

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

A review of summer 2019

Contents:

- 2 Chair's Piece
- 3 Social Media Guidance
- 4 East Midlands Grand Prix series
- 5 UK Women's League review
- 6/7 MK 5000 PB Special
- 8 Up-dating the 3km, 5km & 10km track rankings
- 9 Euro Masters Champs/BMC PB U20 classic
- 10 Eastern Masters League round-up
- 11 Double for the club at the EMAC final
- 12 Youth Development League(u17/20 team)
- 13 Youth Development League(u13/15 team)
- 14 Youth Development League National Final
- 15 High Jumpers aiming "higher"
- 16 Tour of MK/Greensand Ridge race etc
- 17 Throwers in UK rankings
- 18/19 Southern Athletics League review
- 20 Road running round-up
- 21 Club best at the SEAA road relays etc
- 22 Club Connect Relays/Thank you from Ursula.
- 23 People in the News
- 24 Fixtures/"DIP FINISH"



Photos-

- 1-Laura Zialor, our highest ranked senior athlete in the UK, 6th a best of 1.83m, here seen representing England in an international match at Manchester.
- 2-The winning team managers at the EMAC final - Corinne Nurse and Jeremy Vick.
- 3-The winning YDL under 15 team at the regional final held at Yate, near Bristol.(see page 13)
- 4-Members of the promotion winning team after the final Southern Athletics League match at St.Albans.



Chair's piece

Track Season

It has been an excellent year for the Club as you can see in this newsletter. Our UK Women's League team just missed promotion. Our Senior Team, having been relegated from the top division of the Southern Athletics League, bounced back at the first attempt. Our U15/U13 Team, having made the National Final of the Youth Development League for the first time ever last year, made the National Final again and were much more competitive this time around, finishing fifth, two places higher than in 2018. Our Veteran Men and Women repeated the victories in the Eastern Masters League Final at Milton Keynes, although the men succeeded by a whisker.

Next year there will almost certainly be a new National Athletic League, involving the top 40 Clubs in the country. The League supersedes the British Athletic League (men only) and the UK Women's League (women only) as a joint league for both men and women. The Club has been invited to take part in this new league and has been ranked 34th. The Committee has voted to join the NAL at its inception. The only possible obstacle to the new League may be unexpected resistance from the BAL or UKWAL clubs at their AGMs in November, where it is expected that clubs will vote for the new league to start in 2020.

The Club has also taken the decision that, should the NAL go ahead in 2020 with four matches in the season, the Club will then drop out of the SAL to avoid overburdening our senior athletes with too much competition. The NAL does not have non-scoring events (except for the 100m) and will not allow U17s to compete, so there will be some loss of opportunities to compete for the club.

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.

Jack Kee

Jack Kee has been our Clubhouse Manager since the clubhouse opened 14 years ago, our Schools liaison officer and our hammer/discus coach for many years. Jack turned 80 this year and has taken the decision to focus only on his hammer/discus coaching, where he has had an enormous number of very successful athletes. I would like to take this opportunity to thank him, on behalf of the Club, for his major contribution to the success of the club over the last 30 years.

We will need someone who preferably lives quite close to the track to take over as Clubhouse Manager. If you have time and would like to get involved, please talk to me or Jack and we can provide you with details of the job.

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 15 March 2020. We will need more than 100 helpers on the day to ensure its continued success. Please book the date in your diary. 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.

South of England Road Relays

We have been asked to host this event again at the Stantonbury Athletics Track on Sunday 22 March 2020. This prestigious event comes only a week after the Milton Keynes Festival of Running. If you can help, please contact me.

Cross Country

As the track season winds down, so the cross country season begins. In the Chiltern Cross Country League we triumphed overall last winter for the sixteenth time in the last 22 years. The Seniors (men and women) won overall as did the males. The Senior Men and U17 Men won their age group gold medals.

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 Saturday 12 October. Please try to be there. The second match on 9 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 8 February. 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 5 October, at the Wavendon Gate Pavilion on Isaacson Drive. To reduce the cost of the evening we will be ordering a buffet but asking people to provide their own drinks. There will be a disco as well. The tickets at £8 for individuals or £25 for a family of four are on sale at the clubhouse kitchen. There are only one hundred places available

Annual General Meeting

This year's AGM will be held at the clubhouse on Tuesday 12 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

Marshall Milton Keynes Athletic Club

Social Media Guidance



Social media such as Facebook, Twitter, Instagram, Whatsapp etc. are great ways to share training sessions, share pictures and stories about some of your best races, share positive statements about athletes, coaches, volunteers and officials at the club, but they should not be missed used.

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

- Bring the club into disrepute, for example, by:
 - Making defamatory comments about individuals or coaching groups within the club
 - Posting images that are inappropriate or links to inappropriate content linked to club activities
 - Been seen to support (for example by 'liking' on Facebook or 'retweeting' on Twitter) a comment or a post that would fall into any of the above categories
- Do anything that could be considered discriminatory against, or bullying of harassment of, any athlete(s), coach(s), parent(s), volunteers, officials, guest or anyone linked to the club, for example, by:
 - Making offensive or derogatory comments relating to sex, race (including nationality) disability, appearance, sexual orientation, religion or beliefs or age
 - Using social media to bully or harass anyone at the club including athlete(s), coach(s), parent(s), volunteers, officials, guest

*****No comment should ever be made about an individual or subject that exposes someone to hatred, ridicule or contempt and/or causes them to be shunned or avoided, whether that be on social media or in person.*****

Reporting concerns & disciplinary action

- Any member found to be in breach of this guidance could result in disciplinary action
 - Serious breaches of this guidance (for example bullying another club member) may lead to your membership being terminated
- (Please note: codes of conduct for roles including coaches, athletes, officials, parents and team managers are published by UKA. Breach of these codes of conduct, including social media, may also result in disciplinary proceedings by UKA and/or England Athletics.)*

If you or your athlete are users of social media sites, you may at some time have a concern about what you are seeing or being told about another user. Concerns may range from a negative comments to abusive comments, and cyber bullying to suspected grooming. If you have any such concerns you should contact one of the MMKAC's Welfare Officers in the first instance for further guidance. Our details can be found <http://www.mmkac.org.uk/welfare-matter/welfare-office/>



Before you...



THINK!

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

8 tips to stay safe online

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

East Midland Grand Prix Series

Milton Keynes 10km Road Race – 9 July 2019

Sponsored by Welcome Break

Thanks to all the members and friends of Marshall Milton Keynes AC who acted as marshals, helpers at the feeding stations, officiated at the finish, set up or took down the course. The event could not have taken place without you!

486 runners took part in this year's race, in mild but overcast conditions. William Gardner (Rugby & Northampton) won the race in 32:17 but there were no less than nine Marshall Milton Keynes runners in the next dozen places, led by Paul Mizon in second place just 10 seconds behind the winner.

The impressive top 9: -

- | | |
|------------------------|-----------------------|
| 2 Paul Mizon(32.27) | 3 James Tuttle(32.37) |
| 4 Jamie Seddon(32.58) | 5 Dan Woodgate(33.12) |
| 7 Ian Wood(33.48) | 8 Thomas Dell(34.08) |
| 11 Steve Tuttle(34.24) | 12 Jack Pocock(34.46) |
| 13 Gary Blaber(34.47) | |

The women's race was won by last year's winner, Charlie Arnell (Aldershot) in 36:30, with MMK's Alice Ritchie second, 40 seconds behind Charlie.

Category winners on the night were:

David Newens (M70)
Diane Baldwin (F60)
Fi Han Bromilow (F65)
and Robert Hickman (M20).

FINAL STANDINGS

Nine MMKAC athletes finished in the top ten within their age groups. Overall winners were Diane Baldwin(F60) and Fi Han Bromilow(F65) whilst Stuart Cowan finished 3rdM70 and Karen Bugai 3rd F60.

Individuals:

F40 8 th Karen Tincknell	6races/62pts
F60 1 st Diane Baldwin	7races/5pts
3 rd Karen Bugai	7races/20pts
F65 1 st Fi-Han Bromilow	7races/5pts

MS 5 th Steve Tuttle	5races/38pts
6 th Thomas Dell	5races/39pts
19 th Andrew Kirschner	5races/158pts
M45 7 th Andrew Wasdell	5races/43pts
M55 8 th Kevin Church	5races/71pts
M70 3 rd Stuart Cowan	5races/15pts

Teams:

Senior Men	4 th
Veteran Men	11 th
Senior Ladies	8 th
Veteran Ladies	8 th

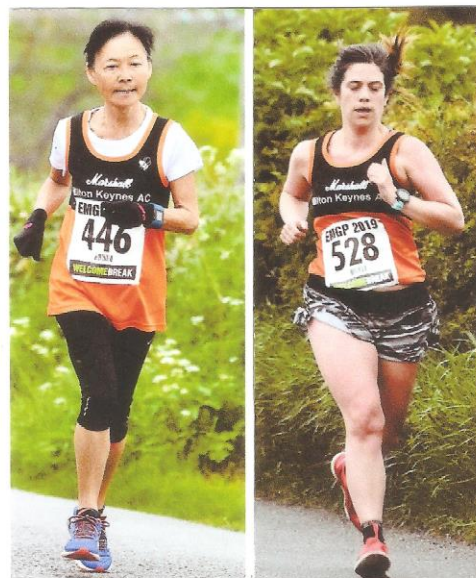
The Silverstone 10km was deferred to 4th September due to maintenance work at the track.

Alice Ritchie went one better here to win the ladies race in a near PB of 37.01 whilst, Steve Herring placed first M50(34.39) in 15th position. Tom Comerford in 7th place(33.35) lead home a rather disappointing turn-out of just 12 MMAKC runners from the huge field of 1244.

