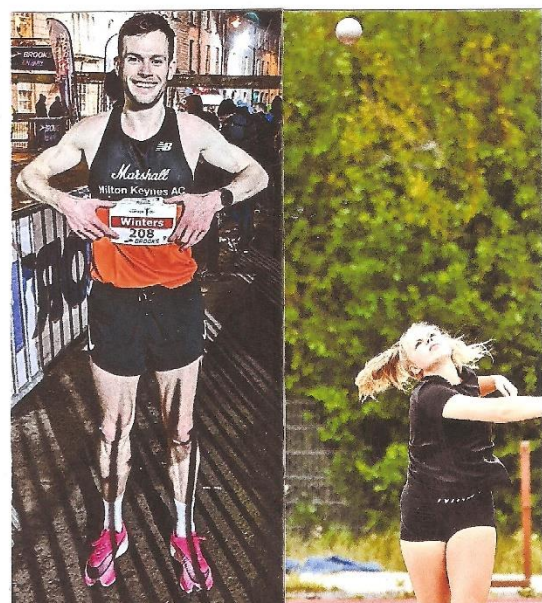


# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.  
Winter 2021

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- 24 Fixtures(?)



Club records set in 2020 from: -  
above:  
Sam Winters(5km road)  
Hayley Diamond(U15 shot & discus)

below:  
Ayesha Jones(U15 javelin)  
Tim Penley(U17 pole vault)  
Jack Meijer(5000m)





## Chair's piece

### Coronavirus Pandemic

This is the first newsletter since April 2020, just after the start of the pandemic. We are now ten months in, with only a short respite towards the end of last summer, but there is some hope, at last, that the vaccination programme will enable training and competition to start again, perhaps in March or April.

We were allowed to reopen the track last year towards the end of May, starting cautiously, and building up to full training by the end of June. We managed to hold four open meetings and two 5km road races in August and September. We had hoped to organise some Chiltern League cross country races on private land during the winter, but the surges in cases in October and December has put paid to any change of a fixture being held at all. The Wolverton 5, reduced to a 5km race, was rescheduled to take place on Sunday 20 December. Four days before, Milton Keynes moved to Tier 3 and the decision was taken to postpone the event. We were able to contact all the athletes in good time, which was fortunate as we would have been forced to cancel when Milton Keynes moved to Tier 4 the day before the event.

We are still holding on to a slim possibility that the County Championships can be rearranged at the end of March.

There are plans for track and field to start again in the summer months, although the form of such competition is still being debated. The National Athletics League (for senior athletes) will try to go ahead from June with a four-teams per match format to reduce contact and travel, with a scoring system I devised ten years ago, based solely on performances, so that the team results of each match can be compared across the country. The official announcement of this change should be made shortly. The YDL are also looking to have local fixtures, starting in May, with the last fixture in September, with no National Finals this year.

Despite all the precautions we took at the track, with hand sanitisers and social distancing, we did not escape the virus. In September, there were outbreaks, in particular, at Ousedale and Stantonbury Schools, which caused several of our younger members to self-isolate for various periods, but there were no cases amongst the club's coaches until December when the variant started to run rampant. So far, as far as I am aware, four of our coaches have been infected, with one of them spending several days in hospital on oxygen. At our last committee meeting at the beginning of January, we were due to discuss closing the track for a time to allow the infection rate to die down when, 48 hours earlier, the government moved the country back into lockdown.

Our coaches have been magnificent throughout this pandemic, maintaining contact with their athletes, carrying out much additional paperwork so that training and competition could take place when we were allowed to do so, but the surge in cases over the last six weeks, in my view, made it too dangerous to continue. The current situation is that the track cannot reopen until the middle of February, at the earliest. Hopefully by then the worst of the pandemic will be over.

### MK Festival of Running

This year's Festival of Running was due to be held on Sunday 7 March 2021, but the decision was taken to move the fixture to Sunday 5 September, with the London Marathon due to take place on Sunday 3 October. Please put the date in your diary as the club is committed to providing at least 100 volunteers to help with this event in return for a share in the profits of around £15k.

### East Midland Grand Prix Road Races

This series of road races has been held on mid-week dates from May to July with the last race in Milton Keynes on Tuesday 29 June. Discussions have been held with chip-timing companies so that the races can possibly be held within social distancing guidelines.

### Hammer Cages, Floodlights and Clubhouse Terrace

There is some good news about our hammer cages and the track floodlights. In 2018, UK Athletics decreed that all hammer/discus cages that did not conform to the IAAF specification had to be modified for health and safety reasons. Both of our cages needed to be modified. Thanks to a £5k grant from the MK Community Trust, covering approximately half the cost, we were able to commission the work on the first cage. The modifications were completed just before Christmas.

A great deal of effort has gone into the replacement of the halogen floodlights at the track with a completely new system of LED floodlights at a cost just over £100k. We made a bid to the National Hockey Foundation for £75k (the maximum they would consider), but only succeeded in getting £50k from them. The club decided it had to go ahead with this project as the lights were well past their sell-by date. Work started in November, with the aim of completion by Christmas, but delays due to the uncertain times meant that work was completed in mid-January. I have just attended the final inspection – we now have a fully functioning, brand new set of floodlights that will last us for at least the next 25 years. There is some landscaping that needs to be completed but otherwise all work has been completed. We are grateful to the National Hockey Foundation for their generous support of this project.

Work is about to start on the refurbishment of the clubhouse terrace to complete the work that was started in 2019. Some of the wood has degraded and will be replaced by plastic strips, which will have a much longer life. It is hoped that the work will be completed before the start of the summer season. Many thanks to Travis Perkins who are sponsoring this project.

### Club Membership Fees

Until last year, the club membership year was the calendar year. However, after the restricted access to the track for training and competition in the summer, due to the pandemic, the Committee took the decision to extend the membership year to 1 April, which now ties into the licensing year for England Athletics.

We do understand that many of our members will be experiencing difficult times financially. If you do have problems, please have a quiet word with your coach or our Membership Secretary, Richard Pownall on [membership@mkac.org.uk](mailto:membership@mkac.org.uk) to see what can be done.

### Coronavirus (Part 2)

We have several members who are key workers in the NHS and in the wider community. They have had a particularly tough time over the last ten months. Our admiration continues to go out for the work they are doing to keep us all safe.

Thank you and stay safe

Mick Bromilow ([mick.bromilow@mkac.org.uk](mailto:mick.bromilow@mkac.org.uk))

Co-Chair and Covid Officer, Marshall Milton Keynes AC  
[www.mkac.org.uk](http://www.mkac.org.uk)





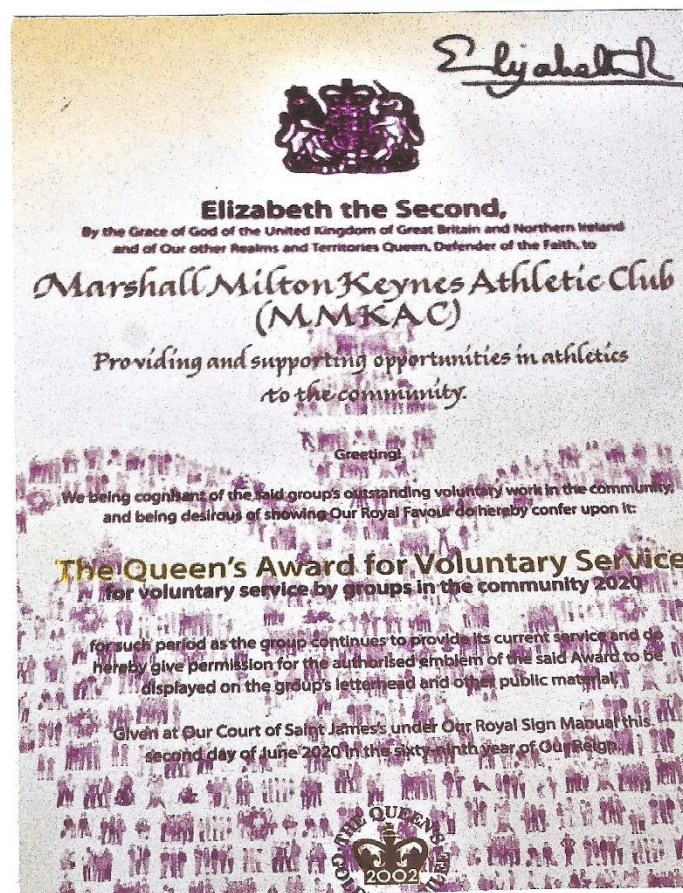
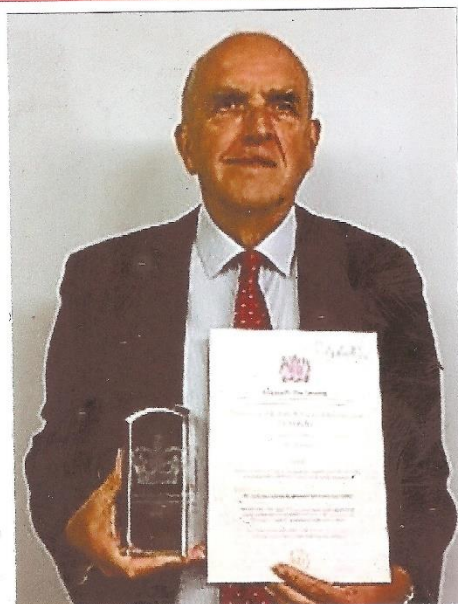
We are delighted to announce (6 June) that the hundreds of coaches, officials, committee members, kitchen staff, groundsmen, marshals, and helpers with Marshall Milton Keynes AC over the years have had their efforts recognised by the Queen. The next time you look in the mirror, pat yourselves on the back.

A total of 230 UK charities and community groups have been awarded the Queen's Award for Voluntary Service this year.

The award is considered "the MBE for volunteer groups" and recognises exceptional service within communities and is the highest honour for volunteer groups in the UK.

Last year a record 281 voluntary groups received this awarded.

On 6<sup>th</sup> October, in an online ceremony, attended by the Lord Lieutenant of Buckinghamshire, Sir Henry Aubrey-Fletcher and the Mayor of Milton Keynes, Andrew Geary, the club was presented with the Queen's Award for Voluntary Services



Above, a few of our track and field officials and left, our long serving Chair, Mick Bromilow with the trophy and certificate





## ANNUAL GENERAL MEETING – 10 NOVEMBER 2020 *On-line, 30 attending*

### **Main items discussed:**

#### **1) There was considerable discussion of the risks benefits of the proposed new structure for the club committee.**

- By a vote of 22 for, with 8 abstentions, it was agreed that the constitution would be amended to change the committee structure to:

*The management of the Club is vested in a Management Committee. This shall comprise of: Chairman, Secretary, Treasurer, Membership Secretary, Welfare Officer, Director of Communications, Director of Coaching, Director of Facilities, Director of Development, Director of Competition, Athletes Representative, Buckingham Representative and up to three other general members.*

#### **2) Election of Life Members**

- Diane Baldwin was elected to a Life Membership following many years of outstanding services as an athlete, coach, official, secretary and treasurer
- Barry Hearn was elected to a Life Membership following many years of outstanding service as a coach and team manager, recognising the significant role he played over the summer as a Lead Contact during the pandemic.

