

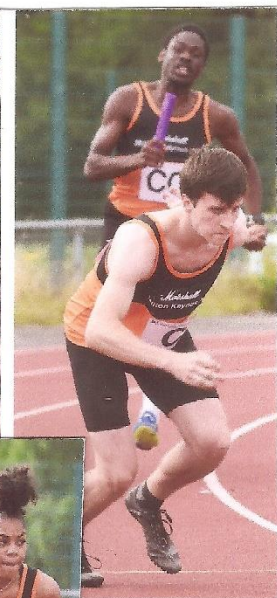
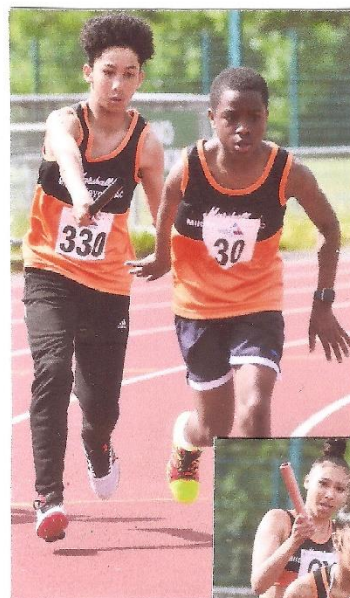
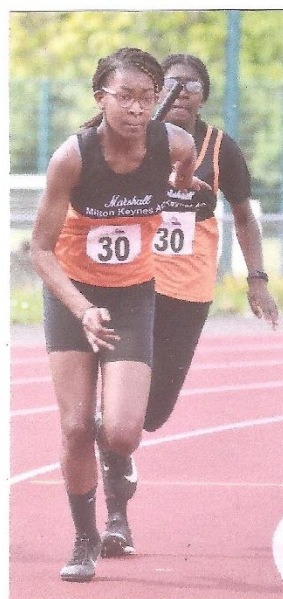
# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.  
Summer/Autumn 2021

- 2 Chair's Piece
- 3 Paralympic Heritage Flame Lighting
- 4/5 Bob Beales 1939-2021
- 5 Life Membership for Diane Baldwin & Barry Hearn
- 6 European Gold for Ethan Wiltshire
- 7 East Midlands Grand Prix series
- 8 Youth Development League
- 9 Female Hammer Throwers in UK Top 50  
Leo Freeland off to the USA
- 10 Chris Clarke & Libby Clegg at the Paralympics again/  
20mile Road Rankings/History
- 11 BMC Milton Keynes PB Classic
- 12/13 Medal feast at the English Schools Championships
- 14 MK5000 PB Special
- 15 MK3000 PB Special
- 16/17 National Athletics League
- 18 Eastern Masters Cup Final
- 19 Farewell to Mike Leonard
- 20 Round-Up of Major T&F Events
- 21 England Throws Festival etc.,
- 22 MK Festival of Running
- 23 Road Rankings 2021(part 1)
- 24 Road Rankings 2021(part 2/)  
London Marathon review

## FIXTURES:

16 Oct	Chiltern XC League	Oxford(Horspath)
23 Oct	<b>WILLEN 5KM</b>	<b>Willen Lake, MK</b>
6 Nov	ECCA XC Relays	Mansfield
7 Nov	Reading Half Marathon	Reading
13 Nov	<b>Chiltern XC League</b>	<b>MK- Teardrop Lakes</b>
13 Nov	English Schools XC Cup	
27 Nov	UK Cross-challenge/Euro Trials Liverpool	
4 Dec	Chiltern XC League	to be determined
4 Dec	South of England Masters XC - Oxford?	
12 Dec	Milton Keynes Winter Half Marathon - Willen	
<b>2022</b>		
8 Jan	Bucks/Beds AA XC champs -	MK ???
15 Jan	Chiltern XC League	Shuttleworth College





## Chair's piece

### Track Season

At the beginning of the year, it looked very doubtful that we would be able to hold any athletics meetings this summer, but as the covid-19 situation improved and research suggested that outdoor activities were relatively safe provided social distancing guidelines were followed, we gradually started to plan for a full summer of athletics, albeit with a late start. Other clubs have struggled to get going again and many council-owned stadiums were very late in reopening as track operators preferred to furlough their staff rather than reopen for business. One of the advantages we have in managing our own stadium is that it is our responsibility to decide when and how to reopen. We have worked within government and UKA guidelines to lead the way for many other clubs. I pay tribute to the coaches who have maintained contacts with their athletes throughout and helped them get fit again after the extended lay-off. I also pay tribute to the grounds-maintenance team, our officials and our team managers who have worked hard to provide opportunities for competition. We have hosted meetings almost every weekend between mid-May and the end of September – more meetings than we would normally host – as other clubs and competition providers have found it difficult to host.

### Grounds Maintenance

The club has been responsible for all grounds maintenance at the track since 1998. The last eighteen months have been difficult with little athletics activity in 2020. The club has worked to sort out some of the long-term issues and we now have new LED floodlights, two refurbished and safety compliant hammer cages and a new terrace in front of the clubhouse. We have also held two volunteer days in April and September with over 25 club members turning out to help with weeding, pruning, and tidying. It's amazing how much difference these days make to the look and feel of the stadium. If you were there – thank you!

### SOAR MK Relays

When the South of England Road relays were cancelled on 16 September, just 10 days before they were due to be held at Crystal Palace, South London, I received an email from Mike Boucher (Aldershot) asking whether we could take it on. We held a Zoom meeting that evening, just after the Chiltern League AGM, and decided to see whether it was feasible. I wrote to the SEAA the next day offering to hold the Championships in Milton Keynes but was told that it was too late to do anything. Plan B went into operation with us hosting the SOAR MK Relays – Mike would sort out the entries and sponsorship, with entries opening 24 hours later, and Jackson Ryan and I would look after the course, permits, toilets, catering, officials and so on. I wrote to all my contacts in the Southern Athletics League,

Chiltern League and East Midlands Grand Prix to publicise the event, with Paul Mizen and Elliot Hind active on social media. We managed to attract 243 entries in just four days and held a memorable meeting with lots of very appreciative teams. We also made over £1800 for the benefit of the club. Thanks to everyone who was involved in this event – a demonstration of what the club can achieve in record time, that would be beyond most other clubs.

### Cross Country

As the track season winds down, so the cross-country season begins. Our focus as a club is on the five matches in the Chiltern League, starting with the first meeting at Horspath, Oxford on Saturday 16 September. To be successful in this league we need to get large numbers of runners out for each race in every match. Please try to be there. The second match on 13 November will be at the Teardrop Lakes, Milton Keynes (organised by Leighton Buzzard) and the fourth match will be a home match in Campbell Park on 15 January, which will include the club championships. These are great social events as well as keenly fought sporting contests. Despite the social distancing restrictions, I hope that our many athletes, parents and friends will support all the members of the Club, cheering them on and encouraging them to do well.

### Stantonbury International School

On 1 September the School changed hands with the Tove Trust taking over responsibility for the management of the school.

David Millett, Bryan Waddington and I attended an early meeting with the Trust and with Ben Wilson, the Associate Principal. We were very impressed by their commitment to working with us to develop opportunities for their students to get involved with athletics at all levels and to make much better use of the stadium. We look forward to working with them.

### Five-year Plan

The club committee has been holding meetings to formulate a five-year plan for the club, to determine what our priorities for development will be over the next few years. We hope to report on progress at the AGM next month.

### Annual General Meeting

This year's AGM will be held online on Wednesday 17 November. If you want to put forward a motion, or if you are thinking of standing for one of the positions, please talk to Club Co-Chair, David Millett, or me. I would like to take this opportunity to thank all the members of the Committee for their work on behalf of the Club.

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

Co-Chair, Marshall Milton Keynes AC

[www.mkac.org.uk](http://www.mkac.org.uk)



# Paralympic Heritage Flame Lighting Ceremony

The postponed 2020 Paralympic Heritage Flame Lighting Ceremony took place on Thursday 19 August 2021 at Stoke Mandeville Stadium, the birthplace of the Paralympic movement and will form part of the five-day-long official Tokyo 2020 Paralympic Torch Relay.

The torch was lit for the first time in Tokyo in August 2020, based on the "Share Your Light" concept of the Paralympic Games.

Uniting tradition and modern technology, the shape of the torch resembles that of a Japanese traditional "Sakuramon" cherry blossom emblem. The name of Tokyo 2020 Paralympic Games mascot SOMEITY and its design also come from this flower. It was shaped into this form using the same aluminium extrusion technology used in the manufacture of Shinkansen bullet trains. It forms a seamless, single piece in a form that symbolises the Tokyo 2020 Paralympic Torch Relay, created by fusing Japanese tradition and modern technology.

The manufacture of the torch embodies the spirit of recovery and consideration for sustainability. Aluminium construction waste from temporary housing built in the aftermath of the Great East Japan Earthquake was used to create it, transforming materials that witnessed the rebuilding of shattered lives into a symbol of peace. This will convey to the world the extent to which the affected areas are recovering, one step at a time.

The torch is also designed to depict the shape of a flame. The five flames generated from the petal unite at the centre of the torch, generating even greater brilliance.

## EARLY HISTORY

In 1948 Dr Ludwig Guttmann (knighted in 1966) organised the first competition for wheelchair athletes which he named the Stoke Mandeville Games. He held this competition on the same day as the opening ceremony of the Olympic Games in London, and 16 injured servicemen and women took part in an archery competition.

Eventually the games expanded to include more sports and evolved to accommodate athletes from countries all over the world. In 1960 the International Stoke Mandeville Games officially became the Paralympic Games in time for the 1960 summer games in Rome.

Stoke Mandeville, being the birthplace of the Paralympic movement, now hosts the flame lighting ceremony for each games, and has done since 2014.



Fiona Glinski-Darling (National Paralympic Heritage Trust/MMKAC) brings the torch to the track at Stowe to show the Buckingham Satellite athletes.



[1] Fiona Glinski[R] with Mark Thompson, Sports Leader and Leone Kahembe, Buckingham Satellite Coach. [2] Fiona with Abigail Fitton, MMKAC sprinter.

## An Update from Buckingham Satellite Summer 2021 from Leone Kahembe

At Buckingham Satellite we currently have 21 youngsters training regularly in A365 Run, Jump, Throws and learning movement skills for Youth Development. The athletes have greatly benefited from a range of club coaches visiting and bringing their areas of expertise and excellence to inspire and equip the next generation of sportsmen and women.

Most of our athletes took part in Sports Days that were able to run despite Covid restrictions - a number of them taking top three positions at local schools - in events as U17 boys Long Jump, Discus and 100m, U15 boys, girls and U13 girls 800m, U15 Girls and boys High Jump.

We are pleased and proud for all of them as they share their joy in sport and their character in good sportsmanship while developing as individuals and team players. Well done!