Photos of Alice and Steve in the finish lane at Silverstone



Action from the Blisworth "5" – the opening EMGP race. Steve Tuttle and Thomas Dell at the start; Fi Han Bromilow and Karen Tincknell

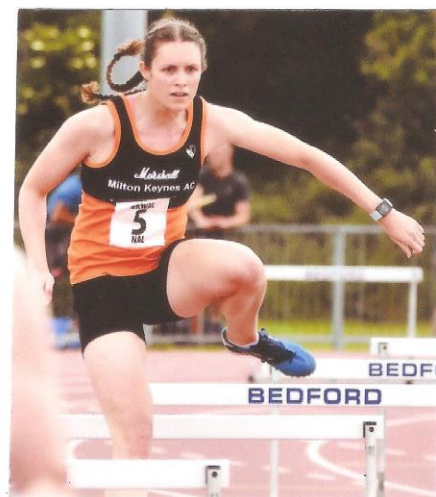


UK Women's Athletics League

DIVISION THREE

FINAL LEAGUE TABLE				Match		Match		Match	
	League	Pts.		1 posn.	Pts	2 posn.	Pts	3 posn.	Pts
1 Bedford & Co	20.5	628		1=	201	1	232	4	195
2 Reading AC	18	575		4	174	4	275	1	226
3 MMKAC	17.5	535		1=	201	6	150	2	204
4 Herne Hill H	17	577		5	171	3	207	3	204
5 City of Liverpool	15	500		3	184	2	206	6	115
6 Belgrave H	10	433		7	107	5	172	5	161
7 Rugby & Northampton	7	303		6	156	7	102	7	54

Many thanks to Tasha Baker, in her first year as team manager, for leading the team to a creditable third place in the league. After a great start, tying for first place at Bedford(9 June) Tasha only had nine athletes to select from in the match at Kingston(6 July). However with a much stronger team(13 athletes), the team finished second at Basingstoke on 3rd August.



Above R: Hannah Sargeant; above- Joan Peedah, Katie James, Abi Fitton, Abby Roskilly and Diane Presswell

ATHLETES OF THE MATCH -

Kayleigh Presswell was twice a winner, throwing the hammer(58.95m) at Bedford and 59.59m at Basingstoke. She was second at Kingston throwing 60.26m. Emma Beales placed 4th at Bedford(40.52m) and 2nd at Basingstoke(41.94m)

Kayleigh and Emma pictured right.



MK 5000 PB SPECIAL incorporating THE ENGLAND AA 5000M CHAMPIONSHIPS - (28TH July)

MK5000
A RUNNER
243

Paul Mizon & Elliot Hind (photos, R) were again at the helm of organising the event AND both found time to run. Paul set a PB of 14.47.6, 5th in race 9, moving to 6th in the club all-time rankings.

Elliot ran in race 8 and set a MMKAC PB of 15.24.78. (22nd in all-time rankings) ● Up-date; see bottom right

This second event was again very successful. There were a series of 12 graded 5000m races culminating in the England Athletics Championships. 280 athletes competed, no less than 186 set personal bests(66%) With spectators allowed close to the track and street food etc available made for an entertaining afternoon/evening sessions of running.

20 MMKAC athletes took part and 14 set personal bests. Pride of place to Paul Mizon with his time of 14.47.76 moving him to 6th in the club all-time 5000m rankings. Another making the all-time top 20 was James Tuttle who ran 14.55.32 to finish 2nd in race 8 and moving to 10th fastest all-time. (photo R) Three MMKAC ladies took part and all set personal bests. Elle Roche clocked 17.25.06 and Alice Ritchie 18.14.01 to move respectively to 4th & 6th in the female all-time top 10. (photos below). Tasha Baker recorded 20.36.80(photo R)



Alfie & Gary Blaber

● Elliot ran in the Kent AC Champs at Catford on 12th September and recorded 14.56.7 which moves him to 11th in the all-time rankings, a place behind James Tuttle.

ELITE RACES

In the women's elite race, Jess Judd(Blackburn) was content to sit in the pack for most of the race, but accelerated into the last kilometre to finishing comfortably ahead of the field in 15:37.38. Aldershot's Louise Small was second in 15:48.39 with Nicole Taylor(Tonbridge) just behind in third(15.49.25) as five women ducked under 16 minutes and with three of the top six finishers achieving personal bests.

Note - Jessica has been selected to represent Great Britain over 5000m in the World Championships at Doha.



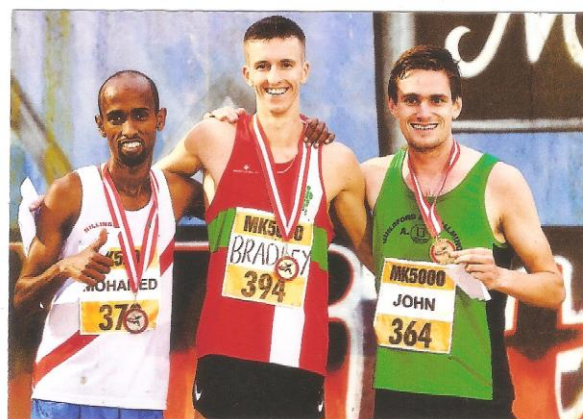
Jenny Nesbitt and Clair Duck lead with winner Jessica Judd tucked behind.

In the men's race, Jack Gray(Cambridge & Col) went with the pacemaker to establish a lead over the chasing pack, but was swallowed up in the last kilometre to finish sixth. There was a real battle for the line as Aldershot's Ben Bradley (13.57.33) edged out Mohamed Mohamed (15.57.84) (Hillingdon), as John Sanderson (Guildford) threw himself at the line to grab third spot by 0.03 seconds over England Athletics 10000m Champion, Adam Hickey. Five men ducked under 14 minutes, with four of the top six achieving personal bests including Ben Bradley.



Early stages - Ben Bradley(394) and John Sanderson(green vest), on left.

ENGLAND AA CHAMPIONS



MMKAC FINISHERS with both 5km and 3km times

Name	Age	5000m		3000m
Paul Mizon	MS	14.47.6	PB	8.48.46
James Tuttle	MS	14.52.32	PB	9.03.87
Elliot Hind	MS	15.24.78		9.08.42
Dan Woodgate	MS	15.28.59		9.10.06
Graham Jones	MS	15.39.16	PB	9.22.62
Ian Wood	M35	16.03.35	PB	9.30.12
Jack Pocock	MS	16.15.56	PB	9.45.83
Gary Blaber	M45	16.29.98	PB	9.58.39
Mark Palser	MS	16.32.03		9.56.00
Steve Tuttle	MS	16.33.12		9.52.40
Robert Hickman	M20	16.34.32	PB	9.29.11
Steve Herring	M50	16.42.59		9.56.95
Dylan Janetta	MS	16.57.83	PB	ntt
Simon Barnaby	MS	17.10.27	PB	10.04.73
Chris Finister	M45	17.19.04	PB	10.05.90
Elle Roche	FS	17.25.06	PB	10.13.36
Alice Ritchie	FS	18.14.01	PB	10.50.25
Alfie Blaber	M20	18.56.57	PB	11.21.93
Simon Kirschner-Heavens	M35	19.00.40		11.08.64
Tasha Baker	FS	20.36.80	PB	12.20.09

EIGHT ATHLETES MAKING SERIOUS INPUT INTO THE CLUB RANKINGS OVER 3000m, 5000m and 10000m

Six athletes (four male and two female) have enhanced the 5000m rankings through the MK PB5000 and three enter the 10000m top 15 through the "Night of 10000m races at Highgate". In the latter, a superb late summer run from **James Tuttle**, was the second fastest all-time.

3000m		MALE		
1	Marcin Fudalej	8.12.02	Solihull	2009
2	Simon Rayner	8.16.5	Crystal Palace	1984
3	Kerry Hayes	8.17.2	Bromley	1988
4	Mark Everitt	8.21.0	Knoxville (USA)	1985
5	Tom Comerford	8.25.18	Watford	2011
6	Jack Meijer	8.27.10	Watford	2018
7	Paul Erwood	8.28.18	Stretford	2009
8	Paul Fisher	8.30.0	Watford	1997
9	Ian Thompson	8.30.5	Bracknell	1990
10	Andrew McKenna	8.31.2	Watford	1999
11	James Tuttle	8.32.06	Watford	2019
12	Andy Whetstone	8.32.30	Watford	2005
13	Charles Herrington	8.32.8	Tooting	1999
14	Michal Glowacki	8.34.84	Watford	2012
15	Gerard Copps	8.36.4	Crystal Palace	1981
5000m				
1	Marcin Fudalej	14.13.9	Watford	2010
2	Kerry Hayes	14.27.4	Crystal Palace	1989
3	Simon Rayner	14.38.0	Loughborough	1983
4	Charles Herrington	14.44.1	Kingston	1998
5	Tony Forrest	14.44.7	Milton Keynes	1995
6	Paul Mizon	14.47.76	Milton Keynes	2019
7	Andrew McKenna	14.48.9	Solihull	2001
8	Tom Comerford	14.52.05	Manchester	2011
9	Andy Whetstone	14.53.4	Bromley	2005
10	James Tuttle	14.56.33	Milton Keynes	2019
11	Elliot Hind	14.56.7	Catford	2019
12	Gerard Copps	15.04.0	Stoke Mandeville	1981
13	Gordon Faulds	15.06.6	Luton	1988
14	Ian Thompson	15.06.9	Highgate	1990
15	John Crouch	15.14.5	Bracknell	1990
16	Daryn Castle	15.16.1	Croydon	2000
17	Mark Ryall	15.18.98	Milton Keynes	2014
18	Mick Bromilow	15.19.0	Luton	1976
19	Steve Tuttle	15.19.12	Milton Keynes	2018
20	Kevin Farmer	15.22.5	Watford	1988
21	Liam Smith	15.23.67	Battersea Park	2018
22	Danny Bull	15.23.9	Kingston	1991
23	Michal Glowacki	15.25.12	Peterborough	2012
24	Clive Owen	15.26.0	Stoke Mandeville	1981
25	Dan Woodgate	15.28.59	Milton Keynes	2019
26	Hugh Robinson	15.32.0	Windsor	1977
27	Tom Cuthbertson	15.32.47	Eton	2018
28	Pete Humphries	15.33.0	Aylesbury	1975
10000m				
1	Marcin Fudalej	30.05.50	Birmingham	2010
2	James Tuttle	30.46.32	Catford	2019
3	Charles Herrington	30.50.1	St Ives	1999
4	Andrew McKenna	31.15.18	Stoke on Trent	2000
5	Kerry Hayes	31.39.2	Crystal Palace	1994
6	P O'Donoghue	31.46.0	Cork	1985
7	Liam Smith	31.47.74	Stretford	2015
8	Gordon Faulds	31.50.3	Reading	1988
9	Simon Rayner	31.52.5	Stoke Mandeville	1984
10	Paul Mizon	31.53.64	Parliament Hill	2019
11	Elliot Hind	31.56.16	Parliament Hill	2019
12	Hugh Robinson	31.58.0	Oxford	1977
13	Tom Comerford	32.10.51	Parliament Hill	2019
14	Andy Whetstone	32.13.4	Milton Keynes	2007
15	Clive Owen	32.18.5	Windsor	1981

Tom Comerford comes in at no 13 in the 10000m rankings but has superior 3km and 5km times from 2011. 2018 saw Jack Meijer come in at no 6 over 3km whilst Steve Tuttle, Liam Smith and Tom Cuthbertson entered the 5Km rankings last year.