#### **3) Election of Officers (chaired by Ian Stewart)**

- Chairman/Secretary  
Mick Bromilow/ David Millett (shared role with each chairing/minuting alternate meetings)
- Treasurer Di Baldwin assisted by Mia Nikodemova
- Membership Secretary Richard Pownall
- Welfare Officer (M) Ian Stewart  
(F) Natasha Baker
- Director of Communications Jackie Garner
- Director of Coaching Barry Hearn and Panos Ioannou to share the role
- Director of Facilities Bryan Waddington
- Director of Development Ian Stewart
- Director of Competition Jackson Ryan

The following were elected as general committee members:

- Jim Lawrence James Tuttle
- Mayur Morjaria

#### **4) Statement of Accounts and report from the Treasurer**

- Draft Statement of Accounts is provided here.
- The bank account is healthy, but there are several significant expenses about to occur, including the replacement of the floodlights, the upgrade of the hammer cages and the refurbishment of the clubhouse steps. Consideration must be given to future major expenses and the risks to income streams. Further possible income streams should be investigated;
- It was not reasonable to consider increasing fees during the pandemic. The membership year had been increased by three months to compensate for the loss of opportunities during the pandemic;

### **INCOME**

**2019/20**

Membership	£
Membership (2019 & maybe early 2020)	4535
Membership (2020)	39663
<b>Sponsorship Awards &amp; Grants</b>	
MARSHALL AMPLIFICATION2019	10000
EMGP Payment for Results 2019 MB	1680
MK Sport Award - Nov	100
Grant for Cages MK Community Sport	5000
FESTIVAL2020 TMB	10663
MORE BUCKS (one off for education)	400
COVID- MKC Grant	10000
Elite Bursary returned	1040
<b>MMKAC Organised Events</b>	
Festival of Running (payment to club)	2860
EMGP Series 2019 part & 2020 cancelled	891
TOUR (2019 - part)	461
MK5k Specials (Aug & Sept 2020)	5217
Throwers Open	195
Return to Competition Track (incl EA grant £500 & external entry)	88
StarTrac (money used expenses & equipment)	705
<b>External Track &amp; Clubhouse Hiring</b>	3395
<b>Kit - vest sales</b>	39
<b>Interest</b>	112
<b>TOTAL INCOME</b>	<b>97043</b>



<b>EXPENSES</b>	<b>2019/20</b>	
<b>Communications</b>	£	
(Newsletters, survey, webhosting, telecoms)	1159	
<b>Volunteer Training</b>	950	
<b>Affiliations</b>		
EA Athlete Registrations 2019/2020	240	
EA Athlete Registrations 2020/2021	6575	
Club Affiliation Fees 2020 2021	220	
<b>Bursaries &amp; Funding</b>		
Student Bursary	2160	
Elite Athlete Bursary	4920	
Glasgow Athlete Discretionary	300	
Coach funding Warm Weather Training	1828	
Athlete Training Camp Bursaries	319	
<b>Competitions &amp; Events</b>		
Wolverton 5 (2019)	1126	
Road Relay & Team entry		
(SEAA, ERRRA & VLM travel subsidy)	367	
Club XC Entries (Bucks, SEAA, National)	2171	
Chiltern League Entry & Home Event	688	
<b>Summer Leagues</b>		
YDL Upper & Lower (fees to 2021)	630	
NAL (fees to 2021)	800	
EMAC (part cost host 2019 final)	175	
<b>Sportshall Competition &amp; Equipment (funded Startrac)</b>	1538	
<b>Awards Evening (2019)</b>	1838	
<b>Training Facility Hire</b>		
Indoor (Q4 2019 + Q1 2020)	9032	
Buckingham (Q4, 2019 + Q1/Q4 2020)	1111	
<b>Grounds &amp; Cleaning</b>		
Grounds work	3624	
Cleaner (to March 2020)	2584	
HMRC PAYE Payment (2017)	385	
<b>Facility &amp; Equipment</b>		
Electricity clubhouse only (no floodlights)	1958	
Rates for Clubhouse (Covid refund - normally up to £2000pa)	0	
External maintenance (signs, locks, salt)	769	
Coronavirus Sanitising	1005	
Equipment - Track & Field & Gym	1895	
General Maintenance	1363	
Maintenance at Clubhouse & Gym (carpets, guttering)	913	
Grounds Equipment & Maintenance	931	
<b>Capital Expenses</b>		
Floodlight first stage payment	21048	
<b>TOTAL EXPENDITURE</b>	<b>74624</b>	
<b>SURPLUS</b>	<b>22419</b>	
<b>BANK BALANCE @ 30 Sept 2020</b>		
Current Account	13287	
Deposit Balance	87205	
<b>TOTAL FUNDS @ 30 Sept 2020</b>	<b>100492</b>	
<b>Transactions relating and included in income &amp; expenditure above but hitting bank account after 30 Sept 2020</b>		
Income	9277	
Expenses	1304	
<b>Total net</b>	<b>7973</b>	
<b>TOTAL FUNDS FOR START 2020/21</b>	<b>108465</b>	

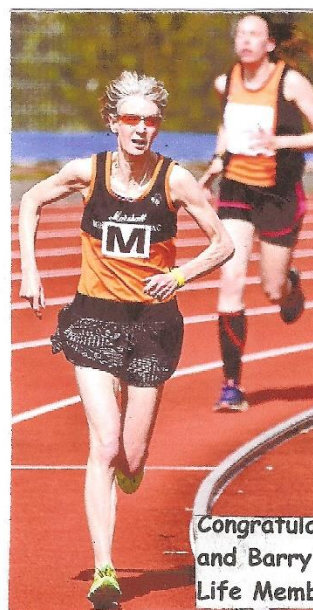
## COMMITTED & CONTRACTED LIABILITIES

<b>Capital Expenses (inc VAT)</b>	
Floodlights for Track(Q4 2020)	80000
Hammer Cages (Q4,20/Q1,21)	21500
Grant towards Floodlights and also Decking & High Jump	-50000
Road Race Funding Pot (held in Deposit AC)	3170
<b>Total Contracted &amp; Committed Funds</b>	<b>54670</b>
<b>Not contracted but grants linked</b>	
External high jump cover	11000
Decking around clubhouse	10000
<b>TOTAL COMMITTED CAPITAL SPEND</b>	<b>21000</b>

Taking into account Contingent liabilities relating to 2019/2020  
**FUNDS AVAILABLE Not Committed @ 30 Sept 2020 32795**

*Prepared by Diane Baldwin MMKAC Treasurer*  
**21 October 2020**

Since the AGM, the Club has starting the reorganisation agreed at that meeting. In coming weeks and months we will be approaching a number of members to obtain input and help. One aspect of this will be the recruitment of athlete representatives. We would encourage and welcome all contributions to this process of making the Club as representative and inclusive as possible.





# BIG THROWS AND CLUB RECORDS BY YOUNG THROWERS POST- LOCKDOWN

## HAMMER

**Lara Moffat(F17)** competed in nine events post-Lockdown. Her best with the 3kg hammer was 56.91m, just down on her club record of 57.35m set in 2019. However at the end of the short season Lara threw the 4kg implement 51.17 at Woodford(10<sup>th</sup>October). This smashed the club record set by Sadie Watts(47.67m) in 2007. **Lara leads the F17 UK rankings for both the 3kg and 4kg implements.**

**Jasmine Trapnell(W20)** competed in just four late season events throwing a best of 46.15m, her second furthest all-time. **And is ranked 9<sup>th</sup> in the 2020 W20 UK rankings.**

## JAVELIN

**Ayesha Jones(F15)** had a PB of 38.75m from last year. On 23<sup>rd</sup> August at Milton Keynes she threw 39.99m adding just over a metre to the club record held by Eva Durand(38.98m). Ayesha then bettered the 40m mark at the second MK Jumps and Throws Meeting(13 Sept.) with a best of 40.76m **to place third in the 2020 UK Rankings.**

**Eva Durand (F17)** started 2020 with a PB and club record of 44.41 but threw 46.55m at Lee Valley on 30<sup>th</sup> August to improve her club record. This was the UK leader until Sophie Hamilton(Mendip AC) threw 46.61m on 11 October! **Eva now 2<sup>nd</sup>.**

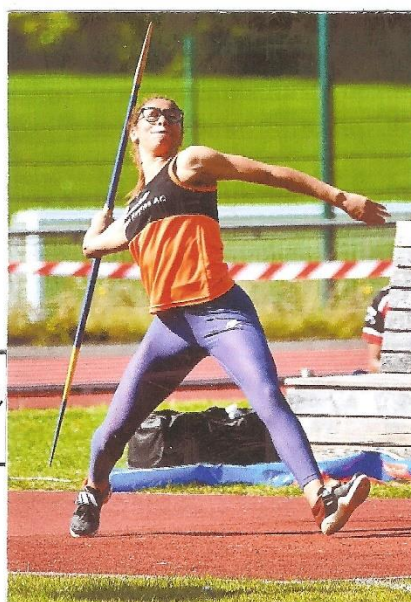
## SHOT & DISCUS - 39 YEAR OLD RECORD BROKEN IN THE SHOT

**Hayley Dimond** improved the F15 shot record with a throw of 11.94m on 12<sup>th</sup>September at Northampton, Jackie Rose had thrown 11.93m in 1981 at the old Wolverton track. For good measure Hayley bettered the discus record with 31.86m. Lucy Pierrot threw 31.54m in 1997.



AND a week later at Northampton, Hayley added over a metre to the shot record throwing 12.98!! She twice threw the javelin, with a best of 34.61m. Hayley finished the season with **F15 UK rankings of third in both shot and discus plus 10<sup>th</sup> in the javelin.**

Right:  
Lara Moffat, Jasmine Trapnell,  
Ayesha Jones & Eva Durand  
Left: Hayley Dimond

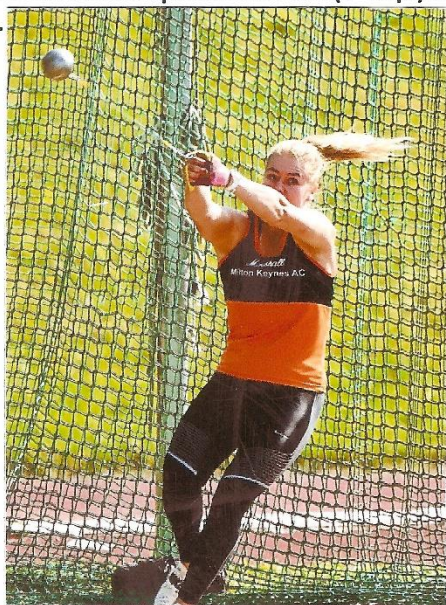




## AND ACTION FROM A NUMBER OF MORE "SENIOR" THROWERS

### 5<sup>th</sup> place for Kayleigh Presswell in UK Championships

**Kayleigh** commenced the season with a PB and club record of 61.64m from last year. She opened up with a very near miss of 61.59m at Hull on 5<sup>th</sup> July. Just over a month later (16<sup>th</sup> August) Kayleigh threw 61.65m at Nuneaton – club record by just 1cm. **This distance places her 4<sup>th</sup> in the senior 2020 UK rankings.** Kayleigh managed nine competitions in an eleven week season. **This included 5<sup>th</sup> place in the UK Champs at Manchester (4<sup>th</sup> Sept) and throwing 60.41m.**

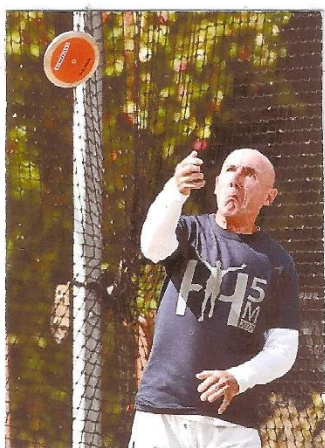


**James Ericsson-Nicholls (M20)** started 2020 in the hammer (6kg) with a PB of 58.26m which he bettered on no less than six occasions this year. He finished his season in grand style. Competing in the Hammer Circle event at Woodford (10<sup>th</sup> Oct) he threw 58.66m, next day at Portsmouth (South of England Throws Academy) he threw a life-time best of **59.79m placing him 5<sup>th</sup> in the UK rankings.** James threw the 7.26kg hammer 50.93m at MK on 13<sup>th</sup> Sept, 2<sup>nd</sup> best for a M20 in the senior rankings.



### MIKE BURLING

Lovely to see Mike in action in all four throws at the two MK field event meets. *Such determination!*



## WELCOME BACK TO REDFORD CURTIS

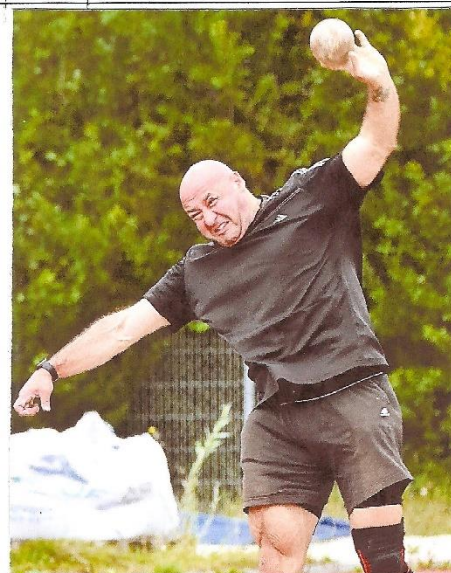
Redford re-joined us in time to compete in the UK Championships. A few weeks earlier he had thrown a PB of 65.05m in Finland. This moves him to 5<sup>th</sup> in the club all-time rankings. However at Manchester he had to settle for 8<sup>th</sup> place throwing 58.82m.

Redford commenced his MK career in 2010 and as a M15 threw 53.49m next year. Up to 59.07m in 2014 and then over 60m with 63.44m in 2015. Missed a couple of years and then threw 57.49 in 2019.

### BARRY NASH – 1986 ENGLISH SCHOOLS U15 BOYS SHOT CHAMPION. NOW COACHING ETC COMPETED IN THE FIRST MK JUMPS AND THROWS MEETING (23<sup>rd</sup> August)

*Barry threw the shot 11.88m to better the Veterans Record set by Joe Joseph of 11.56m at High Wycombe in 1984.*

**Back in 1986 at Portsmouth Barry became English School Junior Boys Champion throwing 15.05m. Tony McMurray won the long jump the previous year.**



### BUNT SCOTT- Flying the Veterans flag

Pre-Lockdown, Bunt (M65) won three medals in the British Masters Championships at Lee Valley (7/8 March).

