educational as for the first time I was not only training for performance but due to the 75kg lightweight limit (I usually weigh around 78kgs) I was also training to lose weight.

This year was to go the same way with both morning and evening sessions starting from October and then introducing and enforcing a self-imposed ban on anything with a high fat content (IE: beer, biscuits and burgers) after my birthday at the start of November and after slow progress initially the weight gradually started to come off. The rowing training had gone well and it felt good to be able to go flat out in rowing sessions without the ever present risk of injury though I had suffered a scare in early October when I had hurt my back whilst doing weighted squats and could hardly walk initially but after seeing Lisa Webb at Body Limits on the recommendation of Steve Herring and my boss at work was relieved that the damage was not too severe and was back doing light training within a week.

A week before the event I was e-mailed my race details with the names of the people I would be up against on the day. There is no power of 10 for rowing though there are the concept2 rankings but as there are very few competitive races there were no details regarding the standard of most of my fellow competitors. Two names though did jump out at me, one was an Irishman named Nathan O'Reilly who I had seen had won a closely contested silver medal at that year's world championships in February and had a very fast time over 2000 metres. The other was an Italian called Francesco Procaccianti who I had raced against the previous year and had beaten over 2000 metres but later on had lost to him over the 500 metres distance and he was now back to defend his title. These were the two people I was wary of but I was sure the competition could provide a few wild cards much like I had been the previous year.



My 2000 metres race at 10.20am was one of the first events of the day and I had to weigh in between 8.20-9.20. After weighing myself at home in the morning I was confident I could have a substantial breakfast and still weigh in comfortably under the limit but wanted to weigh in as early as I could to both get settled into the venue and to give me the opportunity to lose a few pounds before the cut of time in the worst case scenario that I should weigh in heavy.

I weighed in comfortably at 74.6kg and received my race card for both the 2000m and 500m containing details regarding what zone I would be racing in (there is a blue and red zone which often stage races of different categories simultaneously) along with the machine number which I would be racing on. Once in the call up room we were then taken to a warm up area containing dozens of rowing machines and then led out to the race floor to blaring music.

My target as it had been last year was to try and go below 6 minutes 40 seconds which meant I would need to keep my eye on the monitor and try and hold the 500m split on 1.39. The plan was to ignore what everyone else was doing, keep to my pace and then see what I had left in the final 500m.

As well as providing information on time and pace the rowing machine monitors at the championship also let you see who was directly behind and in front of you and how far and after briefly being in third position through the first 500 meters saw that I had moved into second place behind Nathan O'Reilly and was only three metres off the lead.

On the loud speaker the race commentator was providing a play by play of the race as it happened and even talked a little bit about my athletics background (when I entered the competition there was a section where you could provide additional information about yourself) which I thought was a nice touch. It was fairly close up to a point but disappointedly I wasn't able to push on in the final 500m as I had hoped and dropped some time eventually finishing four seconds behind the leader. In third place was a representative from the Royal Navy and we all went to the ceremony area where we talked, were presented our medals and had pictures on the podium.

Photo, left: Chris(2nd/6.42.6). Nathan O'Reilly(winner/6.38.0/Blue Star- Newcastle) and third placed Richard Charnett(6.47.7/Royal Navy).

I didn't need to weigh in again for my 500 metres so this allowed me to have a carefree lunch in Westfield's and consume as many bananas and cereal bars as I liked. After watching the Great Britain Rowing team fight it out for the 2000 metres heavyweight open title it was soon time for my 500 metres race and I went through the same process as I had that morning.

I felt like I was still feeling it in my legs from my 2000m but knew my main competition had also competed in that same race so it seemed fair. Starting off perhaps a little too quickly I found myself in the lead at the half way point but was painfully aware that I was about to hit the wall rather badly though I managed to still hold on for second place. My time of 1.29.7 was exactly the same as the previous year and I was slightly disappointed as I had gone a second quicker than this in the gym a couple of months earlier. This still wouldn't have been quick enough to win the gold (Francesco Procaccianti/ 1.27.7) but I was sure that if I was fresh I was capable of rowing under 1.27.

As I had done in the morning I again went to the ceremony area with the winner and the third place rower who had more of a weight lifting background and had come to the competition with a team from the Prison Service but I couldn't stay and talk for too long as I still had one more race to go and it was a quick turnaround.