Photographs courtesy of WheelPower", Stadium, Guttmann Rd, Stoke Mandeville, Aylesbury HP21 9PP  
Photography: Luke Thompson, Gamechanger



# BOB BEALES 1939 - 2021

**M**KAC joined the Southern Women's League in 1981 and were members until 2010 when they joined the expanding UK Women's League. Bob was the SWL team manager for eleven years [1988 to 1998]. He was joint manager alongside Les Huxter in 1988. Unfortunately they were relegated from Division 2 but inspired him to lead them back in 1989.

**Early days:** Bob was born in August 1939, just prior to the outbreak of the second world war. Involved, probably like many of us from that era with school football and cricket and then represented Harrow Schools in both 100 and 220yds at Borough sports. Leaving school he joined the Merchant Navy in the mid-fifties and "travelled the world" – his words!!

On his return met his wife-to-be Jennifer. Once married he turned his hand to motor cycling racing; side-car racing to be exact. Frances was born in 1963 but they continued to race.....



*Bob & Jenny here seen in an Isle of Man TT race*

I quote from a special Isle of Man TT edition of the Daily Mail. "Mum may be a sidecar passenger – like Jenny Beales – but her maternal instincts are not impaired by a job that is dangerous" In 1966 he made the Daily Express "I must be one of the luckiest guys to have a wife like Jennifer who enjoys motor sport"

However a serious accident with his 650 Triumph outfit at Mallory Park ended their career.....Bob hit the track banking at about 80mph and both were thrown from the motor-cycle. Between them they had leg, ankle and arm injuries.

They moved to Bletchley in 1970 and Emma was born a year later; son Robert followed two years later. Bob turned his hand to Badminton with successes for Old Leon Badminton Club and involved with coaching the ladies team.

With Emma beginning to shine at athletics through Leon School and MKAC, Bob gradually got more and more involved with our sport. Emma joined MKAC in 1986 and her all-round ability was shown as she competed in the under 15 age group in the 200m, Long Jump, High Jump, Javelin and set club records in the Shot(10.04m) and Discus(31.23m) through the season.

The team gained promotion to Division 2 in 1986 and held on in 1987. Unfortunately it was demotion in 1988.. Bob was learning the "hard way" as they say.

**Bob had vowed to get the team straight back up. And so they triumphed - they won all six matches with the bonus of hosting the final match; the very first event on the new track at Stantonbury !**

Who would have written head-lines like this five months previous. Rita Quill was presented with the League Trophy and then Bob was thrown ceremoniously into the water-jump.

## AND NOW FOR DIVISION ONE

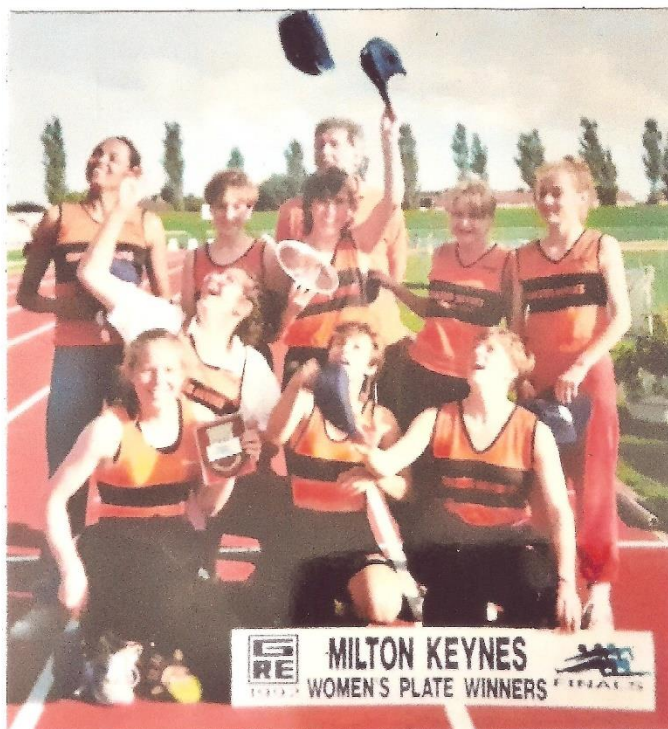
Yes, finishing second in 1990 to Bracknell. They won five matches, only losing to champions Bracknell, and that was the first match at Bracknell! Bob had completed five years with the MKAC club committee and along with managing the SWL team he was awarded the "Club Person of the Year" trophy at the 1990 awards evening.

1991 and 1992 saw mid-table positions in Division One. Very worthy of note is that in 1992 both Emma Beales and Nicola Crowther turned-down international appearances clashing with the final set of league matches to help secure their Division One status. Unfortunately relegation in 1993 but Bob almost got them back to the top Division in 1994, finishing very close to Norfolk Olympiades who took the final 5<sup>th</sup> promotion place.

Division Two saw the ladies 9<sup>th</sup> in 1995, 12<sup>th</sup> in 1996. and 16<sup>th</sup> in 1997. Sadly relegation in 1998 finishing 21<sup>st</sup> from the 25 clubs, bottom five being relegated.

Bob certainly experienced the "high" and "lows" of team management and must have been justifiably proud of his achievements; lets not forget two GRE Plate Cup victories-winning team at Derby in 1992

Back: Katherine Yeboah, Wendy Cox, Rita Quill, Sheri Eyles & Sara Cox.  
Front: Emma Beales, Ruth Marlow, Donna Hutt & Nicola Crowther.



And wins in the Alpha-Beta Trophy. AND coaching his daughter Emma to Great Britain international honours both as a multi-eventer and in individual throwing disciplines. Apart from his committee work, he also put a lot of time in as equipment officer and a coach.

Individually Bob, in his latter days, represented the club in the Eastern Masters Athletics League and his progress in the javelin was:

M55(700gm)	31.48m	Harlow	1995
M60(600gm)	29.60m	Stevenage	2001
M65(600gm)	26.45m	Bedford	2005

And in 2009(M70) he threw the shot(4kg), 6.97m at Solihul



## 2005: Emma & Bob set club records in the same week and with *the same javelin*.

Emma held the existing ladies record with a best of 32.72m from 2004. In 2005 at the home SWL match she improved this to 33.88m. At the end of the season, Emma threw 34.56m at Peterborough (29<sup>th</sup> August)

Just six days later **Bob** represented MKAC in the EVAC final at Bedford on Sunday 4<sup>th</sup> September and set a M65 age javelin record throwing 26.45m.



## EMMA BEALES STILL LEADS THE MMKAC TRACK & FIELD RANKINGS IN FOUR DISCIPLINES AND IS RANKED IN THE TOP TEN WITH SIX OTHER EVENTS:

1 <sup>st</sup> Discus	54.68m	Bedford	1995
1 <sup>st</sup> Heptathlon	5632pts	Wrexham	1993
1 <sup>st</sup> Long Jump	6.20m	Southampton	1992
1 <sup>st</sup> Shot	14.53m	St. Helier	1992
2 <sup>nd</sup> 100m H	14.31	Kilkenny (Irel)	1995
2 <sup>nd</sup> High Jump	1.76m	Trondheim (Nor)	1992
3 <sup>rd</sup> Javelin	34.56m	Peterborough	2005
6 <sup>th</sup> 400m	56.9	Harrow	1995
6 <sup>th</sup> 400mH	64.7	Milton Keynes	1990
8 <sup>th</sup> 200m	24.99	Kilkenny (Irel)	1995

Emma's discus throw of 54.68m from 1995 is ranked 28<sup>th</sup> in the United Kingdom all-time rankings whilst in the Masters Rankings Emma has the following:  
F35: 46.07m 1<sup>st</sup>; F40: 44.54 2<sup>nd</sup> and F45: 43.14 1<sup>st</sup>

## Diane Baldwin and Barry Hearn awarded life membership

Although Diane Baldwin and Barry Hearn had been awarded Life Memberships at last November's MMK AGM, there had been few opportunities to present their certificates because of the Covid pandemic.

This was rectified at the Bucks Championships [31 July] where Barry, as Bucks AA President, was presenting the medals and Diane, as Track Referee, was overseeing the Track programme.

Barry has coached at the club and managed teams for more than 25 years, while Diane has been an athlete, coach and official at the club since the 1980s. Both are members of the Club Management Committee.






On a scorching hot 18<sup>th</sup> July, there were 23 teams competing in the annual Round Milton Keynes Relay over a 30-mile course, divided into five stages. MMKAC had four teams competing, with Wasdell Elites the second quickest team overall, and picked up the Trophy for the team closest to their estimated finish time. Their team comprised Warren Goodlake, Steve Coomber, Martin Brent, Seb Steel and Linsey Ryall and they clocked 3:37.23.

Photo: Andrew Wasdell, race organiser on leg 1



## July 15: Ethan Wiltshire finishes fourth in the European U20 Champs 100m Final after three pbs

Ethan Wiltshire, representing Great Britain in Tallinn, Estonia at the European Junior Championships, qualified with some ease for the 100m semi-finals, by winning his heat in a new personal best time(10.50) into a headwind.

In the Semi-Final, in which there were four runners with better times, Ethan had another big personal best(10.34) to qualify for the Final. He now ranks second on the MMK all-time M20 rankings, ahead of Chris Clarke and Greg Rutherford but just behind Craig Pickering's club M20 record of 10.22.

Next day In the final, Ethan was up against two GB runners who had been selected ahead of him together with the cream of Europe, all of whom had much better times than he did going into the Championships. Unfazed, Ethan managed yet another personal best of 10.33 (w+1.3) in the final to miss a medal by 0.02 seconds! Fabulous result.

1 Toby Makoyawo	G.Britain	10.25
2 Jeff Erius	France	10.27
3 Matteo Melluzzo	Italy	10.31
<b>4 Ethan Wiltshire</b>	<b>G.Britain</b>	<b>10.33</b>
5 Jeriel Quainoo	G.Britain	10.35
6 Dominik Illovsky	Hungary	10.46
7 Umut Uysal	Turkey	10.48
8 Jaakub Pietrusa	Poland	10.52

*# Ethan brings home the baton for Great Britain*

## July 18: Gold for Ethan Wiltshire in the 4x100m Relay at the U20 Championships

Ethan then competed for the Great Britain team in the 4x100m Relay on the last day of the European U20 Championships.

In the morning heats the GB team won comfortably (39.68) with a team that included the three 100m finalists- Toby Makoyawo, Ethan, Jeriel Quainoo plus Joseph Harding. In the Final, with the same team, they were similarly untroubled winning by 1/3rd of a second.

