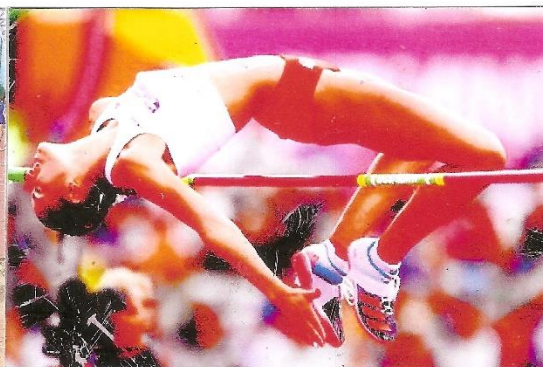


# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.

Summer 2022

"Do nothing in haste; look well to each step and from the beginning think what  
may be the end" EDWARD WHYMPER



Above: Laura Zialor, 8<sup>th</sup> Commonwealth Games  
High Jump, representing England.

Left: England AA Under 17 Champions:  
D'mitri Varlack(Long Jump) and Ayesha Jones(Javelin)

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The Jack Kee Memorial seat

## Chair's piece

### Track Season

I am writing this on the evening of our final open meeting at the end of a long season. The club's successes over the summer have been well documented on these pages. Having, like almost every other sports club, suffered a big dip in the membership during the last two covid years, the club is on the way back up with membership increasing. Hundreds of our members have achieved personal bests over the summer and it was pleasing to see forty-nine children taking part in a Quadkids competition today, many just starting on their athletics journey. It is often from these small beginnings that our stars of tomorrow will emerge.

Our meetings rely on a small number of officials, and a few have dropped out over the last two years. We are starting to see some new officials emerging – we will need more if we are to meet our many commitments without overstressing our resources. I would like to thank everyone who has officiated this summer at matches all over the country.

### Sharon Edghill and Jack Kee

Over the last twelve months the club has lost two of its much-loved and highly respected coaches. Many individuals have stepped up to fill the void left by their departure, to continue Jack's and Sharon's work with some very talented athletes. We are very fortunate to have such people within the club.

Our coaches have turned out in all weathers throughout the year, often with little thanks. At the end of another long season, a quiet (or even a very noisy) word with your coach to thank them for the work they have done with you, would let them know how much they are appreciated!

We are always on the lookout for new coaches and the club will pay the fees of any athlete or parent who wants to qualify to help at the club. Let David Millett or Barry Hearn know if you are interested in becoming a coach.

### Marathon Training in Milton Keynes

With the London Marathon in October this year, the club decided to put on an event three weeks before the marathon to give runners the chance to test themselves before the big event. A five mile loop based on Willen Lake was devised so that athletes could choose to do 1, 2, 3 or 4 laps. Around 450 runners signed up to compete, with 378 finishing with a time. The club had around 35 volunteers to ensure the event went smoothly, officiating, manning the baggage area, feeding stations and marshalling points, or handing out the medals at the end. The club will make between £3500 and £4000 from the event, so many thanks to all the volunteers.

## 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 15 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 12 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 14 January, which will include the club championships. These are great social events as well as keenly fought sporting contests. I hope that our many athletes, parents and friends will support all the members of the Club, cheering them on and encouraging them to do well.

### New club facilities

The club has identified the need for new facilities to provide the best environment for training and competition. We aspire to build an indoor facility close to the track for use for training throughout the year. We would also like to build a stand alongside the home straight and have an external throwing area that would help shorten the length of meetings. It will take 2-3 years to complete all the work needed to successfully bid for funding.

This project is being led by our Development Director, Ian Stewart, and meetings have been held with the school (who are very enthusiastic about the project), the Council, England Athletics and other local organisations. Progress is inevitably slow, but we are building up our reserves so that we can make a substantial contribution to the cost of the project when the time comes to bid for funding.

### Volunteer Day

A group of club volunteers is getting together on Saturday 8 October at 10am to spend a morning tidying up the track and clubhouse to get it ready for the winter. If you would like to join us, please contact me or our Director of Facilities, Bryan Waddington, to let us know you are coming. You would be most welcome.