Along with three other members of Milton Keynes Rowing Club I had been entered into a mixed relay race which involved each member doing multiple shifts on the same rowing machine until we had covered 4000 metres As I was judged to be the quickest it was decided that I should cover most of the distance and aim to complete 35 strokes as fast as I could before swapping round. After this the next member would jump on and we would take it in turns to hold each other's feet down until it was time to put in another leg.

(Team photo, right)

We had practiced changeovers on the previous Wednesday so there would be no confusion and were also boosted by the news that one of our members Shaun Turner had just won Gold in the U23 heavyweight 500 metres final while we were in the call zone. Shaun is the Nephew and Grandson of long-time MMKAC members Heptathlete/Coach Emma and Bob Beale's respectively and had by his own admissions a disappointing 2000 metres race earlier in the day so it was good to hear that he had put that behind him and hammered out a great performance in the shorter distance.



We finished the relay in fifth position overall just managing to finish around two metres ahead of a fast finishing team behind us.

I had finished the day very tired but very happy with my two silver medals and after jumping in the shower and dumping my stuff in the car went to meet up with that same friend who had challenged me to do the 500 metres time trial in the first place.

I had my first beer and burger for over a month followed by a lot more beer. It felt well earned.

Chris, due to his achilles injury, has not raced since 2017 – here seen at Keysoe, Chiltern League match.



ENGLISH CROSS-COUNTRY RELAY CHAMPIONSHIPS ~ MANSFIELD (3rd Nov)

BEST-EVER FINISH FOR THE LADIES

In-form Rachel Robinson ran a superb opening leg for the "A" team storming round the undulating 3km lap in 9.51.7 to hand-over to Mel Wood in 10th position from a field of 140 starters. Mel, making her debut as a senior at this event, had a tough task but hung in-there recording 11.13.9 to place 17th and give Elle Roche plenty to chase. Elle clocked 10.38.4 to gain three places for 14th overall, a best-ever for MMKAC. (Rachel & Mel pictured below)



**LARA BROMILOW and DIANE BALDWIN
REPRESENT ENGLAND IN THE ANNUAL
BRITISH & IRISH MASTERS CROSS-
COUNTRY INTERNATIONAL AT SWANSEA
(17th Nov)**

TEAM WIN FOR ENGLAND F35 TEAM

Racing around a 5km course with three laps, Lara, put in a strong final lap, coming through to finish fifth overall, third F35 and second scorer for the winning England team. It was a close finish, England scoring 13pts against Ireland with 15.

Diane placed 140th (12th F60) in the field of 196 runners. Diane was fourth scorer for the England F60 team and therefore just missed out on a team medal. (pictured, Lara in the "mix" and with Diane post race)



2018 CLUB ROAD RUNNING CHAMPIONSHIP

Through the year points were gained by competing in selected races plus some bonus points available for marshalling at certain events and also full participation in the Tour of MK and East Midlands Grand Prix.

In the women's champs, the standings have been reasonably static for a while, with the top five occasionally switching positions. Di Baldwin has been clearly in the lead pretty much all year though, thanks to impressive performances, attendance at most races and also volunteering for the club at most opportunities.

At the last update in November, Matt Clarke had the lead in the men's champs, but Andrew Kirschner has recently moved up into the lead in the last couple of races, with Mark Palser also moving up from 5th into 2nd. Good turnout at the Winter Half and also the Teardrop Lakes XC had a significant effect on some of the standings. It was a close run between Mark and Andrew, with Mark actually scoring slightly more race points over the year, but Andrew picked up bonus points for full participation in the Tour and EMGP, giving him the overall win.

Grateful thanks to Jason Carvalho for managing the results through the year

MALE		Points	Position
Andrew	Kirschner	77	1
Mark	Palser	71	2
Matthew	Clarke	66	3
Andrew	Waddell	53	4
David	Findel-Hawkins	52	5
FEMALE		Points	Position
Diane	Baldwin	121	1
Alison	Ray	73	2
Diane	Farmer	65	3
Debra	Brent	64	4
Karen	Bugaj	55	5



Diane(L) and Andrew



TWO INDIVIDUAL WINS AND A THIRD PLACE OVER THE AUTUMN MONTHS!!