<b>1 Great Britain</b>	<b>39.74</b>
2 Netherlands	40.07
3 Italy	40.18
4 Poland	40.31
5 France	41.02
6 Czech Republic	41.07
7 Israel	41.19
8 Greece	41.44



### MMKAC ALL-TIME M20 100M

1 Craig Pickering	10.22	Loughborough	2005
2 Ethan Wiltshire	10.33	Tallinn, Estonia	2021
3 Greg Rutherford	10.38	Mannheim, Ger	2005
4 Chris Clarke	10.45	Copthall	2007

### MMKAC ALL-TIME 100M

1 Craig Pickering	10.08w	Ostrava, Czh	2009
2 Greg Rutherford	10.20	Newcastle	2010
3 Ethan Wiltshire(M20)	10.33	Tallinn, Est.	2021
4-Chris Clarke(M20)	10.45	Copthall	2007





# East Midlands Grand Prix 2021

## A Series of Summer evening Road Races

Sponsored  
**UP & RUNNING**

by **EST. 1992** Twenty one MMK runners competed in the final race in the East Midlands Grand Prix road race series – the Milton Keynes 10k. saw 219 finishers and there were some excellent times on a flat fast course round Willen Lake. First man home was Jordan Clay from Leighton Buzzard with a time of 30.44. Lara Bromilow took the ladies honours' recording 36.37, just short of her PB. Steve Tuttle was, as in all the Grand Prix races, the first MMK runner home, finishing 12th and there were category wins for Linsey Ryall (F40) and Fi Han Bromilow (F65). MMK results below:



Pos	Cat	Name	Cat	Time
12	11	Steven Tuttle	MS	34:53
22	17	Sean Pinney	MS	36:29
23	1	Lara Bromilow	F35	36:37
30	3	Ollie Badger	M35	36:57
40	24	Thomas Cuthbertson	MS	37:37
46	5	Matthew Child	M35	38:04
58	10	Christopher Finister	M45	39:20
70	1	Linsey Ryall	F40	40:18
71	12	Neil Jones	M45	40:25
75	3	Philip Gazard	M55	41:28
78	13	Paul Munday	M45	41:13
88	14	Dan Hippey	M45	42:25
108	13	Martin Brent	M55	43:42
111	31	David Gray	MS	44:05
122	3	Alex Knowles	F55	44:56
143	2	Diane Baldwin	F60	47:55
154	15	Steven Martin	M35	48:46
163	19	Kevin Church	M55	49:55
168	18	Peter Tye	M50	50:04
198	1	Fi-Han Bromilow	F65	56:56
205	6	Hazel Church	F55	59:55

CONGRATULATIONS TO THE SEVEN ATHLETES WHO GAINED AN OVERALL GRAND PRIX POSITION.

And two winners amongst the age group categories:

● DIANE BALDWIN	1 <sup>st</sup> F60(6 races)
● FI HAN BROMILOW	1 <sup>st</sup> F65(all 7 races)
● HAZEL CHURCH	5 <sup>th</sup> F55(6 races)
● KEVIN CHURCH	11 <sup>th</sup> M55(6 races)
● PHIL GAZARD	4 <sup>th</sup> M55(6 races)
● STEVE TUTTLE	4 <sup>th</sup> SM(all 7 races)
● ANDREW WASDELL	7 <sup>th</sup> M45(5 races)



Photos(L) Above: Lara Bromilow & Steve Tuttle at MK. Fi Han Bromilow, Diane Baldwin & Hazel Church. Kevin Church, Phil Gazard at MK, Andrew Wasdell at Blisworth.

The 7 races: Blisworth 5, Weedon 10km, Harborough 5, Banbury 5, Corby 5, Rugby 6 & MK 10km.

### DOWN MEMORY LANE

20 YEARS AGO NO LESS THAN 25 COMPLETED THE 2001 EMGP 7 LADIES & 18 MEN including 8 M50's led by DFH, 3<sup>rd</sup> overall.



### [U13/15]

#### Match 1-Milton Keynes[29 May]

1 Rugby & Northampton	278
<b>2 MMKAC</b>	<b>259</b>
3 Northampton AC	200
4 Bicester AC	148
5 Daventry AAC	50

#### Match 2-Rugby[17 July]

1 Rugby & Northampton	431
<b>2 MMKAC</b>	<b>415</b>
3 Northampton AC	274
4 Bicester AC	133
5 Daventry ACC	71

#### Match 3 Rugby[4 September]

1 Rugby & Northampton	481
<b>2 MMKAC</b>	<b>379</b>
3 Northampton AC	379
4 Bicester AC	82
5 Daventry AAC	66

### [U17/20]

#### Match 1-Banbury[30 May]

1 Northampton AC	218
<b>2 MMKAC</b>	<b>193</b>
3 Banbury H	145
4-Daventry ACC	22

#### Match 2-Milton Keynes[27 June]

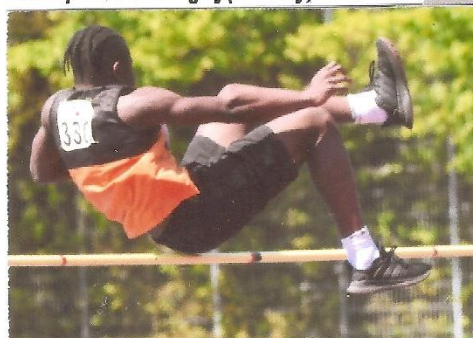
<b>1= MMKAC</b>	<b>192</b>
1= Northampton AC	192
3 Banbury H	65
4 Daventry ACC	18

#### Match 3- Milton Keynes[25 July]

<b>1 MMKAC</b>	<b>375</b>
2 Northampton AC	311
3 Banbury H	131
4 Daventry ACC	33



Many thanks to Richard Pownall and Nigel Jordan for their work as team managers. Richard commented that it was a rather strange season, with a watered down fixture list and timetable. And hoping that a fuller competition next year will boost enthusiasm. He added that he would like to welcome Claire Dimond who has taken over co-ordinating the U20/U17 girls, and particularly to congratulate Lynne Jones and Sam Gilbert for doing a great job hitting the ground running with the U15/U13 girls. **Under 13/15 team photo at Rugby(17 July)**



Under 13/15 team:D'mitri Varlack, here seen in the high jump but making his name as a long & triple jumper. Above R: Zachery Els (long J) & Freya Kyd (75m)

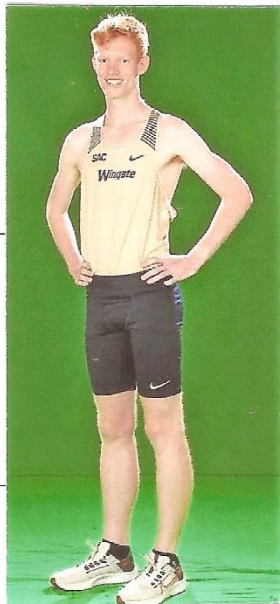
Right: 17/20 team: Lily-Mae Smith, Ella Carey & Charlotte Underwood(800m) Below: Kian Nicholson & Harry Rose(3000m), Nasiru Donkor wins 200m ahead of Matthew Wilson-Omordia AND Joseph Taylor(Javelin)





## LEO FREELAND

Leo has now started attending University in the USA. He's at Wingate University, North Carolina studying for a degree in Political Science and will be running for their XC and T&F teams. New kit for Leo.



Leo has been a stalwart competitor for the Young Athletes teams since joining the Club some nine years ago. Starting in 2013 where he was runner-up in the Bucks AA u11 Championships over 600m(2.04.7).

Moving up to the u13's next year and by 2015 he had run 800m(2.40.99) and 1500m(5.28.2).

Coached by Sharon Edghill he improved to 2.12.21 (MK PB Special) for 800m and 4.33.57 for 1500m as an u15. In 2017 he finished 9<sup>th</sup> in the Chiltern XC League match at Luton.

2018/19 saw him competing in the u17's events and in 2018 he ran 2.01.65 (800m) and 4.17.8(1500m) in YDL matches and took 5<sup>th</sup> place in the home Chiltern League XC. Sub 2mins next year clocking 1.56.99 at Watford(3<sup>rd</sup> all-time M17) and 4.03.69 (1500m), 6<sup>th</sup> all-time And won the Chiltern XC race at Stopsley(Luton).

January 2020 produced another M17 XC win at Keysoe and on the track down to 4.02.29 in the YDL at Nuneaton. This summer has seen Leo in really fine form as an M20 with 1.55.82(800m) in a BMC meet(7<sup>th</sup> all-time). Then well under 4mins for 1500m, initially a PB of 3.53.88 at the BMC PB Special (photo below) and then with a best of 3.53.34 (placing 5<sup>th</sup>) at the English School(4<sup>th</sup> all-time). Also competing in the 3000mPB race with 8.34.53(6<sup>th</sup> all-time). AND a pace-maker at the 5km Special. We wish him well in his studies and look forward to following his athletics career.



## THREE LADY HAMMER THROWERS IN UK TOP 50



12 <sup>th</sup> Kayleigh Presswell	63.15m	(above)
31 <sup>st</sup> Lara Moffat(F20)	53.06m	(below/1)
50 <sup>th</sup> Jasmine Trapnell(F20)	48.07m	(below/2)

Kayleigh has set a PB of 63.15m with the 4kg hammer. Lara and Jasmine are both in the UK F20 top ten. Lara is ranked 4<sup>th</sup> and Jasmine 9<sup>th</sup>.

**Kayleigh** was selected to represent England Athletics at an international throws meeting at Leiria, Portugal, and threw the hammer 60.76m on the Saturday and 61.25m on the Sunday.





## CHRIS CLARKE TEAMS UP WITH LIBBY CLEGG AGAIN AND HELPS HER WIN A SILVER MEDAL IN THE UNIVERSAL RELAY.

MMKAC's Chris Clarke guided visually impaired Libby Clegg to gold medals in both the 100m and 200m at Rio, 2016.



Races in which men and women combined forces were a hit at the Olympics.

At the Paralympics they have gone further by uniting disability classifications over one lap of the track. Two men and two women from each nation are selected to cover visual impairment, limb

deficiency/impaired function, co-ordination disability and wheelchair racing.

Great Britain fielded a team comprising the Paralympic champions Libby Clegg and Jonnie Peacock alongside the T38 class sprinter Ali Smith and the wheelchair racer Nathan Maguire.

In a four-team field for the final on 3<sup>rd</sup> September, Great Britain were up against China, Japan and the United States. USA dominated from the start but a strong opening from Clegg, handing over to Peacock, earned Britain second position at halfway. China edged ahead in the third leg, run by Smith for Britain, with Maguire in a duel with the Japanese racer Suzuki Tomoki on the final 100m, which Maguire won. GB clocked 47.50

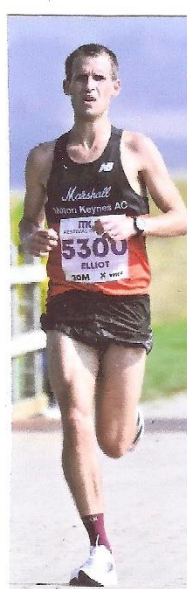
It seemed like bronze for Britain, which was still a cause for celebration on what looks set to be Clegg's last race after she confirmed her retirement from international competition. After a review, however, judges disqualified the Chinese team for an illegal handover and the British foursome were upgraded to silver.

"I'm so privileged and proud to be a part of this team and share this moment with these guys," Clegg said. "I won two Paralympic golds in Rio and it didn't make me happy, right now this is my proudest moment – being part of this team."



Nathan Maguire, Ali Smith, Libby Clegg, Chris Clarke & Jonnie Peacock

WINNING THE RECENT FESTIVAL OF RUNNING 20 MILE EVENT, ELLIOT HIND [1:52.31] IN HIS INAUGURAL RACE WITH MMKAC OVER THIS DISTANCE BECAME THE SECOND FASTEST IN THE CLUB RANKINGS and A PERSONAL BEST.