Looking at the ladies rankings, hard to believe that Linda Dewhurst set the 3000m record over 30 years ago! And on a cinder track at Worthing in a then Southern Women's Track & Field league match. The same year she set the 5miles road record(27.15) on the original Wolverton "5" course.

Elle Roche is third in the 3000m rankings from 2016 and along with Alice Ritchie this duo have entered the 5000m rankings, 4th and 6th. Respectively. Hopefully more progress in 2020

(Photos of Elliot, James and Paul on page 6; under: Dan Woodgate (has a PB of 14.33.21 from 2013 in his Luton days) and Jack Pocock who also ran at Catford on 12 September to run a PB of 15.49.0



3000m		FEMALE		
1	Linda Dewhurst	9.35.8	Worthing	1987
2	Michelle Lee	9.44.84	Bedford	2006
3	Elle Roche	9.49.13	Watford	2016
4	Rita Quill	9.51.7	Swindon	1997
5	Lara Bromilow	9.54.5	Bedford	2012
6	Beth Swords(F20)	10.01.36	Gateshead	2011
7	Rachel Pearson	10.04.68	Watford	2012
8	Charlie Gaspar(F20)	10.17.00	Watford	2006
9	Vicky Pincombe	10.18.9	Milton Keynes	2005
10	Carly Scott	10.19.9	Milton Keynes	2003
5000m				
1	Michelle Lee	16.41.96	Manchester	2004
2	Rita Quill	16.59.04	Bedford	1997
3	Lara Bromilow	17.17.78	Bedford	2015
4	Elle Roche	17.25.06	Milton Keynes	2019
5	Jane Ovington(F40)	18.03.7	Biggleswade	2011
6	Alice Ritchie	18.14.01	Milton Keynes	2019
7	Imogen Thornburgh	18.23.7	Abingdon	2003
8	Wendy Webber	18.42.20	Battersea Park	2018
9	Nadine Lewycky	18.52.7	Linford Christie Std.	2015
10	Mel Wood	18.59.7	Corby	2109
11	Claire Rooney(F35)	19.24.4	Newport	2004
12	Jane Bird	19.38.3	Milton Keynes	1990
10000m				
1	Michelle Lee	36.08.66	Birmingham	2005
2	Margaret Swithenby	42.15.3	Bedford	1994
3	Di Baldwin(F55)	42.24.03	Oxford	2012



5-15th September

EUROPEAN MASTERS ATHLETICS CHAMPIONSHIPS

BRONZE FOR JOHN BROWNE IN THE M65, 100m



John Browne (M65) had to give way to the legendary Steve Peters at the European Masters Championships in Venice. Running in the 100m, John had won his heat in 13.12 (w-1.5) to automatically qualify for the final, but came up against defending champion Peters, who won the title in 12.95. In a desperate finish for the silver medal, John was beaten by Rudolf Koenig (Germany) by just 2/100th of a second. Koenig recorded 13.18 and Brown 13.20. (w-2.20) In the 200m, John came up against Peters in his heat, and again had to give best, recording 28.04 (w-1.2) to qualify 4th quickest for the final. Despite improving to 27.79 (w-1.2) in the final he finished fourth, just out of the medals.

Kelvin Smith contested the M70 100m but finished fifth in his heat in 16.29 (w-2.6) and did not qualify for the final.

Second-claim member, Brian Slaughter won the Silver Medal in the M60 Decathlon (100m 14.09 (w-2.4), LJ 4.50m (w+1.0), DT, SP 11.79m, HJ 1.42m, 400m 64.16, 100mH 17.16 (w+1.2), DT 40.68m, JT 32.19m, 1500m 5:53.28) for 6205 points. The pole vault was cancelled due to ever increasing darkness!

Diane Farmer competed in the F60 4km Cross Country, placing 12th in 17:43



Brian Slaughter has been a regular member of the EMAC team this summer and here seen in the downpour at the Final competing in the M60 800m.

BRITISH MILERS' CLUB PB CLASSIC

(Under 20 athletes) - Stantonbury - 1st June

A very hot day with temperatures in the mid twenties saw the number of personal bests in the British Milers Club meeting at Stantonbury fall from the normal 60% to just 46% as some runners suffered in the heat. For the 30 runners competing for Marshall Milton Keynes only 13 (43.3%) achieved personal bests.

The MMK runners with personal bests were:

800m: Zak Freeland, Benjamin White, Harry Totton, Elias Skaarup, Sophie Stockton, Anna Ustaran-Anderegg, Alesha Patel, Jessica Tite

1500m: Leo Freeland, Callum Tripp, Samuel Luke Oldroyd, Ella Glass

3000m: Matthew Dicks



PB's to
Harry Totton & Jessica Tite
Sophie Stockton & Leo Freeland
Elias Skaarup & Ella Glass



BOTH AND MEN AND WOMEN'S TEAMS EASILY QUALIFY FOR THE LEAGUE FINAL(22 September)

TRACK AND FIELD LEAGUE (CENTRAL DIVISION) - FINAL LEAGUE TABLE & MATCH RESULTS

Final League Table		
MEN		
1	MMKAC	607
2	Bedford & Co	499
3	Cambridge & Col.	424
4	Fairlands Valley	404
5	Biggleswade	332
6	Luton AC	87

Match 1- Sandy		
01-May		
1	165	
2	120	
3	116	
4	104	
5	94	
6	34	

Match 2-Cambridge		
05-Jun		
2	128	
1	131	
3	113	
4	92	
5	50	
6	29	

Match 3- Bedford		
03-Jul		
1	151	
2	147	
4	106	
3	112	
5	87	
6	11	

Match 4-M.Keynes		
31-Jul		
1	163	
2=	101	
5	89	
4	96	
2=	101	
6	13	



WOMEN		
1	Fairlands Valley	595
2	MMKAC	591
3	Cambridge & Col	287
4	Biggleswade	279
5	Bedford & Co	137
6	Luton AC	77

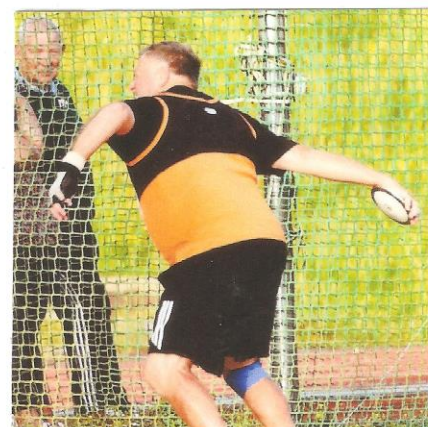
1	154	
2	153	
4	76	
3	85	
5	33	
6	6	

2	133	
1	140	
3	70	
4	41	
6	39	
5	40	

2	142	
1	155	
3	77	
3	75	
5	52	
6	17	

1	155	
2	143	
4	62	
3	78	
6	13	
5	14	

Eastern Masters Championships - Southend - 20 July 2019			
No less than 11 gold medals			
100m	M50	1 Kerry Courtenay-Robin	12.9
	M65	1 John Browne	13.8
	M70	1 Kelvin Smith	16.0
200m	M50	1 Kerry Courtenay-Robin	27.7
	M70	1 Kelvin Smith	34.5
400m	M70	1 Kelvin Smith	78.5
Long Jump	M70	1 Kelvin Smith	3.00
Discus	M60	5 Jim Lawrence	19.66
	M65	1 Bunt Scott	32.31
Hammer	M65	1 Bunt Scott	35.07
	F60	1 Jeanette Lawrence	22.89
	M60	3 Jim Lawrence	18.35
Javelin	M65	1 Bunt Scott	26.58
	M60	3 Jim Lawrence	13.51
Shot	M60	4 Jim Lawrence	6.15
	M65	3 Bunt Scott	8.67

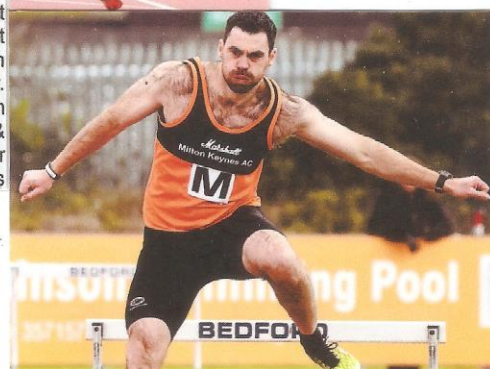


BRITISH MASTERS CHAMPIONSHIPS – BIRMINGHAM, 10/11 Aug.

M35		
100m	7 Panos Ioannou	12.08 w+0.4
200m	6 Panos Ioannou	24.86 w+0.1
400m	2 George Gavriel#	55.07
400mH	2 George Gavriel#	67.50
M50		
100m	4 Kerry-Courtenay-Robin	12.77 w-1.3
	3 rd Brit	
200m	5 Paul Canning	25.26 w+1.2
5000m	3 Steve Herring	16.41.91
100mH	1 Paul Canning	17.67 w-1.7 pb
400mH	2 Paul Canning	67.50
M60		
800m	Dennis Edghill	dnf
1500m	11 Mick Kelly	6.30.92pb
M65		
Shot	6 Bunt Scott	8.35m
Weight	4 Bunt Scott	12.74m
Discus	5 Bunt Scott	33.20m
Hammer	2 Bunt Scott	34.10m
Javelin	5 Bunt Scott	26.04m



Eight men competed in the British Masters Championships in Birmingham, collecting seven medals. Paul Canning took the 100mHurdles title with a PB of 17.67 and a silver in the 400H. Steve Herring just missed his club M50 record to grab the bronze here, Kerry Courtenay-Robin finish fourth in the M50, 100m but was awarded the bronze medal as the athlete ahead of him was from an overseas club. Bunt Scott contested all five M65 throws(all four at the EMAC Champs.) coming away with silver in his speciality, the hammer. George Gavriel# is a second-claim member(first claim Buckingham & Stowe) came away with two silver medals and two PB's in the M35 hurdles races.



