

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

WINTER 2020

CLUB WIN THE DIVISION ONE CHILTERN LEAGUE CROSS-COUNTRY TITLE FOR THE 17TH OCCASION IN THE LAST 23 YEARS!

But it was very close; we won by just 226pts.

1 MMKAC	16607pts
2 Bedford & County	16581
3 Chiltern Harriers	15595

Age group wins for the senior men, under 20 men and both under 11 teams. Second places for M13 and M17 teams, third for F13 team with the senior women a very close 4th.

Individual awards, based on athletes best four races- Leo Freeland won the M17 title whilst Elle Roche and Alice Ritchie placed 2nd and 3rd for the senior women. Sam Winters and Matthew Dicks took 3rd in the senior and junior men's category. In the younger age groups, 3rd place to Callum Tripp(M13).

Within the veterans age groups, 3rd place to Matt Clarke(M40) and a first for Kelvin Smith(M70). For the women, 2nd places to Debra Brent(F55) and Fi Han Bromilow(F65)



THE FREELAND FIVE- all ran in each of the five matches: Libby-Natasha-Millie-Zac & Leo

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Chair's piece

Chiltern League

The Chiltern Cross Country League has been very close all season with Marshall Milton Keynes and Chiltern Harries both winning two of the matches and Bedford winning one. As Brian has reported in the magazine the margin of victory for the club was just over 200 in just under 17000 points. It's the closest contest there has been for many years. Victory is due to the efforts of the team managers in getting out strong teams for each of the fixtures, and so congratulations to Barry and Chris Hearn and Richard Pownall.

The turnouts, bolstered by very pleasing numbers of U11s (which have increased from 98 performances last winter to 125 this winter), have been down in most of the other age groups. We must do our best to address this next winter if we want to retain the overall trophy.

Track Lights

The floodlights at Stantonbury were erected when the track was built in 1989 and are now over 30 years old. It is well past the 25-year standard life expectancy of floodlights and we need to replace them in the next few months. Switching from halide to LED lighting will save money in the long run as they are cheaper to run, but it is likely that the construction costs will be around £100k. We will be applying for a grant, but the maximum we can get is £65k so we will need to use club funds to make up the difference.

MK Festival of Running – Sunday 15 March 2020

The MK 20 mile, Half Marathon and 10km races and the 5km fun run all start on Avebury Boulevard, just outside the XScape Building 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.

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 to finance the installation of new track

lights. 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 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 pack and a T-shirt.

South of England Road Relays – Sunday 22 March

The Club is again hosting the South of England Men's 12-stage and Women's 6-stage Road Relay Championships on Sunday 22 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).

Volunteer Day – Saturday 18 April

This is a new venture for the club, designed to reduce our running costs and prepare the track and clubhouse for the new season. If you can help, or have suggestions as to what jobs need doing, please contact Ian Stewart or Jackson Ryan as indicated on the back page of this newsletter.

MK5000 PB Special – Saturday 23 May 2020

It's the third year we've held this event, and the second time we've hosted the England Athletics 5000m Championships. There will be street food, pace-makers, electronic timing and lots more.

Entries opened on 8 February and half the 360 places had been snapped up four days later. If you are over 17 and can run 5000m in under 22 minutes this event is for you. Don't delay, enter today.

<https://data.opentrack.run/x/2020/GBR/mk5000pbspecial/>

Officiating

We have a small but dedicated band of officials without whom we would not be able to put on athletics or road running events. If you have some time to help as a track judge, timekeeper or field judge, it would be greatly appreciated. There is a level 1, starter course at the Stantonbury clubhouse on Sunday 8 March (<https://www.englandathletics.org/officiating/officiating-journey/>) for those who want to get involved. 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 this or another course. The club will pay the course fees.

Queens Award for Voluntary Services

As many of you will know, the club has been put forward to receive the Queens Award for Voluntary Services. The outcome of this nomination will be known in June, but it would be a fitting tribute to our fantastic volunteers.

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

Chair, Marshall Milton Keynes AC

www.mkac.org.uk



ANNUAL GENERAL MEETING FOR 2018/19, held on 12th November 2019.

Marshall Milton Keynes Athletic Club Accounts

The following is the elected committee for 2019/20. But it must be highlighted that David Millett wishes to stand down as Secretary. Within this role we urgently require someone to look after track bookings.

Peter Tye stood down and we must thank him for work as Treasurer over the last three years. We welcome Diane Baldwin as his replacement.

The 2019/20 committee:

Chair	Mick Bromilow
Vice Chair	Jackson Ryan
Secretary**	David Millett
Treasurer	Diane Baldwin
Coaching Secretary	Panos Ioannou
Cross Country Secretary	James Tuttle
Road Race Secretary	Elliot Hind
Ladies' Secretary	Karen Bugaj
Track and Field Secretary	Jim Lawrence
Fixtures' Secretary	Jim Lawrence
Membership Secretary	Richard Pownall
Officials' Secretary	Fi Han Bromilow
Veteran's Secretary (Summer)	George Gavriel
Veteran's Secretary (Winter)	Karen Bugaj
Equipment Officer	Peter Hall
Development Officer	Ian Stewart
Track Liaison Officer	Matthew Durand
Press Officer	Brian Graves
Newsletter Editor	Brian Graves
Young Athletes' Representatives	
Buckingham Satellite Representative	Leone Kahembe
Members	Jason Carvalho Mayur Morjaria Kelly Underwood Barry Hearn

	2017/18	2018/19
INCOME		
Subscriptions	46,221	49,133
Event Entry	33,869	31,657
Salary Contribution	--	--
Track management	7,833	6,821
Kit Sales	921	411
Bank Interest	16	221
Donations	13,730	2,700
Kitchen	550	--
Awards Evening	960	618
Total Income	104,099	91,561

EXPENDITURE		
Awards Evening	1,044	789
Affiliations	8,559	8,710
Coaching Courses	3,734	2,234
Event Expenses	11,736	11,964
Equipment	11,664	7,032
Event Entries	3,737	1,907
Expenses	4,868	5,189
Stadium Maintenance	9,319	18,241
Hall Hire	11,698	9,374
Newsletter/ Web	401	371
Kit Purchases	3,821	3,401
Salaries	4,807	6,305
Trophies	2,509	1,570
Travel	9,056	9,094
Marshall distribution	6,975	5,234
Total expenditure	93,926	91,415
Balance	10,172	146

Bank Balance at 30 Sept.19
33,940.39 Current A/C
52,042.37 Savings A/C

85,982.76 Bank Balance

CHILTERN CROSS-COUNTRY LEAGUE – MATCH 1 12th OCTOBER (HORSPATH, OXFORD)

In the defence of their league title MMKAC finished second overall in the first Division One Chiltern League match at Oxford

Overall Team Result

1 Chiltern Harriers	3398
2 MMKAC	3290
3 Bedford & Co.	3198
4 St Albans Striders	2938
5 Wycombe PH	2917
6 Leighton Buzzard	2557
7 Dacorum & Tring	2543
8 Aylesbury	2392
9 Tring Running Club	1963
10 Watford H	1947
11 MKDP	1921
12 Redway Runners	1916
13 Gade Valley H	1538
14 Queens Park H.	1078



James Tuttle leads Sam Winters and Matthew Dicks; Mike Smith, first M40; Elle Roche, first MK lady

A surprise win perhaps, from Chiltern Harriers. With a turnout of 98 athletes, there was victory for the MK Senior Men and Under 11 Girls. Individually, Eleanor Pearce won the U11 Girls race, with Katie Webb third. In the U11 Boys race Jacque Smith was second, with Eddie Hartigan third.

Fifth-placed, Elliot Hind was first MMKAC home in the Senior Men's race(9km) with James Tuttle(7th), Sam Winters 8th and Tom Comerford 9th, with their scoring 10 closing in 42nd. Fourth-placed Elle Roche led the MMK Senior Women (6km) home with Alice Ritchie(10th) and Lara Bromilow(12th) but down to 5th in the team race. Leo Freeland placed 5th and Jamie Darcy(11th) in the M17 race with team third. Harry Totton(8th) and Callum Tripp(14th) led the M15's whilst first M13 back was Elias Skaarup finishing 17th.

Montana Edghill took 10th in the F17/20 race with Anna Usteran-Anderegg(12th) and Sophie Stockton(13th), the team placing 4th. Millie Freeland(16th) led the F15's and Lizzy Garner(20th) the F13's.



Elias Skaarup, Lizzie Garner, Harry Totton, Mille Freeland & Sophie Stockton



CHILTERN CROSS-COUNTRY LEAGUE – MATCH 2

9th NOVEMBER (Teardrop Lakes, MK)

MMKAC win overall and head the league table

Overall Team Result(top 6)

1 MMKAC	4062
2 Bedford & Co.	3976
3 Wycombe PH	3427
4 Aylesbury	3196
5 MKDP	3240
6 St Albans Striders	3185

After two matches(top 6)

1 MMKAC	7352
2 Bedford & Co	7167
3 Chiltern Harriers	6682
4 Wycombe PH	6344
5 St Albans Striders	6116
6 Dacorum & Tring	5703



Dan Woodgate, Ewan Forsyth, Alice Ritchie leads Lara Bromilow

In the senior men's race over 9km their scoring ten were in the first 28 finishers from a field of 270 runners. Polo Burguete, in his club debut in this event, ran to a superb 6th position backed up by Dan Woodgate(10th), James Tuttle(13th), Jamie Seddon(14th), Tom Comerford(16th), Ewan Forsythe(18th), Matthew Dicks(19th), Sam Winters(21st), Paul Mizon(27th) and Elliot Hind(28th).

A stronger ladies team racing 6km competed and took fourth place on the day with Elle Roche 7th, Lara Bromilow 8th and Alice Ritchie 9th. Abby Roskilly closed in 24th chased home by Debra Brent 63rd and Alex Knowles 69th to complete the scoring team.

Individually the best performance of the day came from 2nd placed Leo Freeland in the M 17 race. Jamie Darcy finished 8th, Aidan Murphy 22nd and Jack Sharp 23rd. Callum Tripp led the M15's home placing 4th closely followed by Harry Totton 5th and then Ethan Fowler 14th and Joshua Edwards 16th to finish second team. Sam Oldroyd took 5th for the M13's who were also second team. Maxwell Newman placed 7th, Jack Lennox 12th and Elias Skaarup 15th.