September 16 Berlin Marathon

Wendy Webber (19th F40) – 2:59.31 (splits of 1:29.45 & 1:29.46), Stephen Young (3:00.48), Eliot Hind (3:13.11), Tom Hayman (3:14.13) **World Masters Half Marathon (Malaga)** Ian Van Lokven (9th M60) -87:08; and part of GB winning team gold

September 23: Jamie Seddon wins the Leighton Buzzard 10

in 56:17(PB) 8 Gary Blaber (3rd M40) 61:00; 13 Matt Clarke (5th M40) 62:28; 193 Allison Ray (F40) 89:30; 218 Leah Hartwell (F40) 93:18; 259 Karen Bugaj (F50) 1:40:52; 313 finished.

The MMK Senior Men's Team finishes 26th at the South of England Road Relays at Crystal Palace. (6 x 6.1km)

Steve Tuttle 18:35.5(30), Dan Woodgate 18:57.9(28), Paul Mizon 18:27.7(17), Jon Peters 19:26.0, James Tuttle 19:48.5(25), Tom Cuthbertson 19:37.1 (26); 78 teams finished.

October 6th-Ladies finish 31st at the National Road Relays at

Sutton Park (4x4.3km), Birmingham. Rachel Robinson 14.50(6th) - Alice Ritchie 18.26(39th)-Mel Wood 16.42(29th) Natasha Baker 18.09(31st). Rachel ran 16th quickest on the day.

October 14th – Peterborough Half Marathon-

71 Steve Herring(76.23), **M50 record**, 88 Gary Blaber(78.50)

Manchester Half Marathon – 31 Jamie Seddon(72.50)

Leicester Marathon – 193 Neil Jones(3:49.33), 271 Julie Jones (3:59.06)

October 21st – Paul Mizon wins Cambridge 10km with a PB of 31.38 (6th fastest all-time)



December 9th - Milton Keynes Winter Half-Marathon

3- Sam Winters(71.16), 7 Thomas Dell(74.42), 12 Ian Wood(78.18), 20 Mark Palser(81.13), 25 Carl Tucker(82.16), 34 Andrew Kirschner (83.37), 64 Chris Coghlan(87.28).....296 Suzanne Anderegg(98.56)

Telford 10km PB's Galore!!

105 James Tuttle(32:24)PB, 110-Tom Comerford(32.28), 116 Graham Jones(32.34)PB, 140-Tom Cuthbertson(33.01)PB,..... Alice Ritchie (39.25)PB, Diane Baldwin(43.42) '1st F60.

31st December – San Silvestre 10km(Barcelona)

Lara Bromilow(37.18), 14th woman.

2018 ROAD RANKINGS AND

ALL-TIME ROAD RANKINGS WILL BE ON WEB SITE SHORTLY



Jamie Seddon, here leading the MKAC runners home at the MK 10km last summer, and the winning team at the MK Winter Half.: Sam, Thomas, Ian & Mark. Quite a debut for Sam over this distance.

From Paul Sutherland, now working in Sydney

Just to say that my company won the contract bid (for the UK being off the French !!!) which I came out to Sydney to join the bid team on. So I have 2 / 3 years work and longer if I wanted but given my age (hopefully) time to retire !!! Being 10,000 miles from the track I won't renew my track fees, etc !!!

I still can't run properly and resigned to the fact that the heel will never give me free movement again HOWEVER I have started running again and hope to join the World List for marathons (300 marathons) at Honolulu Marathon December 19. Just need to knock off 25 marathons to do this !!!

So to sign off and also start this challenge I wore my MK vest at the Narrabeen "all-nighter" midnight marathon event on Saturday. There was a big storm over Sydney and I found myself running through the bush in the rain / dark on a sandy flooded track, desperately trying not to stand on any deadly brown snakes - don't expect a PB !!!

I did not really do any training, so I was well chuffed to finish in 4:23 and incredibly surprised to be first 50 year old home !!! So 10,000 miles from the club in the middle of the night I claimed my small trophy for Milton Keynes AC !!!

Can I thank you all for your help in 2017/18 helping me run a tad faster, loved every minute of the vets league and all the other fun event. Have a great 2019 !!!