Above: action from the home match: Kerry Courtenay-Robin, Steph Johnson & Bunt Scott.
Left/under: Paul Canning & George Gavriel

ANOTHER GLORIOUS TREBLE FOR THE MASTERS TEAM

After pulling off the treble last year, could we do it again. BUT it was by the closest margin, just half a point, that the men beat Bedford and thus set up the treble.

Many thanks to team managers Corinne Nurse and Jeremy Vick and, of course, all the athletes who supported the team through the four matches.

Back to the match, at the time, little do we realise the effect of Steve Herring holding off Peter Benedickter(Bedford) on that final 400m of the medley relay – the last event on the track for the men.

One of the highlights from the men came in the sprints where Panos Ioannou(M35), Kerry Courtenay-Robin(M50) and John Browne (M60) won all their 100m and 200m races and added input to the relay teams. Likewise in the field the trio of Mark Roberson(M35), Brian Slaughter(M50) and Bunt Scott(M60) won their respective hammer events and contributed valuable points to the other throws.

Seven of the ladies contested at least four events. Di Presswell won the F50 hammer, discus and javelin, and a very welcome return to Jan Hardcastle who won the 2km walk "B" string and both the F50long and triple jump events. Diane Baldwin won the "A" walk and the F60 800m whilst Deb Brent competed in the 400m, 800m, 1500m and 3000m and ran a leg of the relay.



PS: How did Bedford improve so much from the league matches? A major factor was that on the day, their all-rounders Gavin Fordham(seven field events) and Simon Eastwood(six events) scored 97 pts between themselves, 37% of their total, 267. I couldn't help noticing this as I covered many of the events with my camera.

Pos	Men's Teams	
1	Marshall Milton Keynes AC	267.5
2	Bedford & County AC	267
3	Ryston Runners AC	194.5
4	Southend AC	190.5
5	Nene Valley Harriers	187
6	Colchester Harriers	169.5
7	Corby AC	107
8	Thurrock Harriers/Loughton AC	64

Pos	Women's Teams	
1	Marshall Milton Keynes AC	235
2	Ryston Runners AC	218
3	Fairlands Valley Spartans	216
4	Nene Valley Harriers	196
5	Southend AC	153
6	Colchester Harriers	141
7	Corby AC	138
8	WSAC/St Edmunds Pacers	96

CARL BALDWIN TROPHY FOR OVERALL TEAMS

Pos		Total
1	Marshall Milton Keynes AC	502.5
2	Ryston Runners AC	412.5
3	Nene Valley Harriers	383
4	Southend AC	343.5
5	Colchester Harriers	310.5
6	Corby AC	245



"just walkin' in the rain" – Jan Hardcastle leads Malcolm Kidby & Kelvin Smith
R: Deb Brent in the 3000m /Team Captain, Corinne Nurse wins the high jump
AND A FINAL THANKS TO ALL THE OFFICIALS WHO WORKED HARD ON THE DAY AND, AT TIMES, UNDER DIFFICULT CONDITIONS



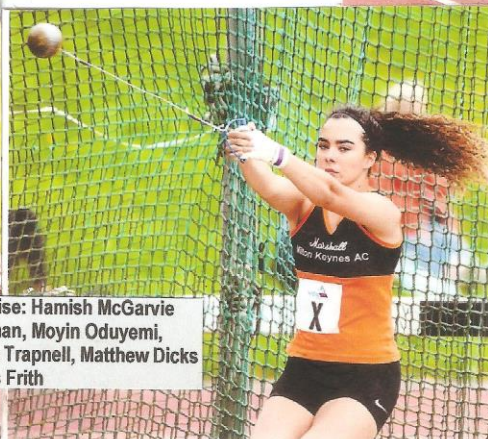
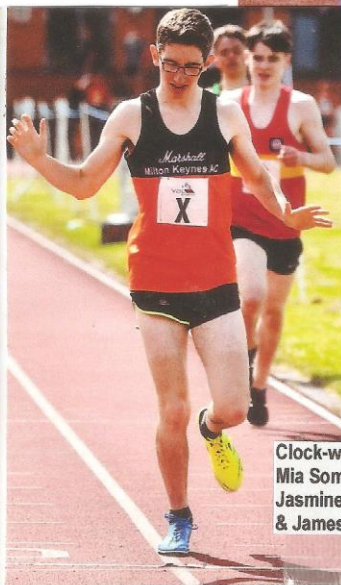
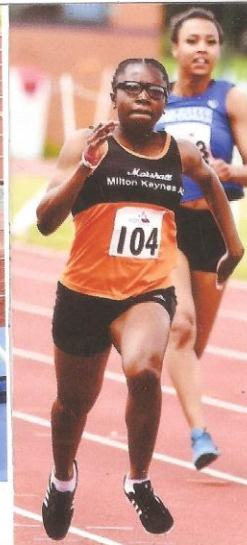
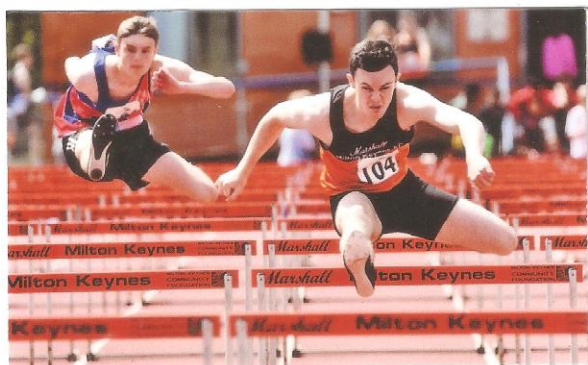
YOUTH DEVELOPMENT LEAGUE MIDLANDS (NORTH-EAST) 1B UPPER AGE GROUP

MMKAC FINISH SECOND TO COVENTRY & LEAMINGTON WHO THEN WON PROMOTION TO THE PREMIER DIVISION- OUR TURN NEXT YEAR?

After third place in the opening match at Stourport(5 May) it was always going to be a near impossible task to recover with just two further matches. Second place on 26 May at Nuneaton and then a sound victory over Coventry with the home match on 30 June at least saw a respectable second position. Promotion next year hopefully, but I'm sure Northampton AC will be challenging. Many thanks again to Alana Slater and Richard Pownall for team managing and to the officials who turned-out. A full quota at each match gave us 32points to add to what the athletes notched up on the day.

MATCH RESULTS

Final position	Club	League points	Match points	Match 1		Match 2		Match 3	
				pos		pos		pos	
1	Coventry & Leamington	17	1767	560	1	648	1	559	2
2	MMKAC	15	1766	522	3	591	2	623	1
3	Northampton AC	13	1659	522	2	579	3	528	3
4	Leicester Coritanian AC	8	521	125	4	144	5	252	4
5	Nuneaton & Harborough	7	412	112	5	189	4	111	5
6	Daventry AAC	3	298	95	6	96	6	107	6



Clock-wise: Hamish McGarvie
Mia Soman, Moyin Oduyemi,
Jasmine Trapnell, Matthew Dicks
& James Frith

MIDLANDS PREMIER (NORTH EAST)

LOWER AGE GROUP

MMKAC WIN ALL THREE LEAGUE MATCHES AND THEN THE AREA FINAL TO QUALIFY FOR THE NATIONAL FINAL

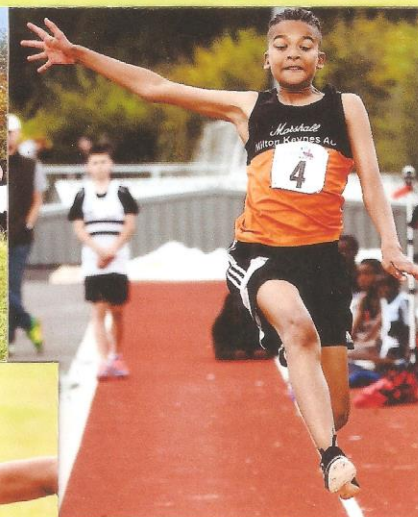
What a season for the youngsters. Firstly winning all three league matches(Birmingham, Nottingham and Milton Keynes) to qualify for the Regional Final held at Yate, near Bristol. Here they held off the challenge from Birchfield Harriers and Swansea to win and qualify for the National Final at Manchester. Congratulations to team managers Alana Slater and Nigel Jordan and many thanks to those of you who helped with officiating.

LEAGUE MATCH RESULTS

Final position	Club	League points	Match points	Match 1 pos	Match 2 pos	Match 3 pos
1	MMKAC	18	1671	570	1	533
2	Birchfield Harriers	13	1584	548	2	503
3	Rugby & Northampton	12	1436	383	5	514
4	Notts AC	10	1517	499	3	496
5	Solihull & Small Heath	7	1196	404	4	430
6	Amber Valley & Erewash	3	1015	347	6	350

RESULT OF THE MIDLANDS AREA FINAL (YATE - 20 July 2019)

- 1 Marshall Milton Keynes AC 532.5
- 2 Birchfield Harriers 509
- 3 Swansea Harriers AC 498
- 4 Cheltenham & County H. 459
- 5 Rugby & Northampton AC 451
- 6 Cardiff Archers AC 431.5



Clock-wise:
Mansur Donkor,
Kobe Sinclair-
Linton, Ayesha
Jones & Maddy
Pearce



MMKAC U15/U13 TEAM FINISHES FIFTH IN THE NATIONAL FINAL AT MANCHESTER (7th September)

Alana Slater sums it all up:

"After a very long and exhausting day in Manchester at the National Finals, this fantastic bunch were rewarded with 5th place. This is a massive achievement for MMKAC, competing against the largest and strongest clubs in the UK. Well done everyone"



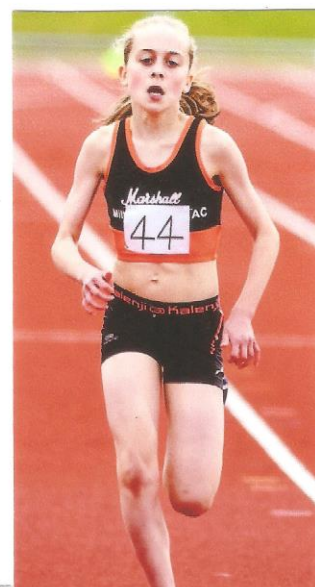
FINAL TEAM POSITIONS

1 Sale Harriers(Manchester)	601
2 Blackheath & Bromley AC	595
3 Reading AC	565
4 Preston Harriers	516
5 Marshall Milton Keynes AC	484
6 Edinburgh AC	482
7 Birchfield Harriers	459

AND two club 4 x 100m records set:

•U13 boys- Ayomide Fatoki, D'mitri Varlack, Kobe Sinclair-Linton & Daniel Ayodele;
51.83 (old record 51.92/2019)

•U15 boys- Mansur Donkor, Reuel Miller, Nasiru Donkor & Chad Willson;
45.0 (old record 46.69/2018)



Photos(clockwise)
Ayomide Fatoki
Lizzie Garner
Amber Salkeld
Ben White
Hayley Dimond





**LAURA,
SAM &
ROBERT
AIMING
HIGH**

LAURA ZIALOR SETS NEW LADIES HIGH JUMP RECORD

Emma Beales' high jump of 1.76m set in 1992 had been the club record until 2019. Laura Zialor, having moved across from the triple jump discipline to the high jump, contested a number of indoor competitions clearing 1.78m at the inter-varsity match at Lee Valley on 30 January.