Sam Oldroyd leads Maxwell Newman(M13)

Montana Edghill finished 10th for the under 17/20 women with Sophie Stockton 13th, Alesha Patel 27th and Alliahyh Patel, 33rd. Millie Freeland was first back for the F15's in 7th place leading Morenike Orimalade 15th and Phoebe Miller 27th. The F13's put out no less than 15 runners and placed third team with Lizzie Garner(11th), Jessica Vaines(16th), Emilia Willis(20th) and Jessica Willis(22nd).



Under 13 girls- Jessica Woods(289), Alice Richardson(287) & Emilia Willis(237)
Amy Wooton leads Alice O'Leary; Jessica Vaines; Mia Kentish & Izzy Gregg

CHILTERN CROSS-COUNTRY LEAGUE – MATCH 3 7th DECEMBER (Stopsley, LUTON)

Another close victory over Bedford and extending the overall lead

Overall Team Result(top 6)

1 MMKAC	3032
2 Bedford & Co.	2991
3 Wycombe PH	2841
4 Chiltern Harriers	2781
5 St Albans Striders	2553
6 Dacorum & Tring	2408

After three matches(top 6)

1 MMKAC	10379
2 Bedford & Co	10158
3 Chiltern Harriers	9459
4 Wycombe PH	9182
5 St Albans Striders	8669
6 Dacorum & Tring	8111



MMKAC returned a close win in the third Chiltern Cross-Country League match at Stopsley Common, Luton. They just held off Bedford and increased their overall lead to 221pts with two matches remaining. Normally having over 100 runners MK saw 82 competing and there were some fine individual performances. Pride of place to Leo Freeland, heading to the final 400m he was in third position but his strong finish took him to win the under 17men's race by a second. Jamie Darcy 6th, Zak Freeland 14th and Alex Brent, 17th and 2nd team on the day.

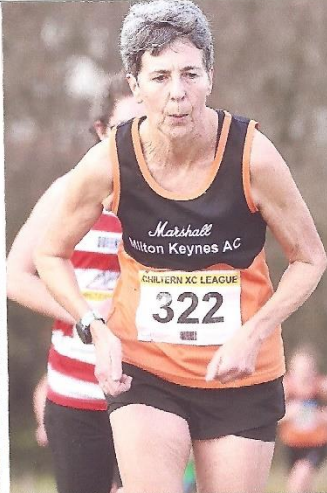
Elle Roche again led the ladies home placing a fine second in the 5.5km ladies race with Alice Ritchie 5th. Another second place from Callum Tripp in the under 15 boys race with Joshua Edwards 11th. Maxwell Newman took 4th for the under 13boys with Jack Lennox 12th

Sam Winters lead home 23 men in their 9.5km race with a best-ever 6th position. Excellent team running by Matthew Dicks(10th), Graham Jones(11th) and Chad Lambert(16th) helped the senior men to second place behind Bedford on the day. Robert Hickman placed 27th, Tom Charteress 29th, Finlay Gibbs 30th, Steve Tuttle 32nd, Elliott Hind 40th and Mark Palser 52nd completed the scoring 10 from a field of over 350..

Sadly just two under girls- Millie Freeland(5th) and Phoebe Miller 20th. There were nine under 15's with Lizzie Garner 15th, Jessica Vaines 18th, Jessica Woods 24th and Amy Wooton 27th.



M17's- Leo Freeland, Jamie Darcy, Zak Freeland & Alex Brent



Sophie Stockton, leads Jodie Brogden, Abby Roskilly, Debra Brent & Diane Baldwin

CHILTERN CROSS-COUNTRY LEAGUE – MATCH 4 11th January – KEYSOE EQUESTRIAN CENTRE

A close victory for hosts Bedford but MMKAC still have the overall lead going into the final match.

Overall Team Result(top 6)

1 Bedford & Co.	3421
2 MMKAC	3392
3 Wycombe PH	2887
4 Chiltern Harriers	2882
5 Dacorum & Tring	2612
6 St Albans Striders	2533

After four matches(top 6)

1 MMKAC	13771
2 Bedford & Co	13579
3 Chiltern Harriers	12341
4 Wycombe PH	12069
5 St Albans Striders	11202
6 Dacorum & Tring	10723



Alfie Blaber, Ben Miller & Phil Gazard leads Tim Pearce

In the senior men's race over 10km there was the usual close battle between the rival clubs with Bedford just edging the team with 10 in 31 finishers whilst MMKAC had 10 in 32! Paul Mizon led them home in 6th place chased by Tom Comerford 9th, Jamie Seddon 11th, Chad Lambert 13th, Matthew Dicks, 15th, Finlay Gibbs 18th and Sam Winters 19th, all in the top 20. The senior ladies claimed their first team win this season with Elle Roche(2nd), Lara Bromilow(3rd), Alice Ritchie 5th, Abby Roskilly 24th, Natasha Baker 28th and Deb Brent 44th.

Leo Freeland won his second consecutive M17 race and leads in the overall age group category and should see him on the podium next month. Alex Brent placed 10th and Zak Freeland 12th. The under 15 boys closed in 4th team with Callum Tripp(6th) and Harry Totton(11th) leading them home. The under 13 boys placed 3rd as Sam Oldroyd(8th) was their first finisher.

Charlotte Underwood led home the u17/20 team placing 11th just head of Sophie Stockton 12th and Anna Usteran-Anderegg 13th. Millie Freeland again led the under 15 girls(13th) with Morenike Orimalade (18th) and Lily-Mae Smith(26th). First home for the under 13 girls was Jessica Vaines(12th) chased by Lizzy Garner(21st) and Jessica Woods(23rd).



U15's - Paige Tiley, Morenike Orimalade, Phoebe Miller & Lily-Mae Smith

BUCKINGHAMSHIRE CROSS COUNTRY CHAMPIONSHIPS- 4 Jan

Marshall Milton Keynes came away with seven individual and six team titles at the Bucks Cross Country Championships, held in conjunction with the Bedfordshire Championships at Shuttleworth College, near Biggleswade in Bedfordshire.

AND 30TH TEAM WIN FOR MEN SINCE 1977

MMK had 4 in the top seven, with Paul Mizon (2nd), Jamie Seddon (4th), Elliot Hind (6th) and Tom Comerford (7th). Ewan Forsythe (12th) and Steve Tuttle (13th) completed the team.



Jamie, Tom and Paul with Barry Hearn, Bucks AA President

In the U11 Girls race, Eleanor Pearce won from Libby Freeland (3rd), Lauren Webb (4th) and Katie Webb (5th), to take the Team Title.

In the Senior Women's Race MMK had a 1-2-3 with Elle Roche (1st), Alice Ritchie (2nd) and Lara Bromilow (3rd) to easily defend the team race and their 8th consecutive victory. Lara (1st F35), Debra Brent (1st F55) and Diane Baldwin took the Vets Team Title.

Jessica Vaines (7th) led home the U13 girls whilst Millie Freeland placed 6th for the U15 girls.

Anna Usteran-Anderegg was best placed under 20 (4th) with Sophie Stockton 6th F17 in their combined age group race.

In the U11 Boys Race the club had another 1-2-3 with Eddie Hartigan (1st), Jacque Smith (2nd) and Tito Odunaike (3rd), to take the gold medals.

There was a win for Leo Freeland in the U17 Men's Race with Jack Rose (6th), Jamie Darcy (10th) and Zac Freeland (12th) to take team silver. In the U20 Men's Race, Matthew Dicks (1st), Robert Hickman (2nd), Finlay Gibbs (5th) and Peter Hickman (7th) took the team award.

Maxwell Newman (8th) and Sam Oldroyd (10th) headed the U13 boys with Callum Tripp (7th) and Edward Johnson finishing very closely for the U15 boys.

At the Northants Champs at Wellingborough, Matt Clarke finished 12th in 36:34 in the Senior Men's race to take the Vets title.



Photos: Lara Bromilow, Alice Ritchie & Elle Roche lead the ladies race: Finlay Gibbs & Robert Hickman: Eleanor Pearce & Anna Usteran-Underegg.

ROAD RUNNING CLUB CHAMPIONSHIP FINAL RESULT FROM 2019

MEN

- 1 Stuart Cowan
- 2 Andrew Kirschner
- 3 Steve Tuttle
- 4 Philip Gazard
- 5 Kevin Church
- 6 Andrew Wasdell
- 7 Matt Clarke
- 8 Stephen Ratcliffe
- 9 Steve Martin
- 10 Matt Turner

WOMEN

- 1 Fi Han Bromilow
- 2 Diane Baldwin
- 3 Karen Bugaj
- 4 Hazel Church
- 5 Alison Ray
- 6 Karen Tinctnell
- 7= Abby Roskilly
- 7= Suzanne Anderegg
- 9 Wendy Webber
- 10 Siobhan Dyer

Thanks to Jason Carvalho for the results.

The 'Happy Feet' of Buckingham Satellite:2019 **Gamechangers** showing bags full of promo merch yayy !!!!! 😊

Leone Kahembe reports:



Since taking Gamechangers course at Easter, our 'head boy and girl team' have really grown in confidence to share their skills and knowledge with peers and younger athletes. They are a solid support to the officials too with smiles all the way! - top notch demos, helping the run out of sessions and carrying equipment - speeds things up and maximises the benefits of being a 'club'.

The Satellite athletes did us proud with their Sports Day successes – 1/3 being placed 1,2 and 3 across Runs, Jumps and Throws at their respective schools.

Senior athletes had a fantastic season with golds all the way at Bucks Champs and are now drilling down into the rich skill set of Events coaches.

Some of our YDL athletes came in leaps and bounds in Bucks or Northants Schools District competitions, inspiring our younger cohort to set their sights high. A number from different age categories have earned Sportsmanship recognition for their good attitude to balanced training, encouraging others and generally being all round assets to the Club. Well done! Others have been achieving excellent results in endurance with the Chiltern League, Park Runs and Mud Runs.

MKAC Satellite Coaches (Leone, Mark, Judith and Fiona) are proud of all our athletes and wish them all the benefits of good sportsmanship and leadership through their Winter Training and into 2020.