MMKAC TAKE A BIG LEAD INTO 2019

AFTER 3 MATCHES (+1452pts)

IN THE CHILTERN CROSS-COUNTRY LEAGUE

OXFORD-13 OCT.	MK[Tear-Drops]-10 NOV.	LUTON-STOPSLEY-1 DEC.	AFTER 3 MATCHES	
1 MMKAC 3597	MMKAC 4072	MMKAC 3263	MMKAC 10932	1
2 Chiltern Harriers 3442	MK Distance Proj 3510	Bedford and Co. 2870	Chiltern Harriers 9480	2
3 Wycombe P.H 2949	Bedford and Co. 3377	Chiltern Harriers 2676	Bedford and Co. 9017	3

SPOTLIGHT ON THE UNDER 13's

Eleven girls and six boys ran in all three matches; positions in each race and total points scored.

Under 13 Girls	Ox	MK1	Lut	Total Pts
1 Madeline Pearce	7	6	10	145
2 Millie Freeland	12	8	11	137
3 Morenike Orimalade	20	23	33	92
4 Elizabeth Garner	32	25	24	87
5 Vanessa Bart-Plange	19	34	30	85
6 Amelie Waddington	41	32	40	55
7 Jessica Tite	38	38	50	42
8 Alice O'Leary	42	41	44	41
9 Sofia Stagg	46	44	47	31
10 Amy Wooton	53	43	49	23
11 Izzy Miller	55	46	51	16

Under 13 Boys	Ox	MK3	Lut	Total Pts
1 Callum Tripp	2	2	5	196
2 Harry Totton	16	12	16	161
3 Sam Oldroyd	20	16	24	145
4 Elias Skaarup	30	23	27	125
5 James Stallwood	63	42	46	54
6 Dylan Hollinshead	74	53	45	33



ACTION FROM STOPSLEY.
Centre: Jessica Tite-Harry Totton-Amy Wooton-Dylan Hollinshead & James Stallwood-Amelie Waddington
Left: Elizabeth Garner-Vanessa Bart-Plange Sam Oldroyd-Alice O'Leary

MATCH FOUR AT KEYSOE EQUESTRIAN CENTRE -

**MMKAC WIN THEIR FOURTH
CONSECUTIVE MATCH TO
EXTEND THEIR OVERALL
LEAD TO 1943pts WITH JUST
THE CAMPBELL PARK FIXTURE
(9TH FEBRUARY) TO COME**

OVERALL RESULT

1 MMKAC 3216
2 Bedford & Co 3141
3 Chiltern H. 2725

AFTER 4 MATCHES

1 MMKAC 14148
2 Chiltern H. 12205
3 Bedford & Co 12158

SENIOR MEN HAVE THEIR SCORING 10 IN THE FIRST 31 FINISHERS FOR A COMFORTABLE VICTORY

Dan Woodgate(6th), James Minter(8th), Tom Comerford (9th), Sam Winters(11th), Elliot Hind(12th), Paul Mizon (13th), Graham Jones(17th), Thomas Dell(24th), Mark Palser(29th) & Ewan Forsythe(31st).

THE CLUB CROSS-COUNTRY CHAMPIONSHIPS WERE HELD WITHIN THE RACES

Photos below of senior men - (Tom(2nd) Dan(1st) & Sam(3rd) and junior men - James(1st) & Ewan(2nd).

Top R - male veteran winners- Jeremy Vick(M40), Paul Mason(M60) & Steve Herring(M50).



Senior Ladies- Elle Roche(2nd), Lara Bromilow(1st) & Abby Roskill(3rd) Below- veteran winners- Julia Totton(F40) & Debra Brent(F50)



F17 winners- Imogen King(2nd) - Montana Edghill(1st) & Anna Ustaran-Anderegg(3rd)



MMKAC AWARDS

ULTRA RUNNER OF YEAR: - SHEILA ROSE, WHO COMPLETED THE CENTURION RUNNING GRAND SLAM OF RUNNING THE FOUR 100 mile RACES IN 2018. ONE OF ONLY 7 FEMALES FROM THE 39 COMPLETERS

RACES WERE:

1-Thames Path 100 Richmond, SW London -Oxford	5 May time:26:54.39
2-South Downs Way 100 Winchester – Eastbourne	9 June time:28:07.44
3-North Downs 100 Farnham(Sy) -Ashford(Kent)	4 August time:29:34.08
4-Autumn 100 Goring on Thames (4 x 25mile laps) including the Ridgeway & Thames Path	13 October time:27:18.50

A total of 111hours 55:21 !