Competing outdoors Laura has made steady progress:

Loughborough International	19 May	3 rd =	1.76m
Bedford BIGish Jumps Meet	27 May		1.78m
Birmingham Open Series	5 June		1.80m
England U23 Champs(Bedford)	22 June	2 nd =	1.83m

Laura leapt 1.80m for 4th place in the British Championships at Birmingham on 25th August. Earlier(14th August) Laura represented England at the Manchester International. On a rain soaked evening she won with a modest 1.71m by her standards. (photos below)

Laura is ranked overall 6th in the 2019 UK rankings whilst she is equal third in the under 23 rankings.



High jump photo courtesy of MV4R photography

SAM FEATHERSTONE WINS ENGLAND VEST

Sam (a first year M20) leapt 1.94m indoors at the England U20 Championships and twice jumped 1.93m outdoors, once for the SAL team at Uxbridge and then for the YDL team at Milton Keynes. (pictured below)

He represented England (South) at the Cardiff International on 24th July, placing 4th with a height of 1.91m. In the club outdoor rankings Sam is now 4th M20 and 8th all-time with his 1.93m



ROBERT LEWIS WITH A CLEARANCE OF 1.96m MOVES TO SECOND EQUAL IN THE CLUB RANKINGS



LEADING ALL-TIME RANKINGS

WOMEN				
1	Laura Zialor	1.83m	Bedford	2019
2	Emma Beales	1.76m	Trondheim (Norway)	1992
3	Rachel Gibbens	1.73m	Stevenage	2015
4	Sophie Wilkins	1.69m	Milton Keynes	2008 F20
5	Alison May	1.65m	West London	1993 F20
6	Devon Byrne	1.65m	Milton Keynes	2014
7=	Sophie Gibbens	1.60m	High Wycombe	2002 F20
7=	Jenny Truelove	1.60m	Peterborough	2007
MEN				
1	Daniel Leonard	2.07m	Luton	2005
2=	Rafer Joseph	1.96m	Stoke Mandeville	1988
2=	Robert Lewis	1.96m	Croydon	2019
4=	Peter Watkin	1.95m	Basingstoke	1990 M20
4=	Warren O'Sullivan	1.95m	Milton Keynes	1995
4=	Kershel St Helene	1.95m	Perivale	2004 M20
4=	Chuko Cribb	1.95m	Harrow	2014
8=	Matt Douglas	1.93m	Worcester	1996
8=	Sam Featherstone	1.93m	Uxbridge	2019 M20

The 37th TOUR OF MILTON KEYNES.

A view from "outside" looking in.....We saw just 48 finishers. Almost 50% from MMKAC. 10 other clubs were involved, albeit six of them had a solitary finisher. Sad to see just six ladies and only two from MMKAC.

Whatever, good to see many smiling faces on day six. Grateful thanks to Thomas Cuthbertson in his first year as Tour organiser, with loads of assistance from Diane Baldwin. Sincere thanks to everyone else who helped out during the week.

My particular interest in the "Tour longevity" saw Dave Findel-Hawkins complete his 34th, Diane Baldwin finished her 22nd and is 6th= with Sam Kirkpatrick in the all-time listing. Pleased to see Dave Storer completing his 20th(7th=) whilst Simon Booth is now 12th= with 16 completions. *The two Dave's pictured below:*



Up-front Genci Pepai(Redway) led throughout to win overall with Steve Tuttle winning the MMKAC trophy. Well run to Simon Barnaby, in his debut, to finish 4th overall. Abby Roskilly, in her debut, was first lady but was pushed hard in the early races by Jen Sangster(Redway). Jen was comfortably 2nd lady overall.

MMKAC male age group winners were:

Matt Clark(M40), Chris Finister(M45), Phil Gazard(M50), Kevin Church(M55), Dave Findel Hawkins(M65) and Kelvin Smith(M70). Good to see two M20's with Morgan Smith just a minute ahead of Alfie Blaber. MMKAC most improved were Diane Baldwin and Steven Martin. *Abby and Steven pictured below:*



Greensand Ridge Relay



We have had, over the years many success in this annual event organised by Richard Pownall. AND often five or six teams – Sadly just two this year(22 June) the "MK Originals" who have run the event since 1993 and a new team MMK Longshots managed by Leah Hartwell. The Originals with three M70's and two others over 50, not surprisingly received a very good handicap, and on the day were the first team to start at 11.13am. Miriam Drewett(a mere W35) ran the opening leg and passed on to Jim Miller and then Stuart Cowan, Kevin Church, Karen Bugai and Kelvin Smith. The team were 12th to finish with a net time of 5:18.52. The Longshots started an hour later with the team of Karen Tincknell, Leah, Wendy Webber, Andrew Wasdell, Jeremy Vick and Neil Jones and finished 20th with a net time of 4:34.30.



Miriam on leg one and Stuart on leg three for the "Originals"



PEDNOR "5" CHALLENGE-6 May

5 mile race walk 5.00pm

5 mile run 7.00pm

DIANE BECOMES THE FIRST MMKAC LADY TO COMPLETE THE DOUBLE AND ALSO WON THE WOMEN'S CHALLENGE ON THE DAY.

Diane(F65) was fourth in the women's walk(51:26) and 75mins later ran in the road race around the same course in 39:39. Her combined time of 91:05 was the winning women's time in the Challenge.

Diane in an EMAC track race walk





SIX UNDER 20 ATHLETES IN UK TOP 20 THROWING DISCIPLINES

EVA DURAND(F17 JAVELIN)	8 TH 44.41m	CLUB RECORD
Loughborough - 27 May		
JAMES ERICSSON-NICHOLLS	10 TH 58.26m	2 ND ALL-TIME
(M20/4kg HAMMER)		
Milton Keynes -4 August		
AYESHA JONES(F13 JAVELIN)	2 ND 38.75m	CLUB RECORD
Milton Keynes -2 June		
DISCUS	5 TH 30.27m	CLUB RECORD
SHOT	6 TH 10.12m	CLUB RECORD
Both at Kingston 27 July		
LARA MOFFAT(F17 HAMMER)	3 RD 57.33m	CLUB RECORD
Bedford -1 -September		
JOSEPH TAYLOR(M15 JAVELIN)	3 RD 54.61m	2 ND ALL-TIME
Oxford - 11 May		
JASMINE TRAPNELL(F20 HAMMER)	17 TH 47.28m	3 RD ALL-TIME
Uxbridge -15 June		
AND NOT FORGETTING THEIR COACHES -		
Janina Pownall(Javelin) & Jack Kee(Hammer)		



SOUTHERN ATHLETICS LEAGUE

A review by Jim Lawrence from the male perspective with Brian Graves commenting on the ladies achievements through the season. DIV 2 (West)

What a fantastic season we had with our Senior Men's and Women's Track & Field League.

It all started off on April 15th at Bedford. The first match of the season for some strange reason always seems to start with its problems. Is the fixture too early? Both our main middle distance groups were away overseas on warm weather training and we had lots of injured athlete's and university guys still not back in Milton Keynes. I chose the strongest team available and we had 'a' string wins for Elliot Hind (15:48.75 5000m), Alex Hamling (13.84m Shot), Jonathan Pownall – still carrying an injury after 2 years - with a Javelin throw of 48.91m and the 4 x 100m relay team of Dickson Kusi, Smith Michael, Tyrell Dankwa & Aaron Adom (change-over, below) won recording a time of 43.95. It was just as tough for ladies team manager Carly Scott (smiling, as ever, below). On the track, a 400m double from Katie James (58.71) and Abby Roskilly (60.13) was the highlight. In the field Emma Beales won the shot (9.43m) and discus (40.39m). Jasmine Trapnell won the hammer (45.81m) and scored good points in the shot/discus. Finally a javelin victory for young Eva Durand (35.45m).

Unfortunately the team finished in 3rd position but we were involved in a very close match. MMKAC (189) finished only 15 points behind winners Dacorum & Tring (204) with Bedford second (198).

After the first match, there were talks with Barry Hearn to join the team management. Subsequently it was decided that Barry would be in overall control of all middle and long distance events and I would select all the sprints, jumps and throws.



MATCH TWO BOUNCE BACK WITH A VICTORY.

With Barry back on board I felt a new lease of life with some fresh input into the team. We travelled to Croydon on May 19th and with the weather all nice and sunny everyone performed a whole lot better. On the track we kicked off with a double sprint win in the 100m. Dickson Kusi, who performed consistently and brilliantly for us throughout the season and young Jamie White recorded times of 10.96 & 11.18 (w +0.6). Kwame Twumasi-Tawiah earned a 'b' string win over the 200m. We had the welcome return of Sam Winters winning the 800m in 1:56.95 alongside Graham Jones taking the 'b' string honours. New signing Leo Burguette finished first in the 3000m Steeplechase whilst we had a quite brilliant double high Jump victory courtesy of Robert Lewis & Sam Featherstone. Rob's winning height of 1.96m puts him equal 2nd on the club's All Time List. We had another new youngster who was added to the team which was Shawn Ampofo. He won the 'b' string Long Jump and also leaped out to a pretty good 12.93m Triple

Jump. Our 4 x 100m team of Dickson, Jamie, Brandon & Kwame finished 1st with 44.08.