Athletes from the Buckingham Satellite representing MMKAC in a YDL match at Stantonbury:
Abigail Fitton
Zaria Mmanga
Sophie Stockton

Marshall
Milton Keynes AC Present
The 2019 Wolverton 5 Mile Road Race
018
- 24 NOVEMBER



♦ POLO BURGUETE (left) BECOMES THE FIRST EVER MMKAC CLUB MEMBER TO WIN THIS RACE, NOW IN ITS 55TH YEAR

△ HIS WINNING TIME OF 24.11 IS THE THIRD FASTEST IN CLUB HISTORY WHILST PAUL MIZON (24.44) MOVES TO 9TH ALL-TIME

△ ELLE ROCHE (29.30) MOVES TO 6TH IN THE LADIES ALL-TIME RANKINGS

△ NO LESS THAN 17 CLUB PERSONAL BESTS SET ON THE DAY

△ SADLY JUST 115 FINISHERS, THE LOWEST SINCE WE MOVED THE RACE TO WILLEN IN 1991. HOWEVER WE SAW 35% OF THE FIELD BREAKING 30mins; THE BEST SINCE 1995!

△ 17 MMKAC RUNNERS SET PERSONAL BESTS

△ MANY THANKS TO JACKSON RYAN AND HIS TEAM FOR THEIR ORGANISATION ON THE DAY.

Cool, calm conditions greeted the runners and soon saw Liam Dee (Shaftesbury Barnet) taking an early lead and had built up a reasonable advantage by the end of the first small lap. However, he was caught and passed on the second longer lap by MMK's Leopoldo Burguete, who won the race by 11 seconds in 24:11. In the women's race Rafaela Fonseca (Rugby & Northampton) had a 48 second advantage over MMK's Elle Roche, winning in 28:44.

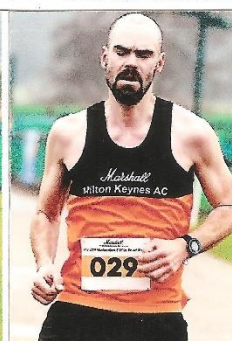
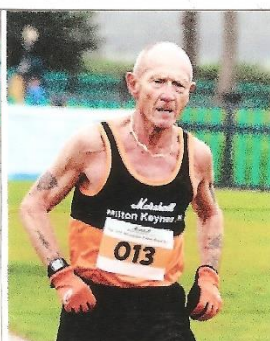
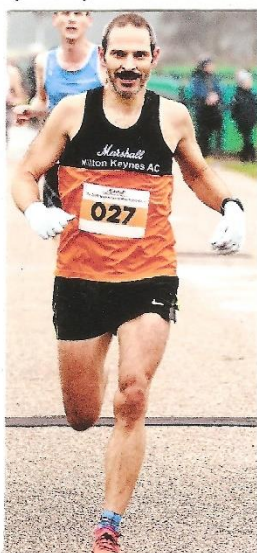
In the Vets categories MMK had the winning M70, David Newens(37.44), and F55, Alex Knowles(36.29). Third female veteran to cross the line was Debra Brent(37.07) and she was awarded the F35 prize. Ewan Forsythe(28.05) was the first Under 20 Man to cross the line. Gary Blaber(28.16) was the first MMK male 40.

In the associated EMAC championships, Ian Wood won the M35 category(26.42), Chris Finister was 2nd M45 (29.44), Andrew Kirschner placed 2nd M35(30.34) and Kelvin Smith(38.38) won the M70 title. Debra Brent was F55 winner.

MMKAC personal bests by:

Polo Burguete	MS	24.11
Paul Mizon	MS	24.44
Tom Comerford	MS	24.56
Sam Winters	MS	25:18
Jamie Seddon	MS	25.54
Elliott Hind	MS	26:04
Graham Jones	MS	26.04
Ian Wood	M35	26:42
Tom Cuthbertson	MS	27:27
Galen Butler	M20	29:08
Chris Finister	M45	29:44
Matt Child	M35	30:47
Alfie Blaber	M20	32:06
Steve Martin	M35	33:12
Tim Pearce	M45	37:07

Elle Roche	FS	29:30
Debra Brent	F55	37:07



Clockwise-Chris Finister-David Newens-Alex Knowles-Galen Butler-Andrew Kirschner-Kelvin Smith-Ian Wood & Elle Roche

ALLTIME MEN TOP TEN - 5 MILES

1 Simon Rayner	M20 23.54	Wolverton	1983
2 Tony Forrest	M20 24.09	Willen	1995
3 Polo Burguete	MS 24.11	Willen	2019
4 Richard Nifah	MS 24.13	Willen	2002
5 Kerry Hayes	MS 24.15	Wolverton	1990
6 Ian Thompson	MS 24.33	Willen	1991
7 Marcin Fudalej	MS 24.40	Willen	2008
8 Andrew McKenna	MS 24.43	Willen	2002
9 Paul Mizon	MS 24.44	Willen	2019
10 Kevin Farmer	MS 24.47	Wolverton	1987

ALLTIME LADIES TOP TEN - 5 MILES

1 Linda Dewhurst	FS 27.15	Wolverton	1987
2 Rita Quill	FS 28.09	Banbury	1989
3 Michelle Lee	FS 28.43	Blisworth	2005
4 Emily Tallen	FS 28.48	Willen	2012
5 Jane Ovington	F35 29.18	Blisworth	2008
6 Elle Roche	FS 29.30	Willen	2019
7 Vicky Pincombe	FS 29.39	Willen	2004
8 Jane Bird	F35 29.43	Wolverton	1986
9 Lara Bromilow	FS 30.23	Victoria Pk, Ldn	2009
10 Claire Rooney	F35 30.30	Willen	2004

MICHELLE LEE - CLUB LADIES MARATHON RECORD HOLDER WITH A TIME OF 2:35.51.

Michelle joined MKAC in 2002 and ran mainly on the track that Summer. Next year she set her sights on the London Marathon and ran a magnificent 2:43.41 and took the bronze medal in the AAA Championships race. Not surprisingly a club ladies record by 10mins.



The 2004 London included the Olympic trials. Michelle was in really fine form having run the Wokingham Half-Marathon(75.39) and then 1.56.13 in the Bramley "20"(club records). On the day in London, Michelle ran splits of 76.44 and 79.07 giving her a brilliant finish time of 2:35.51. Sadly an enforced pit-stop at 16miles saw Michelle lose contact with the leading group and although finishing inside the Olympic standard of 2:37, she was 4th GB lady. As her coach Jim McKenna commented "so near yet so far"

2005 saw Michelle run 28.43 in the Blisworth "5" (3rd in all-time rankings) and 58.12 in the St Albans 10(2nd all-time). She ran 2:44.49 in the Stockholm Marathon. In 2006 she set the 10km club record with 33.55 at Windsor and finally clocked 75.23 in 2007 in The Great North Run(half-marathon), yet another record. Michelle then turned to cycling and triathlons, but that is another story.

CHANGES AT THE TOP IN THE 10KM ALLTIME RANKINGS AFTER THE TELFORD 10KM

The Telford 10km on 9th December produced the usual fast times, none more so by four MK runners: -
 Polo Burguete 30.19 now 3rd fastest all-time
 Paul Mizon 30.53 4th fastest
 Tom Comerford 31.03 5th fastest
 Jamie Seddon 31.52 15th fastest
 AND not forgetting Elliot Hind who ran 31.38 at the London 10km earlier in the year to move up to 9th.

Lara Bromilow enters the Ladies top ten by virtue of her 36.11 at Brighton earlier in the year



Paul Mizon, and Elliot Hind, here seen in the Wolverton 5

ALLTIME TOP TEN - 10KM

MEN

1 Kerry Hayes	MS	29.45	Harrow	1989
2 Simon Rayner	MS	30.14	Eastleigh	1985
3 Polo Burguete	MS	30.19	Telford	2019
4 Paul Mizon	MS	30.53	Telford	2019
5 Tom Comerford	MS	31.03	Telford	2019
6 Ian Thompson	MS	31.21	Bearwood	1993
7 Charles Herrington	MS	31.30	Cranfield	1998
8 Marcin Fudalej	MS	31.32	CMK	2010
9 Elliot Hind	MS	31.38	London	2019
10 Kevin Farmer	MS	31.43	Milton Keynes	1989

LADIES

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

MMKAC YOUNG ATHLETES IN UK TOP 100 (2019)

Compiled by Jim Lawrence

U17 MEN

100m	50 Jamie White	** 10.91	w +2.8	Horspath,Oxf	11-May
	58= Brandon Lowe	11.2		Nuneaton	26-May
	94= Daniel Pindura	11.3		Nuneaton	26-May
200m	53 Brandon Lowe	22.6		Nuneaton	26-May
800m	37 Leo Freeland	1.56.99		Watford	12-Jun
1500m	37 Leo Freeland	4.03.69		Milton Keynes	01-Jun
3000m	86 Leo Freeland	9.14.0		Wycombe	16-Jun
100m Hurdles	33= Hamish McGarvie	14.0		Milton Keynes	02-Jun
400m Hurdles	51 Hamish McGarvie	61.43		Chelmsford	21-Jul
Pole Vault	33 Tim Penley	3.60m		Hendon	31-Aug
Long Jump	90 Shawn Ampofo	6.18m		Milton Keynes	13-Jul
Triple Jump	40 Shawn Ampofo	12.93m		Croydon	19-May
Shot Putt (5kg)	22 James Frith	13.68m		Milton Keynes	08-Jun
Discus (1.5kg)	11 James Frith	44.89m		Milton Keynes	30-Jun
	39 Oliver Moyles	38.94m		Nuneaton	26-May

U17 WOMEN

100m	32 Moyin Oduyemi	12.26	w +2.6	Birmingham	12-Jul
200m	76 Moyin Oduyemi	25.60	w +2.6	Bedford	01-Sep
400m	71 Sara Diaz de la Fuente	60.95	ind	Lee Valley	16-Feb
	88 Charlotte Underwood	61.55		Watford	07-Aug
80m Hurdles	86 Lateefa Agberemi	12.3		Milton Keynes	08-Jun
1500m St/Chase	20 Imogen King	5.19.16		Birmingham	13-Jul
Pole Vault	46 Mia Soman	2.50m		St.Albans	17-Aug
Long Jump	53 Lateefa Agberemi	5.30m		Horspath Oxf	11-May
Triple Jump	23 Lateefa Agberemi	11.23m		Milton Keynes	30-Jul
	30 Anna Rogozha	11.07m	w +2.4	Bedford	27-May
Discus (1kg)	29 Lara Moffat	32.48m		Horspath Oxf	28-Sep
	98 Hannah Moyles	25.88m		Horspath Oxf	12-May
Hammer (3 kg)	3 Lara Moffat	57.33m		Bedford	01-Sep
Javelin (500gm)	8 Eva Durand	44.51m		Loughborough	27-May
4 x 300m	83 YDL (SS,MS,JM,LA)	3.08.94		Milton Keynes	30-Jun