Dave Catlin ran 1:53.20 in the 1980 Finchley 20 before Dave March came on the scene who then improved this to 1:52.51. This time was eventually eclipsed some 25 years later by Marcin Fudalej, a Polish international runner who was competing for MKAC in 2012.

He ran 1:50.30 in the Oakley 20. **Top 10 rankings below** and the Finchley 20 appears no less than five times. A slight misnomer as the race was held in Hillingdon. In the 1970/80's it was one of the fastest 20milers in the UK and attracted many international runners. Lots more "head to head" racing in those days. Bill Adcocks ran 1:39.01 in 1972. The race was named by the then Finchley Harriers who later formed part of the newly formed Hillingdon AC.

The introduction of the MK Festival has seen more ladies running this distance and four have their PB from Milton Keynes. Jane Bird, the club's first sub 3-hour lady marathoner, held the record at 2:18.47 before Michelle Lee burst on the scene in the early 2000's. Still active in the cycling world.

### MEN

1	Marcin Fudalej	MS	1.50.30	Oakley	2012
2	<b>Elliot Hind</b>	<b>MS</b>	<b>1.52.31</b>	<b>M.Keynes</b>	<b>2021</b>
3	Dave March	MS	1.52.51	Finchley	1987
4	Dave Catlin	MS	1.53.20	Finchley	1980
5	Hugh Robinson	MS	1.53.39	Finchley	1977
6	Terry Laybourn	M40	1.54.20	Finchley	1981
7	Kevin Farmer	MS	1.54.41	Rhayader	1986
8	Bob Forster	MS	1.55.18	Leamington	1981
9	Paul Freeman	MS	1.55.34	Finchley	1987
10	Chas Kendall	MS	1.55.43	Stafford	1985

### WOMEN

1	Michelle Lee	FS	1.56.13	Bramley	2004
2	Nadine Lewecky	FS	2.08.23	Bramley	2015
3	Imogen Thornburgh	FS	2.08.42	Bramley	2006
4	Lara Bromilow	FS	2.12.56	M.Keynes	2019
5	Jane Preen	F35	2.13.09	Ashby	2009
6=	Katrina White	FS	2.13.35	Bury St.Ed	2000
6=	Rachel Robinson	FS	2.13.35	M.Keynes	2016
8	Wendy Webber	F35	2.17.51	M.Keynes	2017
9	Jane Bird	F35	2.18.47	Finchley	1987
10	Linsey Ryall	F35	2.24.47	M. Keynes	2018



# BMC Milton Keynes PB Classic (5 June)



## 1500m Steeplechase (club record)

Imogen King F20 5.06.73 PB

## 800m

Edward Johnson M17 2.03.47 PB

Harris Kentish M17 2.06.28 PB

Lizzie Garner F15 2.21.75 PB

Tito Odunake M13 2.27.06 PB

Elsie Jacobs F13 2.30.03 PB

Olivia Chilton F13 2.31.03 PB

Mai Kentish F13 2.38.63 PB

Elle Edwards F13 2.39.35 PB

Holly Lindop F13 2.50.06 PB

Megan Catford F13 2.51.49 PB

Natasha Freeland F13 2.58.90

## 1500m

Leo Freeland M20 3.53.88 PB

Jamie Darcy M20 4.14.37 PB

Galen Butler M20 4.15.09 PB

Maxwell Newman M15 4.27.27 PB

Robert Hickman M20 4.31.89

Harry Totton M17 4.34.04 PB

Joshua Edwards M17 4.45.76 PB

Madeleine Pearce F15 4.54.57

Millie Freeland F17 4.55.04 PB

Eleanor Pearce F13 4.57.03 PB

Elias Skaarup M15 5.00.45 PB

Libby Freeland F13 5.28.15

Jessica Vaines F15 5.31.07 PB

Alice O'Leary F15 5.40.94 PB

Lexi O'Leary F13 5.52.15 PB

## 3000m

Jack Rose M20 9.07.80 PB

Kian Nicholson M17 10.05.35 PB

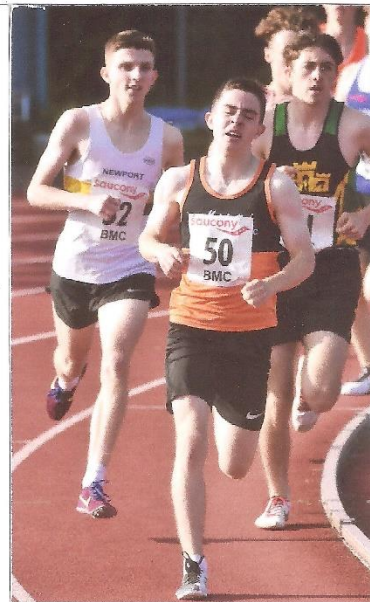
There was a huge turnout for the annual British Milers' Club races at Stantonbury with 427 finishers and 240 personal bests(56%). MMKAC had 29 finishers with 25 gaining personal bests(86%)



Top: Imogen King on her way to setting a F20 club record for the 1500m steeplechase clocking 5.06.73, some eight seconds improvement on the time run by Emma Mears in 2017.  
Jamie Darcy and Galen Butler on their last lap sprint in a M20 1500m race.

Left: Joshua Edwards sets a PB in his 1500m race

Below: Lizzie Garner on her way to victory (eventually by almost 7-seconds) in her 800m race.  
Harris Kentish, second fastest MK M17 800m runner on the day





9,10&11  
JULY



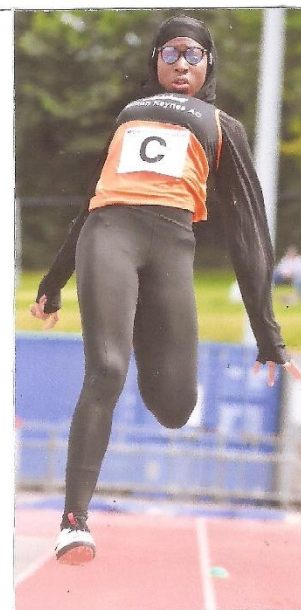
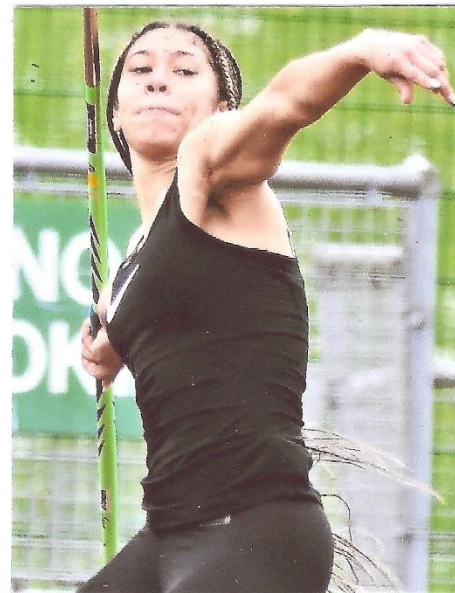
# English Schools' Athletic Association

## TRACK & FIELD CHAMPIONSHIPS

### Day 1(Seniors)

**Silver for Lara Moffat, Bronze for Lateefah Agberemi and a Club Record for Eva Durand**

- a Silver Medal for Lara Moffat in the Hammer(49.80m), just 1cm behind the winner!
- a bronze medal in the Triple Jump (12.00m) for Lateefah Agberemi, who added over 50cms to her personal best,-to go second in the MMK F20 rankings;
- a Club Record of 43.66m in the Javelin for Eva Durand, who added over 30cms to her own record, in finishing fourth in a high quality competition;
- Leo Freeland came fifth in the 1500m in a new personal best time of 3:53.34;
- Tim Penley, who spent much of 2019 and 2020 injured, was just 10cms below his recent personal best in the pole vault(3.90m)
- Imogen King competed in the 1500mSc. After a fall in the water jump early in the race, she battled back to finish seventh(5.12.77)
- Shawn Ampofo triple jumped 13.37m(8cm off his PB) for 12<sup>th</sup> place with Mia Soman 13<sup>th</sup> in the pole vault(2.60m), just 10cm off her recently set PB

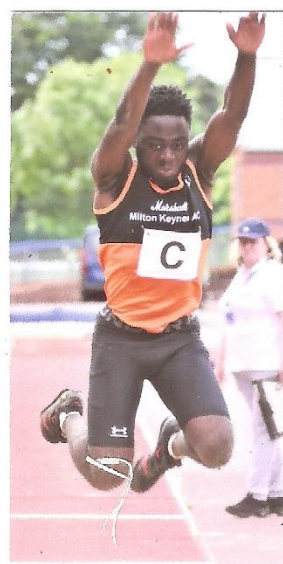


Senior Boys			
1500m	5	Leo Freeland	3.53.3 pb
Triple Jump	12	Shawn Ampofo	13.37m
Pole Vault	8=	Tim Penley	3.90m
Senior Girls			
1500mSc	8	Imogen King	5.12.77
Hammer	2	Lara Moffat	49.80m
Javelin	4	Eva Durand	43.66m Club Rec.
Triple Jump	3	Lateefah Agberemi	12.00m w+2.2, pb
Pole Vault	13	Mia Soman	2.60m

### Day 2(Intermediates)

MMK had two athletes in action on this day. Reuel Miller competed for Bucks Schools in the 100m and Hayley Dimond competed for Northants Schools in the Shot.

- Reuel Miller was fifth in his 100m heat in 11.36 to qualify for the final. Improved to 11.25 in the Final to finish seventh.
- Hayley Dimond finished fifth in the Inter Girls Shot with a throw of 12.32m.