### Annual General Meeting

This year's AGM will be held at the clubhouse on Tuesday 16 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))

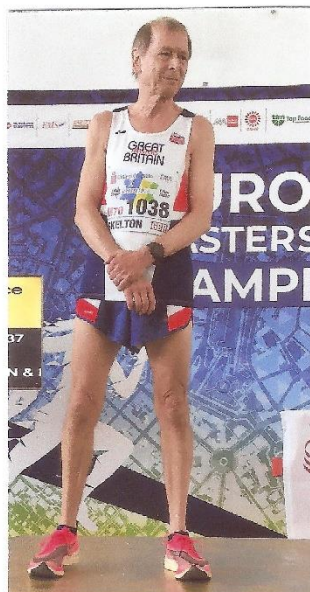
Co-Chair, Marshall Milton Keynes AC

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



## May 14: John Skelton wins European Masters 5km Road Race Championship

Competing in Grosseto[Tuscany] Italy, John won the M70 race by 48 seconds with a final time of 19.37



## June 10/11: Three gold, three silver and one bronze medal at the British Masters Championships



Three MMK athletes were in action on day 1 of the British Masters Championships at Derby. Paul Canning won gold in the M55 200m (in a Club M55 record time) and Triple Jump plus a Silver Medal in the 100m. John Skelton won Silver Medals in the M70 800m and 1500m in Club M70 Record times. (picture, right)

On Day 2, George Gavriel (pictured above) added a gold in the 200m and a bronze in the 100m

M40				
100m	3	George Gavriel	11.78	
200m	1	George Gavriel	23.80	
M50				
100m	8	Darren O'Leary	13.50	
200m	8	Darren O'Leary	27.88	
400m	7	Darren O'Leary	64.31	
M55				
100m	2	Paul Canning	12.54	
200m	1	Paul Canning	25.08	M55Record
Triple Jp	1	Paul Canning	10.05m	
M70				
800m	2	John Skelton	2.41.29	M70Record
1500m	2	John Skelton	5.20.38	M70Record
Discus	7	Bunt Scott	27.40m	
Javelin	4	Bunt Scott	27.90m	



## June 30 - July 10: John Browne and John Skelton at the World Masters in Finland

John Browne competed in the M65 100m winning his opening race in 13.10 and qualifying for the Final as a fastest loser after finishing third in his semi-Final in 13.08. In both the heats and the semis he was the fifth quickest of all the competitors.

In the Final, the wheels came off, slightly, as he finished eighth in 13.36. Next year, he will move into the M70 age category.

M70 John Skelton took part in the 6km cross country, having previously won this event as an M65 in Australia five years ago. This time he managed an excellent sixth place which, with Stewart Thorp[Oxford] third and Alek Swiecicki[Bedford] eighth, was enough to win the team event for Great Britain.

John, then contested the 5000m on Sunday, placing fifth in 20:13.71. This is a new M70 record by more than 5 minutes.

On Tuesday he contested the Semi-Finals of the 1500m, recording 5:28.10 to qualify third quickest for Thursday's Final. The 1500m Final was much quicker and although John improved to 5:15.03, taking more than 5 seconds off his own club M70 record, he again placed fifth.





**TEN YEARS AGO !**

# Athletics MK

The Newsletter for  
Marshall Milton Keynes A.C.

SEPTEMBER 2012

"The important thing in life is not the triumph but the struggle, the essential thing is not to have conquered but to have fought well"

*Pierre de Coubertin, "father" of the modern Olympic Games (1894)*



**Gold Medal Winner**

Greg Rutherford  
Athletics Field  
Men's Long Jump



**Gold Medal Winner**

Greg Rutherford  
Athletics Field  
Men's Long Jump



**Gold Medal Winner**

Greg Rutherford  
Athletics Field  
Men's Long Jump



**Gold Medal Winner**

Greg Rutherford  
Athletics Field  
Men's Long Jump



**Gold Medal Winner**

Greg Rutherford  
Athletics Field  
Men's Long Jump



**Gold Medal Winner**

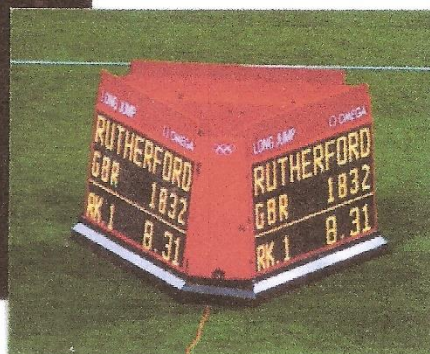
Greg Rutherford  
Athletics Field  
Men's Long Jump

## MEN'S LONG JUMP FINAL

WR 8.95  
OR 8.90

### OFFICIAL RESULTS

1	RUTHERFORD	GBR	8.31
2	WATT M.	AUS	8.16
3	CLAYE WILL	USA	8.12
4	TORNEUS M.	SWE	8.11
5	BAYER S.	GER	8.10
6	TOMLINSON	GBR	8.07
7	DA SILVA M.	BRA	8.01
8	NOKOENA G.	RSA	7.93





# OLYMPIC GAMES

## LONDON. 2012

### "SUPER SATURDAY [4<sup>th</sup> AUGUST]"

Three athletics golds in 26 minutes. Britain's best Olympic day in 104 years.