U15 BOYS

100m	14 Reuel Miller	11.4		Milton Keynes	01-Sep
	45= Mansuru Donkor	11.6		Milton Keynes	01-Sep
200m	58= Reuel Miller	23.9		Milton Keynes	02-Jun
	83= Chad Willson	23.68	w+2.7	Yate	20-Jul
	98= Nasiru Donkor	24.2		Milton Keynes	07-Apr
300m	28 Nasiru Donkor	37.90		Milton Keynes	23-Jun
80m Hurdles	92 Mansuru Donkor	12.30	w+2.8	Yate	20-Jul
Pole Vault	77 Ed Barber	2.20m		Milton Keynes	23-Sep
High Jump	49 Mansuru Donkor	1.70m		Spt City, Manch	07-Sep
Long Jump	80 Mansuru Donkor	5.58m		Milton Keynes	04-Aug
Shot Putt (4kg)	69 Joseph Taylor	11.58m		Yate	20-Jul
Javelin (600gm)	3 Joseph Taylor	54.61m		Horspath, Oxf	11-May
4 x 100m	5= YDL (RM,CW,MD,ND)	45.00		Spt City, Manch	07-Sep
4 x 300m	14 YDL (BW,ND,CT,MD)	2.43.04		Yate	20-Jul

U15 GIRLS

3000m	29 Millie Freeland	11.23.33		Watford	03-Apr
Shot Putt (3kg)	92 Hayley Dimond	9.76m		Nottingham	18-May
Discus (1kg)	47 Hayley Dimond	25.64m		Milton Keynes	01-Sep
Hammer (3kg)	92 Hayley Dimond	27.93m		Milton Keynes	01-Sep
Javelin (500gm)	83 Hayley Dimond	28.80m		Spt City, Manch	03-Aug
Pentathlon	82 Hayley Dimond	2135 pts		Lee Valley	24-Mar
Hexathlon	70 Hayley Dimond	2623 pts		Spt City, Manch	3/ 4 Aug



Jamie White-

Lateefa Agberemi

Jospeh Taylor



U13 BOYS					
100m	10 Ayomide Fatoki	12.4		Milton Keynes	01-Sep
	80 Daniel Ayodele	13.10	w+1.3	Yate	20-Jul
200m	5 Ayomide Fatoki	25.00	w-1.1	Milton Keynes	23-Jun
	78 D'mitri Varlack	26.88	w+3.2	Yate	20-Jul
	92 Daniel Ayodele	27.1	w+1.3	Nottingham	18-May
75m Hurdles	10 Kobe Sinclair-Linton	12.2		Milton Keynes	02-Jun
	51 Samuel Okolie	13.0		Milton Keynes	04-Aug
	68 Daniel Ayodele	13.2		Milton Keynes	01-Sep
Pole Vault	6 Jamie Penley	2.20m		Hendon	16-Jun
High Jump	78= Daniel Ayodele	1.40m		Milton Keynes	01-Sep
	78= Samuel Okolie	1.40m		Milton Keynes	01-Sep
Long Jump	14 Daniel Ayodele	5.04m		Milton Keynes	23-Jun
	34 Kobe Sinclair-Linton	4.89m		Milton Keynes	23-Jun
	58 Samuel Okolie	4.75m		Milton Keynes	04-Aug
Shot Putt (3kg)	7 Isaiah Phillip	11.02m		Spt City, Manch	07-Sep
	33 Daniel Ayodele	9.95m		Kingston	27-Jul
	51 Samuel Okolie	9.35m		Yate	20-Jul
Discus(1kg)	63 Samuel Okolie	21.22m		Horspath,Oxf	12-May
Javelin (400gm)	37 Jamie Penley	33.03m		Spt City, Manch	07-Sep
Pentathlon	6 Daniel Ayodele	1682 pts		Milton Keynes	01-Sep
	7 Samuel Okolie	1658 pts		Milton Keynes	01-Sep
4 x 100m	13 YDL (DA,DV,KSL,AF)	51.83		Spt City, Manch	07-Sep
U13 GIRLS					
75m	32 Ayesha Jones	10.3	w -0.4	Nottingham	18-May
	69 Laura Chalmers	10.5	w+0.6	Nottingham	18-May
100m	46 Ayesha Jones	13.34	w +1.6	Horspath,Oxf	11-May
	34 Hope Oguidi	19.81	w +2.9	Yate	20-Jul
150m	73 Lizzie Garner	20.7		Milton Keynes	04-Aug
	34 Hope Oguidi	27.68	w-0.9	Kingston	27-Jul
200m	34 Hope Oguidi	27.68		Kingston	27-Jul
800m	26 Lizzie Garner	2.24.42		Wycombe	16-Jun
1200m	34 Madeleine Pearce	4.00.24		Yate	20-Jul
	60 Madeleine Pearce	5.07.47		Kingston	27-Jul
1500m	60 Madeleine Pearce	5.07.47		Kingston	27-Jul
75m Hurdles	45 Hope Oguidi	11.9	w+1.4	Nottingham	18-May
High Jump	55 Laura Chalmers	1.40m		Yate	20-Jul
	46 Maddi Banks	4.54m		Milton Keynes	23-Jun
Long Jump	46 Maddi Banks	4.54m		Milton Keynes	23-Jun
Shot (2.72kg)	8 Ayesha Jones	10.12m		Kingston	17-Jul
Discus (0.75kg)	6 Ayesha Jones	30.27m		Kingston	27-Jul
	53 Maddi Banks	20.81m		Kingston	27-Jul
Hammer(3kg)	17 Ayesha Jones	20.74m		Milton Keynes	04-May
Javelin (400gm)	2 Ayesha Jones	38.75m		Milton Keynes	02-Jun
4 x 100m	29 Grand Prix	53.94		Birmingham	18-Aug

Performances in orange are club or age group records

Hayley Dimond(F15)
Ayomide Fatoki
Maddy Pearce
Kobe Sinclair-Linton
Ayesha Jones

MMKAC SENIOR/u23/u20 ATHLETES IN UK TOP 100 (2019)

Compiled by Jim Lawrence

SENIOR MEN

100m	51=	Chris Clarke		10.5	Coventry	03-Jul
	79	Maxwell Brown	U23	10.62	w +2.5 Lee Valley	22-May
10,000m	67	James Tuttle		30.46.32	Catford	01-Sep
2000m St/Chase	60	Graham Jones		6.32.5	Uxbridge	15-Jun
	83	Finlay Gibbs	U20	6.39.6	Nuneaton	26-May
3000m St/Chase	72	Leo Burguette		9.41.28	Birmingham Ur	05-Jun
	91	Graham Jones		9.53.2	Milton Keynes	13-Jul
High Jump	22=	Jonathan Broom -Edwards	#	2.05m	F44 Loughborough	24-Aug
	71	Robert Lewis	U23	1.96m	Croydon	19-May
	98	Sam Featherstone	U20	1.94m	ind Sheffield	24-Feb
				1.93m	Uxbridge	15-Jun
Triple Jump	27	Chuko Cribb		15.01m	ind Lee Valley	20-Jan
				14.88m	w +0.9 Bedford	02-Jun
Shot (7.26kg)	24	Alex Hamling		14.76m	Loughborough	29-Jul
Hammer (7.26kg)	66	James Ericsson-Nicholls	U20	47.02m	Milton Keynes	13-Jul
	73	Mark Roberson	M40	46.43m	Milton Keynes	22-Sep
Javelin (800gm)	73	Redford Curtis		57.49m	Loughborough	06-Aug
	78	Jonathan Pownall	U23	53.46m	Bedford	05-May

SENIOR WOMEN

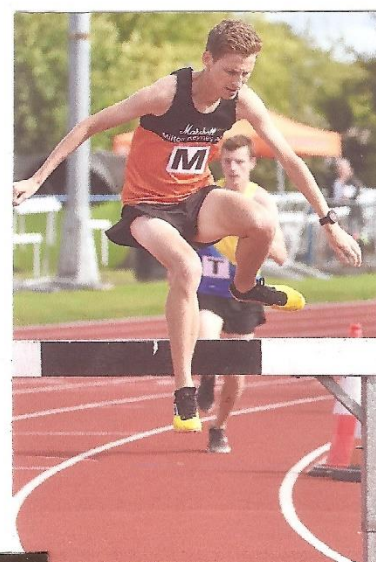
100m	37=	Ebony Carr	U23	11.78	w +3.2 Newham	16-Jun
1 mile	85	Abby Roskilly		5.14.7	Milton Keynes	27-Aug
1500m St/Chase	36	Imogen King	U17	5.19.16	Birmingham	13-Jul
High Jump	6	Laura Zialor		1.83m	Bedford	22-Jun
Long Jump	66	Laura Zialor	U23	5.73m	Birmingham	26-Jun
Triple Jump	21	Laura Zialor	U23	12.53m	ind Birmingham	09-Feb
Discus (1kg)	28	Emma Beales	F45	42.10m	Milton Keynes	31-Jul
Hammer (4kg)	14	Kayleigh Presswell		61.43m	Loughborough	06-Aug
Javelin (600gm)	100	Eva Durand	U17	35.45m	Bedford	13-Apr
4 x 400m	86	UKWAL (AF,HS,CN,AR)		4.09.75	Bedford	09-Jun

U23 MEN

100m	22	Maxwell Brown		10.62	w +2.5 Lee Valley	22-May
1500m	64	Conrad Webber		3.54.54	Tipton	13-Aug
3000m	47	Conrad Webber		8.33.55	Watford	21-Aug
10,000m	19	Chris Booth	#	32.43.95	Catford	01-Sep
High Jump	21	Robert Lewis		1.96m	Croydon	19-May
Shot	6	Alex Hamling		14.76m	Loughborough	29-Jul
Javelin (800gm)	19	Jonathan Pownall	U23	53.46m	Bedford	05-May