Silver	Javelin	24.87m
Bronze	Hammer	33.53m
	& Weight	11.02m

Since then he has competed at five events including the two at Milton Keynes. 2020 Best performances are:

Shot	9.25m	Peterborough	4 October
Discus	35.99m	Peterborough	27 Sept.
Hammer	33.53m	Lee Valley	7 March
Javelin	37.40m	Milton Keynes	13 Sept.
Weight	11.02m	Lee Valley	7 March





## 2020 BEST PERFORMANCES FOR JUNIOR, SENIOR & VETERAN LADIES

*compiled by Mick Bromilow*

### SENIOR/VETERAN LADIES

#### 100m

Maria Nikodemova FS 13.65 w+0.8 Nuneaton 19-Aug-20

#### 800m

Sophie Botham F23 02:25.8 Milton Keynes 05-Sep-20

#### Long Jump

Stephanie Johnston F45 3.82 Milton Keynes 23-Aug-20

#### Shot (3kg)

Leone Kahembe F55 6.39 Milton Keynes 13-Sep-20

#### Hammer (4kg)

Kayleigh Presswell FS 61.65 Nuneaton 16-Aug-20

#### CLUB RECORD

#### Hammer (3kg)

Diane Presswell F50 28.48 Milton Keynes 29-Feb-20

#### F55 RECORD

Leone Kahembe F55 18.11 Milton Keynes 13-Sep-20

### UNDER 20 LADIES

#### 200m

Skye Verwey 27.2 Milton Keynes 05-Sep-20

#### 400m

Skye Verwey 61.82 Chelmsford 29-Aug-20

#### 800m

Montana Edghill 02:23.9 Dagenham 12-Sep-20

#### 3000m

Imogen King 10:50.3 Milton Keynes 05-Sep-20

#### 100m Hurdles

Anna Rogozha 17.19 Stretford 03-Oct-20

#### High Jump

Anna Rogozha 1.52 Lee Valley 22-Aug-20

#### Long Jump

Anna Rogozha 5.14 Milton Keynes 23-Aug-20

#### Shot (4kg)

Anna Rogozha 9.64 Milton Keynes 23-Aug-20

#### Hammer (4kg)

Jasmine Trapnell 46.15 Nuneaton 30-Aug-20

#### Javelin (600gm)

Anna Rogozha 31.89 Lee Valley 16-Aug-20

#### Heptathlon

Anna Rogozha 3635 Stretford 04-Oct-20

## ANNA ROGOZHA WAS OUR ONLY MULTI-EVENTER THIS YEAR

Competing in her debut Heptathlon at Stretford, Manchester over the weekend of 3/4<sup>th</sup> October Anna totalled 3635points. This places her 6<sup>th</sup> in the club all-time F20 rankings.

#### Disciplines:

100mHurdles	17.19(575pts)	Shot	8.97m(463pts)
High Jump	1.44m(555pts)	200m	27.77(649pts)
Long Jump	4.88m(527pts)	Javelin	29.42m(466pts)
800m	2:56.18(401pts)		

*[Anna at MK on 23<sup>rd</sup> August]*



*Skye Verwey(200m pb) and Sophie Botham at MK on 5 Sept.*



**FULL RANKINGS ON CLUB WEB SITE**

#### All-time under 20 rankings:

*Anna comes in the rankings: Javelin(5<sup>th</sup>), shot(8<sup>th</sup>), 100mH and Long Jump 9<sup>th</sup> and High Jump(10<sup>th</sup>).*

*Imogen King moved in to 9<sup>th</sup> for the 3000m.*

**FULL RANKINGS ON CLUB WEB SITE**



## 2020 BEST PERFORMANCES FOR SENIOR, JUNIOR & VETERAN MEN

*compiled by Jim Lawrence*

### SENIOR, JUNIOR & VETERAN MEN

<b>100m</b>				
Dickson Kusi	SM	10.89	w+3.2 Stratford	06-Sep
<b>200m</b>				
Hugo Wallace	U20	22.6	MK	05-Sep
<b>400m</b>				
George Gavriel	M35	54.30	Nuneaton	16-Aug
<b>800m</b>				
Leo Freeland	U20	1:57.64	Dagenham	03-Oct
<b>1500m</b>				
Conrad Webber	U23	3:59.63	Harrow	24-Sep
<b>3000m</b>				
Ryan Burling	SM	8.25.75	Harrow	01-Oct
<b>5000m</b>				
Jack Meijer	SM	13.44.17	SanJuan USA	04-Dec
<b>400m Hurdles</b>				
George Gavriel	M35	63.59	Nuneaton	02-Aug
<b>Long Jump</b>				
Vytautas Chrapacas	SM	6.39m	Doncaster	20-Aug
<b>Shot ( 7.26kg)</b>				
Barry Nash	M45	11.88m	MK	23-Aug
<b>VETS RECORD</b>				
<b>Hammer ( 7.26kg)</b>				
James Ericsson-Nicholls	U20	50.93m	MK	13-Sep
<b>Hammer ( 6kg)</b>				
James Ericsson-Nicholls	U20	59.79m	Portsmouth	11-Oct
<b>Javelin ( 800gm)</b>				
Redford Curtis	SM	65.05m	Virrat , Finland	19-Aug

### Under 20 men

<b>100m</b>				
Hamish McGarvie		12.0	MK	05-Sep-20
<b>200m</b>				
Hugo Wallace		22.6	MK	05-Sep-20
<b>800m</b>				
Leo Freeland		01:57.6	Dagenham	03-Oct-20
<b>1500m</b>				
Leo Freeland		04:02.8	Nuneaton	18-Sep-20
<b>3000m</b>				
Leo Freeland		08:56.3	Dagenham	31-Oct-20
<b>Discus (1.75kg)</b>				
Oliver Moyles		33.40	MK	23-Aug-20
<b>Hammer (7.26kg)</b>				
James Ericsson-Nicholls		50.93	MK	13-Sep-20
<b>Hammer (6kg)</b>				
James Ericsson-Nicholls		59.79	Portsmouth	11-Oct-02

### AND SECOND-CLAIM [HIGH JUMP]

Jonathan Broom-Edwards SM 2.07m F44 Lee Valley 22-Aug-20

**FULL RANKINGS ON CLUB WEBSITE**

## ATHLETES IN CLUB ALL-TIME RANKINGS

Senior 3000m	Ryan Burling	6th	8.25.75
Senior 5000m	Jack Meijer	1 <sup>st</sup>	13.44.17
Senior Javelin	Redford Curtis	5 <sup>th</sup>	65.05m
M20 Hammer (6.00kg)	James Ericsson-Nicholls	2nd	59.79m
Senior Hammer (7.26kg)	James Ericsson-Nicholls	6 <sup>th</sup>	50.93m



Hugo Wallace(152) leads the 200m at MK on 5 September AND Oliver Moyles(discus) at the field event meeting on 23<sup>rd</sup> August

### ALLTIME TOP TEN FOR 3000M & 5000M

	3000m			
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	M20 8.21.0	USA)	1985
5	Tom Comerford	8.25.18	Watford	2011
6	Ryan Burling	8.25.75	Harrow	2020
7	Jack Meijer	M20 8.27.10	Watford	2018
8	Paul Erwood	8.28.18	Stretford	2009
9	Paul Fisher	M20 8.30.0	Watford	1997
10	Ian Thompson	8.30.5	Bracknell	1990
	5000m			
1	Jack Meijer	13.44.17	USA	2020
2	Marcin Fudalej	14.13.9	Watford	2010
3	Kerry Hayes	14.27.4	Crystal Palace	1989
4	Simon Rayner	M20 14.38.0	Loughborough	1983
5	Charles Herrington	14.44.1	Kingston	1998
6	Tony Forrest	M20 14.44.7	Milton Keynes	1995
7	Paul Mizon	14.47.76	Milton Keynes	2019
8	Andrew McKenna	14.48.9	Solihull	2001
9	Tom Comerford	14.52.05	Manchester	2011
10	Andy Whetstone	M20 14.53.4	Bromley	2005



## RACE 1- 21 AUGUST

Posn.	Age	Age Posn	Time		
43	MS	43	15:09	Jamie Seddon	
118	MS	97	16:06	Robert Hickman	
123	MS	99	16:10	James Tuttle	
124	M20	3	16:13	Leo Freeland	PB
153	MS	108	16:55	Thomas Cuthbertson	PB
162	M40	12	17:02	Matthew Clarke	
177	FS	18	17:28	Alice Ritchie	PB
180	MS	118	17:36	Galen Butler	
181	FS	19	17:37	Elle Roche	
184	M40	14	17:42	Jeremy Vick	
207	F35	2	18:14	Lara Bromilow	
210	M40	17	18:16	James Ward	PB
234	F20	1	19:00	Imogen King	PB
239	M50	2	19:19	Philip Gazard	PB
241	F35	4	19:39	Linsey Ryall	
245	M45	12	20:29	Neil Jones	PB
249	FS	36	22:39	Lauren Hankers	PB
250	M70	1	23:21	Stuart Cowan	PB
251	M70	2	23:55	David Newens	
252	F60	1	24:01	Diane Farmer	
253	F65	1	26:58	Fi Han Bromilow	PB

• 5km REVIEW  
 • THE TWO WILLEN RACES  
 • MID-CHESHIRE km  
 • ALL-TIME TOP TEN, 5km  
 MANY THANKS TO ELLIOT HIND,  
 MICK BROMILOW & PAUL MIZON  
 FOR THE ORGANISATION AT WILLEN



## RACE 2 - 27 SEPTEMBER

Posn.	Age	Age Posn	Time		
11	MS	11	14:35	Ryan Burling	PB
25	MS	24	15:00	Conrad Webber	PB
52	MS	50	15:25	Jamie Seddon	
75	MS	66	15:49	Elliot Hind	
112	M35	15	16:26	Ian Wood	PB
126	MS	90	16:43	Graham Jones	
145	M45	5	17:03	Gary Blaber	PB
146	M40	13	17:05	Jeremy Vick	PB
155	MS	104	17:13	Galen Butler	PB
166	M40	16	17:23	Matthew Clarke	
170	M45	7	17:34	Christopher Finister	PB
175	MS	108	17:42	Jack Pocock	PB
190	MS	112	18:09	Sean Butler	PB
198	M40	24	18:18	James Ward	
210	MS	116	18:38	Alfie Blaber	PB
213	M45	11	18:47	Andrew Wasdell	PB
218	F20	3	18:52	Imogen King	PB
219	M35	24	18:53	Stephen Coomber	PB
220	M65	1	18:56	John Skelton	
222	MS	118	18:57	Sam Harper	
238	M45	14	19:34	Steven Withers	PB
252	FS	34	21:34	Lauren Hankers	PB
253	F35	1	21:35	Kate Edwards	PB
257	F55	1	22:09	Debra Brent	PB
259	FS	36	22:48	Fern Yull	
261	M65	2	23:09	Dave Findel-Hawkins	PB
262	M70	2	23:13	David Newens	
263	F40	6	23:40	Karen Tincknell	PB
265	F60	1	24:06	Diane Farmer	
266	M50	10	24:08	Peter Tye	
267	M50	11	25:57	Malcolm Kidby	PB
269	F65	1	27:34	Fi Han Bromilow	



Top: James Ward & Matt Clarke  
 Left: Di Farmer & Debra Brent  
 Below: Fern Yull & Imogen King





## Results Base MK 5km PB Special- 21 August

**Elliot writes.....**After five months of no racing Friday night was an absolutely incredible occasion that saw athletes flying round Willen Lake North (groups of 10 leaving every 5 minutes).. Full results etc <http://www.mkac.org.uk/static/mk5kmresults.htm>

Thank you so much to everyone who made is so special; it really was a brilliant team effort and one that as a club we should be very proud. The feedback we've received as been overwhelmingly positive and people can't wait for next one.

We had 21 MMKAC athletes racing with some brilliant performances. The first race of the evening saw 5 MMKACers race with brilliant PBs for Lauren Hankers (22.39), Stuart Cowan (23.21) and Fi Han Bromilow (26.58) AND A CLUB M70 RECORD FOR STUART.

The second race saw a breakthrough race for Imogen King coming home 4th in fantastic new PB of 19.00, closely followed in by Philip Gizard (PB 19.19), Linsey Ryall (great to see her back in MK!) and Neil Jones (PB 20.29).

The third race saw yet another MMKAC PB with James Ward coming home in 18.16 for 2nd. In the M wave Thomas Cuthbertson battled to get under 17, earning a new 5k PB of 16.55 and was promptly followed in the next wave by Leo Freeland who ran PB 16.13.

A huge breakthrough came for Jamie Seddon in the G wave. After a great training block he lowered his PB from 15.53 to 15.09! He's off to the Mid Cheshire 5k this week and has a really good shot at the magic sub 15. I think that puts him 9th in the club all time rankings (pushing me down to 10th!).