An abridged version of the story of race four from Sheila's web-site

Autumn 100 – “living the dream”

This weekend just gone (13 Oct) has seen the last in the series of 100 milers making up the Centurion Running Grand Slam – the Autumn 100 a different format from the A to B of the TP100, SDW100 & NDW100 – this one is a set of 4 out and backs to the Goring centre point, 2 x 25 mile of the Thames Path and 2 x 25 miles of the Ridgeway – sounds simple enough.

I have gotten into a routine this year of race, recovery – resume training, taper, sort my head out & race, the 5 days before each race has been dedicated to head sorting, for me this race was the most difficult to get my head into, the A100 & the TP100 were the only ones really I felt pressure on.

All year I have been very focused, never taking a result for granted – you simply cannot at any level, it's too long a day and everything can go right or wrong, you can only prepare your reactions. I guess with this one I felt the weight of expectation from my friends, clients and supporters – everyone telling me I had it in the bag, and don't get me wrong I love them for that confidence – but you should never believe your own hype, you still got to get out there and do it.

The weather was mentioned a lot in the briefing, a high of 23°, strong winds with the tail end of hurricane Callum and torrential rain forecast for the early hours - cracking! He rightly pointed out that staying hydrated during the day and waterproof during the night would be key to race success.

A short walk over the Thames bridge and we were off 10am - Leg 1 of the Autumn 100, I'd been here before so knew what to expect terrain wise, what was unexpected with the intense heat in mid-October – I was very glad of the choice of shorts and vest.

It was turning into a quite bizarre day, and I felt I was almost struggling to breathe, the air was heavy and hot, within a few miles I was dripping with sweat and feeling knackered, it became slightly easier in more shady areas by the river. But blimey the turnaround in the shade fine but in the open – straight into headwinds just like two large hands on your shoulders forcing you back.. I took the decision to pull back in the wind, walk when I needed to rather than killing myself trying to fight through it.

I got to Goring, Leg 1, 25 miles in just under 5.30 hours, slightly longer than planned but feeling stronger, a quick turnaround and grabbed my poles for Leg 2 and out the door. This was my favorite section of the race, there was still a bit of the riverfields to get through but the climb up the Ridgeway and forest trails were amazing, very technical but I always find that makes the miles go quicker. Back to Goring again, behind schedule at about 12 hours into the race, 50 miles covered.

I spent a little longer this time, changing my now soaked vest a good wet wipe down, hot food and drink and a chit chat and hugs with some people I know who were volunteering. There seemed to be a high drop rate, which didn't surprise me as I had met runners on Leg 2 heading back who were going a lot slower than I would have expected,

I was out of Goring heading into Leg 3 at about 12 hours 25 minutes into the race - behind schedule but doing Ok, giving myself lots of time for the back end and the 28 hour cut-off. This bit of the Ridgeway has the views – but in darkness that's lost and it was just one long never ending hike to the turnaround. I was still feeling very hot despite the howling winds and driving rain on the highest points, but popped my waterproof jacket on and stopped to sort out some chaffing.

The turnaround came eventually, an inferno fairy light disco music, dancing – no I was not hallucinating, but it was lost on this grumpy runner. I was struggling to get any running done as with the rain, parts of the tracks were like ice, but as soon as we hit the road I made up time overtaking fellow runners.



Goring nearly there – Leg 4 – so glad to see Russ, we headed out 8 hours in hand, onto the final push the Thames Path to Reading and the heavens opened up, literally like standing under a never ending bucket of water being poured over your head. For the first time since the slam had begun in May I was reaching a point of enough is enough – I had frankly had enough. Russ wasn't having any of it - I rolled into Whitchurch CP like a drowned cat with a bad attitude, a bowl of cheerios (quite apt really, cup of coffee – change of top and rain proof and hat – and not an ounce of sympathy.