U23 WOMEN

100m	10	Ebony Carr		11.78	w +3.2 Newham	16-Jun
	45	Rachel Oderinde		12.44	w-1.5 Horspath Oxf	11-May
High Jump	3	Laura Zialor		1.83m	Bedford	22-Jun
	42	Kewe King		1.56m	Cosford	10-Jul
Pole Vault	31	Kewe King		2.70m	Cosford	10-Jul
Long Jump	13	Laura Zialor		5.73m	Birmingham	26-Jun
Triple Jump	5	Laura Zialor		12.53m	ind Birmingham	09-Feb
	29	Kewe King		10.77m	Cosford	10-Jul



Chuko Cribb
Kayleigh Presswell
Graham Jones &
L: Laura Zialor



U20 MEN

100m	36	David Boakye	10.87	w +1.6 Lee Valley	22-May
	42	Hugo Wallace	10.9	Nuneaton	26-May
			11.12	w +0.4 Birmingham	12-Jul
200m	72	Hugo Wallace	22.3	Nuneaton	26-May
			22.37	w+3.3 Horspath, Oxf	07-Sep
			22.52	w-1.3 Horspath, Oxf	12-May
			3.57.97	Loughborough	15-Jun
1500m	46	Jack Meijer	8.46.51	Watford	26-Jun
3000m	69	Matthew Dicks	6.39.6	Nuneaton	26-May
2000m St/Chase	43	Finlay Gibbs	6.54.0	Nuneaton	26-May
	59	Matthew Dicks	10.32.6	Milton Keynes	13-May
3000m St/Chase	24	Finlay Gibbs	1.94m	ind Sheffield	24-Feb
High Jump	30	Sam Featherstone	1.93m	Uxbridge	15-Jun
Hammer (6kg)	10	James Ericsson-Nicholls	U20	Milton Keynes	04-Aug
4 x 100m	31	YDL (DB,DP,HW,JW)	44.61	Milton Keynes	30-Jun

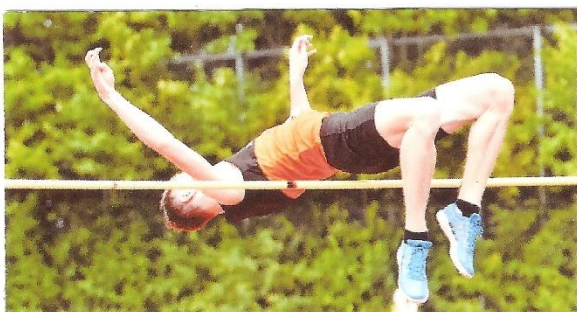
U20 WOMEN

100m	88	Abigail Fitton	12.6	w +1.9 Horspath Oxf	11-May
Triple Jump	64	Joan Peedah	10.49m	Milton Keynes	13-Jul
Hammer (4kg)	17	Jasmine Trapnell	47.28m	Uxbridge	15-Jun
4 x 100m	45	YDL (AF,MO,DL,CU)	51.1	Nuneaton	26-May
4 x 400m	?	YDL (AF,AU-A,IK,CU)	4.16.90	Milton Keynes	30-Jun

Performances in orange are club or age group records

denotes 2nd claim member

ind =indoor



Above: anti-clockwise
James Ericsson-Nicholls
Sam Featherstone
4 x 400 relay team: Abigail Fitton-
Anna Ustaran-Anderegg- Imogen King
& Charlotte Underwood
Matthew Dicks - Joan Peedah
& Jasmine Trapnell

Marshall Milton Keynes athletes win 4 Awards, plus Club of the Year at the Sport MK Awards (3 December)

Many of the Clubs athletes and supporters were at the Denbigh Theatre for the Sport MK Awards:

- Ayesha Jones – Under 18 Girls' Award
- Laura Zialor – Women over 18 Award
- John Browne – Masters Award for Men
- Diane Baldwin Masters Award for Women
- Marshall Milton Keynes – Club of the Year



•Welcome to George Gavriel (photo, R), our new Veteran's Secretary (Summer) who has taken over from Jim Lawrence and will also be taking over from Jeremy Vick as the Men's Team Manager for the Eastern Masters Track and Field League in 2020.

Apart from supporting the EMAC team last summer he also represented the Southern Athletics League team. He has been a member of Buckingham & Stowe Running Club for the last seven years. His best UK "Masters" rankings(M35) last summer were 400mHurdles(61.7/11th), 110m Hurdles(20.7/12th) and 400m(55.01/29th). He also triple jumped and competed in all four throws.

We must warmly thank Jim Lawrence for all his efforts over many, many years and to Jeremy for the past four years. And, of course, we shall be defending both the League men's and women's titles this summer.

Contact: (mkacmasters@gmail.com)

•**JOHN BROWN - TWO MAJOR CHAMPIONSHIPS (photo above R)**
WORLD INDOORS - Torun(Poland - 25/6 March)
 60m heat 1st(8.21) semi-final 4th(8.36) DNQ

EUROPEAN CHAMPIONSHIPS - Jesolo(Italy - 5/6th Sept.)
 100m heat 1st(13.12)
Final 2nd(13.20) winner/Steve Peters(12.95)
 200m Final 4th(27.79), just outside a medal!



SOUTH OF ENGLAND CROSS-COUNTRY CHAMPIONSHIPS

Parliament Hill, North London - 25 January

- ▲19 MMKAC athletes competed.
- ▲All-time 10 positions for Polo Burguette, Alice Ritchie and Matthew Dicks.
- ▲Men's team closed in 20th which equals their third best position.
- ▲Sadly just three ladies - needed one more for a team.
- ▲Congratulations to the small group of youngsters making their debuts at this iconic cross-country course.

MMKAC RESULTS

UNDER 13 GIRLS(3km)

- 197 Ella Glass
- 232 Jessica Woods
- 238 Amy Wooton

UNDER 13 BOYS(3km)

- 224 Jack Lennox
- UNDER 15 BOYS(4.5km)
- 46 Edward Johnson
- 195 Jayden Hill

UNDER 17 MEN(6km)

- 35 Leo Freeland
- 101 Jack Rose
- UNDER 20 MEN(8km)

SENIOR WOMEN(8km)

- 23 Alice Ritchie
- 66 Lara Bromilow
- 204 Natasha Baker

SENIOR MEN(14km)

- 38 Polo Burguete
- 52 Paul Mizon
- 82 Steve Tuttle
- 114 Graham Jones
- 337 Jeremy Vick
- 661 Andrew Wasdell

724 Steven Ratcliffe

TEAM 20TH(1347pts)

SENIOR MEN ALL-TIME TOP TEN

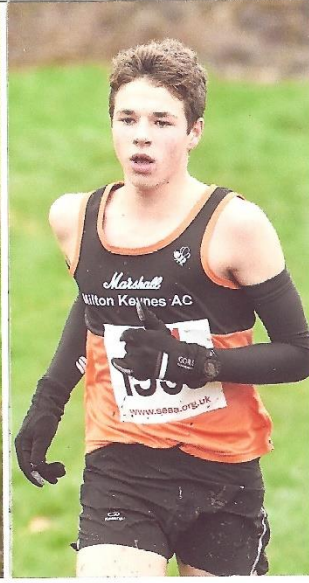
- | | | |
|-------------------|--------------------|------|
| 1 Kerry Hayes | 13 Parliament Hill | 1990 |
| 2 Steve Tuttle | 22 Brighton | 2015 |
| 3 Tom Comerford | 37 Brighton | 2012 |
| 4 Polo Burguete | 38 Parliament Hill | 2020 |
| 5 Chas Herrington | 40 Parliament Hill | 1998 |
| 6 Mick Bromilow | 50 Parliament Hill | 1978 |
| 7 Paul Mizon | 52 Parliament Hill | 2020 |
| 8 Dan Woodgate | 56 Parliament Hill | 2019 |
| 9-Ian Thompson | 62 Portsmouth | 1991 |
| 9-Elliot Hind | 62 Parliament Hill | 2019 |

SENIOR WOMEN ALL-TIME TOP TEN

- | | | |
|-------------------|--------------------|------|
| 1 Linda Dewhurst | 4 Swindon | 1988 |
| 2 Rachel Robinson | 6 Parliament Hill | 2019 |
| 3 Michelle Lee | 18 Exmouth | 2003 |
| 4 Lara Bromilow | 20 Brighton | 2015 |
| 5 Alice Ritchie | 23 Parliament | 2020 |
| 6 Rita Quill | 25 Bournemouth | 1992 |
| 7 Carly Scott | 27 Holkham, Norf | 2007 |
| 8 Janet Champion | 35 Farnham | 1981 |
| 9 Nadine Lewycky | 36 Brighton | 2015 |
| 10 Tanya Taylor | 38 Parliament Hill | 2011 |

UNDER 20 MEN ALL-TIME TOP TEN

- | | | |
|------------------|--------------------|------|
| 1 Daryn Castle | 3 Parliament Hill | 2000 |
| 2 Tony Forrest | 4 Parliament Hill | 1995 |
| 3 Andy McKenna | 5 Parliament Hill | 2000 |
| 4 Andy Whetstone | 9 Parliament Hill | 2005 |
| 5 Chad Lambert | 16 Brighton | 2012 |
| 6 Gavin Wilcox | 23 Parliament Hill | 2005 |
| 7 Paul Wright | 24 Exmouth | 2003 |
| 8 Matthew Dicks | 29 Parliament Hill | 2020 |
| 9 Matt Eager | 33 Parliament Hill | 2011 |
| 10 Mark Booth | 34 Parliament Hill | 1982 |



Top: Alice Ritchie-Polo Burguete
-Matthew Dicks Centre: Edward
Johnson-Ella Glass-Jack Lennox-
Jack Rose-Right: Natasha Baker
& Steven Ratcliffe



STEVE HERRING-A MAN FOR ALL SEASONS

Steve is ranked no less than five times in the UK road top ten rankings for the M50 age group and twice on the track



UK ROAD RANKING

6 th	5km	16.36	Newport Pagnell	6 July	Club Rec.
2 nd	5 miles	27.15	Hatfield	24 Nov	Club Rec.
23 rd	10km	34.39	Silverstone	4 Sept	**
4 th	10miles	56.55	Sandy	7 April	Club Rec.
2 nd	Half- M.	73.24	Lake Vyrnwy	8 Sept	Club Rec.
3 rd	Marathon	2:36.50	Frankfurt	27 Oct	Club Rec.