Top; Eva Durand  
Centre; Tim Penley & Lateefah Agberemi  
Above: Shawn Ampofo & Mia Soman



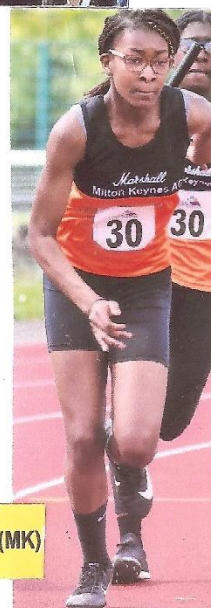
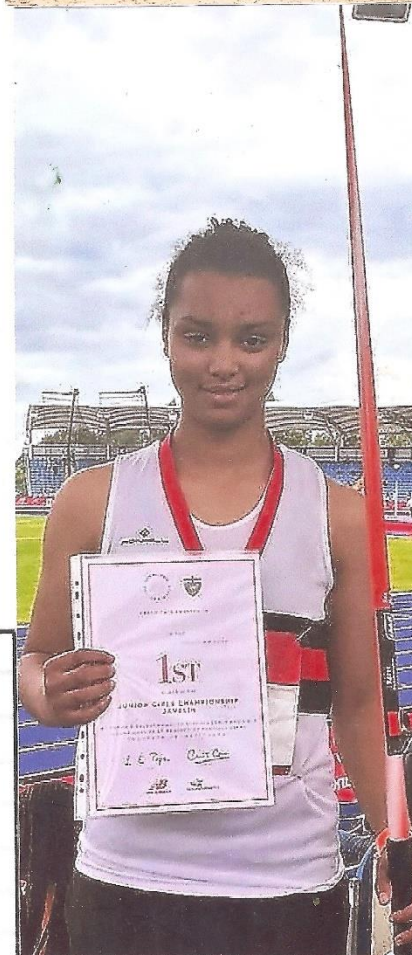
## Day 3(Juniors)

### Two Gold, Two Silver and a Bronze for MMK athletes

Marshall Milton Keynes had one of its best days ever at the English Schools Championships in Manchester as the Juniors delivered a medal feast:

- Daniel Ayodele started things off with a win in the Long Jump with a leap of 6.26m, some 19cm ahead of his closest challenger.
- D'mitri Varlack had an excellent result in the same event, taking the bronze medal(5.79m), just 3cms short of his personal best.
- Ayesha Jones was over 1.4m ahead of second place as she won the Javelin with a new club record 42.50m.
- Isaiah Phillip set a new personal best of 14.13m in the Shot as he grabbed a silver medal.
- Ayo Fatoki won his heat in 23.15m to qualify for the 200m final at the end of the day. Despite a sore hamstring he improved his time in the final, ducking under 23 seconds for the first time to take the silver medal.
- All the MMK athletes were in the top eight in their events, with Hope Oguidi fifth in the 200m Final (after two personal bests of 25.82 and 25.75), Lizzie Garner seventh quickest in the 300m(42.03) and Jamic Penley eighth in the Pole Vault(2.80m)

Junior Boys			
200m heat	1 Ayomide Fatoki	23.15	w+3.2, Q
200m Final	2 Ayomide Fatoki	22.97	w+1.4, pb
Shot	2 Isaiah Phillip	14.13m	pb
Long Jump	1 Daniel Ayodele	6.26m	
Long Jump	3 D'Mitri Varlack	5.79m	
Pole Vault	8 Jamie Penley	2.80m	pb=
Junior Girls			
200m heat	3 Hope Oguidi	25.82	w+1.2, pb, Q
200m Final	5 Hope Oguidi	25.75	w+2.0, pb
300m heat	4 Lizzie Garner	42.03	7th overall
Javelin	1 Ayesha Jones	42.50m	Club Record



Top: Daniel Ayodele & D'Mitri Varlack at Manchester  
Centre: Ayesha Jones at Manchester & Isaiah Phillip(MK)  
Right: Hope Oguidi(MK) & Ayo Fatoki(MK)



## The SOAR MK5000 PB Special

**(17 July)** was held on a scorching hot day with the mid-afternoon temperatures of 28 degrees Celsius. Many found the conditions too hot to handle with 31 of the 229 starters not making it to the finish line. Of the 198 who did finish, 88 produced new personal bests (44%).

The elite Men's and women's races both produced super fast times. The women's race, held in slightly cooler conditions at 8:20pm, involved a three way battle for the win between Abbie Donnelly(Lincoln), Morag Millar and Jenny Nesbitt with an inspired Abbie winning in 15:42.65 from Morag (15:43.57) and Jenny (15:44.90). Abbie took nearly 40 seconds off her personal best, with Morag taking over 25 seconds off hers. The winning time was just five seconds slower than Jess Judd's 2018 MK5000 Stadium Record.

As the men's race started the sun dipped below the horizon, the temperature cooled significantly and the wind dropped. Almost perfect conditions for racing produced some scorching hot times (much quicker than that in the England Athletics Championships in Bedford on the same day). Five men dipped under 14 minutes with Jack Rowe(Aldershot) taking the victory in a new stadium record of 13:41.40. The old record of 13:57.33 was set by Ben Bradley in 2019s MK5000.

Of the 10 MMK athletes who finished, five set new personal bests.

		5000m	3000m
Elliot Hind	MS	15.23.04	9.10.45
Steve Tuttle	MS	17.07.00	
Jamie Darcy	M20	16.39.02 <b>PB</b>	
Graham Jones	MS	16.50.09	
Lara Bromilow	F35	17.46.90	10.40.12
Ollie Badger	M35	17.59.49 <b>PB</b>	10.34.66
Chris Finister	M45	18.45.21	10.52.11
Philip Gazard	M55	19.37.89 <b>PB</b>	
Alfie Blaber	M20	20.01.03	
Peter Tye	M50	24.43.36 <b>PB</b>	
Fi Han Bromilow	F65	27.46.06 <b>PB</b>	



Ollie Badger and Peter Tye competing in the event. Photos of Fi Han, & Phil on EMGP page whilst Jamie is on the BMC page.



Jack Rowe and Abbie Donnelly

## STEVE TUTTLE WINS THE MK HALF-MARATHON ON 26 JUNE **AND THEN** MAKES HIS MARATHON DEBUT NEXT DAY!!



Steve ran 75:10 to win the Half Marathon followed by Thomas White (MS/85.49), Paul Munday (M40/95.55), Suzanne Anderegg (F50/104.09), Eduardo Ustaran (M50/104.09) and Simon Booth(M60/116.58)

Next day Steve completed his Marathon debut with **2:48.49 finishing 19<sup>th</sup>**. He places 54<sup>th</sup> in the Club sub-3-hour rankings (n=107). Ben Miller(M40) clocked 3:58.23



## May 22: PBs galore at the SOAR MK3000PB Special

From the 199 finishers of the SOAR MK3000 PB Special, 120 (60%) came away with a personal best, in a feast of 3000m running.

MMK had the winners in four of the races: Race E, Leo Freeland (82), Race I, Zak Freeland (141), Race M, Harry Totton (202) and Race N, James Ward (232) –24 MMK runners completed the race with 20 (83%) gaining personal bests.

### MMKAC FINISHERS

1	Leo Freeland	M20	8.34.53	PB	Race E
2	Sam Withers	MS	8.38.48	PB	Race C
3	Zac Freeland	M20	8.50.51	PB	Race I
4	Liam Smith	MS	8.51.16		Race F
5	Tom Charteress	MS	8.55.07	PB	Race F
6	Jack Rose	M20	9.13.73	PB	Race H
7	Jamie Darcy	M17	9.18.46	PB	Race J
8	Galen Butler	M20	9.22.82	PB	Race J
9	Harry Totton	M17	9.59.58	PB	Race M
10	Tom Cuthbertson	MS	10.07.02		Race M
11	Elle Roche	FS	10.07.67		Elite W.
12	Ollie Badger	M35	10.13.11	PB	Race M
13	James Ward	M40	10.22.46	PB	Race N
14	Andrew Wasdell	M45	10.49.04	PB	Race N
15	Steve Withers	M45	10.50.67	PB	Race M
16	Karl Saunders	M40	10.55.72	PB	Race N
17	Phil Gazard	M55	11.38.62	PB	Race O
18	Miriam Drewett	F35	12.48.06	PB	Race O
19	Debra Brent	F55	12.57.88		Race O
20	Kevin Church	M55	13.05.40	PB	Race O
21	Peter Tye	M50	13.50.48	PB	Race O
22	Malcolm Kidby	M50	14.40.11	PB	Race O
23	Fi Han Bromilow	F65	15.11.81	PB	Race O
24	Hazel Church	F55	16.16.09	PB	Race O



Gemma Kersey(Basildon) won the Elite ladies race in 9.16.37 with Elle Roche [L] 11<sup>th</sup> in 10.07.67. Jonathan Escalante Phillips (Cambridge) won the Elite men's race with a PB of 8.03.19.

**FOR THE FIRST TIME IN 40 YEARS THE BRITISH OLYMPIC MARATHON TRIALS WERE HELD IN A SPECIFIC SELECTION RACE – KEW GARDENS[26MARCH, 2021]**



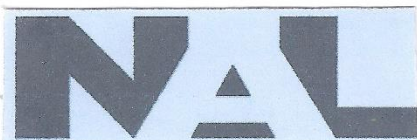
**40 YEARS AGO IT WAS HELD IN MILTON KEYNES[3<sup>RD</sup> MAY] AS PART OF THE 6<sup>TH</sup> MILTON KEYNES MARATHON.**

Our current Club President, Milford Callow, organised all the race marshalls for this prestigious race and four MKAC men started the race. Race HQ was Stantonbury Campus. Dave March retired around 20km and then Tom Webb made a charge through the field to finish 146<sup>th</sup> in a magnificent PB of 2:45.48, 20minutes off his previous best. Chris Cottam (150) was soon in with 2:46.19 whilst Dave Findel-Hawkins placed 169<sup>th</sup> with a PB of 2:49.50.

Up front Ian Thompson (Luton) broke away from Dave Black(Tamworth) after the third drag up Heelands Hill to win in 2:14.00- Still the fastest marathon time recorded in MK. Black took silver with 2:14.28 and Andy Holden(Tipton) third in 2:15.18, there were 195 finishers. Thompson and Black plus Bernie Ford(Aldershot) were selected for Moscow, 1980. Sadly all three failed to finish.

Above: Race winners, James Ward, Zac Freeland and Harry Totton. And Miriam Drewett setting a PB.





## NATIONAL ATHLETICS LEAGUE

**MMKAC Men's & Women's team in the TOP FLIGHT – report by Jim Lawrence**

**A**fter we got promoted back up to Division One of the Southern Athletics League two years ago, Marshall Milton Keynes Athletics Club were invited to join the newly formed National Athletics League for last year. This was merging the old British Athletics League & the UK Women's League where our women competed. After some consultation we decided to take up the offer. We were placed in National League Division One.

Last year because of Covid -19 and the various lockdowns suffered by the country there was no league competition to be had. So 2021 was our first venture into this new league. It was decided to split the Division one into more local venues to save travelling time and expense but for some reason we headed off to Portsmouth for our first match to compete against the host club, Belgrave Harriers and Reading AC

### Portsmouth – June 5<sup>th</sup>

So Portsmouth it was. Coach travel was arranged but some athletes preferred to travel direct by car. This was understandable as Covid was still rife. The headline from our website went as follows:

*"A small team travelled to the first ever National Athletics League meeting at Portsmouth and the distance to the meeting meant that several events were not covered.*

*A combination of Covid induced lack of readiness and those who were there put in some fine performances under the new performance-based scoring system. Eva Durand, with a throw of 43.35m in the Javelin, broke the Club F20 and Senior records and is now second in the Under 20 UK rankings.( Eva has since broken this record twice more )*

*Woman of the match was Kayleigh Presswell with a hammer throw of 60.88m. Also featuring in the top six performances were Sam Winters (twice), Lara Moffat (who won the Hammer "B" string with 50.19m and Eva "*

Sam won the 800m in 1:54.50 and the 1500m in 3:54.66. Shawn Ampofo won the Triple Jump with a leap of 13.45m. It was a welcome return for Ebony Carr as she and Moyin Oduyemi had a 100m win double. Abigail Fitton won the 200m and Mia Soman the Pole Vault and the women took a 4 x 100m relay victory.