I stumbled out in daylight, a little drier, a little warmer and with a little more determination - let's just get to Reading so we can turn around and get home! The Reading leg – lots of fields, a trek through a flooded path on the Thames – endless downpours of rain. I did a quick turnaround again at the Boat house in Reading – heading back, I knew baring disaster I had given myself enough time, but perhaps needed to get some running done on the easier sections to make sure. We got back to Whitchurch with about 2.5 hours to do 4/5 miles, I didn't stop in the CP – I just needed it done, I think the rain had stopped but I was freezing. That final section required every self-motivational trick in the book. Final time 27hours 18min50.....41mins to spare!

OMG what a miserable cow – five minutes of just sitting and sharing hugs and tears with fellow slammers – the world seemed a brighter place again

I know I make these races sound like hard work and they are, but there is a sense of community and humanity – a rawness within ultra-running which brings out the very best we all have to offer.

And a first for a UK Luna Sandal runner to complete the slam.

CLUB CROSS-COUNTRY CHAMPIONSHIPS - YOUNGER AGE GROUPS



From the top:

1-under 11girls: Libby Freeland/Katie Webb/Eleanor Pearce
under 11boys: Joel Baker/Maxwell Newman/Jack Irwin

2-under 13girls: Maddy Pearce/Millie Freeland/Morenike Orimolade
Under 13boys: Harry Totton/Callum Tripp/Sam Oldroyd

3-under 15girls: Sophie Stockton/April Barnes/Phoebe Miller
under 15boys: Aidan Murphy/Alex Brent/Zak Freeland

4-under 17men: Matthew Dicks/Finlay Gibbs/Robert Hickman

GAME
CHANGERS

Be a game changer

Join the Game Changers volunteer programme and gain experience and qualifications that employers are looking for.

What are we looking for?

We are looking for a wide selection of volunteers with diverse skills and backgrounds to shape a vibrant community club

How do you get involved?

A launch event is coming soon. Watch out for details on the Club website <http://www.mkac.org.uk> or contact David Millett: millettdavid@aol.com

The Game Changers Volunteering Programme, funded by our partners Spirit of 2012, aims to engage more individuals into volunteering opportunities within their local Athletics & Running Clubs.

That could be you!

Funded by:



BUCKS CROSS COUNTRY CHAMPIONSHIPS- HUGHENDEN PARK, HIGH WYCOMBE - 5th JAN.

TEAMS:

SEN.MEN 1st [James Minter 4:Tom Comerford 5: Tom Cuthbertson 6: Elliot Hind 9; Ian Wood 17:Jeremy Vick 18]

SEN.LADIES 3rd [Elle Roche 1;Debra Brent 16: Diane Baldwin 22]

M17 2nd [Robert Hickman 5 Matthew Dicks 6: Finlay Gibbs 10: Leo Freeland 12]

M15 2nd [Alex Brent 11: Aidan Murphy 12:Zak Freeland 14:Ben Green 20]

M13 2nd [Callum Tripp 3: Harry Totton 6: Sam Oldroyd 10:Elias Skaarup 22]

F13 2nd [Millie Freeland 4:MaddiePearce 7: Morenike Orimalade 12]

F15 4th [April Barnes 13: Sophie Stockton 17: Page Tiley 26]

INDIVIDUALS:

SEN. LADIES 1st Elle Roche
F17 LADIES 2nd Montana Edghill
F17 LADIES 3rd Imogen King
M13 BOYS 3rd Callum Tripp

M50 1st Steve Herring
M40 3rd Jeremy Vick
F55 1st DebraBrent
F55 2nd Diane Baldwin

HOME FIXTURES

ASSISTANCE WITH
MARSHALLING ALWAYS WELCOME

Saturday 9th February
CHILTERN CROSS-COUNTRY LEAGUE
Campbell Park, 11.30am

Sunday 17th March
MK FESTIVAL OF RUNNING
City Centre, X-Scape, from 9.50am

Sunday 24th March
SOUTH OF ENGLAND 6 & 12 STAGE
ROAD RELAY CHAMPIONSHIPS,
Stantonbury track/Linford Wood

Contact:

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2019 GENERAL
FIXTURES and
TRACK & FIELD
FIXTURES ARE ON
CLUB WEB SITE



Elle Roche & Callum Tripp



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