** Phil Jones holds the 10km record- (34.14/Bicester/2005)

AND ON THE TRACK

24 th	1500m	4.40.55	MK	22 Sept
18 th	3000m	9.51.23	MK	22 Sept
8 th	5000m	16.61.4	Uxbridge	15 June Club Rec.
10 th	10000m	34.50.3	Sandy	4 July Club Rec.

Steve holds the club M50 records for 1500m(4.32.25) and 3000m(9.41.62) both set at Watford in 2018.

CROSS-COUNTRY INTERNATIONAL

Steve represented the England M50 team at the Home Countries International, held at Aintree on 16 November. He was 4th scorer for England who finished second team to Ireland.

NATIONAL ATHLETICS LEAGUE

After considerable negotiations we now, at last, have a National Athletics League where men and women will compete together. Our men's team from the Southern Athletics League have merged with the ladies who were competing in the UK Women's League. There are 40 teams overall.

We shall compete in Division 1 along with:

Belgrave Harriers	Peterborough/Nene Valley Harriers
Portsmouth	Reading AC
Southend AC	Yate & District and Yeovil.

Fixtures are:

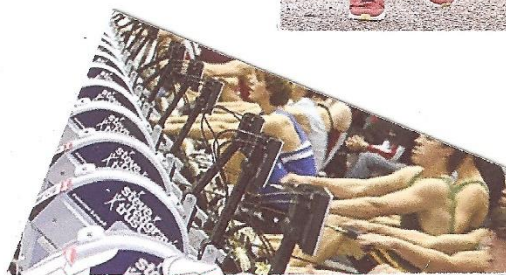
2 May	Bedford(MMKAC home fixture)
14 June	Peterborough
4 July	Yeovil
1 Aug.	Yate, near Bristol

Men's team managers: Jim Lawrence & Barry Hearn
Women's team managers Carly Scott & Natasha Baker

• THREE MMKAC M70'S IN UK TOP 50 FOR 5 MILES

David Newens	37.44(18 th)
Kelvin Smith	38.48(42 nd)
Stuart Cowan	38.53(44 th)

All run at the Wolverton 5.
Photos of David and Kelvin on page 10. Stuart, right



ENGLAND INDOOR ROWING CHAMPIONSHIP

DOUBLE GOLD FOR CHRIS HEARN COMPETING IN THE 30-39 LIGHTWEIGHT AGE GROUP

Manchester 2 Feb

2000m 6.40.3 big PB

500m 1.29.6 PB

0	42
1:42	500m
1:40.1	500m
1 Hearn, Chris	6:40.3

SPOTLIGHT -the Under 11's

I think that it goes without saying that watching the enthusiasm and almost uninhibited running from the under 11's has been one of the highlights of this season. No less than 26 girls and 13 boys have represented the club in the Chiltern League.

Largest turn-out was at the MK Tear-Drops event where 20 girls ran and 11 boys. The boys won four and the girls all five of their matches, giving them the respective league titles. Barry Hearn has very kindly donated trophies for these two age group with MMMKAC being the first names on them.

Top three:

BOYS: 1 MMKAC	984	GIRLS: MMKAC	1110
2 Chiltern H.	971	Chiltern	961
3 Aylesbury	873	Aylesbury	902

Both teams also won their respective races at the Buckinghamshire Championships (the first for this age group)

COMPETING ATHLETES AND TOTAL POINTS SCORED

UNDER 11 GIRLS				UNDER 11 BOYS			
Pos	Name	Matches	Points	Pos	Name	Matches	Points
1	Eleanor Pearce	5	377	1	Jacque Smith	5	343
2	Katie Webb	5	369	2	Eddie Hartigan	5	334
3	Libby Freeland	5	363	3	Joseph Grainger	4	253
4	Lauren Webb	4	290	4	Tito Odunaike	4	234
5	Ellie Edwards	5	283	5	Sam Wood	4	139
6	Isabelle Turnbull	5	281	6	William Totton	5	104
7	Sophia Chapman	4	253	7	Elliot Smith	2	97
8	Natasha Freeland	5	249	8	Daniel Tabberer	2	66
9	Orla Enright	4	238	9	Joel Baker	1	64
10	Annaleigh Oldroyd	4	214	10	Theo Miller	1	53
11	Katie Lennox	4	213	11	Fletcher Fellowes	2	38
12	Sofia Butler	4	189	12	Ernesto Bassett	2	30
13	Rose Farewell	2	122	13	Benito Bassett	1	8
14	Lottie Rose	3	102				
15	Olivia Chilton	2	98				
16	Macy Allen	4	97				
17	Lexi O'Leary	4	86				
18	Arabella Soul	2	79				
19	Grace Halstead	2	66				
20	May-Lulu Bassett	2	60				
21	Holly Woods	3	52				
22	Isabelle Waddington	3	50				
23	Comares Dunkley	1	38				
24=	Isabelle Harris	2	21				
24=	Eliza Green	2	21				
26	Lily Halligan	2	14				



CLUB CHAMPS: 2-1-3: Eddie Hartigan-Jacque Smith-Joseph Grainger:
Katie Webb-Eleanor Pearce-Libby Freeland

INDOOR ACTION January 11/12: Ebony Carr

outstanding at Loughborough. After a difficult year in 2019, Ebony started 2020 with a bang. Competing twice over 60m, her first run knocked 0.04 seconds off her personal best as she recorded 7.49. Her second race smashed this time as she scorched to 7.35. Second fastest in club all-time rankings behind Stephanie Douglas (7.25/1991) Laura Zialor opened her indoor season with 1.77m in the High Jump.

17/18 Jan MMK's Jack Meijer, running for the University of Wisconsin, competed in an indoor meeting in Iowa. On the Friday he finished third in a 1000m race in 2:30.32, and on the Saturday he was second in a mile race in 4:12.26. Both were personal bests and both are all-time club indoor bests.

January 25/26: Club M17 Pole Vault Record for Tim Penley at Lee Valley. Having spent most of 2019 nursing an injury, Tim Penley has started 2020 with a bang, adding 16cms to his Pole Vault personal best, recording 3.76m at an Indoor Meeting at Lee Valley. This adds 41cms to his Club M17 Indoor Record, set early last year. Brandon Lowe had a busy weekend with three indoor personal bests at 60m (6.49), 200m (23.49) and 400m (53.44)

February 1: Jack Meijer runs 8:24.00 for 3000m indoors at Bloomington, Indiana. Jack Meijer took eight seconds off the club indoor 3000m record set by Marcin Fudalej in 2011, recording 8:24.00.



Tim Penley at Lee Valley & Brandon Lowe



February 1/2: Eight MMK athletes compete in the South of England U20/Senior Championships at Lee Valley.

M20: 60m heat/semi/Final 1/2/7 Ethan Wiltshire 6.96/6.88(pb) /6.98 60m heat/semi 2/7 David Boakye 7.14/7.19

60m heat/semi 4/6 Hugo Wallace 7.24(pb)/7.26

High Jump 5 -Sam Featherstone 1.85m

MS: High Jump 8 -Robert Lewis 1.85m

F20: Long Jump/Shot 11/6 Anna Rogozha

4.94/8.74m(pb)

FS: 60m heats 5 Elisa Amana 8.42

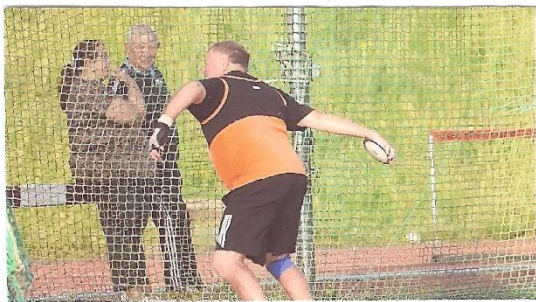
MMKAC MALE MASTERS IN UK TOP 100 (2019)