Our two superstar women had a brilliant run too with Alice Ritchie just coming out on top in the Women's Elite C race coming 2nd in a great new PB of 17.28 (12 seconds off her PB from last year!). Right behind her was Bucks County Cross Country Champ Elle Roche in 17.37.

The elite races were incredible occasions allowing us to witness incredible talents showing how it's done. In the Women's Elite A race Bronwen Owen from Leeds City kicked on at 1km and looked so composed winning in 15.55. In the men's Elite race Omar Ahmed of Birchfield Harriers (who's notorious for his aggressive racing style) genuinely ran the first km in 2.35 and even got to 3k in 8.13! Once he was sure he had the win in the bag (and the wind must have taken a bit out of him) he hit the finish in an incredible 14.06.

If you want to watch the elite races back we were able to stream them live on [www.facebook.com/runningliveuk](http://www.facebook.com/runningliveuk) thanks to our friend Adam Gibson @ GreenlightPT.

There's also a brilliant review of the elite races in the latest Fast Running weekend review (the authors were there supporting/racing!):

<https://www.fastrunning.com/events-and-races/weekend-round-ups/the-soar-running-weekend-roundup-3/30655>

## NoblePro MK 5km PB Special- 27 September

What an incredible day!! On behalf of Paul Mizon, Mick Bromilow and myself thank you so much to everyone who helped make it a hugely proud day for the club. The feedback we have received has been quite incredible and frankly, I can't quite believe it all happened.

For those of you that don't know, the event was graced by Australian Olympic finalist superstars Ryan and Gen Gregson, who set men's and women's course records of 13:50 and 15:49. We had 270 finishers, with 153 setting personal bests (57%). It was just incredible having superstars come and race round Willen; Ryan was (particularly) up against a quality field (including Armagh 5k winner Adam Clarke and

Telford 10k winner Callan Moody), but he kicked up the hill by Willen Hospice between 3.2 and 3.5km and (despite almost being taken out by a dog) absolutely flew to the finish. Gen put in a very professional performance and was clear by 2km and didn't look back.

Of the 32 MMKAC runners, 20 set personal bests; with the standout performance by Ryan Burling who ran the 2nd quickest male 5km time the club has ever had with a fantastic 14:35. What's amazing is this year we have now seen the three quickest male times ever run by club members (Sam Winters 14:34 & Polo Burgette 14:36 both at Armagh in February) Conrad Webber ran a PB of 15.00

If you fancy a look through the results (and photos by Brian) they are in the link below. If you want to see more photos/videos please check out our social media pages @mk5000pbspecial.

<http://www.mkac.org.uk/static/NobleProMK5kPBSpecial2020Septresults.htm>



Ryan Burling and Elliot Hind

## MID-CHESHIRE 5KM (28 August)

**PB's by Jamie Seddon(15.07) and Alice Ritchie(17.10).**

Alice moves up from 5<sup>th</sup> to 3<sup>rd</sup> in the all-time rankings whilst Jamie is now 10<sup>th</sup> after Conrad Webber's 15.00 at Willen. Elliot now 11<sup>th</sup>!

5km ROAD ALL TIME TOP TEN					
MEN					
1	Sam Winters	MS	14.34	Armagh	2020
2	Ryan Burling	MS	14.35	Willen	2020
3	Polo Burgette	MS	14.36	Armagh	2020
4	Paul Mizon	MS	14.40	Ipswich	2019
5	Kerry Hayes	MS	14.42	Chesham	1989
6	James Tuttle	MS	14.43	Mid-Cheshire	2019
7	Tom Comerford	MS	14.52	Ipswich	2019
8	Marcin Fudalej	MS	14.54	London	2009
9	Conrad Webber	MS	15.00	Willen	2020
10	Jamie Seddon	MS	15.07	Mid-Cheshire	2020
WOMEN					
1	Rachel Robinson	FS	16.40	Barrowford	2018
2	Vicky Pincombe	FS	16.49	Cranfield	2003
3	Alice Ritchie	FS	17.10	Mid-Cheshire	2020
4	Rita Quill	FS	17.16	Charndon	1997
5	Elle Roche	FS	17.19	MK(Rocket)	2019
6	Michelle Lee	FS	17.34	Willen	2006
7	Jane Ovington	F35	17.35	Marston	2007
8	Lara Bromilow	FS	17.38	London (City)	2015
9	Tanya Cronijn	FS	17.47	Charndon	2011
10	Imogen Norton	FS	17.53	Blisworth	2008



## VIRTUAL RACING DURING LOCKDOWN

Runners had to use Garmin or Strava to record their time over the relative distances while maintaining social distancing rules.

### May 4-7: Virtual Bannister Miles

175	Graham Jones	MS/77th	4.50
271	Tom Cuthbertson	MS/97th	5.00
276	Michael Smith	M40/33rd	5.01
289	Matt Clarke	M40/40th	5.02

1182 took part

### May 22-26: Sam Winters and Graham Jones do the BMC Virtual 1km challenge

Two MMK runners took up the challenge alongside 1011 runners from across the UK.

28	Sam Winters	2:32
184	Graham Jones	2:52

### June 20: British Masters Virtual 5km Championships

Twelve MMK members took part in the British Masters Virtual 5km Championships. You could run between 14th and 20th June

Posn.	Cat.		Age	Time
141	71	Ian Wood	M35	16:31
329	102	Matthew Clarke	M40	17:17
374	73	Gary Blaber	M45	17:28
599	177	Michael Smith	M40	18:04
732	208	David Moody	M40	18:25
830	173	Steve Withers	M45	18:41
863	229	Matt Turner	M40	18:46
1001	201	Andrew Wasdell	M45	19:04
2326	19	Diane Baldwin	W60	23:05
2349	10	Stuart Cowan	M70	23:11
2460	162	Miriam Drewett	W35	23:42
3003	23	Fi Han Bromilow	W65	27.20

3283 took part

## British Virtual 5km Championships

Seven MMK athletes entered the British Virtual 5km Championships, but only three posted times. 1766 athletes competed. Both Jack Pocock (by 18 seconds) and Fi Han Bromilow (by 46 seconds) achieved (virtual) personal bests!

Pos	Cat		Cat	Time
65	40	Jack Pocock	MS	15:31
1317	13	Diane Baldwin	F60	23:14
1579	13	Fi Han Bromilow	F65	26,34

## Bedfordshire Virtual 10k

Three MMK runners took part in the Bedfordshire Virtual 10k. Stuart Cowan was the first M70. 84 runners completed the 10k course between 13 June and 19 July.

Pos	Cat		Cat	Time
17	5	Andrew Wasdell	M45	40.32
23	7	Chris Nicholson	M45	42.22
38	1	Stuart Cowan	M70	48.11

## Stuart Cowan and Fi Han Bromilow are MMK's Road Runners of 2019

Following a point-scoring competition over a number of races throughout 2019, Stuart Cowan and Fi Han Bromilow were declared the winners. The pictures below show Stuart and Fi Han with their trophies.





## A FANTASTIC GOLD AND BRONZE MEDAL FOR CHRIS HEARN

### Chris reports on the 2020 British Indoor Rowing "Virtual" Championships

**A**fter picking up a rowing machine from MK Rowing Club eight weeks into lockdown I decided that I would train for the British Rowing Virtual Championships on June 27<sup>th</sup>/28<sup>th</sup>.

The competition worked much like the actual British championships in terms of the technology but this time all the competitors around the country (and the world) would be participating in their own homes.

On the Saturday I raced over 2km in the lightweight 30-39 category. I 3/4<sup>th</sup> had some very formidable opposition in the form of Ireland's Nathan O'Reilly who was once part of the Olympic setup. Nathan would go on to win the race while I battled with Craig Mumby who was representing the Army. Craig had beaten me over 500m the previous December at the British Indoor Championships and had a pb that was two seconds quicker than my own. However I managed to hold him off and edge him by half a second recording a new pb of 6.40.1 (a best by 0.2 of a second).

The following day I saw the official results and was surprised that I had been moved to third. A rower called Paul Clarke (a name I recognised from looking at previous rankings) was a late entry and obviously had some technical issues on the day which meant he had sent in his result after the race had finished. I wasn't too upset though as I was still technically on the podium and couldn't have gone any faster than I had. My time though was now listed as 6.40 dead which was a bit odd.

The next day I would compete over 500m and again be racing Craig Mumby among others. I knew I had to achieve a massive pb to beat him but was shocked when I ended up winning the race by a second in a new best time of 1.27.1. This was a two and a half second improvement of my pb and ended up being the fastest time of the day for any lightweight rower.

After winning four silver medals at previous British Championships it was great to finally get a gold one.

What made it perhaps even sweeter was that I was due to have my long awaited Achilles surgery three days later. So it was a very poignant last hoorah before what would probably be a fairly lengthy lay-off from any competitive sport.

*Further good news was of a successful operation. ED.*



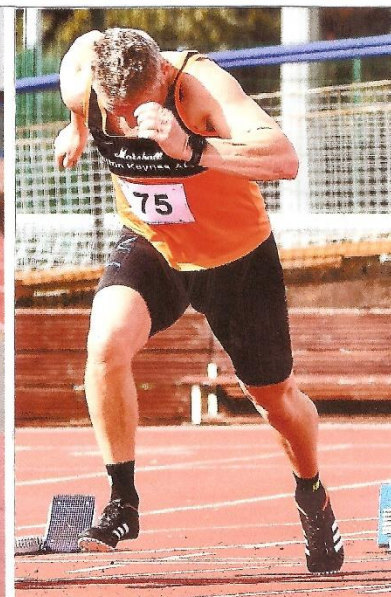
## VETERAN ATHLETES RANKINGS FOR 2020

### WOMEN

<b>800m</b>				
Debra Brent	F55	02:56.0	Milton Keynes	05-Sep-20
<b>Long Jump</b>				
Leone Kahembe	F55	2.75	Milton Keynes	13-Sep-20
<b>Shot (3kg)</b>				
Leone Kahembe	F55	6.39	Milton Keynes	13-Sep-20
<b>Hammer (3kg)</b>				
Diane Presswell	F50	28.48	Milton Keynes	29-Feb-20
Nicola Moffat	F50	27.20	Milton Keynes	13-Sep-20
Diane Presswell	F55	26.51	Milton Keynes	13-Sep-20
Leone Kahembe	F55	18.11	Milton Keynes	13-Sep-20

### MEN

<b>100m</b>				
George Gavriel	M35	11.68 w+1.4	Nuneaton	06-Sep-20
Paul Canning	M50	12.5	Milton Keynes	05-Sep-20
Kelvin Smith	M70	16.4	Milton Keynes	05-Sep-20
<b>200m</b>				
George Gavriel	M35	24.36 w-0.2	Nuneaton	06-Sep-20
Paul Canning	M50	25.2	Milton Keynes	05-Sep-20
<b>400m</b>				
George Gavriel	M35	54.3	Nuneaton	16-Aug-20
Jeremy Vick	M40	60.1	Milton Keynes	05-Sep-20
Paul Canning	M50	60.41	Nuneaton	06-Sep-20
<b>400mH</b>				
George Gavriel	M35	63.39	Nuneaton	02-Aug-20
<b>Shot (7.26kg)</b>				
Barry Nash	M45	11.88	Milton Keynes	23-Aug-20
<b>Shot (5kg)</b>				
Bunt Scott	M65	9.25	Peterborough	04-Oct-20
<b>Shot (4kg)</b>				
Mike Burling (F35)	M60	4.34	Milton Keynes	29-Feb-20
<b>Discus (1.5kg)</b>				
Anthony Moffat	M50	25.93	Milton Keynes	13-Sep-20
<b>Discus (1kg)</b>				
Bunt Scott	M65	35.99	Peterborough	27-Sep-20
Mike Burling (F35)	M60	12.35	Milton Keynes	13-Sep-20
<b>Hammer (6kg)</b>				
Anthony Moffat	M50	29.3	Milton Keynes	13-Sep-20
<b>Hammer (5kg)</b>				
Bunt Scott	M65	34.21	Peterborough	27-Sep-20
Mike Burling (F35)	M60	10.47	Milton Keynes	13-Sep-20
<b>Hammer (3kg)</b>				
Jack Kee	M80	28.32	Milton Keynes	23-Aug-20
<b>Javelin (600gm)</b>				
Bunt Scott	M65	27.4	Milton Keynes	13-Sep-20
Mike Burling (F35)	M60	8.94	Milton Keynes	13-Sep-20





# CLUB SURVEY

## IAN STEWART SUMMARISES THE SURVEY

As many of you know, the club committee agreed for a variety of reasons to form a couple of focus groups earlier in the year on "Finance and Governance" and "Vision and Engagement". The two groups met a number of times and some good and challenging discussions were had. One of the projects arising from that was to do a club survey, and this has proved to be a good catalyst for debate across a number of topics, arriving at the AGM.