Olympic Games, they always say, need a gold medal for the host nation in the main stadium. They need one definitive moment that encapsulates everything that was great about them.

As you looked around the Olympic Stadium just before 10pm on that Saturday in August, the realisation hit: this is it.

Jessica Ennis-Hill, the golden girl of Team GB, smashed her own British record to win the heptathlon, Greg Rutherford took gold in the long jump with a fourth-round leap of 8.31m and finally Mo Farah, who would go on to win the 5,000m seven days later, stormed to 10,000m gold.

#### *How Greg's evening unfolded:*

Greg has easily qualified for the final, jumping 8.08m in pool A. On the final night he ran through his opening jump but measured at a mere 6.28m. Team-mate Chris Tomlinson lead after round one with 8.06m but Greg then took the lead with 8.21m and certainly looked a medal winning jump. After 8.14m in round three it was the following round which decided the destination of the gold medal. Greg, into a headwind of 0.4m/sec, landed at 8.31m, just 4cm off the UK record he shared with Tomlinson. Will Claye(USA) was up to second with 8.07m but Australia's world silver medallist Mitchell Watt finally got a decent jump together in round five (8.13m). Watt leapt 8.16m in the final round and when Claye, the penultimate jumper, overshot the board, the gold medal belonged to Greg.

Greg became the first Brit since Lynn Davies in 1964 to win Olympic long jump gold (8.07m). He said "Whenever anyone talks about British long jumping it's always about Lynn as he was Olympic champion and held the British record for such a long time. I think that might change now"

After winning the long jump gold medal at the 2012 Summer Olympics, Greg won gold at the 2014 Commonwealth Games, 2014 and 2016 European Athletics Championships and 2015 World Athletics

Championships, and topped the 2015 IAAF Diamond League rankings in the event. From 4 September 2015, when his Diamond League victory was confirmed with a fourth event win in Zürich, until his withdrawal from the British Athletics Championships in June 2016, Rutherford held every available elite outdoor title; national, continental, World, Olympic, Diamond League and Commonwealth.

Greg is the current British record holder, both outdoors and indoors, for this event with personal bests of 8.51 m (outdoors/ Chula Vista, California, USA, 2014) and 8.26 m (indoors/ Albuquerque, USA, 2016)



Greg Rutherford: golden performance came on a super Saturday that will live long in the memory

Greg holds the Stantonbury track record with a leap of 8.20m in a Southern Athletics League match on 21<sup>st</sup> May, 2011.





# BIG THROWS AT JACK KEE MEMORIAL MEETING[April 23]

Throwers from all over the area gathered for a competition to recognise the outstanding contributions to hammer throwing by Jack Kee, who died last November. A Memorial bench was opened with words of appreciation by Jack's two children and from Club Co-Chair, David Millett.



*And, from Jack's daughter, Lisa*

MMKAC Memorial and throwing competition held in my Dad's name. We were so proud to be part of it. Overwhelmed is an under-statement ! Thank you all so much, thank you Lewis Barnes for organising the event, the bench and plaque will always be so very special to us. What an amazing group of people you are. My Dad will be watching over you beaming with pride ❤️ See you all soon xx 'Eyeballs Out'!

There were 42 individual athletes taking part, some of whom competed in more than one event

## HAMMER

Fittingly Kayleigh Presswell won the women's event throwing 63.58m, just over a metre down on her PB of 64.77m from February. Lara Moffat(F20) threw 46.09m whilst Diane Presswell(F55) threw of 29.72m, second best currently for her age in the UK.

Thomas Head(Newham) threw the senior hammer 64.82m(PB 65.41m), the former currently 13<sup>th</sup> in the UK rankings. Michael Heywood(Blackburn) set a M20 PB of 57.58m, 4<sup>th</sup> in the current UK rankings.



Centre left: Warren Kee cuts the tape.  
AND with Lisa and Warren - Kayleigh Presswell & James Ericsson-Nicholls(left) and Lara Moffat, Emma Beardmore & Lewis Barnes(right)  
Photos R: Kayleigh and Lara.