Kayleigh Presswell, returning from a long injury problem won the female "athlete of the match" with her hammer throw of 59.13m. As in match one, both Emma and Eva won their respective throws. Two doubles on the track, again from Katie and Abby in the 400m, and then Abby and Elle Roche in the 800m races. Good to see Alice Ritchie in the 5000m, 2nd in the 'a' with Diane Baldwin also second in the 'b' race. Diane then teamed up with Carly Scott to score a winning 1500m steeplechase double.

The match was historic in that, for the first time in any UK League, there was a mixed 4x400m relay and saw our team of Katie James, Graham Jones, Abi Fitton and Sam Winters record a victory. (photo below) We won the match beating Croydon by a quite remarkable 41 points.



TWO OUT OF THREE AIN'T BAD

Our third fixture was at Uxbridge on June 15th which included league leaders City of Salisbury. We comfortably won the match (226) v (209) and moved up to third in the league table. No less than three MMKAC athletes in the female top ten – headed again by Kayleigh Presswell (hammer-58.18m) and then placed 6th/shot 10.89m, 9th/discus 30.96m and 10th/javelin 30.77m. For good measure Emma Beales placed 4th and Jasmine Trapnell 5th with their discus (36.69m) and hammer (47.28m) respectively.

We welcomed the first appearance this year of Chuko Cribb. He won both the long Jump with 6.67m and the triple Jump with 14.60m and won the male "Athlete of the match" for the latter performance. Hannah Sargeant won both the 100m and 400m hurdles and the 'b' shot. And what about a double in the pole vault from Byrony Gibbens and Mia Soman. And a further double in the 3000m from Elle Roche and Alice Ritchie.

Dickson and Jamie did the honours again winning both 100m races. Aaron & another youngster Brandon Lowe winning both 200m races in 22.5 & 23.2. Sam W won the 800m again while Conrad Webber returned with a winning 1500m & Matthew Dicks doing likewise in the 'b' event. Top M50 Master Paul Canning won the 'b' 400m Hurdles whilst Sam Featherstone won the High Jump with an exceptional 1.93m and James Ericsson-Nichols & Lewis Barnes took the top spots in the hammer. Whilst the 4 x 100m relay team made it three out of three wins (Dickson, Jamie, Brandon, Aaron) recording 43.8. Steve Herring broke the Club M50 5000m record with 16:41.1

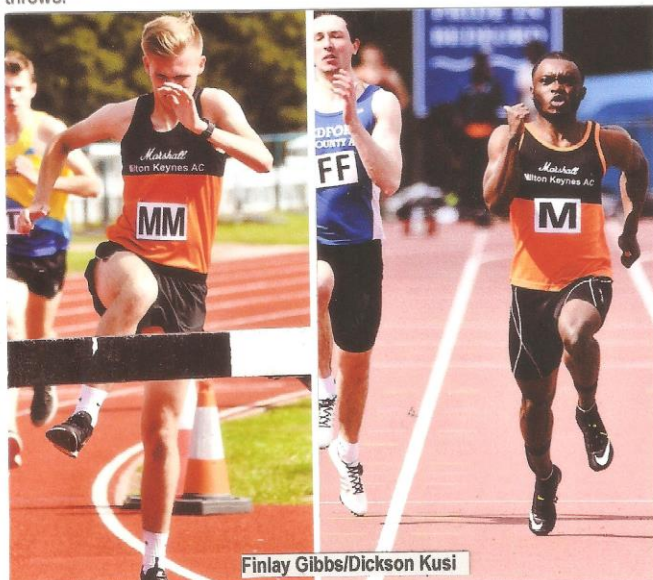
CLOSE WIN FOR THE TEAM AT THE HOME MATCH on 13 July

The team, third in Division 2 West at the start of their match at Stantonbury, faced Epsom & Ewell (2nd), Basingstoke (4th) and Newbury (6th). It was likely that the winner would gain promotion back to the top flight next season, while the rest would have their hopes dashed. With 5th-placed team, Dacorum & Tring finishing last at Kingston, MMK's win put them up to second in the league, with the top two to be promoted. A win in their last fixture at St Albans on 17 August will guarantee promotion.

The match was, in the end, very close between MMK and Basingstoke, despite MMK leading by more than 20 points at one stage. However, a final surge from the visiting club narrowed this down to just 5 points at the end.

Home match/continued Among the highlights of the day was a return by GB International **Chris Clarke** after 3 years of injury, running 21.7 for 200m, and wins by Chuko Cribb in the triple Jump(13.94m) and long jump. There was another double win in the 100m courtesy of Dickson & Kwame. Brandon backed up Chris by winning the 'b' string 200m. Matthew & Ian Wood both took the honours in the 800m whilst **James Tuttle** & Elliot won a very exciting 3000m. **Finlay Gibbs** was first in the 'b' 3000m Steeplechase. Lewis had another consistent day winning the shot & the 'b' javelin. Four out of four for our sprint relay guys. Dickson, **Joseph Tolbert**, Brandon & Kwame won again this time with 44.4

For the ladies Mia Soman, **Tamzin Hill** and **Joan Peedah** won the pole vault, long and triple jump respectively. On the track Abby Roskilly and **Charlotte Underwood** took a 800m double whilst Elle Roche was beaten on the line in the 1500m(4.36.9). There was a rare defeat of Emma Beales in the discus(40.88m), Diane Presswell worked hard covering the 'b' string throws.



Finlay Gibbs/Dickson Kusi

August 17th - THE SAL TEAM WINS THEIR FINAL MATCH AT ST. ALBANS TO GAIN PROMOTION BACK TO DIVISION ONE

Lying second in Division 2 West at the beginning of the match, and with the first two gaining promotion to Division 1, the MMK Senior Team knew that a win would guarantee promotion. Despite a slip-up in their last match, City of Salisbury held on the win the League, with MMK second. Both clubs notched up 18 league points but Salisbury took the honours with 1119 match points to MK's 1092.

On the day there was yet another 400m double from Abi Fitton and Abby Roskilly. Likewise in the 800m from Abby and **Corinne Nurse**. **Corinne** also competed in the 100mH and high jump. Hannah Sargeant won both the 100m and 400m hurdles and was equal first in the high jump. **Imogen King** won the 1500m and, making her debut at the event, Abby Roskilly won the 2km steeplechase. Kayleigh Presswell was "female athlete of the match" for the third time! Team manager, Carly Scott, filled in, as usual, competing in the 3km and 400mH.

For the men, the best result was Dickson Kusi's 10.9 win in the 100m for third place in the "Man of the match" results. Other winning highlights included Joseph & Tyrell in the 200m, Conrad in the 1500m, James Tuttle & **Dan Galpin** were winners in the 5000m, **Torsten Hansen** in the 'b' 400m hurdles, Sam F & Robert in the high jump again. Graham & Finlay won the 2000m Steeplechase, Lewis Barnes won both the shot & discus and 'b' string hammer. Top M40 athlete **Mark Roberson** had a brilliant win in the 'A' string hammer and also won the 'b' string Javelin.

Five out of five wins for the 4 x 100m team. The team today was Dickson on first again, Tyrell, Shawn & **Bill Boakye**. The 4 x 400m team had a win with Tom, James, Dan & Conrad. The ladies also finished off the season with a double in the relays- Rachel Oderinde, Elisa Amana, Deborah Lago & Abi Fitton won the sprint relay with the foursome of Katie James, Hannah Sargeant, Corinne Nurse & Abby Fitton winning the 4x400m. We beat Yeovil by a handsome 55 points with a total score of 243.5 points.

THANK YOU

My thanks once again to all the athlete's that performed so majestically for us this year. And, of course, to our hard-working band of officials - **Jackson Ryan**- Track Judging, **Mick Bromilow** -Time Keeper and our team of ever present field officials who were mainly **Jeanette Lawrence, Hazel Lawrence, Richard Pownall, Julie Davidson & Helen Croft**. **David Millett** also for his efforts at our home match. Many thanks also to Carly Scott, my Joint Team Manager Barry Hearn. *It's great to be back*

	Club	Match points	League points
1	City of Salisbury	1119.5	18
2	Marshall Milton Keynes	1092.5	18
3	Basingstoke & Mid Hants	1094.5	17
4	Dacorum & Tring	996.5	15
5	Radley AC	981	13
6	Epsom & Ewell AC	965	13
7	Newbury AC	949.5	13
8	Croydon Harriers	921	13
9	Aldershot, Farnham & D	931	12
10	South London Harriers	917.5	12
11	Hillingdon AC	877	11
12	Kingston & Polytechnic H	858	11
13	Yeovil Olympiads AC	822.5	11
14	Bedford & County AC	854	9
15	Walton AC	815.5	7
16	St. Albans AC	799	7

**** top two promoted to Division One. Bottom four are relegated.**



Right: Lewis Barnes, Kayleigh Presswell (in discus action), Tamzin Hill & Conrad Webber

ROAD RUNNING ROUND-UP SUMMER 2019



BRISTOL 10KM(5 May) Elliot Hind(8th/31.55); Alice Ritchie(11th lady/37.23/PB)
 MK POCKET ROCKET(5km) Robert Hickman(2nd15.29), Elle Roche(1st lady/17.19), Debra Brent(1stF55/20.37)
 MK MARATHON Simon Kirschner-Heavens(3:39.45), Suzanne Anderegg(3:41.10).
 IPSWICH 10km(11 May) Paul Mizon (29th/14.40) – **CLUB RECORD**
 Tom Comerford(35th/14.52/PB)
 BRITISH MASTERS ROAD RELAY CHAMPS(Birmingham)- 18th May:
 TEAM 8th – Ian Wood(16.43), Matt Clarke(18.03), Chris Finister(18.19), Steve Ratcliffe(18.43), Chris Hearn(18.10), Jeremy Vick(17.49).
 WESTMINSTER MILE(26 May) Chris Finister(5.01), Kelvin Smith(6.56/2nd M70), Chris Baldwin(7.22)
 LONDON 10km(27 May) Paul Mizon (67th/31.34), Elliot Hind (70th/31.38), Alice Ritchie(46thF/36.56/PB), Gary Blaber(14M45/36.21) 19465 finishers