[L] Abi Fitton & Lateefa Agberemi  
[R] Sam Winters & Shawn Ampofo

### Milton Keynes – July 3<sup>rd</sup>

Our second match was a home fixture. The female throwers did us proud again. Eva once again excelled in the Javelin recording 40.36m. Lara again won a hard fought Hammer competition recording 50.96m. Emma Beales threw the Discus out to 37.61m. Ebony again won the 100m with 12.03 with Moyin completing the double winning with 12.64.

Lateefa Agberemi proved what a superb athlete she is turning out to be. She won a brilliant treble in the 100m Hurdles, Triple Jump & Long Jump. Asher Cliff-Afemari backed her up by winning the 'B' string Long Jump. Mia & Bryony Gibbons, making a comeback after a long time away with injury won both Pole Vault events.

Male-wise Sam excelled once again with an 800m victory in 1:52.27. Graham Jones won the 3000m Steeplechase in a good solo victory. Our two sprinters did us proud with a 100m double victory coming from Dickson Kusi dipping under eleven seconds again (10.93) and Duaine Tuffour. We had a very rare victory in the 110m Hurdles courtesy of Mihael Niculescu (16.48).

There was a double victory in the horizontal jumps from Shawn Ampofo winning the Long Jump with 6.34m with back up from Mihael ( 6.26m ). Shawn achieved his own double with a victory in the Triple Jump ( 13.34m ). Tim Penley duly won the Pole Vault. We finished the meeting with two wins in the 4 x 100m relay. The men's team of Dickson, Duaine, Joseph Tolbert & Bill Boakye recorded a quite respectable 44.18. The winning women's team was Debra Lago, Aaliyah Lawanson, Tia Morris & Moyin Oduyemi. A hard-fought match at Stantonbury resulted in a win for MMKAC.



### Milton Keynes – August 7<sup>th</sup>

After winning the second match last month, MMK turned out with a team that had gaps in many events eventually placing third on the day. Those that did compete put in some excellent performances. This match should have been at Reading but we offered to host it as their Hammer/Discus cage was not ready for use.

Sprinter Matt Hall was our only 'A' string male victor this time winning the Long Jump with 5.83m. Lewis Barnes was a solid performer once again for us in most of the throws.

For the women Abigail won an exciting 200m. Lateefa once again produced a treble of victories. She won the 100m Hurdles, Long Jump (5.18m) & Triple Jump leaping out to 11.50m. The Triple Jump was backed up by Joan Peedah winning the 'B' string.



## Milton Keynes – Aug 28th - A win in the final match

Our middle distance double act of Ewan Forsythe and Graham Jones got us off to a winning start with both coming up trumps in the 800m. Hamish McGarvie[R] followed that up with a win in the 400m Hurdles. Tim excelled in winning the Pole Vault again. In the throws department there was a brilliant double in the Hammer from James Ericsson-Nicholls and Mark Roberson. Mark has done all four matches for us this season and has also competed in the Shot, Discus & Javelin on multiple occasions. The return of Jack Panter resulted in him taking the Javelin honours.

Another athlete who has competed in all four matches is Matt Hall[L] He represented us over the 100m, Long Jump, 4 x 100m relay & the 200m. His personal best over 200m was set at this fourth NAL match clocking 22.62 into a -1.7 headwind.



### Expressions of gratitude.

My special thanks once again to my fellow Team Manager Barry Hearn and to Carly Scott as Women's Team Manager. And our loyal team of official's. The following have been with us for all four matches. Richard Pownall, Jeanette Lawrence, Mick Bromilow, Jackson Ryan and Julie Davison.



Above: Matt Hall & Hamish McGarvie. Here: Mark Roberson & Moyin Odoyemi

### Postscript.

As you all know training over the last winter was curtailed for most athletes due to the Covid-19 lockdown and not having access to the track until March. So it was always going to prove a difficult year to get athletes out to compete for us in the NAL this summer. Moving onto summer 2022, all things being well, it should be a much better season for selections and performances. The league hopefully should have more teams in our division to compete against & the opposition should be much stronger so we can have more quality competition.

## HAYLEY DIMOND

Hayley must have been one of our busiest athletes this summer. As at 1<sup>st</sup> October she had competed in no less than 57 events. Included competing in three Heptathlons

### Best performances during 2021/ UK ranking

200m	26.69	Milton Keynes	YDL
800m	2.42.6	Moulton	Open Meet
80mHurdles	11.7(14)	Corby	ESAA Region
High Jump	1:51	Nuneaton	Open Meet
Long Jump	5:01	Milton Keynes	Open Meet
Shot[3K]	13:46(10)	Banbury	YDL
Discus[1K]	34:15(12)	Nuneaton	Schools Meet
Javelin[500g]	37:46(23)	Manchester	England Cps
Heptathlon	4379pt(17)	Corby	ESAA Cps(Q)
	4378pt	Manchester	England Cps
	4016pt	Bedford	ESAA Final

Club Records in Red; second place in club rankings in the Javelin and Heptathlon, third in discus.

### Breakdown of events competed:

Shot	14	80mHurdles	8
Javelin	8	High Jump	6
Long Jump	6	Discus	6
200m	5	800m	4



And a turn of speed in the 200m at the YDL match in July



Above: James Ericsson-Nicholls in a NAL match at MK, is ranked 8<sup>th</sup> in the UK M23 hammer rankings with his best throw of 57.13m. Mark Roberson, on left with the shot, has a best hammer throw this year of 43.84m and is ranked 3<sup>rd</sup> M45 in the UK.



## September 25: The Men win and the Women are third at the Eastern Masters Final in Milton Keynes

The Milton Keynes Men won a very tight match over Bedford with Thurrock third, but the women lost out to Fairlands Valley Spartans, and narrowly to Peterborough & Nene Valley. The club triumphed overall retaining the Carl Baldwin Trophy for the leading aggregate scored.

Pos	Overall	Total
1	<b>Marshall Milton Keynes</b>	<b>487.5</b>
2	Peterborough/Nene Valley	431.5
3	Chelmsford/Basildon	355
4	Ryston Runners AC	221
	<b>Men's Teams</b>	<b>Total</b>
1	<b>Marshall Milton Keynes</b>	<b>255</b>
2	Bedford & County AC	247
3	Thurrock Harriers	231
4	Peterborough/Nene Valley	196
5	Southend AC	157
6	Chelmsford/Basildon	139
7	Ryston Runners AC	106
8	Colchester Harriers	90
	<b>Women's Teams</b>	<b>Total</b>
1	Fairlands Valley Spartans	255
2	Peterborough/Nene Valley	235.5
3	<b>Marshall Milton Keynes</b>	<b>232.5</b>
4	Chelmsford/Basildon	216
5	WSAC/St Edmunds Pacers	119
6	Ryston Runners AC	115
7	Corby AC	112



Team photographs by Steph Johnson

**Congratulations to everyone who took part, the results show that every point counted.**

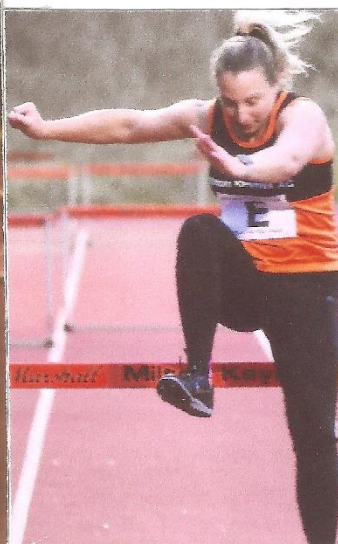
Steph led from the front leading her team of 11 athletes to the bronze medals AND competed in no less than six individual events: 100m, 400m hurdles, long jump, high jump, triple jump, and pole vault plus the relay. And five each (plus relay) from Diane Baldwin and Di Farmer.

George Gavriel, men's team captain, led them to a defence of the title competing in four events as did Paul Canning, Steve Herring and Mark Roberson

### Individual winners were:

- M35 Rob Elmore(800m/2.08.66) and 1500m(4.18.26). Mark Roberson(Hammer) 43.84m
- M50 Anthony Moffat(Hammer/29.36m) and Javelin(32.97m) Barry Nash(Shot/13.34m)
- M60 Paul Canning(M60.12.45)
- F35 Emma Beales(Shot/8.99m) & Discus(39.88m), Steph Johnson(Triple Jump/8.10m)
- F50 Diane Presswell(Hammer/27.94m) 2km Walk 1st Diane Baldwin(12.51.34)

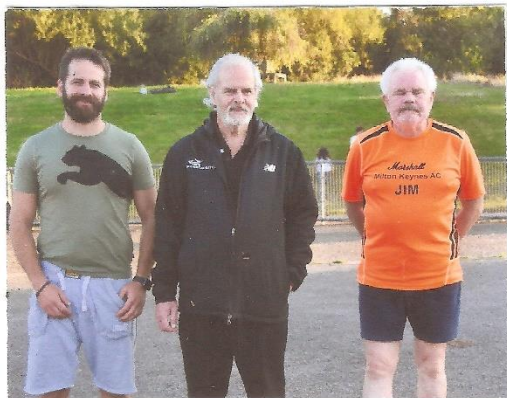
**From the 1<sup>st</sup> September match:**  
Rob Elmore, George Gavriel, Steph Johnson & Anthony Moffat





## FAREWELL TO MIKE LEONARD (Senior Sprints Coach)–

By Jim Lawrence



Mike with Panos and Jim

I first met Mike when I joined MMKAC in 1990. (31 years ago now!). I had just moved up to Milton Keynes and joined from Harrow A.C. I was coached in my early days with the club by Harry Northfield. Harry was not a sprints coach and it was suggested to me that I joined Mike Leonard's group. Mike was a Senior Sprints Coach – later to be renamed as a Level 4. In those days Brian Poland worked alongside Mike. I was then an M35 going on to be an M40 soon so we thought it would be an idea to me to become a sprints coach. Brian decided to pack up coaching and I was then coached solely by Mike for quite a few years. I then worked alongside Mike for many years and it was an excellent experience to gain my knowledge from him. It was Mike that gave me my report to go up from Level One to Level 2 in 1997 I do remember.

One of our fellow coach's at that time was Neil Wells. He was mainly into jumps coaching and his early charges included Mike's son Daniel, who went on to become our club's High Jump record holder. Neil also coached a young **Greg Rutherford**, who went on to become someone very well known. Greg joined Mike's speed sessions on many an occasion.

Some of Mike's athletes that he coached read like a who's who of sprint talent that this club has produced. Here are some of them:-

**Craig Pickering** – World Youth 100m Bronze medallist in Sherbrooke, Canada in 2003.  
European Junior 100m GOLD -Champion – Kaunas, Lithuania in 2005  
European Indoor Silver 60m – Birmingham 2007  
European U23 Silver 100m – Debrecen, Hungary in 2007. His time was 10.14 w 0.2. (Legal personal best.) 4 x 100m GOLD  
European Cup 100m GOLD – 4 x 100m GOLD – Munich, Germany in 2007.  
Craig went on to represent G.B in the World Championships in Osaka, Japan in 2007 and the Olympics in Beijing, China in 2008. Incidentally Craig ran 10.08 w +2.1 coming second to Usain Bolt in 2009.