## SHOT

Barry Nash(M50) threw the 6kg shot 12.28m with Nick Stonehouse(M55) and Jim Lawrence(M65) throwing this weight 6.49m and 5.01m respectively. For the ladies newcomer Sarah Caldwell(F35) set a PB of 9.02m with the 4kg shot. Sarah & Barry pictured, right.

## DISCUS

Emma Beales now in the F50 age group threw the 1kg discus 37.84m, third in the UK all-time F50 rankings. Hayley Dimond(F17) set a season's best of 33.12m. Oliver Moyles(M20) threw 35.74m just short of his PB, whilst Antony Moffat equalled his M50 best of 30.79m. And following in Dad's footsteps Louis Nash(M15) threw 29.63. Emma, Louis and Oliver pictured below.



## JAVELIN

Very close at the sharp end – Dave Sketchley (M45/Harrow) threw 54.33m, just 6cm better than Joseph Taylor's 54.27m.(R) Shannon Dawes (Banbury) was leading senior woman with 36.61m whilst Ayesha Jones(F17) threw 43.87.(500gm)

**Bunt Scott(M70/far R)** threw the Discus 31.62m, Hammer 33.51m and in the Javelin(28.27m) was not too far off his recently set club age group record of 29.05m

### FULL RESULTS ON CLUB WEB SITE

•Mike Burling - Great to see him still taking part.





# East Midlands Grand Prix 2022

A Series of Summer evening Road  
Races sponsored by:

## UP & RUNNING

EST. 1992

### Welcome Break

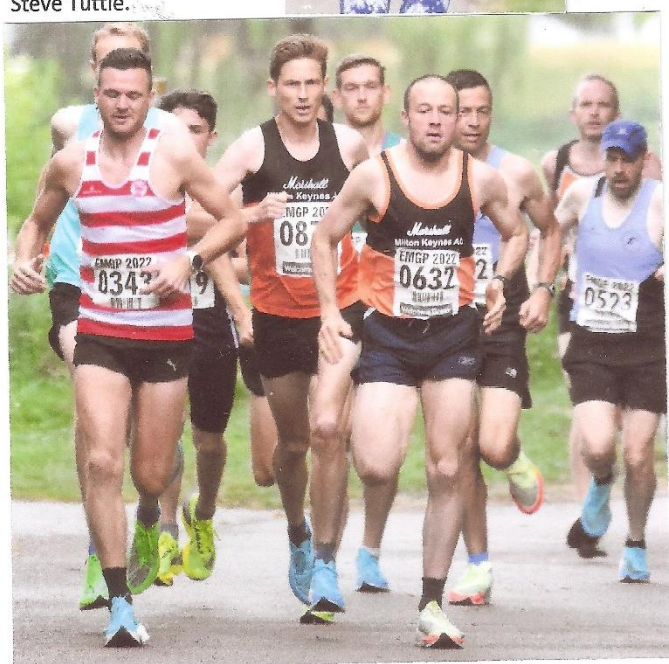
#### Congratulations to our eight Grand Prix finishers:

Age Group	Position	No. of races
F40 Karen Tincknell	8th	5
F60 Diane Baldwin	1st	5
F65 Fi Han Bromilow	2nd	7
SM Graham Jones	3rd	5
SM Steve Tuttle	8th	8
M50 Malcolm Kidby	25th	7
M50 Peter Tye	27th	5
M55 Kevin Church	8th	7

Thanks again to Andrew Wasdell for trying to get the event better supported. I've given up commenting how many runners turned out in the "good old days" Diane Baldwin, right, who won the F60 age group and remained undefeated through the series.



Below: Soon after the start of the MK 10km with Graham Jones and Steve Tuttle.



## MK5000

### PB Special

### 09.07.2022

## "superfast times"

The MK5000m PB Special, held on another hot day, produced some remarkable results. Of the 151 finishers in the 5000m 84 (56%) achieved a new personal best despite the conditions. Times were also taken at 3000m and of the 161 athletes that completed 7.5 laps, 48 (30%) achieved a PB at 3000m!

In the elite women's race the first 3 dipped under 16 minutes with the winner Georgie Grgec set a new personal best of 15:51.54, with runner-up Elle Twentyman also improving to 15:58.39, with both athletes ducking under 16 minutes for the first time.

The elite men's race had something to live up to after last year's event where Jack Rowe set a new stadium record of 13:41.40 and five men went under 14 minutes. The runners set of with serious intent with 3000m reached in 8:10.64. Charlie Wheeler piled on the pressure over the last five laps and was rewarded with a new personal best and a new stadium record of 13:38.67. Seven more men ducked under 14 minutes with Rich Allen just missing out! Eight of the 14 finishers in the elite men's race set new personal bests.