Compiled by Jim Lawrence

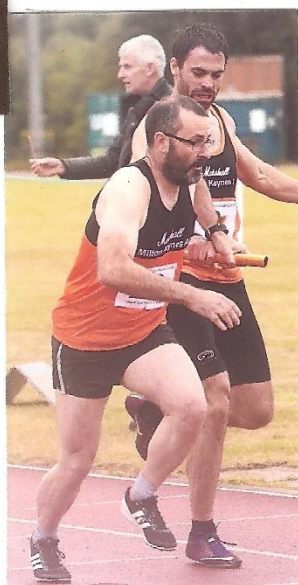
100m				
30	Panos Ioannou	M35 11.86	w+1.5 Horspath ,Oxf	11-May
9	Paul Canning	M50 12.3	w+1.5 Horspath ,Oxf	11-May
54	George Gavriel	M35 12.4	Sandy	01-May #
16	Kerry Courtenay-Robin	M50 12.5	w +1.6 Abingdon	25-May
1	John Browne	M65 12.8	nwi Coventry	07-Jul M65 RECORD
		12.9	w +1.6 Milton Keynes	22-Sep
80	Chris Baldwin	M35 12.9	Sandy	01-May
		13.5	w -3.9 Bedford	13-Apr
54=	Andre Sinclair-Linton	M50 13.4	Corby	16-Jul
84=	Darren O'Leary	M50 13.8	Bedford	03-Jul
27	Brian Slaughter	M60 14.09	w - 2.4 Caorle, Italy	05-Sep #
13	Kelvin Smith	M70 15.56	w +0.8 Nuneaton	09-Jun M70 RECORD
200m				
31	Panos Ioannou	M35 24.1	w +4.5 Nuneaton	09-Jun
		24.5	nwi Coventry	06-Jul
9	Paul Canning	M50 25.3	w +1.2 Birmingham	11-Aug M50 RECORD
21	Kerry Courtenay-Robin	M50 26.0	Milton Keynes	02-Jun
		26.03	w +2.7 Nuneaton	09-Jun
		26.8	w +0.1 Horspath ,Oxf	19-Jun
91	Chris Baldwin	M35 26.7	Corby	12-May
		27.6	w -2.1 Bedford	13-Apr
3	John Browne	M65 26.9	w +4.0 Milton Keynes	22-Sep M65 RECORD
		27.50	w +1.5 Abingdon	25-May
31	Brian Slaughter	M60 28.7	Milton Keynes	31-Jul #
		29.54	w -1.2 Horspath	02-Jun #
20	Kelvin Smith	M70 32.95	w +2.5 Nuneaton	09-Jun M70 RECORD
300m				
5	Paul Canning	M50 41.1	Milton Keynes	04-Aug M50 RECORD
400m				
29	George Gavriel	M35 55	Milton Keynes	22-Sep #
59	Jeremy Vick	M40 58.8	Bedford	03-Jul
24	Paul Canning	M50 59	Horspath ,Oxf	11-May
15	Brian Slaughter	M60 64.2	Caorle, Italy	05-Sep #
15	Kelvin Smith	M70 78.2	Coventry	07-Jul M70 RECORD
800m				
26	Ian Wood	M35 2:03.41	Watford	12-Jun
46	Jeremy Vick	M40 2:12.76	Horspath ,Oxf	12-May
42	Steve Withers	M45 2:15.26	Horspath ,Oxf	12-May
43	Brian Slaughter	M60 2:55.79	Milton Keynes	22-Sep #
16	Kelvin Smith	M70 3:07.4	Cambridge	05-Jun M70 RECORD
1500m				
30	Ian Wood	M35 4:18.7	Milton Keynes	13-Jul
52	Jeremy Vick	M40 4:30.12	Bedford	13-Apr
32	Chris Finister	M45 4:34.93	Watford	29-May
24	Stephen Herring	M50 4:40.55	Milton Keynes	22-Sep
70	Stewart Fraser	M60 5:51.9	Bedford	03-Jul
72	Brian Slaughter	M60 5:53.28	Caorle, Italy	06-Sep #
100	Mick Kelly	M60 6:30.92	Birmingham	11-Aug
22	Kelvin Smith	M70 6:37.3	Bedford	03-Jul M70 RECORD
One Mile				
13	Chris Finister	M45 4:57.0	Milton Keynes	31-Jul
57	Jeremy Vick	M40 5:01.3	Milton Keynes	31-Jul
49=	Pete Mackrell	M35 5:02.3	Milton Keynes	31-Jul #
15	Steve Herring	M50 5:11.0	Milton Keynes	31-Jul
91	Kevin Church	M55 6:15.1	Milton Keynes	01-Sep
51	Stewart Fraser	M60 6:27.3	Milton Keynes	31-Jul
36	David Findel- Hawkins	M65 6:51.3	Milton Keynes	01-Sep
14	Kelvin Smith	M70 7:08.1	Milton Keynes	01-Sep
3000m				
81	Ian Wood	M35 9:30.1	+	Milton Keynes
95	Pete Mackrell	M35 9:34.51		Milton Keynes
18	Steve Herring	M50 9:51.2	+	Milton Keynes
56	Gary Blaber	M45 9:58.3	+	Milton Keynes
59	Chris Finister	M45 9:59.9	Sandy	01-May
16	Kelvin Smith	M70 13:30.3	Sandy	01-May M70 RECORD
5000m				
81	Ian Wood	M35 16:03.35		Milton Keynes
25	Gary Blaber	M45 16:29.98		Milton Keynes
8	Steve Herring	M50 16:41.1		Uxbridge
63	Chris Finister	M45 17:19.04		Milton Keynes
95	Mick Kelly	M60 23:37.64		Abingdon
10,000m				
10	Steve Herring	M50 34:50.3		Sandy
28	Mick Kelly	M60 47:35.77		Exeter
110m Hurdles (107.6cm - 3'6")				
12	George Gavriel	M35 20.7	w -2.5 Bedford	13-Apr #
100m Hurdles (91.4cm -3'0")				
4	Paul Canning	M50 17.7	w-1.7 Birmingham	10-Aug M50 RECORD



Mark Roberson
Paul Canning
Panos Ioannou
[EMAC Final]



Bunt Scott
Kerry Courtenay-Robin
George Gavriel/
Darren O'Leary
Ian Wood



100m Hurdles (84cm- 2'9")

4 Brian Slaughter M60 17.2 w +1.2 Caorle , Italy 06-Sep #

300m Hurdles (76.2cm - 2'6")

4 Brian Slaughter M60 49.1 Southend 20-Jul #

400m Hurdles (91.4cm - 3')

11 George Gavriel M35 61.7 Birmingham 10-Aug #
Paul Canning M50 68.0 Uxbridge 15-Jun **M50 RECORD**
68.15 Horspath ,Oxf 12-May

400m Hurdles (84cm - 2'9")

2 Paul Canning M50 66.5 Milton Keynes 31-Jul **M50 RECORD**
66.60 Milton Keynes 22-Sep

2000m Steeplechase

26 Jeremy Vick M40 8.06.63 Bedford 13-Apr **VETS RECORD**

High Jump

1 Brian Slaughter M60 1.42m Caorle , Italy 05-Sep #
51= Ian Wood M35 1.40m Milton Keynes 31-Jul
12= David Goldsworthy M50 1.30m Milton Keynes 22-Sep **M60 RECORD**
81 Jeremy Vick M40 1.10m Sandy 01-May

Pole Vault

2 Brian Slaughter M60 2.40m Milton Keynes 22-Sep #
41 Mark Roberson M40 1.60m Bedford 03-Jul

Long Jump

1 Brian Slaughter M60 4.75m Southend 20-Jul #
62 Chris Baldwin M35 4.61m Corby 11-May
37 Paul Canning M50 4.53m Cambridge 05-Jun
74= Simon Kirschner-Heaven M35 4.44m Milton Keynes 31-Jul
83 Darren O 'Leary M50 3.71m Milton Keynes 31-Jul
21 Kelvin Smith M70 3.00m Southend 20-Jul **M70 RECORD**
58 David Goldsworthy M60 2.97m Cambridge 05-Jun
62 Stewart Fraser M60 2.75m Milton Keynes 31-Jul

Triple Jump

14 Paul Canning M50 10.29m Milton Keynes 22-Sep
23 Mick Lee M50 9.71m Milton Keynes 02-Jun
47 Simon Kirschner-Heaven M35 9.68m Milton Keynes 22-Sep
68= George Gavriel M35 8.61m Sandy 01-May #
47 Darren O'Leary M50 8.53m Sandy 01-May
70 Chris Finister M45 8.31m Bedford 03-Jul
9 Kelvin Smith M70 6.31m Sandy 01-May **M70 RECORD**

Shot (7.26kg)

8 Barry Nash M45 11.25m Milton Keynes 01-Sep
39 Mark Roberson M40 9.84m Milton Keynes 13-Jul
79 George Gavriel M35 8.21m Bedford 03-Jul #

Shot (6kg)

66 Paul Canning M50 8.14m Bedford 03-Jul

Shot (5kg)

7 Brian Slaughter M60 11.79m Caorle , Italy 05-Sep #
12 Bunt Scott M65 9.81m Kingston 14-Jul
79 Jim Lawrence M60 6.15m Southend 20-Jul
90 Mike Burling M60 4.22m Sandy 01-May

Shot (4kg)

4 Mike Burling M60 4.68m F35 Walton 03-Nov

Shot (3kg)

11 Jack Kee M80 7.33m Walton 03-Nov **M80 Record**

Discus (2kg)

41 Mark Roberson M40 28.63m Milton Keynes 13-Jul
67 George Gavriel M35 23.02m Cambridge 05-Jun #

Discus (1kg)

7 Brian Slaughter M60 41.34m Horspath,Oxf 02-Jun #
6 Bunt Scott M65 37.01m Sandy 28-Sep
35 David Goldsworthy M60 27.02m Cambridge 05-Jun
6 Jack Kee M80 20.82m Walton 03-Nov **M80 Record**
63 Jim Lawrence M60 19.66m Southend 20-Jul
74 Mike Burling M60 11.44r F35 Walton 03-Nov 3rd as an F35

Hammer (7.26kg)

3 Mark Roberson M40 46.43m Milton Keynes 22-Sep
53 George Gavriel M35 18.31m Bedford 03-Jul #

Hammer (5kg)

9 Brian Slaughter M60 35.68m Southend 20-Jul #
5 Bunt Scott M65 35.07m Southend 20-Jul
29 Jim Lawrence M60 21.69m Milton Keynes 04-Aug
46 Mike Burling M60 11.67m Milton Keynes 04-Aug

Hammer (3kg)

3 Jack Kee M80 28.97m Hull 12-Oct **M80 Record**

Javelin (800gm)

30 Mark Roberson M40 36.05m Milton Keynes 13-Jul
99 George Gavriel M35 20.01m Cambridge 05-Jun #

Javelin (700 gm)

28 Andre Sinclair-Linton M50 30.66m Milton Keynes 31-Jul

Javelin(600gm)

6 Brian Slaughter M60 37.06m Horspath,Oxf 02-Jun #
13 David Goldsworthy M60 30.49m Cambridge 05-Jun **M60 RECORD**
11 Bunt Scott M65 27.41m Nuneaton 09-Jun
54 Jim Lawrence M60 13.51m Southend 20-Jul
60 Mike Burling M60 8.58m F35 Walton 08-Dec 2nd as an F35

MALE MASTERS (Continued)

Javelin (400gm)

9	Jack Kee	M80	14.74m	Walton	03-Nov	M80 Record
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Weight (9.08kg- 20lb)

4	Bunt Scott	M65	13.93m	Hull	30-Jun	
14	Mike Burling	M60	4.58m	F35 Walton	03-Nov	

Weight (5.45kg - 12 lb)

5	Jack Kee	M80	10.78m	Walton	03-Nov	M80 Record
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Decathlon (Age Graded)

1	Brian Slaughter	M60	6205 pts	** Caorle, Italy	5/6 Sep	#
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Pentathlon (Age Graded)

1	Brian Slaughter	M60	3334 pts	Horspath, Oxf	02-Jun	#
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Pentathlon Weight (Age Graded)

3	Jack Kee	M80	2888pts	Walton	03-Nov	
4	Bunt Scott	M65	2848pts	Tooting Bec	29-Sep	
11	Mike Burling(F35)	M60	618pts	Walton	08-Dec	