**Joey Duck**- Commonwealth Youth Games Bronze in Bendigo, Australia 2004  
European Juniors in Hengelo, Holland 2007  
European U23 Championships – Kuanas, Lithuania 2009. Joey's personal best for 100m was 11.60 in 2009. She equalled that in 2015.

**Ebony Carr** – Had a brilliant year in 2018. At the World Junior Championships in Tampere, Finland she was part of the Bronze medal winning 4 x 100m. Her pb of 11.65 was set that year.



Mike with Ebony Carr

**Kadi-Ann Thomas** – World Youth Champs in Sherbrooke, Canada 2003

European Juniors – Kuanas, Lithuania in 2005. 4 x 100m Silver.

Kadi's 100m time of 11.41 was set in 2008.

Mike also coached Natalie Jowett, Habee Folami, Daniel Oderinde, Maxwell Brown and Ethan Wiltshire until 2 years ago. (Ethan this year was part of the European U20 4 x 100m Bronze Medal winning team)

Some of Mike's fellow coaching team over the years at times included David Pickering (Craig's father), Rob Purton and Adam Poland. It was then decided that myself and Adam break away to form our own sprint group due to the large numbers of athletes coming along. Nowadays of course it is Panos who is my coaching partner.

AND it would be nice if he kept in touch to offer his pearls of wisdom. He is at times a quiet guy but speaks volumes of advice about sprinting. He watches the efficiency and movement of athletes and offers his biomechanical knowledge. He was winding down his coaching group in recent months and Panos and I have inherited some of his athletes such as Moyin Oduyemi.

It will be sad for Mike to leave us but life goes on. We wish him well for the future.



Mike with members of the sprint squad, September, 2021



# ROUNDUP OF MAJOR TRACK & FIELD EVENTS

**June 12: Bucks Schools Champs-Milton Keynes**  
Club U15 Records for Lizzie Garner [300m/41.8] and Daniel Ayodele[Long Jump/6.52m]

**June 12/13: South of England Champs-Bedford**  
Gold for Leo Freeland – M20 1500m/3.57.79  
Two Silver medals in the hammer -Kayleigh Presswell [SW /58.86m and Lara Moffat F20/50.36m]

**June 13:Laura Zailor sets club high jump record of 1.90m in Poznan, Poland**



June 13: Tim Penley cleared 4.00m in the pole vault for the first time at the London Games(Lee Valley)

**June 19: England Athletics Champs- Bedford**  
F20 Hammer- Lara Moffat[4<sup>th</sup>/51.16m]  
M20 100m Ethan Wiltshire[5<sup>th</sup>/10.94]  
M1500m Leo Freeland[6<sup>th</sup>/3.55.92]

**26/27 June:East Anglia Schools Combined Events – Corby**  
2<sup>nd</sup> Hayley Dimond[4379pts] inc. club record in the 80mHurdles[11.7]-previous - Donna Hutt, 11.9 in 1988!

**June 27: British Championships – Manchester**  
High Jump 2<sup>nd</sup>-Laura Zailor [1.86m]  
Hammer 9<sup>th</sup>-Kayleigh Presswell[59.37m]

**July 10/11 English Schools Champs – Manchester**  
Two Gold, Three Silver and Two Bronze medals for MK Athletes AND two club javelin records  
(see report on pages 12/3)

**July 15/18: European M20 Championships, Estonia**  
4<sup>th</sup> place in the 100m for Ethan Wiltshire [10.33] and gold in the 4 x 100m Relay. [see report on page 6]

**July 18: England Athletics Championships – Bedford**  
High Jump 2<sup>nd</sup> Laura Zialor[1.83m]  
Hammer 4<sup>th</sup> Kayleigh Presswell[59.96m]  
Hammer 7<sup>th</sup> Lara Moffat[52.89m]

**August 7/8: England Athletics Champs – Manchester**  
Four medals won in U15 events:  
Javelin 1<sup>st</sup> Ayesha Jones[40.44m]  
Shot 2<sup>nd</sup> Isaiah Phillip[13.96m]  
100m 3<sup>rd</sup> Ayo Fatoki[11.09]  
Long Jump 3<sup>rd</sup> Daniel Ayodele[5.96m]

**August 7/8 – Kayleigh Presswell represents England Athletics in Portugal: Hammer-60.26m and 61.25m**

**August 15: Loughborough Javelin Festival – Two club records**

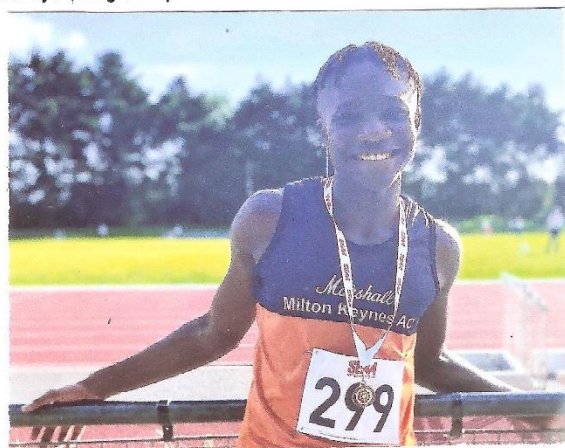
F15	1 Ayesha Jones	42.68m	Club Record
F20	3 Eva Durand	44.54m	Club Record
M17	4 Joseph Taylor	56.47m	

**August 20/22 – British Masters Championships – Derby**  
Silver medals for Paul Canning(M55) 100m[12.33], 200m [25.24] & Triple Jump[9.97m] Bronze for Bunt Scott[M70] Weight[12.65m]

**August 22: Midlands Championships – Nuneaton**  
Hayley Dimond: Shot-1st(12.87m) and 80m Hurdles – 3rd[11.98]

**August 21/22 South of England Championships-Kingston - Gold for D'mitri Varlak (photo below) and club record for Ayesha Jones, plus five silver medals.**

U15Girls 300m	2 <sup>nd</sup> Lizzie Garner	42.60
Javelin	2 <sup>nd</sup> Ayesha Jones	44.92mPB/CR
U15Boys Long Jump	1 <sup>st</sup> D'Mitri Varlack	6.38mPB
Shot	2 <sup>nd</sup> Isaiah Phillip	13.87m
100m	2 <sup>nd</sup> Ayo Fatoki	11.48
U13 Boys Long Jump	2 <sup>nd</sup> Tito Odunaike	4.94m



## IAN PHEASEY HANGS UP HIS RUNNING SHOES

"I am just dropping you a note to say that after 30 years with MKAC I have decided to call it a day. With growing work commitments and long standing injuries to my calf it is with a heavy heart I will not be renewing my membership

I wish to thank everybody at MKAC for the time and support that I have been shown in my time here. I have enjoyed all aspects of the club over the years, I have enjoyed all the track events and later running on the roads. So my last full run was the 2019 London marathon which was well worth doing completing every distance from 80 metres up to the marathon for MKAC"

*We thank Ian for his loyal Service since 1991 when he made his debut in the Eastern Young Athletes League.*

*Apart from competing as a senior on the track, roads and cross-country he has helped out officiating at home matches..*





# 10/ 11

## Dickson Kusi runs 10 sub 11seconds 100m races this Summer.

From 10.66(w2.7) at Lee Valley and 10.76 (w2.0) at Kettering to 10.94(w1.4) at NAL match MK.



## BUCKS AAA TRACK & FIELD CHAMPIONSHIPS [31 JULY & 15 AUGUST]

### 40 GOLD MEDALS WON

Tito Odunaïke won three in the U13 boys age group. 200m, 800m & Long Jump on Day 1. Then took silver in the 75mH and 1500m on Day 2



### JOHN SKELTON IMPROVES three M70 TRACK RECORDS

*John, by his own admission says "I am having a very disappointing, injury-cursed summer, and, despite poor form, I have managed to break three M70 club track records. So some positive news as I hope to build steadily towards a good spring and summer in 2022! [Next I will probably do very badly in the Chiltern League, but I know it is good for me!]"*

800m	2.47.74	Sandy	EMAC league
1500m	5.43.0	Nuneaton	Inter-area Masters
3000m	12.15.08	MK	EMAC Final



Nine MMK throwers attended the England Throws Camp [4/5 Sept.] in Northampton. As part of the competition there was an U18 International Javelin event where Eva Durand, representing England, threw 43.78m to finish third on the Saturday. She improved this to 47.71m for a personal best on the Sunday.



*Pictured above are Jamie Penley, Ayesha Jones, Riaghan Matheson and Eva Durand celebrating her podium finish.*

The highlight of the day was undoubtedly Ayesha Jones, who threw the Javelin 46.51m to improve her own F15 Club Record for the fourth time this year to go top of the UK Rankings. Hayley Dimond was the busiest athlete, competing in five events over two days. Kayleigh Presswell was again in good form in the hammer throwing over 60m

Shot	Hayley Dimond	F17	13.19m	3kg
Discus	Hayley Dimond	F17	33.25m	1kg
Hammer	James Ericsson-Nicholls	M23	52.84m	7.26kg
	Kayleigh Presswell	FS	60.20m	4kg
	Lara Moffat	F20	49.16m	4kg
	Jasmine Trapnell	F20	45.06m	4kg
Javelin	Riaghan Matheson	M17	49.45m	700gm
	Jamie Penley	M15	41.32m	600gm
	Eva Durand	F18	47.71m	500gm
	Hayley Dimond	F17	33.72m	500gm
	Ayesha Jones	F15	46.51m	500gm



## The MK Festival of Running on 5 September



The 2020 MK Festival of Running was held on 15 March with almost 3000 people completing one of four races over 5km, 10km, Half Marathon and 20 miles, well down on the 3500-4000 we were expecting to race. Undoubtedly, people were becoming nervous about the new virus that was causing havoc in China, Italy and Spain. A day later, all sporting events were cancelled and a week later, Britain went into lockdown.

This did not stop us planning for the 2021 Festival on 7 March. However, with a further lockdown in January, the decision was taken to move the event to 5 September, four weeks before the London Marathon. Entries for the race were much slower than in previous years as runners were nervous about entering events that might not happen, even though we were offering full refunds should the race be cancelled because of the pandemic. It was also clear that the running boom had been severely affected by covid-19 with fewer runners training and racing. The East Midlands Grand Prix Road Race series held later than normal from May to early August, attracted only half as many runners as in previous years. In August I attended the Big Half in London, an event that would normally attract around 25000 runners, but this year less than 10000 finished the race.

It was not looking good for the Festival, where the entry fees of the first 2000 just about cover all the expenses, which are fairly fixed independently of the number who race, and the entries above this mark contribute to the profits. In the end, just over 2500 runners entered this year's Festival, about half the number we normally achieve, which was probably the best we could have hoped for.