BUCKINGHAM HALF MARATHON(9th June) 1st Thomas Dell(77.05), 2nd lady – Siobhan Dyer(98.59)
 BATTERSEA PARK 5KM(10th June), Alice Ritchie(17.40) PB

NEWPORT PAGNELL 5km(6 July) 1st Steve Herring(16.36), **M50 RECORD**
 BATTERSEA PARK 5km(15 July) Dan Woodgate(15.39), Jamie Seddon(15.53).
 STANDARD CHARTED CITY 5km 2nd lady-Lara Bromilow(18.30) 5592 finishers
 BEDFORD 10km(19 July) 2nd Ian Wood(33.36/PB) Ross Wood(46th/39.05)
 LUTON 10km(21 July) Andrew Kirschner (6th/39.18), Natasha Baker(5th lady/41.31)

KIMBOLTON HALF-MARATHON(18 August)
 Diane Baldwin(104.13) – 1st F60 and 1st EMAC lady(83%)
 MID-CHESHIRE 5km(29th August)
 James Tuttle 5th(14.43) – 3rd best all-time for 5km

SILVERSTONE 10Km (4 September)
 7 Tom Comerford(33:35) 15 Steve Herring(34:39) – 1st M50
 25 Stephen Young(35:46) 37(1st lady) Alice Ritchie(37:01)
 52 Tom Hayman(37:49) 111 Ken Munro(40:20)
 145 Tasha Baker(41.31)-9th lady 301 David Newens(45:26) 3rd M70
 401 Fern Yull(46.48) 652 Fi Han Bromilow(53.55) 7th F65
 1009 Karen Bugaj(63:08) 7th F60

LAKE VYRNWY HALF-MARATHON(8 September)
 22 Steve Herring(73.24) 1st M50 **M50 RECORD** and PB!

Originally set back in 1986(73:25) aged 17.

GREAT NORTH RUN (8 September) Chris Finister 241st/81.13/12thM45
 GREAT NORTH RUN 5km – 23rd Imogen King(18.15); would have been F20 club record – course subsequently found to be 300m short!

LEIGHTON BUZZARD 10 (22 September)

13 Wendy Webber(67.10) – 1st Lady.

23 Stephen Ratcliffe(69.31), 69 Suzanne Anderegg(81.30), 70 Eduardo Ustaran(81.30), 111 Stuart Cowan(89.15 1st Bedfordshire M70, 242 Karen Bugaj(117.56)



UP-DATES ON THE 5KM AND 10KM TOP TEN ALL-TIME RANKINGS PLUS THE LADIES MARATHON, SUB 3 HOURS

5km

1	Rachel Robinson	FS	16.40	Barrowford	2018
2	Vicky Pincombe	FS	16.49	Cranfield	2003
3	Rita Quill	FS	17.16	Charndon	1997
4	Elle Roche	FS	17.19	MK(Rocket)	2019
5	Michelle Lee	FS	17.34	Willen	2006
6	Jane Ovington	F35	17.35	Marston	2007
7	Lara Bromilow	FS	17.38	London (City)	2015
8	Alice Ritchie	FS	17.40	Battersea Park	2019
9	Tanya Cronin	FS	17.47	Charndon	2011
10	Imogen Norton	FS	17.53	Blisworth	2008

10km

1	Michelle Lee	FS	33.55	Windsor	2006
2	Linda Dewhurst	FS	33.56	Kettering	1987
3	Vicky Pincombe	FS	35.11	Silverstone	2003
4	Rachel Robinson	FS	35.16	Grimsby	2018
5	Emily Tallen	FS	35.30	Milton Keynes	2012
6	Rachel Pearson	FS	35.53	Lincoln	2012
7	Rita Quill	FS	35.57	Silverstone	1997
8	Lara Bromilow	F35	36.11	Brighton	2019
9	Jane Bird	F35	36.26	Milton Keynes	1984
10	Jane Ovington	F35	36.29	Windsor	2009

5km

1	Paul Mizon	MS	14.40	Ipswich	2019
2	Kerry Hayes	MS	14.42	Chesham	1989
3	James Tuttle	MS	14.43	Mid-Cheshire	2019
3	Tom Comerford	MS	14.52	Ipswich	2019
4	Marcin Fudalej	MS	14.54	London	2009
5	Charles Herrington	MS	15.15	Bedford	1999
6	Elliot Hind	MS	15.23	Armagh	2018
7	Robert Hickman	M20	15.29	MK(Rocket)	2019
8	John Crouch	MS	15.31	Harrow	1993
9=	Paul Fisher	M20	15.34	Barnsley	1997
9=	Ian Thompson	MS	15.34	Bath	1994

10km

1	Kerry Hayes	MS	29.45	Harrow	1989
2	Simon Rayner	MS	30.14	Eastleigh	1985
3	Tom Comerford	MS	31.09	Brighton	2019
4	Paul Mizon	MS	31.16	Brighton	2019
5	Ian Thompson	MS	31.21	Bearwood	1993
6	Charles Herrington	MS	31.30	Cranfield	1998
7	Marcin Fudalej	MS	31.32	CMK	2010
8	Elliot Hind	MS	31.38	London	2019
9	Kevin Farmer	MS	31.43	Milton Keynes	1989
10	Andrew McKenna	MS	31.45	Milton Keynes	2000

Ladies Marathon, sub 3 hours

1	Michelle Lee	FS	2:35.51	London	2004
2	Imogen Thornburg	FS	2:48.43	London	2006
3	Jane Preen	F35	2:52.19	Berlin	2007
4	Wendy Webber	F35	2:53.48	London	2017
5	Katrina White	SL	2:54.37	London	2000
6	Lara Bromilow	F35	2:56.17	London	2019
7	Jane Bird	F35	2:57.13	London	1984
8	Rachel Robinson	FS	2:59.06	London	2015

SEAA 6/4/3 STAGE SUNDAY 22nd SEPTEMBER 2019 ROAD RELAYS CRYSTAL PALACE NSC, LONDON

TRULY HISTORIC DAY FOR THE CLUB 22nd September

The Senior men's team competing at Crystal Palace in the annual South of England Road Relay Championships finished 13th. Last year was a best ever and we came 26th! AND our "B" team placed 30th. The race was for teams of six, who each ran a distance of 6100m.

James Tuttle ran the opening leg handing over to Paul Mizon in 22nd position but ran their fastest of the day with 17:14. Paul gained nine places(13th) with his time of 17:24 and then Tom Comerford ran 18:04(14th), Graham Jones 18:14(16th), Elliot Hind 17:43(17th) before Leopoldo Burguete ran the anchor leg, moving the team up to 13th, clocking 17:34.

The "B" team placed 30th and an excellent 8th in this category:

Dan Woodgate	17:51(34 th)	Sam Winters	18:17(30 th)
Jamie Seddon	18.06(27 th)	Steve Tuttle	19.02(30 th)
John McDonnell	19.10(31 st)	Chad Lambert	18:48(30 th)

Good runs from John McDonnell (ex-Luton) making his club debut and Chad Lambert returning after a long layoff through injury.

AND just two ladies who ran a distance of 4800m (team of 4 needed) Alice Ritchie 17:24(22nd) and Elle Roche 16:55(15th)

These results qualify MMKAC for the National Road Relays on 6 October at Sutton Park, Birmingham. Photo of all 14 athletes.



SOME ROAD RACES WHICH ARE POPULAR WITH CLUB MEMBERS/HAVE GOOD PB POTENTIAL

National Road Relays, Sutton Park, Birmingham(6 October)
Great Eastern Half-Marathon (13th October/Peterborough)
Cambridge Town and Gown 10km(20 October)
Leeds Abbey Dash 10km(27 October)

WOLVERTON FIVE (Sunday 24th November)

Telford 10km(8 December)
MK Winter Half-Marathon(8 December)

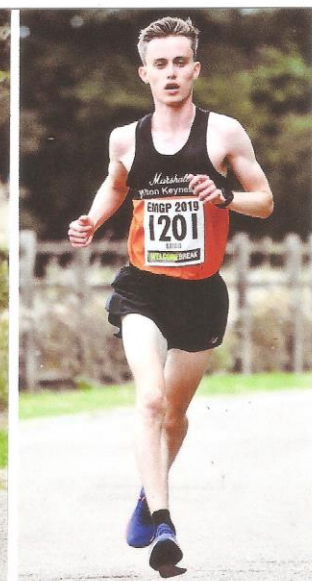
2020

St.Albans 10miles(20 January)

Wokingham Half-Marathon(23 February)

Cambridge Half-Marathon(1 March)
MK FESTIVAL OF RUNNING (15 March)
SOUTH OF ENGLAND ROAD RELAY CHAMPIONSHIPS
Milton Keynes (22 March)

Photos, more action from the MK 10km –
Clockwise: Phil Gazard, Jamie Seddon, Karen Bugaj, David Newens & Andrew Kirschner



Ursula Ghaleb "A thank you from an injured runner"

I have not been in the club now for well over a year due to hip problems. I have tried several times to run but it did not do me any good. I have had lots of time to reflect on my running time in MK and I want to say a big thank you to everyone who supported me over the last 10 years. So many have been there to push me over my comfort zone.

My first challenge was the Tour – I had no idea what it involved and I just remember how tired my body felt by day 6. It was great fun and I will always remember being close behind Jim Lawrence on all the races, but not on the track for the mile! I thought I can stick with him on the track but no - he ran off like a weasel and I was left behind. Hardly could breath after one mile.

Di took me to my first Greensand X county relay – not only was it my first time to run on rough grounds but I also had to do some navigation – those who know me well -this is not my big strength. Di patiently run with me the course a couple of times before the race and was pleased that I finished without getting lost.

EVAC – a totally new experience. I had no idea of rules and regulations. I needed teaching and nurturing to complete any races on the track. I am convinced I confused the time keepers at times. It was real team work being on the track, Gordon taught me how to long and triple jump – a special skill in my opinion which I never really quite mastered. The relay races gave me great anxiety – will I drop the baton? Great comradeship on those evenings across the clubs.