I'd like to thank all those that helped put the survey together, in particular Jackie Garner. I don't propose to go through the report you will have been sent for this AGM, but as you have hopefully seen and had opportunity to read, we sent it out to over 500 members, and for a survey of this type got quite a good response rate. The survey feedback took two forms...pure statistical data where questions were answered yes/no/ maybe etc, and then the opinions expressed in free text as part of the survey itself. Both of these aspects were very valuable. Some of the pure data was reaffirming like the question, do you feel you belong to MKAC....89% said yes, and other data more thought provoking, for example when coaches were asked if they felt their coaching efforts were appreciated by the club, a sizeable minority, nearly 30% said NO...something we should not ignore. Overall the results were positive towards the club, but there were significant areas where there are opportunities to do better.

### A few insights by subject area

Re Finance and Governance, the clarity Diane has brought to the club's finances has been very welcome, but more transparency to the membership appeared to be a good idea. More openness regards decision making was also seen as an area that could be improved.

Re Coaching, as I mentioned, there is definitely room for improvement in the relationship both between coaching groups, and also coaches with the club leadership, as well as development and sourcing of new coaches.

Re Communication, it was an interesting topic...everyone these days seems to be communicating more, particularly with the whole aspect of social media.....but it came through in the survey that we could do much better in this area. For example, over 35% of those who responded didn't know we produced a quarterly newsletter. So we can do better and i

Re Culture and Engagement, this turned out to be a catch all for many topics, but it's rather like the issue of why a company might be considered a nice place to work....it's a combination of many things, and it appears there are many things that we are doing well, and many areas we could progress like listening to members more, promoting more diversity and inclusivity, better athlete representation in the leading of the club, more encouragement and coordination and indeed recruitment of volunteers. There are many opportunities to make the club a nicer place to be.

Opinions from our Road Running members were very insightful. It's clear road running has become a very popular pastime and the balance we have struck in the past has missed to a large extent the explosion in this aspect of our sport. We have some choices to make here but it needs some good discussions to evolve the club so it becomes more relevant for today's average road runner.

Regarding Facilities, you will likely be aware that the club is just about to have new floodlights installed. These will cost all in £100k. We are responsible for the upkeep of the track and equipment, but don't have to pay rent to use the facilities; this is the trade off with the school and our community. This is quite a burden, but also a major asset that many clubs are envious of. One or two key members of the club have been very active in looking after these facilities, but we need a good plan to share the burden, and also some focus on not only maintenance, but also if there are any opportunities to add to our facilities with projects like the potential indoor area, or a stand along the home straight, or an extension to the clubhouse. Who knows what's possible but we need some more focus in this area going forward and the survey responses indicated significant support and ambition in this area.

Out of the working group discussions, it emerged that our Committee Structure could be improved to bring more focus and coordination across a number of areas:- Communication, Coaching, Facilities, Development, Competition, and Athlete Representation.

So overall, we learnt a lot both about the survey process itself and mainly the feelings of our members and stakeholders and its now very important that we use the AGM and the structures that follow to give life to some of the findings and aspirations our members and stakeholders clearly have for the club .

## IAN STEWART - ONE OF THE EARLY UK RUNNERS TO BREAK THE FOUR MINUTE MILE BARRIER

Ian started his athletics career with MKAC and then joined Luton to help further his progress. Ian ran the mile in 3:53.20 at Koblenz, Germany in 1982. This is the 23<sup>rd</sup> best time in the UK rankings (there are 217 in this list). Amongst them is Neil Ovington who joined us from Thames Valley Harriers in the early 2000's. He had run 3:57.07 in 1986, 77<sup>th</sup> in all-time rankings.

Ian won the 1983 Wolverton Five with a time of 23.39, then representing Invicta AC, a Kent club where he was at university. Ian was very much a local young man and along with Simon Rayner from MKAC made the race a local 1-2. Simon clocked 23.54 for a MK club record which still stands.....37 years ago!



Simon (L) and Ian after the race.

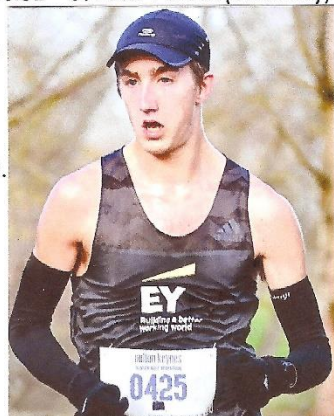


## RYAN BURLING

Welcome back to Ryan who has been working in Guernsey in recent years. During 2018 he set three superb PB's on the road:

Marathon	2:20.10	Frankfurt
Half Marathon	66.28	Greenwich, Big Half
10 miles	50.31	St Peter Port 10(Guernsey)

In late 2018 Ryan came home to spend time with his family at Christmas and took time out to convincingly win the MK Winter Half-Marathon with a time of 69. Photo in the Tear Drops area



### WHAT AN AUTUMN/EARLY WINTER RYAN HAS HAD ON THE ROADS

#### MK 5KM PB SPECIAL – 27 SEPTEMBER

Ryan placed a very close second to Johnny Roberts(Southampton) in the Elite "C" race Both given the same time of 14.35, a huge PB for him by 34-seconds. AND moves to second all-time on the club record rankings, just a second off Sam Winters' 14.34 from Armagh earlier in the year. Photo on page11

#### HERTFORDSHIRE REMEMBRANCE 10KM (Bovingdon) – 6 DECEMBER ##

Ryan, after a three man tussle at the front of the field moved ahead to win in 29.49, only the second MMK man to duck under 30 minutes, missing Kerry Hayes' 31 year-old club record by just four seconds!

#### ESSEX REMEMBRANCE 10KM (Saffron Walden) – 13 DECEMBER **A SECOND VICTORY IN A WEEK!**

Despite the very poor conditions, Ryan set off at pace and was only 26 seconds outside his PB from last week, winning in 30.15, 43 seconds ahead of the second-placed runner. 166 finishers.

#### On the track

Late track season 2020 saw Ryan competing in the 3000m at Harrow on 1 October recording 8.25.75 to sit 6<sup>th</sup> between Tom Comerford (8.25.18) and Jack Meijer (8.27.10) in the club all-time rankings. AND another PB, by 5-seconds.

## This race saw Jamie Seddon place 10<sup>th</sup> with a PB of 31.39. Elle Roche and Alice Ritchie both set PB's as first (35.36) and second (36.05) ladies moving to 6<sup>th</sup> and 9<sup>th</sup> respectively in all-time club rankings.

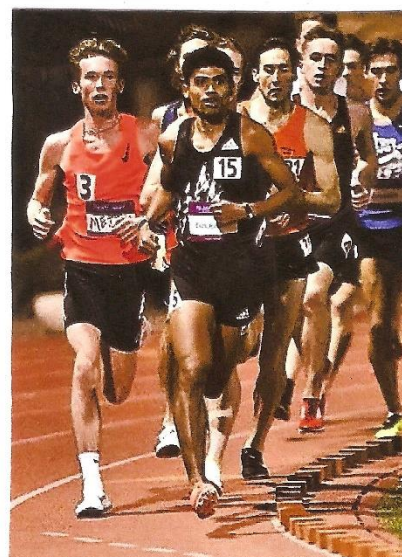
## JACK MEIJER SMASHES 5000M CLUB RECORD IN CALIFORNIA

Jack, representing the University of Wisconsin, where he is in the second year of his studies, smashed his personal best for 5000m by 70 seconds in a race in San Juan Capistrano, California.(4 December)

Competing against USA star Matt Centrowitz, the 1500m Olympic Gold Medallist from Rio, Jack finished in 12<sup>th</sup> place, just 12 seconds behind him in 13:44.17. This knocks almost half a minute off the club record set by Marcin Fudalej in 2010.

This result puts Jack in seventh place on the UK 5000m rankings for 2020 (2<sup>nd</sup> M23) and 183<sup>rd</sup> on the UK all-time rankings.

Jack's track result followed an outstanding elite cross-country race at Terre Haute, Indiana, three weeks earlier on November 14, where he placed fourth in a sprint at the end of an 8000m race in 23:54.6, just 0.3 seconds behind third place and just 1.3 seconds behind second-placed Olympic Athlete, Paul Chelimo, who was the 5000m silver medallist at Rio in 2016



Jack, no 3, in the outside lane

### ALLTIME TOP 12 10KM RANKINGS

MEN						LADIES					
1	Kerry Hayes	MS	29.45	Harrow	1989	Michelle Lee	FS	33.55	Windsor	2006	
2	Ryan Burling	MS	29.49	Bovingdon	2020	Linda Dewhurst	FS	33.56	Kettering	1987	
3	Simon Rayner	MS	30.14	Eastleigh	1985	Vicky Pincombe	FS	35.11	Silverstone	2003	
4	Polo Burguete	MS	30.19	Telford	2019	Rachel Robinson	FS	35.16	Grimsby	2018	
5	Paul Mizon	MS	30.53	Telford	2019	Emily Tallen	FS	35.30	Milton Keyn	2012	
6	Tom Comerford	MS	31.03	Telford	2019	Elle Roche	FS	35.36	Bovingdon	2020	
7	Ian Thompson	MS	31.21	Bearwood	1993	Rachel Pearson	FS	35.53	Lincoln	2012	
8	Charles Herrington	MS	31.30	Cranfield	1998	Rita Quill	FS	35.57	Silverstone	1997	
9	Marcin Fudalej	MS	31.32	CMK	2010	Alice Ritchie	FS	36.05	Bovingdon	2020	
10	Elliot Hind	MS	31.38	London	2019	Lara Bromilow	F35	36.11	Brighton	2019	
11	Jamie Seddon	MS	31.39	Bovingdon	2020	Jane Bird	F35	36.26	Milton Keyn	1984	
12	Kevin Farmer	MS	31.43	Milton Keynes	1989	Jane Ovington	F35	36.29	Windsor	2009	





With the fragmented year and the loss of many races our rankings are a bit sparse this year. At least the two Willen 5km races bumped up the numbers

Just one marathon runner – Congratulations to Matt Turner[R] He improved his PB over 31 mins from 2019 on a very wet day around Windsor. We now have 105 in our “sub 3-club” – Matt is no 82 at the moment.

The Willen races are highlighted are pages 10 & 11 and as are Ryan Burling's late season runs on the previous page.



## RESULTS FOR THE LATTER PART OF THE YEAR

### 4 Oct. Dorney Lake Marathon, Windsor

124 Matt Turner(M40) 2:55.25 [PB]

### 4 Oct MK AUTUMN RUNS

10km 35 Andrew Totton(M40) 48.39, 44 Di Farmer(F55) 50.04

61 Simon Booth(M60) 56.50

Half Marathon 8 James Ward(M40) 88.18

### 18 Oct Bedford Running Grand Prix

5km 21 Dan Webber(M40) 17.13PB; 29 Andrew Wasdel(M45)

18.11PB; 49 Karen Tinknell(F40) 22.31PB; 63 Malcolm Kidby(M50) 24.57

10km 61 Lauren Hankers(FS) 44.35; 76 David Newens(M75) 45.58

Half Marathon 4 Elliot Hind(MS) 71.03

### 6 Dec Remembrance 10km[Bovingdon]

1 Ryan Burling(MS) 29.49PB; 10 James Seddon(MS)

31.39PB, 13 Elliot Hind(MS) 32.00; 30 Sam Winters 35.35; 31 Elle Roche(FS)

35.36PB, 35 Alice Ritchie(FS) 36.05PB

### 13 Dec MK Winter Half Marathon

23 Dan Webber(M40) 79.24, 57 James Ward(M40) 84.25; 92 Neil

Jones(M40) 88.00; 145 Stephen Coomber(MS) 92.17PB; 389 Eduardo

Usteran(M50) 105.13; 390 Suzanne Anderegg(F50), 105.13; 423 Karen

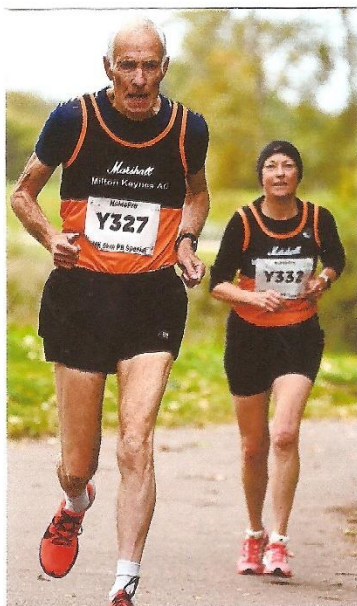
Tinknell(F40) 107.17; 668 Simon Booth(M60) 119.30