Denotes Age Group Record

denotes 2nd claim + denotes en route

** Pole Vault void for all athlete's in competition



Brian Slaughter/
Debra Brent
Corinne Nurse

MMKAC FEMALE MASTERS IN UK TOP 100 (2019)

Compiled by Jim Lawrence

100m

41	Stephanie Johnston	F40	15.0	Sandy	01-May	
53	Chispina Odunewu	F40	15.4	Bedford	03-Jul	
24	Jan Hardcastle	F60	17.90	w +1.9 Milton Keynes	22-Sep	
44	Debra Brent	F55	18.0	Sandy	01-May	
105	Carly Scott	F35	18.1	Uxbridge	15-Jun	
31	Di Baldwin	F60	18.4	Bedford	03-Jul	
33	Karen Bugaj	F60	18.5	Bedford	03-Jul	

200m

18	Corinne Nurse	F40	28.9	Uxbridge	15-Jun	F40 RECORD
48	Chispina Odunewu	F40	31.96	w +3.7 Milton Keynes	22-Sep	
43	Stephanie Johnston	F45	32.1	Cambridge	05-Jun	
17	Jan Hardcastle	F60	35.33	w+ 4.3 Milton Keynes	22-Sep	
77	Carly Scott	F40	35.5	Milton Keynes	31-Jul	
36	Jan Hardcastle	F55	35.7	Cambridge	05-Jun	
26	Di Baldwin	F60	37.64	w + 4.3 Milton Keynes	22-Sep	
			37.7	Milton Keynes	31-Jul	
31	Diane Farmer	F60	38.6	Milton Keynes	31-Jul	

400m

11	Corinne Nurse	F40	64.2	Bedford	03-Jul	F40 RECORD
64	Stephanie Johnston	F45	79.15	Milton Keynes	22-Sep	
20	Debra Brent	F55	79.5	Bedford	03-Jul	
7	Di Baldwin	F60	81.6	Bedford	03-Jul	

800m

4	Corinne Nurse	F40	2.21.34	Kingston	06-Jul	VETS RECORD
10	Debra Brent	F55	2.51.2	Horspath,Oxf	24-Apr	
93	Carly Scott	F40	3.04.92	Basingstoke	03-Aug	
11	Di Baldwin	F60	3.03.38	ind Lee Valley	24-Feb	
			3.09.04	Milton Keynes	22-Sep	
32	Diane Farmer	F60	3.27.1	Cambridge	05-Jun	

1500m

22	Corinne Nurse	F40	5.09.8	Bedford	03-Jul	
12	Debra Brent	F55	5.54.1	Bedford	03-Jul	
110	Carly Scott	F40	5.59.0	Uxbridge	15-Jun	
6	Di Baldwin	F60	6.02.34	ind Lee Valley	24-Feb	
			6.10.9	St.Albans	17-Aug	
22	Fi Han Bromilow	F65	7.33.4	Bedford	03-Jul	F65 RECORD
54	Karen Bugaj	F60	8.12.1	Bedford	03-Jul	

1 Mile

3	Di Baldwin	F60	6.31.2	Milton Keynes	27-Aug	
45	Carly Scott	F40	6.33.5	Milton Keynes	31-Jul	
12	Debra Brent	F55	6.38.3	Milton Keynes	31-Jul	
12	Diane Farmer	F60	7.17.7	Milton Keynes	31-Jul	
77	Victoria Kirschner-Heavens	F35	7.50.0	Milton Keynes	31-Jul	
9	Fi Han Bromilow	F65	8.02.5	Milton Keynes	27-Aug	

3000m

48	Corinne Nurse	F40	12.22.36	Kingston	06-Jul	
11	Debra Brent	F55	12.22.4	Sandy	01-May	
7	Di Baldwin	F60	12.46.34	Bedford	13-Apr	
115	Carly Scott	F35	13.02.71	Bedford	13-Apr	
100	Carly Scott	F40	13.12.20	Milton Keynes	22-Sep	
34	Diane Farmer	F55	13.27.6	Sandy	01-May	
13	Fi Han Bromilow	F65	15.13.88	Milton Keynes	22-Sep	F65 RECORD





Stephanie Johnston
Carly Scott
Emma Beales
Chrispina Odunewu

5000m					
3	Di Baldwin	F60	22.10.75	Croydon	18-May
1500m St/Chase					
4	Carly Scott	F35	6.45.74	Croydon	18-May
1	Di Baldwin	F60	6.53.80	Croydon	18-May F60 RECORD
2000m St/Chase					
5	Carly Scott	F35	9.29.97	Bedford	09-Jun
2	Di Baldwin	F60	9.46.32	Bedford	13-Apr
80m Hurdles					
8	Di Baldwin	F60	27.5	Cambridge	05-Jun F60 RECORD
11	Diane Presswell	F50	33.4	Cambridge	05-Jun
100m Hurdles					
11	Corinne Nurse	F40	21.53	w -0.4 Bedford	09-Jun
300m Hurdles					
8	Diane Presswell	F50	107.93	Milton Keynes	22-Sep
400m Hurdles					
4	Corinne Nurse	F40	72.6	Milton Keynes	13-Jul F40 RECORD
26	Carly Scott	F35	97.03	Croydon	19-May
17	Carly Scott	F40	97.8	St.Albans	17-Aug
High Jump					
8	Corinne Nurse	F40	1.38m	Milton Keynes	13-Jul
30	Stephanie Johnston	F45	1.16m	Milton Keynes	31-Jul
Pole Vault					
16	Stephanie Johnston	F45	1.25m	Milton Keynes	22-Sep
15	Corinne Nurse	F40	1.20m	Bedford	03-Jul
Long Jump					
29	Stephanie Johnston	F40	3.88m	Bedford	13-Apr
33	Corinne Nurse	F40	3.78m	Milton Keynes	13-Jul
31	Stephanie Johnston	F45	3.62m	Milton Keynes	22-Apr
19	Jan Hardcastle	F55	3.11m	ind Lee Valley	24-Feb
			2.76m	Cambridge	05-Jun
30	Jan Hardcastle	F60	2.86m	Milton Keynes	22-Sep
31	Di Baldwin	F60	2.46m	Milton Keynes	22-Sep
Triple Jump					
6	Stephanie Johnston	F40	8.34m	Bedford	13-Apr
17	Stephanie Johnston	F45	8.00m	Milton Keynes	22-Sep
16	Corinne Nurse	F40	7.76m	Milton Keynes	13-Jul
18	Jan Hardcastle	F55	7.10m	ind Lee Valley	24-Feb F55 Indoor R.
8	Jan Hardcastle	F60	6.91m	Milton Keynes	22-Sep F60 RECORD
23	Di Baldwin	F60	5.31m	Sandy	01-May
40	Diane Presswell	F50	5.29m	Bedford	03-Jul
Shot (4kg)					
7	Emma Beales	F45	10.07m	Milton Keynes	02-Jun F45 RECORD
Shot (3kg)					
23	Diane Presswell	F50	6.90m	Milton Keynes	22-Sep
47	Jeanette Lawrence	F60	4.92m	Sandy	01-May
35	Fi Han Bromilow	F65	3.71m	Milton Keynes	22-Sep F65 RECORD
Discus (1kg)					
1	Emma Beales	F45	42.10m	Milton Keynes	31-Jul
16	Diane Presswell	F50	19.58m	Bedford	09-Jun
33	Leone Kahembe	F55	15.48m	Milton Keynes	02-Jun
34	Jeanette Lawrence	F60	12.78m	Cambridge	05-Jun
Hammer (3kg)					
11	Diane Presswell	F50	29.06m	Bedford	03-Jul F 50 RECORD
12	Jeanette Lawrence	F60	23.79m	Milton Keynes	04-Aug
Hammer (4 kg)					
13	Emma Beales	F45	28.01m	Bedford	03-Jul F45 RECORD
	Diane Presswell	F50	27.30m	St.Albans	17-Aug F50 RECORD
Javelin (500gm)					
16	Diane Presswell	F50	16.48m	Cambridge	05-Jun
23	Leone Kahembe	F55	14.51m	Milton Keynes	02-Jun
36	Jeanette Lawrence	F60	8.69m	Milton Keynes	31-Jul
Javelin (600gm)					
13	Emma Beales	F45	25.33m	Milton Keynes	13-Jul
Age Group Records					

Help!?

Your club needs you Track and clubhouse spruce up day! Saturday 18th April 9am

The success of the club depends on the hard work of its volunteers, so come along and lend a hand as we tidy up and make good the wear and tear at the track and clubhouse on Saturday 18th April starting at 9am, aiming to finish mid-afternoon. No experience or professional skills are required; just some elbow grease and energy (a sense of humour might come in handy as well!!) Many hands make light work, so given the club membership database, and with the help and support of younger athletes' mums, dads and carers, we should be able to make the facilities look better ready for the summer. We have a list of jobs to do and the club will provide all materials and food/refreshments on the day. If you can help, please phone/text/ email either:

Ian Stewart 07785 761664 ian.stewart2260@gmail.com

Jackson Ryan 07717 027218

jacksonryan52@googlemail.com

MILTON KEYNES FESTIVAL OF RUNNING 15th MARCH 2020

Lots of help required on the day: Please contact Mick Bromilow if you can help
mick.bromilow@mkac.org.uk

NEWSLETTER EDITED

BY

BRIAN GRAVES

b.graves134@btinternet.com

CONTRIBUTIONS ALWAYS
WELCOME!



SOUTH OF ENGLAND ROAD RELAY CHAMPIONSHIPS

12 stages for men; six for women
STANTONBURY TRACK
22 March

MK5000 PB Special
23.05.2020

Saturday 23 May
Stantonbury Track
Incorporating the England
Athletics 5000m Championships

and club events:
ROUND MILTON KEYNES RELAY
Sunday 17 May
From Caldecotte Lake

GREENSAND RIDGE RELAY
Saturday 20 June

HOME FIXTURES etc

2 May National Athletics League(Bedford)
23 May MK5000 PB Special
30/31 May Bucks Track & Field Champs
(Horspath/Oxford)
6 June British Milers Club PB Classic
13 June Bucks School Champs
14 July MK 10km Road Race(Open Univ.)
18 July Youth Dev.League(u13/u15)
26 July Youth Dev.League(u17/u20)

EASTERN MASTERS ATHLETICS CLUB FIXTURES

Dates only

6 May 3 June
1 July 5 Aug
Final t b c