

## Sport MK Awards Denbigh Theatre, Milton Keynes – 3 December 2019

### Marshall Milton Keynes Winners

#### Ayesha Jones - Girls' Award for Achievement in Sport for those under 18

##### Achievements

- County: U13 Girls: 2<sup>nd</sup> 100m, 3<sup>rd</sup> High Jump, 3<sup>rd</sup> Long Jump, 2<sup>nd</sup> Shot, 1<sup>st</sup> Javelin (new Bucks Record 36.97m)
- Regional: Southern Inter-Counties: 1<sup>st</sup> Shot, 1<sup>st</sup> Discus, 2<sup>nd</sup> Javelin
- National: Youth Development League, National Final: 1<sup>st</sup> Shot, 1<sup>st</sup> Javelin



Ayesha joined Marshall Milton Keynes 4 years ago but has only competed outside Milton Keynes in the last 18 months. She is an excellent all-round athlete who holds the Club U13 records for Shot (10.12m), Discus (30.27m) and Javelin. She is nationally ranked second in the Javelin, sixth in the Discus and eighth in the Shot. Her best Javelin throw of 38.75m has only twice been exceeded by a UK Under 13 Javelin Thrower in the history of the event.

Ayesha is top of the MMK U13 rankings in the three throws and at 75m and 100m sprinting. She is in the top three in the 70m Hurdles, High Jump and Long Jump.

Clearly this athlete has the capability to excel as a thrower or as a multi-event athlete.

#### Laura Zialor – Women over 18 Award

##### Achievements

- National/International: 4<sup>th</sup> British Championships;
- 2<sup>nd</sup> England Athletics U20/23 Championships;
- 1<sup>st</sup> Manchester International match
- (All high jump)



Laura is a highly versatile jumper, with a strong track record in triple jump, who has made a significant breakthrough in high jump during 2019. Currently ranked 6th across all age groups and 3rd at U23 with a personal best of 1.83m (a club record). As a result Laura gained international recognition in the event, winning the Manchester International in very challenging conditions.

## John Browne – Masters Award for Men

### Achievements

- Regional: Unbeaten in the Eastern Masters League over 100m and 200m in 2019
- National/International: Top of the UK 2019 Rankings as an M65 100m runner with a time of 12.82; 4<sup>th</sup> in the semi-finals of the World Masters Indoor Championships, held in Poland, with 8.36 for 60m; Third in the European Masters M65 100m Championships in Italy, and 4<sup>th</sup> in the 200m.



John has been competing as a veteran athlete for more than 20 years. As a sprinter he often sustains niggling injuries that curtail his ambitions for national and international honours, but 2019 has been a vintage year for him.

Competing in the same as group as the legendary Sports Psychologist, Steve Peters, he has had to work much harder than most to win awards, but 2019 has been an excellent year for John.

Indoors over 60m he topped the UK M65 60m rankings with 8.21 seconds, set in the heats

in Poland. However, he could only manage 8.36 in the semi-finals, just failing to qualify for the final.

In Italy in the European Masters Championships John came up against Steve Peters. John won his heat in 13.12 seconds. In the final, against Peters and into a headwind, he could only manage 13.20 seconds for third place, with Peters winning the event. There was a similar story in the 200m with Peters winning and John in fourth place.

John did have the compensation that his best time of the season at 100m, 12.82, set at Coventry in an Inter Area Meeting, was 0.02 seconds quicker than Peters achieved in 2019.

## Diane Baldwin - Masters Award for Women

### Achievements

- County: She was first over 60 in the East Midlands Grand Prix Road Race Series winning her age group in seven of the races. She was first over 60 in the Bucks Cross Country Championships.
- Regional: She holds the Eastern Masters Over 60 1500m Walk and 3000m records. In the Eastern Masters Final this year she competed in six events plus the relay, winning the 800m and 2000m Walk
- National/International: Diane has represented England Masters twice in the last 12 months. She ran in the British and Irish Masters International Cross Country in Swansea and at the Birmingham 10km Road Race, where she was the second V60 woman to finish.



Diane is a Level 4 Track Judge, regularly officiating at major meetings, a Level 3 Field Judge and a Level 2 Timekeeper. She is an endurance coach at the club regularly leading training squads and advising other coaches within the club. She has acted as Club Secretary

She has been competing at a high level as a veteran athlete for 25 years on the track, indoors, on the roads and over the country. She has held the UK V55 2000m Steeplechase Record a few years ago.

She still regularly competes for the senior team in the Southern Athletics League and the UK Women's League, scoring valuable points for the team. She is a real team player.

## Marshall Milton Keynes AC - Club of the Year

### Achievements

- County: Host of the County Schools Championships
- Regional: Chiltern Cross Country League – overall winning club
- Southern Athletics League Senior Team – promoted to top flight
- Eastern Masters Final – winners of both male and female trophies
- Organiser: Southern Road Relays, MK Festival of Running, Wolverton 5 and Milton Keynes 10k road races
- National/International: Youth Development League U15/U13 Team: fifth in the National Final and Midland Champions
- Organiser of the England Athletics 5000m Championships



Marshall Milton Keynes were the overall Champions in the Chiltern Cross Country League last winter, for the 16<sup>th</sup> time in the last 22 years, with over 100 members turning out for each of the five meetings.

In March the club organised the MK Festival of Running with 3800 runners starting at the XScape Building to complete either 5km, 10km, a half marathon or a 20-mile race. The festival has been held each year since 2003. The club provides over 100 volunteers to marshal the course and man the feeding stations.

At the end of March, the club organised the South of England Men's 12-stage and women's 6-stage road relays on the redways around Linford Woods. The club has hosted this event in 16 of the past 21 years.

Over the Summer the Club's U13/U15 youngsters competed in the Youth Development League to win three matches and the Area Final to become the Midland Champions, and to qualify for the National Final against the top clubs from the North, Midlands, South and Scotland, finishing fifth in the Final at Sport City, Manchester.

The Club's Senior Team, after suffering demotion in 2018 bounced back to gain promotion back to the top flight of the 16 strongest clubs in the South of England in 2020. It then took the radical decision to drop out of this league to focus on the National Athletics League, starting next year.

In June the club hosted the Bucks Schools' County Championships for the sixth time in a row, providing most of the officials for this important meeting in the school calendar.

In July the club hosted the MK 10km road race with 500 runners racing around the MK redways. At the end of this month it hosted, for the second time, the MK5000 pb Special, with 400 athletes competing over 5000m on the Stantonbury Track. The elite men's and women's races incorporated the England Athletics Championships, and included Doha-bound Jessica Judd.

In September the club hosted the Eastern Masters League Final at Stantonbury, where the men beat Bedford by half a point and the Women had a more comfortable win ahead of Ryston Runners.

The club hosted five open meetings which focussed on providing opportunities for competition for MMK club members of all abilities and many guests from other local clubs.

The Club is run by volunteers who have managed the Stantonbury track since 1992, enabling other local clubs to hire the facilities, looking after the grounds maintenance and repairing/replacing equipment as necessary.

The club has recently been encouraged to apply for the Queen's Award for Voluntary Services, with the outcome expected next June.