### 13 Dec Haywards Heath 5km

41 Jamie Seddon(MS) 15.21; 185 Alice Ritchie(FS) 18.00

### 13 Dec Remembrance Essex 10km -Saffron Walden

1 Ryan Burling(MS) 30.15



## ROAD RANKINGS 2020

### MEN

#### 5km

Sam Winters	MS	14.34	Armagh
Ryan Burling	MS	14.35	Willen 2
Polo Burguete	MS	14.36	Armagh
Conrad Webber	MS	15.00	Willen 2
James Tuttle	MS	15.02	Armagh
Jamie Seddon	MS	15.07	Kingsley
Elliot Hind	MS	15.49	Willen 2
Robert Hickman	MS	16.06	Willen 1
Leo Freeland	M20	16.13	Willen 1
Ian Wood	M35	16.26	Willen 2
Graham Jones	MS	16.43	Willen 2
Thomas Cuthbertson	MS	16.55	Willen 1
Matt Clarke	M40	17.02	Willen 1
Gary Blaber	M45	17.03	Willen 2
Jeremy Vick	M40	17.05	Willen 2
Dan Webber	M40	17.13	Bedford
Galen Butler	M20	17.13	Willen 1
Chris Finister	M45	17.34	Willen 2
Jack Pocock	MS	17.42	Willen 2
Sean Butler	MS	18.09	Willen 2
Andrew Wasdell	M45	18.11	Bedford
James Ward	M40	18.16	Willen 1
Alfie Blaber	M20	18.38	Willen 2
Stephen Coomber	M35	18.53	Willen 2
John Skelton	M65	18.56	Willen 2
Sam Harper	MS	18.57	Willen 2
Philip Gazard	M50	19.19	Willen 1
Steve Withers	M45	19.34	Willen 2
Neil Jones	M45	20.29	Willen 1
Dave Findel-Hawkins	M65	23.07	Willen 2
David Newens	M75	23.13	Willen 2
Stuart Cowan	M70	23.21	Willen 1
Peter Tye	M50	24.08	Willen 2
Malcolm Kidby	M50	24.57	Bedford

#### 10km

Ryan Burling	MS	29.49	Bovingdon
Jamie Seddon	MS	31.39	Bovingdon
Elliot Hind	MS	32.00	Bovingdon
Thomas Cuthbertson	MS	33.50	Winslow
Thomas Dell	MS	34.36	Winslow
John McDonnell	MS	34.55	Battersea Park
Sam Winters	MS	35.35	Bovingdon
Matt Clarke	M40	37.54	Winslow
John Skelton	M65	38.47	Milton K.
Dave Edwards	M40	44.39	Milton K.
Martin Brent	M50	44.39	Milton K.
David Newens	M75	45.58	Bedford
Andrew Totton	M40	48.39	MK Autumn
Neil Whitwell	M40	48.46	Milton K.
Simon Booth	M60	56.50	MK Autumn
Dave Storer	M70	57.53	Winslow
Malcolm Kidby	M50	64.52	Winslow

[PS -no one has run a Smile event]

### AGE GROUP RECORDS SET THIS YEAR

David Newens is ranked no.2 in the UK M75 rankings for 5km and 10km. Photo, left, at Willen.



# Men/Continued Half Marathon

Elliot Hind	MS	71.03	Bedford
Steve Tuttle	MS	72.11	Milton K.
Gary Blaber	M45	77.47	Wokingham
Matt Clarke	M40	77.52	Cambridge
Chris Finister	M45	79.19	Wokingham
Dan Webber	M40	79.24	MKWinter
Tom Hayman	MS	81.33	Greenwich
Matt Child	MS	82.00	Greenwich
Stephen Young	MS	82.07	Wokingham
Andrew Cowdrill	MS	83.08	Wokingham
James Ward	M40	84.25	MKWinter
Mike Smith	M40	85.16	Wokingham
Matt Turner	M40	85.24	Greenwich
Sean Butler	MS	86.56	Milton K.
Neil Jones	M45	88.00	MKWinter
Andrew Wasdell	M45	89.12	Milton K.
Phil Gazard	M50	89.16	Siddington
Dan Hippey	M40	91.08	Greenwich
Stephen Coomber	MS	92.17	MKWinter
Chris Nicholson	M40	94.21	Milton K.
Jack Salisbury	SM	97.39	Bath
Steve Martin	MS	98.13	Milton K.
Eduardo Usteran	M50	105.13	MKWinter
Thomas White	MS	106.21	Greenwich
Stuart Cowan	M70	109.06	Watford
Simon Booth	M60	119.30	MKWinter

# 20Miles

Matt Turner	M40	2.17.55	Milton K.
Neil Jones	M45	2.24.14	Milton K.

# Marathon

Matt Turner	M40	2.55.25	Dorney Lake
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# WOMEN

# 5km

Alice Ritchie	FS	17.10	Kingsley
Elle Roche	FS	17.37	Willen 1
Lara Bromilow	F35	18.14	Willen 1
Imogen King	F20	18.52	Willen 2
Linsey Ryall	F35	19.39	Willen 1
Lauren Hankers	FS	21.34	Willen 2
Kate Edwards	F35	21.35	Willen 2
Debra Brent	F55	22.09	Willen 2
Karen Tincknell	F40	22.31	Bedford
Fern Yull	FS	22.48	Willen 2
Lily Peters	FS	22.53	Kirkby Mall
Diane Farmer	F60	24.01	Willen 1
Fi Han Bromilow	F65	26.58	Willen 1

# 10km

Elle Roche	FS	35.36	Bovingdon
Alice Ritchie	FS	36.05	Bovingdon
Lauren Hankers	FS	44.35	Bedford
Debra Brent	F55	47.31	Milton K.
Julia Totton	F40	47.39	Milton K.
Miriam Drewett	F35	48.50	Draycote
Karen Tincknell	F40	49.01	Milton K.
Diane Farmer	F60	50.04	MKAutumn

# Half-Marathon

Lara Bromilow	F35	79.47	Greenwich
Alice Ritchie	FS	83.58	Milton K.
Natasha Baker	FS	90.45	Cambridge
Devon Byrne	FS	92.42	Greenwich
Siobhan Dyer	FS	94.10	Greenwich
Suzanne Anderegg	F50	105.13	MKAutumn
Jo Wood	F50	105.31	Milton K.
Karen Tincknell	F40	107.17	MKAutumn
Lauren Hankers	FS	113.15	Greenwich

# 20Miles

Lara Bromilow	F35	2.14.08	Milton K.
Wendy Webber	F40	2.22.54	Milton K.

Just 21 ladies featured in 2020. Alice Ritchie is in three of the disciplines and set a Half-Marathon PB when winning the MK Half-Marathon(photo) back in March. Likewise Elle Roche won the 10km at Bovingdon with a PB. Both are in the 5km and 10km top tens listings on pages 11 and 15. Lauren Hankers and Karen Tincknell (photos) are also in three of the 2020 listings.



Neil Jones &  
Andrew Wasdell



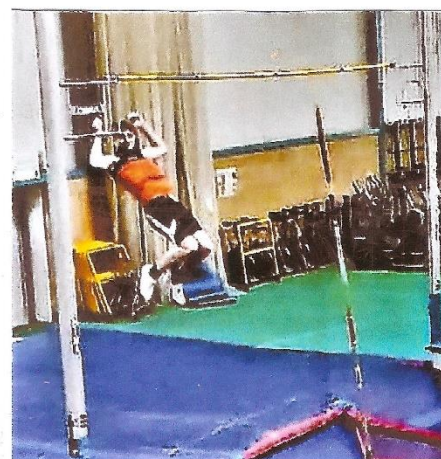


# MARSHALL MILTON KEYNES ATHLETES IN UK TOP 50 NATIONAL RANKINGS for UNDER 13, 15, 17 & 20 ATHLETES

[Track & Field rankings compiled by Jim Lawrence]

<b>U20 MEN</b>					
High Jump	35	Sam Featherstone	ind	1.86m	Sheffield 23-Aug
Discus ( 1.75kg)	32	Oliver Moyles		33.40m	Milton Keynes 23-Aug
Hammer ( 6kg)	5	James Ericsson-Nicholls		59.79m	Portsmouth 11-Oct
<b>U20 WOMEN</b>					
100m Hurdles	24	Anna Rogozha		17.19	w- Stretford 03-Oct
3000m	32	Imogen King		10.50.3	Milton Keynes 05-Sep
Pole Vault	38	Mia Soman	ind	2.50m	Lee Valley 02-Feb
High Jump	50	Anna Rogozha		1.52m	Lee Valley 22-Aug
Shot Putt(4kg)	44	Anna Rogozha		9.64m	Milton Keynes 23-Aug
Hammer ( 4kg)	4	Lara Moffat		51.17m	Woodford Green 10-Oct
	9	Jasmine Trapnell		46.15m	Nuneaton 30-Aug
Javelin(600gm)	29	Anna Rogozha		31.89m	Lee Valley 16-Aug
Heptathlon	4	Anna Rogozha		3635 pts	Stretford 04-Oct
<b>U17 MEN</b>					
800m	37	Zak Freeland		1.58.55	Dagenham 12-Sep
3000m	48	Jack Rose		9.14.5	Milton Keynes 05-Sep
Pole Vault	15	Tim Penley	ind	3.92m	Cardiff 08-Mar
Javelin (700gm)	12	Joseph Taylor		54.42m	Milton Keynes 23-Aug
	17	Riaghan Matheson		50.66m	Milton Keynes 13-Sep
<b>U17 WOMEN</b>					
3000m	42	Millie Freeland		11.16.61	Dagenham 31-Oct
Hammer ( 4kg)	1	Lara Moffat		47.21m	Milton Keynes 13-Sep
Hammer ( 3kg)	1	Lara Moffat		56.91m	Nuneaton 30-Aug
Javelin ( 600gm)	2	Eva Durand		46.55m	Lee Valley 30-Aug
<b>U15 BOYS</b>					
100m	29	Ayo Fatoki		11.8	Milton Keynes 05-Sep
200m	12	Ayo Fatoki		23.7	Milton Keynes 05-Sep
300m	32	Harris Kentish		39.32	Dagenham 23-Aug
Long Jump	12	Daniel Ayodele		5.78m	Milton Keynes 13-Sep
	42	Ed Barber		5.36m	Milton Keynes 23-Aug
Pole Vault	24	Jamie Penley		2.22m	Cardiff 08-Mar
<b>U15 GIRLS</b>					
75m Hurdles	31	Hayley Dimond		12.2	Rugby 05-Sep
3000m	17	Madeleine Pearce		10.47.83	Dagenham 31-Oct
Shot Putt ( 3kg)	3	Hayley Dimond		12.98m	Moulton 19-Sep
Discus ( 1kg)	5	Hayley Dimond		31.86m	Moulton 12-Sep
Javelin ( 500gm)	3	Ayesha Jones		40.76m	Milton Keynes 13-Sep
	11	Hayley Dimond		34.61m	Rugby 22-Aug
<b>U13 BOYS</b>					
75m	11	Tito Odunake		10.5	Milton Keynes 22-Aug
200m	38	Joseph Grainger		28.5	Milton Keynes 05-Sep
<b>U13 GIRLS</b>					
75m	27	Janelle Ayorinde		10.9	Milton Keynes 22-Aug
	37=	Olivia Chilton		11.0	Milton Keynes 22-Aug
	37=	Zariya Olayiwola		11.0	Milton Keynes 22-Aug
1500m	29	Eleanor Pearce		5.10.6	Milton Keynes 05-Sep

denotes outdoor CLUB RECORD  
denotes Indoor CLUB RECORD



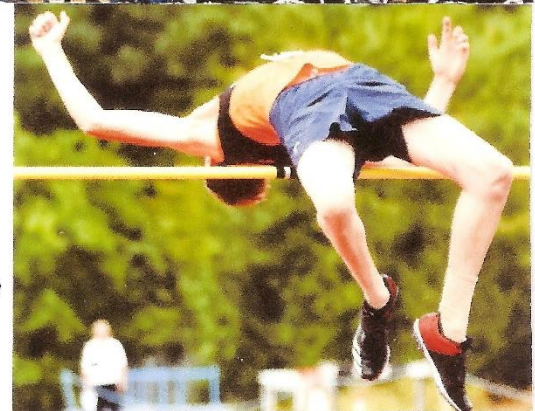
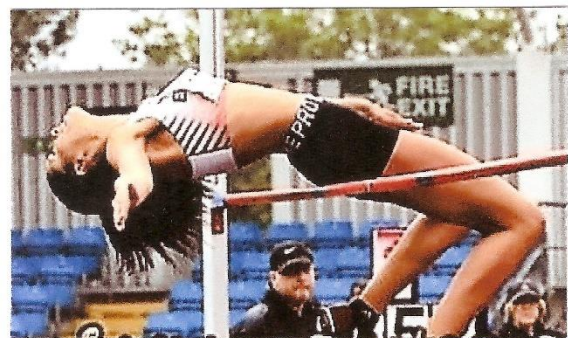
**Above:**  
Tim Penley already celebrating as he clears 3.92m at Cardiff  
The Pearce sisters - Maddie(L) and Eleanor(R)  
Zak Freeland(L) and Jack Rose(R)  
**Left:** Daniel Ayodele(L) and Joseph Taylor  
**Note:**  
Athletes in the throwing disciplines - photos on pages 6 & 7