The club, as in previous years, was committed to providing over 100 helpers to marshal the event, man the feeding stations and help with registration, baggage and setting up the course. I worried that we would not be able to raise enough people because of the covid situation, so I arranged with a local retailer, Up and Running, to provide some vouchers as an extra incentive to persuade people to help.

In the end, this did the trick as between 110 and 120 people turned up to help on the day, despite some groups within the club choosing not to get involved.



The weather forecast for the day was for moderate temperatures. Indeed, there was no hint of how hot the day was going to turn out when four of us, Diane Baldwin, Richard Pownall, Ian Stewart and I, went round the course putting up all the signage. Even when the races started between 9:45am and 10:45am, the conditions were cool. The First Aid people reported that everything was quiet before midday. The 5km fun run finished with our own Kian Nicholson (pictured above, left) winning the event. The 10km race finished shortly afterwards and everything was fine. Elliot Hind, (pictured above, right) first man home in the 20 mile race had pretty good conditions throughout his run.

Sometime after midday, the temperature rose to the high 20s, 10 degrees higher than had been forecast. Some of the less experienced runners started collapsing on the course, at the finish and after the finish. Fortunately, we had three ambulances in attendance, but they were being kept very busy. As race director, I was working with Jackson Ryan to despatch the ambulances to the right points to quickly get to people in trouble. The on-course radios were passing messages to the finish. I was called to two people in trouble outside the XScape Building and there was a woman in trouble in Campbell Park just below Belvedere.

Throughout this the marshals were fantastic, offering advice, support and encouragement. At the end of the day, this is what this event is about. I salute everyone who helped make this event the success it undoubtedly was.

Mick Bromilow



## ROAD RANKINGS 2021 [as at 3 October]

### 5KM(MEN)

Elliot Hind	MS	15.35	Battersea Park	28-May
Jonathan Peters	MS	16.08	Marston	23-Jul
Matthew Dicks	M20	16.22	Marston	23-Jul
Sam Winters	MS	16.50	Kirkby Mallory	17-Apr
Galen Butler	M20	17.10	Prestwold	02-May
Sean Pinney	MS	17.26	Bedford	21-Jul
Andrew Cowdrill	MS	17.51	Kempton Park	15-May
Harry Totton	M15	17.52	Prestwold	02-May
Kian Nicholson	M17	18.01	MK(Festial)	05-Sep
Tomas Billenness	M20	18.31	MK	26-Jun
Phil Gazard	M55	19.05	MK	26-Jun
John Skelton	M70	19.26	MK	26-Jun
Dylan Hollinshead	M17	20.33	MK(Festial)	05-Sep
Martin Brent	M55	20.50	Bedford	21-Jul
Alexander Granfelt	M20	20.59	MK	26-Jun
Stuart Cowan	M70	26.03	Bedford	21-Jul

### 5KM(WOMEN)

Eile Roche	FS	16.48	Kirkby Mallory	17-Apr
Alice Ritchie	FS	17.13	Battersea Park	02-Aug
Imogen King	F20	17.36	Kirkby Mallory	17-Apr
Lara Bromilow	F35	18.02	London	20-Jul
Maddy Pearce	F15	18.42	Prestwold	02-May
Alice O'Leary	F15	21.43	MK	26-Jun
Fern Yull	FS	23.05	MK	26-Jun
Debra Brent	F55	23.39	Bedford	21-Jul

### 5MILES(MEN)

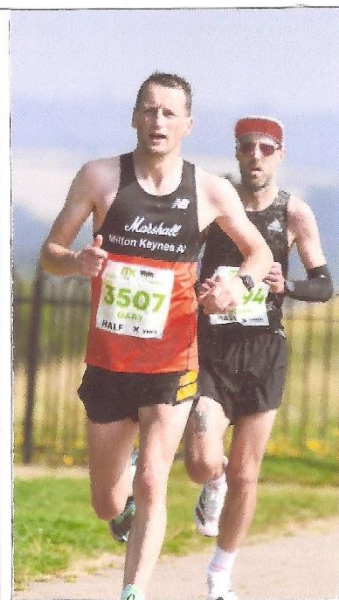
Jack Rose	M17	27.04	Banbury	13-Jul
Steve Tuttle	MS	27.50	Harborough	06-Jul
Sean Pinney	MS	29.29	Blisworth	04-Jun
Andrew Wasdell	M45	31.36	Blisworth	04-Jun
Phil Gazard	M55	33.05	Banbury	13-Jul
Matt Tizzard	MS	37.14	Blisworth	04-Jun
Kevin Church	M55	39.02	Blisworth	04-Jun
Peter Tye	M50	41.04	Harborough	06-Jul

### 5MILES(WOMEN)

Diane Baldwin	F60	37.20	Banbury	13-Jul
Fern Yull	FS	38.07	Banbury	13-Jul
Diane Farmer	F60	40.55	Blisworth	04-Jun
Fi Han Bromilow	F65	44.19	Blisworth	04-Jun
Hazel Church	F55	48.20	Blisworth	04-Jun

### 10KM(MEN)

Steve Tuttle	MS	34.52	MK	03-Aug
Louis Clarke	MS	35.11	Kew Gardens	11-Sep
Gary Blaber	M45	35.50	Bedford	30-Jul
Sean Pinney	MS	36.27	MK	03-Aug
Ollie Badger	M35	36.51	MK	03-Aug
Thomas Cuthbertson	MS	37.35	MK	03-Aug
Matthew Child	M35	37.42	Bedford	30-Jul
Chris Finister	M45	38.00	Oxford	27-Jul
Stephen Coomber	M35	39.55	Bedford	30-Jul
Andrew Wasdell	M45	40.10	Weedon	22-Jun
Neil Jones	M45	40.18	MK	03-Aug
Phil Gazard	M55	40.59	MK	03-Aug
Paul Munday	M45	41.04	MK	03-Aug
Dan Hippey	M45	42.04	MK	03-Aug
Ian Van Lokven	M60	43.15	MK	14-Jul
David Gray	MS	43.56	MK	03-Aug
Reece Moore	M20	47.20	MK	14-Jul
Steve Martin	M35	48.26	MK	03-Aug
Kevin Church	M55	49.24	MK	03-Aug
David Newens	M75	49.47	Northampton	06-Jun
Peter Tye	M50	49.51	MK	03-Aug





## ROAD RANKINGS 2021 CONTINUED

### 10KM(WOMEN)

Lara Bromilow	F35	36.27	MK	03-Aug
Lynsey Ryall	F40	40.11	MK	03-Aug
Alex Knowles	F55	44.47	MK	03-Aug
Diane Baldwin	F60	47.23	MK	03-Aug
Fi Han Bromilow	F65	56.40	MK	03-Aug
Hazel Church	F55	59.55	MK	03-Aug

### 10MILES(MEN)

Steve Tuttle	MS	58.27	Leighton Buzz.	19-Sep
Gary Blaber	M45	61.05	Leighton Buzz.	19-Sep
Neil Jones	M45	70.38	Leighton Buzz.	19-Sep

### HALF-MARATHON(MEN)

Steve Tuttle	MS	75.10	MK	26-Jun
Dan Webber	M45	80.37	Greenwich	22-Aug
Gary Blaber	M45	80.39	MK(Festival)	05-Sep
Andrew Cowdrill	MS	82.42	Windsor	18-Apr
Henry Kemp	MS	84.18	MK(Festival)	05-Sep
Matt Turner	M40	85.24	Windsor	18-Apr
Thomas White	M35	85.49	MK	26-Jun
Chris Finister	M45	87.52	Newcastle	12-Sep
Tom Pownall	MS	88.11	Bristol	19-Sep
Ollie Badger	MS	89.15	MK(Festival)	05-Sep
Ian Van Lokven	M60	90.00	Bristol	19-Sep
Paul Munday	M45	95.22	MK	26-Jun
Eduardo Ustaran	M50	104.09	MK	26-Jun
David Gray	MS	111.00	MK(Festival)	05-Sep
Wheelchair - Chris Rattenbury	M40	2.00.05	MK(Festival)	05-Sep

### HALF-MARATHON(WOMEN)

Suzanne Anderegg	F50	104.09	MK	26-Jun
Diane Baldwin	F60	104.59	Kimbolton	15-Aug

### 20MILES(MEN)

Elliot Hind	MS	1.52.31	MK(Festival)	05-Sep
Steve Tuttle	MS	2.04.06	MK(Festival)	05-Sep
Neil Jones	M45	2.27.45	MK(Festival)	05-Sep
Karl Saunders	M40	2.30.37	MK(Festival)	05-Sep
Stephen Coomber	MS	2.52.39	MK(Festival)	05-Sep

### 20MILES(WOMEN)

Linsey Ryall	F40	2.34.06	MK(Festival)	05-Sep
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### MARATHON(MEN)

Elliot Hind	MS	2.31.58	London	03-Oct
Steve Tuttle	MS	2.48.49	MK	27-Jun
Dan Webber	M45	2.53.31	London	03-Oct
Andy Cowdrill	MS	3.02.34	London	03-Oct
Matt Turner	M40	3.06.55	London	03-Oct
Neil Jones	M45	3.12.14	Belfast	03-Oct
Steve Coomber	MS	3.12.52	London	03-Oct
Phil Gazard	M55	3.35.42	Berlin	26-Sep
Ben Miller	M40	3.58.23	MK	27-Jun

### MARATHON(WOMEN)

Lara Bromilow	F35	3.08.35	London	03-Oct
Wheelchair - Chris Rattenbury	M40	4.04.42	London	03-Oct

## Elliot excels in the London Marathon

Elliot Hind, running in his first marathon for three years, knocked 37 seconds off his personal best to record 2:31:58 to go fifth in the MMK all-time rankings.

Two other MMK runners, Dan Webber and Gary Blaber ducked under three hours. Andy Cowdrill knocked 35 seconds off his personal best set in Chicago two years ago. Lara Bromilow, slowly recovering from ligament damage sustained in the Big Half at the end of August, was happy to complete the run in 3:08:35, just behind Matt Turner. Steve Coomber, in his first marathon, recorded 3:12:52.

Diane Baldwin ran the Virtual Race in 4:04:42 while Chris Rattenbury, competing in a wheelchair, pushed himself round the course in 4:05:50.

*Eddie Hartigan ran for the South East in the London Mini Marathon placing 32nd in the under 13 boys race, 3rd scorer in his Team that came 2nd behind the North West and in front of 3rd placed Wales.*

Pos	M/F	Cat		Cat	Time
118	118	85	Elliot Hind	MS	02:31:58
1296	1257	169	Dan Webber	M45	02:53:31
1661	1597	237	Gary Blaber	M45	02:56:45
2385	2248	1098	Andy Cowdrill	MS	03:02:34
2823	2626	419	Matt Turner	M45	03:06:55
2978	229	131	Lara Bromilow	F35	03:08:35
3451	3121	1465	Steve Coomber	MS	03:12:52
			Diane Baldwin	F60	04:04:42
13884	10251	1893	Chris Rattenbury	M40	04:05:50

Elliot[L] with Dan Webber



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CONTRIBUTIONS ALWAYS WELCOME