Ursula, 2010, having a go at race walking in an EVAC fixture. AND with Jim and Brian after the World Masters Mountain Running Championships (Slovakia, 2017)

Mountain racing was the most wonderful experience, the training and actual races will always be in my memories. Brian was the person who introduced me to hill running and I will always be grateful for this experience. Jim Miller decided to tackle hill running too and we had fantastic -though exhausting – training sessions before tackling the World Masters Mountain races. On our last race together, we actually wore our GB vests – feeling very proud. Going abroad and meeting with runners from all different countries was enriching.

So, what does one do when all those running events coming to an end? I was desperately sad and tried to do some running but my body did not cope well. Once I was told that I have Osteoarthritis in my hip I knew that serious running was not possible anymore. Early autumn I felt that I needed to get out of my black hole and joined the MK Nordic Walking Group. I really enjoy the walks as we are doing hill walks and longer routes and at a quite good pace.

I want to say thank you to everyone who I have met during my running time. Each one of you has influenced me even if it was just for a good chat, laugh and advice. So many believed in me more than I did myself. It goes without saying that the Tuesday and Thursday group runners have very much been part of my running life and I miss you all.

Wishing everyone the very best any many years of happy running



CLUB CONNECT RELAYS

The MMK Under13 Boys, Under 13 Girls and U20 Men's Team were invited to contest the Club Connect Relays at the start of the Birmingham Grand Prix Meeting.

The U13 Girls Team (Zariya Olayiwola, Ayesha Jones, N'Dea Lambert and Hope Oguidi) broke the Club Record by 0.01 seconds with 53.94 to finish fifth. Zariya and Hope here seen below in the YDL Regional Final at Yate.

The U13 Boys Team (D'Mitri Varlack, Anthony Unugboke, Kobe Sinclair-Linton and Daniel Ayodele) were a little bit down on their Club Record run earlier this year but finished third with 52.67

The U20 Men's team (Hugo Wallace, Joseph Tolbert, George Mbofana and Tyler McIntosh) were just shy of their season's best with 44.84, but this put them sixth.



Ursula, here with husband Graham, after completing a training (Nordic walking, of course for Ursula) on the local Mittenwald summit (south Germany). A few days later they hopped over to Austria where Ursula showed her prowess in winning the W60 prize in the Leutasch Ganghofer trail race, 7.2km(56.00).



PEOPLEPEOPLEPEOPLEPEOPLEPEOPLE

DIANE and KAYLEIGH PRESSWELL

Kayleigh is our second highest ranked UK senior athlete, 14th throwing the 4kg hammer with a best this year of 61.43m set at Loughborough. She competed in all three UKWAL matches and three SAL matches. In the latter Kayleigh was three times the "female athlete of the match" throwing the hammer. And took third place in the England AA Championships.(61.34m)

Diane(photo below) has been really supportive to the club this year, not only competing in all the EMAC matches but also competing in two UKWAL and two SAL matches.

In the EMAC final Diane won three of the F50 throws – Hammer(27.78m), Discus(17.15m) and Javelin(16.23m) plus fourth in the shot. In the UK M50 rankings she is ranked 11th in the hammer(29.06m) and 16th in the discus(19.58m).

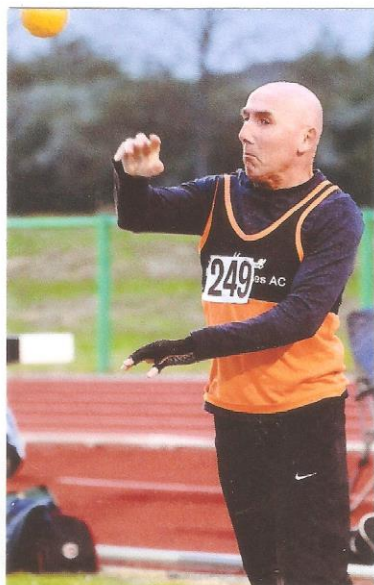
And has been spotted doing the occasional 5km race!



MIKE BURLING

Mike recently had a 2.5hours classification assessment to the IPC standard. He is now classified at F35. The system is designed for fair comparison between people with different forms of disabilities.

Just prior to this he compete in the British Wheelchair Grand Prix at Stoke Mandeville and was temporally classified as F38. He threw the 1.5kg discus and 5kg shot, -10.25m and 3.67m respectively. In the future he will be able to throw the 1kg discus and 4kg shot. Good luck to Mike in 2020.



GOOD LUCK TO JACK MEIJER – NOW STUDYING IN THE USA

Jack is at the University of Wisconsin and has started a four year course studying Mechanical Engineering

His mum, Helen, tells me that "he is very happy, having an amazing time - training really hard, running lots of miles and really enjoying it"

Just a reminder of his track PB's -800m(1.55.92), 1500m(3.54.80) and 3000m(8.27.10) He holds the M17 club records for 1500m(3.59.02) and 3000m(8.37.91)

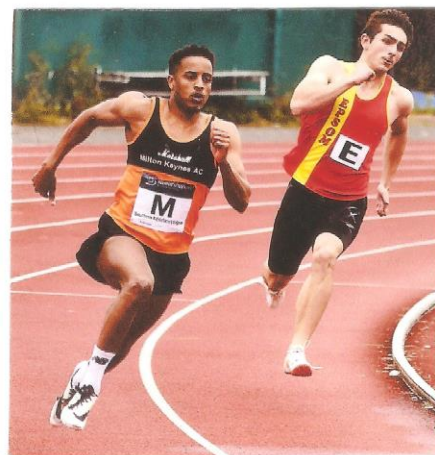
Over last winter he represented the Great Britain under 20 team at the European Cross-Country Championships (photo right) in the Netherlands and then at the Great Stirling International in January.

It is going to be very interesting to see what 2020 holds for him.



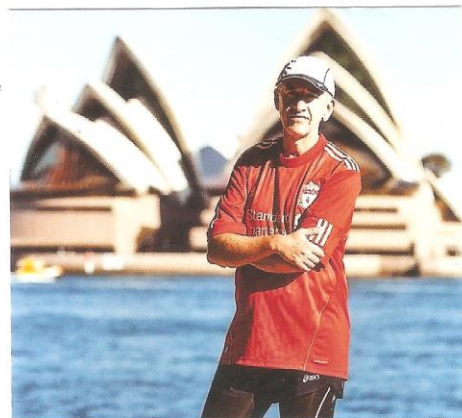
CHRIS CLARKE

Good to see Chris at the Home SAL fixture. Perhaps with the potential league changes next year, fitness prevailing, he may be interested if the proposed National Athletics League gets off the ground.



PAUL SUTHERLAND SENDS HIS BEST WISHES FROM SYDNEY –

"still making many new friends in the running world"



MMKAC WINTER ROAD & CROSS-COUNTRY 2019/20 FIXTURES

Sunday 6th October ERRA National Road Relays at Sutton Coldfield.

Saturday 12th October - Chiltern Cross Country League, Horspath, Oxford.

Saturday 2nd November - ECCA National Cross Country Relays, at Mansfield

Saturday 9th November - Chiltern Cross Country League, at Teardrop Lakes, MK.

(includes UK cross-challenge)

Sunday 24th November - "Wolverton 5" miles (Willen Lake)

Saturday 7th December - Chiltern Cross Country League, at Stopsley Common, Luton

2020

Saturday 4th January - Buckinghamshire, Bedfordshire and Oxfordshire Cross Country Championships at Shuttleworth, Beds.

Saturday 11th January - Chiltern Cross Country League, at Keysoe, Bedfordshire

Saturday 25th January - South of England Cross Country Championships, at Parliament Hill Fields, North London.

Saturday 8th February - Chiltern Cross Country League, at Campbell Park, MK.

Saturday 22nd February English National Cross Country Championships, at Wollaton Park, Nottingham

Saturday 7th March - Inter-Counties XC Championships Loughborough

Sunday 22nd March South of England Road Relay Championships, at Milton Keynes Senior men (12 in team) and women (6 in team), including under 20s

Saturday 4th April - National Road Relay Championships, at Sutton Coldfield Senior men (12 in team) and women (6 in team), including under 20s

Races in black(road) and red (cross-country) are events which are free (covered by MMKAC membership).

SOME OTHER ROAD FIXTURES WHICH ARE POPULAR WITH CLUB MEMBERS/HAVE GOOD PB POTENTIAL

20 October- Cambridge Town & Gown 10KM

27 October- Leeds Abbey Dash 10km

3 November- Stevenage Half Marathon

17 November - Peterborough 10

8 December- MK Winter Half Marathon

8 December- Telford 10km

2020

19 January- St Albans 10

2 February - Watford Half-Marathon

23 February- Wokingham Half-Marathon

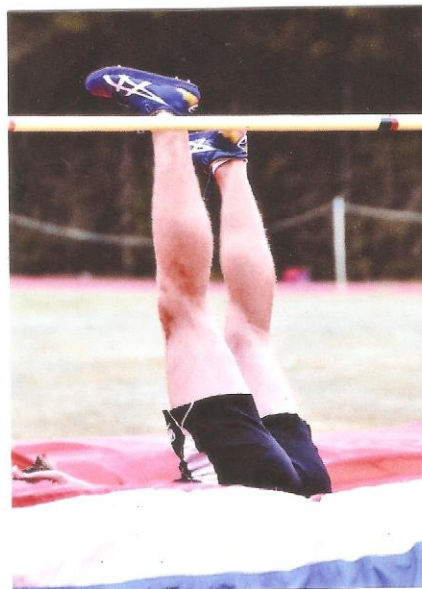
1 March- Cambridge Half-Marathon

15 March- MK FESTIVAL OF RUNNING

AND A FINAL WORD FROM THE EASTERN MASTERS TRACK AND FIELD LEAGUE FINAL -



Race walking is not everyone's favourite event, but I thought we were treated to an outstanding display by Daniel King(Colchester) given the atrocious conditions at that time. He, along with his twin-brother Dominic, are both seasoned Internationals. Daniel has best times for the 20km(86.14) and the 50km(4:04.49). Since joining EMAC last year he has also dabbled with middle-distance track races and jumping events.



AND the photo that generated lots of interest on the EMAC web site. The athlete is Greg Goodrem(Southend AC) who finished =second in the event. I showed him the photo and he said I shall use it for my profile!

MARSHALL MILTON KEYNES AC WILL BE HOLDING THEIR ANNUAL GENERAL MEETING FOR 2018/19 ON TUESDAY 12TH NOVEMBER. More information to follow on web site.

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

tel:(01908) 631013