# MARSHALL MILTON KEYNES SENIOR/U23 ATHLETES IN UK TOP 50 NATIONAL RANKINGS

[Track & Field rankings compiled by Jim Lawrence]

<b>SENIOR MEN</b>					
5000m	8	Jack Meijer	U23	13.44.17	San Juan, USA 04-Dec
Hammer (7.26kg)	23	James Ericsson-Nicholls	U20	50.93m	Milton Keynes 13-Sep
Javelin(800gm)	8	Redford Curtis		65.05m	Virrat, Finland 19-Aug
	38	Jack Panter		50.24m	Milton Keynes 29-Feb
5000m	48	Jack Meijer	ind	14.54.78	Ohio,USA 29-Feb
<b>SENIOR WOMEN</b>					
High Jump	7	Laura Zialor	ind	1.81m	Sheffield 16-Feb
Hammer ( 4kg)	4	Kayleigh Presswell		61.65m	Nuneaton 16-Aug
	13	Lara Moffat	U20	51.17m	Woodford Greer 10-Oct
Heptathlon	8	Anna Rogozha	U20	3635 pts	Stretford 04-Oct
<b>U23 MEN</b>					
3000m	45	Conrad Webber		8.33.61	Harrow 10-Sep
5000m	2	Jack Meijer	U23	13.44.17	San Juan, USA 04-Dec
High Jump	20	Robert Lewis	ind	1.85m	Lee Valley 02-Feb
1000m	13	Jack Meijer	ind	2.30.32	Iowa,USA 17-Jan
One Mile	29	Jack Meijer	ind	4.12.26	Iowa,USA 18-Jan
3000m	15	Jack Meijer	ind	8.18.78	Indiana,USA 07-Feb
5000m	12	Jack Meijer	ind	14.54.78	Ohio,USA 29-Feb
<b>U23 WOMEN</b>					
High Jump	1	Laura Zialor	ind	1.81m	Sheffield 16-Feb



photo/R

photo/top

**ATHLETES STILL COMPETING ON THE TRACK IN DECEMBER.....** firstly Jack Meijer in California, (4-Dec.) and then Chad Lambert in Melbourne (22- Dec).

Jack's report is on page 15. Chad Lambert, who last competed for the club on the track in 2013, was in action in a 3000m race in Melbourne, Australia, where he is working as a doctor. Running in the C race and targeting sub 9 minutes, he excelled himself with a very fast last lap to record 8:35.50, taking two seconds off his personal best time recorded in 2012. Chad is still an MMK member so the time is a late addition to the club rankings. His partner, Alice Burgin (Bedford & County) ducked under 10 minutes in the women's A race.

**DOWN MEMORY LANE.....TWO BRONZE MEDALS AT THE 2005 NATIONAL CROSS - COUNTRY CHAMPIONSHIP**

**Held in Cofton Park, Birmingham Chad Lambert won the bronze medal in the under 13 boys race.**

## Top six under 13 boys at the "Nationals"

1	3	Chad Lambert	Birmingham	2005
2	18	Grant Tilley	Leeds	2004
3	21	Josh Lyman	Leeds	2004
4	43	Dominic Murphy	Alton Towers	2011
5	58	Sam Winters	Leeds	2004
6	65	Matt Willmott	Parliament Hill	2003

**AND FOR GOOD MEASURE TANYA TAYLOR WON BRONZE IN THE U15GIRLS RACE....another story**

## THE CLUB ONE MILE RECORD – a mini-review.

The mile is not run that regularly and, as such, we have not published rankings. Jim Lawrence has come up with the following for the men and I, noting that Jack Meijer had run an indoor mile in the USA, have added him in for completeness.

### Leading male one milers:

1	Chad Lambert(M23)	4.09.95	Oxford	2013
2	Alex Bowden(SM)	4.11.7	Bedford	2003
3	Jack Meijer(M23)	4.12.26	USA(Indoors)	2020
4	Andy Whetstone(M23)	4.13.8	Birmingham	2006
5	Paul Fisher(M20)	4.14.6	Bedford	1998

Chad had a very good summer back in 2013. He set his 1500m PB with 3.47.79. He is 4<sup>th</sup> in the club all-time rankings. Just 67/100ths separate the top 4.

Marcin Fudalej	4.47.12	2009
Paul Fisher	4.47.24	1998
Andy Whetstone	4.47.73	2006
Chad Lambert	4.47.79	2013

He ran 1.52.19 for 800m that year but ran slightly faster in 2012 with 1.51.92 at Stretford, Manchester.

*Chad, sadly, has suffered with many injuries over the year but ran the occasional cross-country(I guess less pressure on the body). Here he is in 2019 at Keysoe Lets hope, that after his run in Melbourne, he can stay injury-free. Good luck, Chad*





# A REVIEW OF MK LADIES MARATHON RUNNING SINCE 1979

Strange as it may seem but the first MKAC female marathoner hailed from Denver, USA. In 1979 Barbara Martin had come over with her husband Mike, who worked on the OU maths course with Mick Bromilow. An enthusiastic runner, Barbara ran in the 1979 Road Runners Club Championship held in Milton Keynes. Milford Callow was the local organiser. Barbara clocked 3:18.23 to set the inaugural MKAC ladies club record.

Jane Bird joined us from Oxford City in 1983 and ran 3:18.07 at Bedford. Jane (V35) was soon training with the quicker men and not surprisingly was pushed to a "sub-3" in the 1984 London with 2:57.12. This remained her PB, she ran 2:59.44 in 1985.

Kathy McGuinness(now Reynolds) ran 3:38.59 in 1986 and Jan Richardson 3:37.13 in 1988. New York beckoned for four ladies in 1991 – Chris Daniells(V50/3:39.45), Val Russell(V45/3.46.35), Sylvia Smith(V40/3.47.20) and Anne Dagen(V35/3.59.28).

Margaret Swithenby(V40) entered the marathon rankings in 1992 with her time of 3.25.09 at Gosport, Jan Richardson improved to 3.27.56 at Stone, Staffs. Margaret set her PB in the 1994 London(3.12.21) and still in the all-time top 20 – 11<sup>th</sup> place. Jennie Whelan(V45) clocked 3.44.17 also in London. Margaret led the 1995 rankings with 3.16.39 at Portsmouth.

Lyn Jolley, in MK from Rochdale for a couple of years, ran 3.30.03 in 1996 with Jane Bird making a return in the F45 rankings(3.35.44). Margaret(V45) was back leading the rankings in 1997(3.15.05/London) and almost running the same time in Reims(1998/3.15.15) but saw Katrina White run 3.10.31 in her debut in Venice. Alex Knowles ran 3.27.07 in Chicago with Gill Donaldson 3.29.09 in London.

Katrina then became the second MK lady to break 3-hours with 2.55.49 at London in 1999. Margaret ran 3.14.33 for a V45 record. Debuts for W50's Margaret Crowe(3.48.36) and Rosemary Muston(3.49.09)

## TOP SIX – PRE 2000

Katrina White(FS)	2.55.49	London	1999
Jane Bird(V35)	2.57.13	London	1984
Margaret Swithenby(F40)	3.12.21	London	1994
Barbara Martin(F35)	3.18.23	Milton Keynes	1979
Alex Knowles(FS)	3.27.07	Chicago, USA	1998
Jan Richardson(F35)	3.27.56	Stone, Staffs	1988



Alex Knowles & Margaret Swithenby at the 1988 Tour of MK awards

London 2000 saw Katrina White improve her PB to 2.54.37 and Margaret Swithenby set a F50 record with 3.17.36(which still stands). In 2001 Chris Daniells set a F60 record with 3.59.10 in Paris. Newcomer Anick Valapinee(F40), also ran in Paris and clocked 3.41.07. Rosemary Muston, in 2003 set the F55 club best with 3.32.02 at London and Chris Daniells bettered her F60 record with 3.58.40 in Prague.

MICHELLE LEE also joined in 2002 and next year headed **THE** club rankings and smashed the ladies record with 2.43.41 at London.

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 4<sup>th</sup> Great Britain lady on the day.

As her coach Jim McKenna commented "so near yet so far"

**And the record still survives**

In 2005 Michelle ran 2.44.49 in Stockholm whilst Imogen Thornburgh made a superb debut in Berlin with 2.50.22 to become MKAC's second fastest lady. Anick Valapinee(F45) improved to 3.17.04 in London. Michelle then turned to cycling and triathlons, but that is another story.

Imogen went even faster in 2006 with 2.48.43 in London and this is the second best in the all-time rankings. Jane Preen ran 2.56.06 that year and in 2007 improved to 2.52.19 at Berlin – still no 3 in all-time rankings. In her wake that year Julie Dalzell(F40) ran 3.15.22 in London and Ruth Fuller(F35) 3.19.20 in Florence. AND Wendy Webber with a debut of 3.24.02 in Venice. Wendy was to make inroads in the rankings for the next twelve years. Between 2007 and 2019 Wendy ran a marathon every year except 2012, six "sub 3" in this period.

Jane Preen ran 2009 Chicago in 2.54.05 and the 2010 Paris race with 2.52.30, just short of her PB. Wendy ran 3.02.42 in Berlin(2011) Fran Malin ran to the second fastest W45 time with 3.14.43 at Abingdon 2012'.

Wendy Webber then broke 3 hours in 2013 with 2.56.25 in Berlin(5<sup>th</sup> all-time). At the same venue Ursula Ghaleb ran 4.11.06 for second F60 all-time. Wendy clocked 2.56.34 in London next year.

2015 saw excellent debuts from Rachel Robinson and Nadine Lewycky – one inside 3hours, Rachel (2.59.06) in London and Nadine sadly just outside(3.00.13) in Paris – however 8<sup>th</sup> and 9<sup>th</sup> respectively in all-time rankings.

Wendy sneaked another two minutes off her PB in 2016(2.54.04) when there were a number of good performances by the ladies. Rachel ran 3.05.38(London), Linsey Ryall 3.10.43 (San Sebastian), Natasha Baker(3.14.00) London and Katie Penrose(3.24.27) London.

2017 saw Wendy Webber set her PB to 2.53.48 (4<sup>th</sup> all-time) in London, whilst Lynsey moved to no 10 in the all-time rankings with 3.08.57 in Berlin Lara Bromilow made her debut in 2018 with 3.14.12 in London but the following year ran a lot quicker in London with 2.56.17, 6<sup>th</sup> fastest all-time. Wendy Webber bowed out running 2.57.08 in Frankfurt for an F40 record.



## LADIES MARATHON ALL-TIME TOP 20

1	Michelle Lee	FS	2;35.51	London	2004
2	Imogen Thornburgh	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	FS	2;54.37	London	2000
6	Lara Bromilow	F35	2;56.16	London	2019
7	Jane Bird	F35	2;57.13	London	1984
8	Rachel Robinson	FS	2;59.06	London	2015
9	Nadine Lewycky	FS	3;00.13	Paris	2015
10	Linsey Ryall	F35	3;08.57	Berlin	2017
11	Margaret Swithenby	F40	3;12.21	London	1994
12	Natasha Baker	FS	3;14.00	London	2016
13	Fran Malin	F45	3;14.43	Abingdon	2012
14	Julie Dalzell	F40	3;15.22	London	2008
15	Anick Valapinee	F45	3;17.04	London	2004
16	Barbara Martin	F35	3;18.23	Milton Keynes	1979
17	Ruth Fuller	F35	3;19.20	Florence	2007
18	Katie Penrose	F40	3;24.27	London	2016
19	Ciaragh Hubert	FS	3;25.05	London	2005
20	Alex Knowles	FS	3;27.07	Chicago	1998



Julie Dalzell(Jones) & Wendy Webber

## AGE GROUP BESTS

1	Wendy Webber	F40	2;57.08	London	2019
2	Jane Ovington	F40	3;01.46	Milton Keynes	2012
3	Margaret Swithenby	F40	3;12.21	London	1994
1	Margaret Swithenby	F45	3;14.33	London	1999
2	Fran Malin	F45	3;14.43	Abingdon	2012
3	Anick Valapinee	F45	3;17.04	London	2004
1	Margaret Swithenby	F50	3;17.36	London	2000
2	Anick Valapinee	F50	3;24.58	London	2007
3	Rosemary Muston	F50	3;32.32	London	2001
1	Rosemary Muston	F55	3;33.02	London	2003
2	Margaret Swithenby	F55	3;44.14	Seville	2005
3	Margaret Crowe	F55	3;53.26	London	2002
1	Chris Daniells	F60	3;58.40	Prague	2003
2	Ursula Ghaleb	F60	4;11.06	Bderlin	2013

## Marshall Milton Keynes A.C.

### Male & Female Masters in UK National Age Groups -Outdoor Rankings TOP30

#### MALE

updated by Jim Lawrence 31/12/20

<b>100m</b>									
3	George Gavriel	M35	11.68	w +1.4	Nuneaton	06-Sep			
9	Paul Canning	M50	12.5		Milton Keynes	05-Sep			
3	Kelvin Smith	M70	16.4		Milton Keynes	05-Sep			
<b>200m</b>									
10	George Gavriel	M35	24.36	w -0.2	Nuneaton	06-Sep			
12	Paul Canning	M50	25.2		Milton Keynes	05-Sep	M50 R		
			25.71	w -1.1	Nuneaton	16th Aug			
<b>400m</b>									
12	George Gavriel	M35	54.30		Nuneaton	16th Aug			
27	Jeremy Vick	M40	60.1		Milton Keynes	05-Sep			
12	Paul Canning	M50	60.41		Nuneaton	06-Sep			
<b>400m Hurdles</b>									
6	George Gavriel	M35	63.59		Nuneaton	02-Aug			
<b>Shot ( 7.26kg)</b>									
5	Barry Nash	M45	11.88m		Milton Keynes	23rd Aug	VETS R		
<b>Shot ( 5kg)</b>									
8	Bunt Scott	M65	9.25m		Peterborough	04-Oct			
<b>Shot ( 4 kg)</b>									
2	Mike Burling	M60	4.34m	F35	Milton Keynes	29-Feb			
<b>Discus ( 1.5kg)</b>									
11	Anthony Moffat	M50	25.93m		Milton Keynes	13-Sep			
<b>Discus ( 1kg)</b>									
4	Bunt Scott	M65	35.99m		Peterborough	27-Sep			
1	Mike Burling	M60	12.35m	F35	Milton Keynes	13-Sep			
<b>Hammer ( 6kg)</b>									
10	Anthony Moffat	M50	29.30m		Milton Keynes	13-Sep			
<b>Hammer ( 5kg)</b>									
4	Bunt Scott	M65	33.53m		Lee Valley	07-Mar			
15	Mike Burling	M60	10.47m	F35	Milton Keynes	13-Sep			
<b>Hammer (3kg)</b>									
	Bunt Scott	M65	34.21m	##	Peterborough	27-Sep			
2	Jack Kee	M80	28.32m		Milton Keynes	23rd Aug			
<b>Javelin ( 600gm)</b>									
4	Bunt Scott	M65	27.40m		Milton Keynes	13-Sep			
2	Mike Burling	M60	8.94m	F35	Milton Keynes	13-Sep			
<b>Weight ( 9.08kg)</b>									
4	Bunt Scott	M65	11.02m		Lee Valley	07-Mar			
<b>## underweight</b>									

#### FEMALE

<b>800m</b>									
8	Debra Brent	F55	2.56.0		Milton Keynes	05-Sep			
<b>Long Jump</b>									
12	Stephanie Johnston	F45	3.82m		Milton Keynes	23-Aug			
15	Leone Kahembe	F55	2.75m		Milton Keynes	13-Sep			
<b>Shot Putt ( 3kg)</b>									
18	Leone Kahembe	F55	6.39m		Milton Keynes	13-Sep			
<b>Hammer ( 3kg)</b>									
5	Di Presswell	F50	28.48m		Milton Keynes	29-Feb			
6	Nicola Moffat	F50	27.20m		Milton Keynes	13-Sep			
7	Di Presswell	F55	26.51m		Milton Keynes	13-Sep	F55 RE		
11	Leone Kahembe	F55	18.11m		Milton Keynes	13-Sep			

Below; Winning EVAC team, September 2019







**Congratulations to Ebony Carr who was one of 196 athletes from over 450 awarded a grant from the Ron Pickering Memorial Fund for 2021. Nearly £30,000 in total grants awarded.**

Ron Pickering OBE was one of British sport's great visionaries. He was a former Physical Education teacher and national athletics coach, training Lynn Davies to Tokyo Olympic gold. Ron is best remembered as the voice of athletics on BBC commentaries and iconic programmes such as Superstars. He was awarded the OBE by the Queen in 1986 for services to sport.

When he died unexpectedly in 1991, his wife Jean, herself an Olympic medallist from the 1952 Helsinki Olympics, and children Kim and Shaun set up the Ron Pickering Memorial Fund to help young British athletes fulfil their potential.

Since then, supported by the Trustees and a network of volunteers, the fund has raised and awarded over £2.0 million in small but significant grants to several thousand talented young British athletes.

**The majority of the British athletics Olympic teams in 2008, 2012 and 2016 had at some stage of their careers received support from the Fund, including all of the London 2012 and 2016 individual Olympic athletics medallists.**

Each grant is designed to make a difference, helping the recipients make the difficult transition from junior to senior level through support for equipment, specialist coaching or travel and importantly help build the athletes' confidence and self esteem through recognition.

Sadly, Jean passed away aged 83, on March 25, 2013 but the Fund continues her legacy by supporting the young athletes of the future.

**"Sport is the most precious commodity we have to hand on to the next generation"**  
**Ron Pickering OBE**



**E**bony got off to an explosive start for the indoor season on 11<sup>th</sup> January 2020. Competing over 60m at Loughborough she ran 7.35 smashing her PB of 7.53. Two bronze medals followed in major championships. Firstly the British Universities champs. at Sheffield. 70 competed, Ebony winning her heat in 7.35(again!) and then won her semi-final(7.39). Bronze in the final with 7.41.

Two weeks later up to Glasgow for the British Indoor Championships. Ebony won her heat in 7.68 to qualify for the final; here she claimed her second bronze with a time of 7.55. Amy Hunt winning with 7.39.

Lockdown in March prohibited any further competition.

**WOLVERTON A C - MILTON KEYNES AC  
1885 - 1985**

### **A PIECE OF CLUB HISTORY**

**The Wolverton Amateur Athletics and Cycling Club was formed in 1885. The club changed its name to Milton Keynes AC in 1976.**

**We celebrated the centenary of the club in 1985.**

The major event of the year saw MKAC heavily involved in the organisation of the National Cross-Country Champs. held in Campbell Park. Over 3000 took part- 634(u17), 536(u20) & 1907 senior men!. And it was muddy, very muddy!

Three young men had an outstanding season - Darren Gomersall(u17) won the AAA's title leaping 14:87m in the triple jump. Tony McMurray(U17) won the English School long jump title(6:92m) and then over 7.03m to win the Home Countries Schools International in Dublin. Rafer Joseph(u20) set the club discus record with 42:34m and represented both England and Great Britain in the Decathlon with a best 5929pts.



Earlier in the year The Chiltern League team(male only) placed 4<sup>th</sup> in Division One - a best ever. But the senior ladies won the Icknield League title. Dave March ran a super London Marathon with a PB of 2:29.24, just 44secs off Terry Laybourn's club record. Simon Rayner set a club 10km record with 30.14 at Eastleigh. Chas Kendall won the Tour of Milton Keynes. There were 358 finishers in the 21<sup>st</sup> Wolverton "5", 197 inside 30mins. Jackson Ryan was our first finisher, 37<sup>th</sup>(26.10)

### **AND THE CENTENARY DINNER -**

held at the Open University where we were very privileged to have Ron Pickering as our guest of honour.

Photo: Ron Pickering is the tallest man in the back row with his wife next to him. The next man, centre, is Terry Laybourn(Club Chairman). Far left are Brian Graves(Secretary) and Milford Callow (President). Right are the late Rose Callow and the late Pat Graves.

Photo in Campbell Park, Gerard Coppins. our first senior home in 352<sup>nd</sup> place.





## SOME TEAM BESTS FROM 2020

### LADIES EQUAL CLUB BEST AT THE "NATIONALS"

The ladies team at Wollaton Park, Notts made partial club history with a team performance that equalled the club best at the "National" cross-country championships., placing 15<sup>th</sup> from 94 teams and 911 finishers. The quartet comprised Elle Roche(72), Alice Ritchie(77), Lara Bromilow(89) and Natasha Baker(252).



Back in 2009 at Parliament Hill the foursome of Lara Bromilow(87), Sara Cox(94), Lauren Licietis(181) and Sophie Gibbens(203) placed 15<sup>th</sup> but with 545 finishers.

*Photo: Alice, Elle & Lara at Wollaton Hall with Natasha from the Southern XC at Parliament Hill.*

### MMKAC WIN CHILTERN LEAGUE TEAM TITLE FOR 17<sup>TH</sup> TIME IN LAST 23 YEARS.

1998 SAW THE FORMATION OF A  
COMBINED LEAGUE, AT LAST!

#### Top Six last season

1 MMKAC	16807
2 Bedford & Co.	16581
3 Chiltern H.	15595
4 Wycombe PH	14886
5 St Albans Str.	13658
6 Dacorum & Tring	13171

*Photos: Sam Winters leads Matt Dicks at Campbell Park, 5<sup>th</sup> and 12<sup>th</sup> respectively in the senior race. Flashback to Keysoe - Katie Webb leads her twin sister Lauren through the water splash in the u11 race.*



### SIX TEAM TITLES WON AT THE BUCKS AA CROSS-COUNTRY CHAMPIONSHIP

The senior men with their scoring six in the first 13 finishers: - Paul Mizen(2<sup>nd</sup>), Jamie Seddon(4<sup>th</sup>), Elliot Hind(6<sup>th</sup>), Tom Comerford(7<sup>th</sup>), Ewan Forsythe(12<sup>th</sup>), & Steve Tuttle(13<sup>th</sup>). Senior Ladies: A 1-2-3 from Elle Roche, Alice Ritchie & Lara Bromilow. The veteran ladies won with Lara, Debra Brent & Diane Baldwin.

Gold from the Under 20 men – Matt Dicks(1<sup>st</sup>). Robert Hickman(2<sup>nd</sup>), Finlay Gibbs(5<sup>th</sup>) & Peter Hickman(7<sup>th</sup>).

And then from both under 11 teams: Girls – Eleanor Pearce(1<sup>st</sup>). Libby Freeland(3<sup>rd</sup>). Lauren Webb(4<sup>th</sup>) & Katie Webb(5<sup>th</sup>). Boys – Eddie Hartigan(1<sup>st</sup>), Jacque Smith(2<sup>nd</sup>), Tito Odunaike(3<sup>rd</sup>) & Joseph Grainger(6<sup>th</sup>).

*Photos: Eddie Hartigan leads Tito Odunaike(u11B), Robert Hickman(u20) and Jamie Seddon, Tom Comerford, Barry Hearn (Bucks AA President) and Paul Mizen.*





# FIXTURES

With the ever-changing Covid-19 landscape it is obviously not practical to publish a detailed fixture list. Keep an eye on Club Web-Site whilst Elliot Hind will up-date the Road Runners Facebook site as necessary.

The following are the track and field league fixtures compiled by Jim Lawrence: [jim.lawrence@sky.com](mailto:jim.lawrence@sky.com)  
BUT THESE MAY WELL CHANGE

## Marshall Milton Keynes Track & Field Fixtures 2021

NATIONAL ATHLETICS LEAGUE			Senior Men & Women	
Division 1				
Sunday	16-May	Yeovil	Joint Men's Manager	<a href="#">Jim Lawrence</a>
Sunday	06-Jun	Milton Keynes	Joint Men's Manager	<a href="#">Barry Hearn</a>
Sunday	04-Jul	Portsmouth	Women's Managers	<a href="#">Carly Scott</a>
Sunday	08-Aug	Yate	Women's Managers	<a href="#">Natasha Baker</a>

Upper Age Group				Lower Age Group			
UK Youth Development League U20/U17				UK Youth Development League U15/U13			
Midlands North-East 1 a				Midlands Premier North-East			
Men's Manager		<a href="#">Richard Pownall</a>		Boy's Manager		<a href="#">Nigel Jordan</a>	
Women's Manager		<a href="#">Alana Slater</a>		Girl's Manager		<a href="#">Alana Slater</a>	
Sunday	02-May			Saturday	24-Apr		
Sunday	30-May			Saturday	15-May		
Sunday	27-Jun			Sunday	05-Jun		
Sunday	25-Jul	Regional FINAL		Saturday	17-Jul	Regional FINAL	
Sunday	06-Sep	National FINAL		Saturday	05-Sep	NATIONAL FINAL	

Eastern Masters League			Young Athletes' Open Meetings		
Central Division			Organisers		
Men's Manager			<a href="#">Dave Millett</a>		
Women's Manager			Quadkids		
<a href="#">George Gavriel</a>			<a href="#">Mick Lee</a>		
<a href="#">Steph Johnston</a>			Sunday		
Wednesday	05-May		Milton Keynes		
Wednesday	02-Jun		Milton Keynes		
Wednesday	30-Jun		Milton Keynes		
Wednesday	28-Jul		Milton Keynes		
Sunday	12-Sep	FINAL proposed date	Milton Keynes		

Throws Meeting	
Sat or Sun	Milton Keynes

Buckinghamshire County Champs			British Milers Club PB Classic		
Sat/Sun	8/9 May	Oxford poss venue	Saturday	05-Jun	Milton Keynes

Buckinghamshire Schools' Champs			MK5000 PB Special		
Saturday	12-Jun	Milton Keynes t b c	Saturday	t b c	Milton Keynes

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