*Many, many thanks to Elliot Hind and his team for managing another very successful day for the Club.*

### When did it all start;

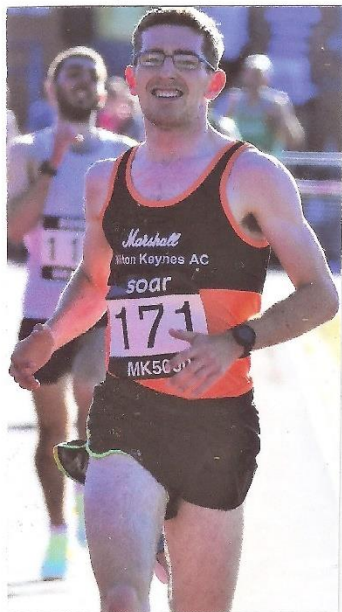
The inaugural MK5000, was the brain-child of Elliot Hind, Paul Mizen, Jonathan and Lilli Peters and first ran on 11th August 2018. 175 runners(12 from MMKAC) took part within 12 races. Fastest local was Paul Mizon(15.32.19) ahead of Tom Cuthbertson (15.48.35) and Steve Tuttle(15.41.05)

The BMC organised the leading races. The ladies race saw a sprinkling of internationals and was won by Jessica Judd with a near PB of 15.37.23 and a track record. Jack Crabtree(Shaftesbury Barnet) clocked 14.07.74 to win the men's race for another track record.

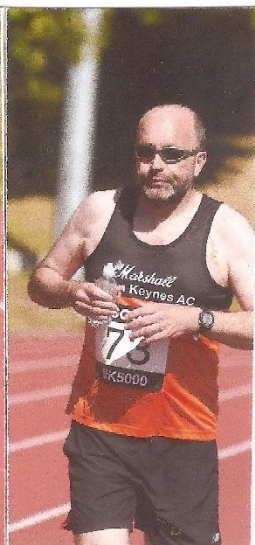
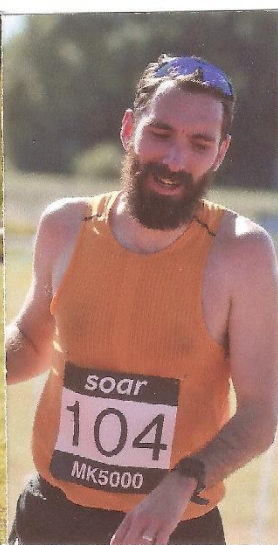
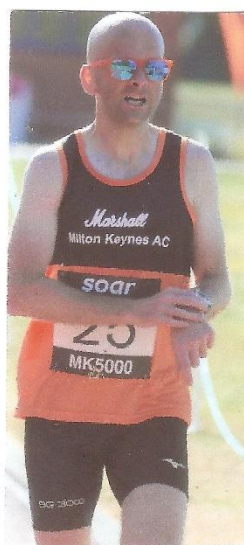
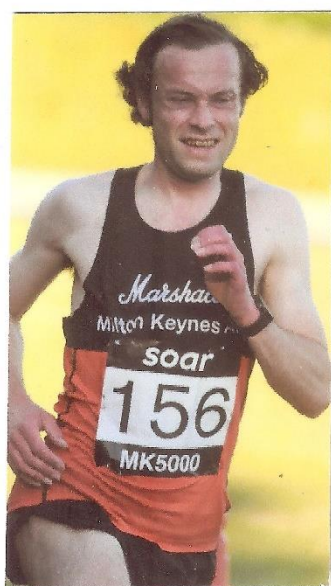
James Tuttle was second in race 8 in 2019 with a then pb of 14.55.33. Next year Matt Clarke won race 7 in 17.02. Congratulations to Matt Dicks for winning Race 7 in a pb of 15.17.46 and fastest MMK runner on the day. I had been wondering whether Matt was our first ever individual winner?



# MMKAC RESULTS FROM THE DAY, and, a smiling photo of Matthew Dicks winning Race 7



Name	Age	5km		Race	3km		photo
Matthew Dicks	MS	15.17.46	PB	E	9.14.00		
James Tuttle	MS	15.44.09		C	9.16.97		1
Graham Jones	MS	15.56.82		F	9.35.36		2
Jack Pocock	MS	16.00.21		E	9.14.37	pb	3
Kian Nicholson	M20	16.21.99	PB	G	9.37.70		4
Lara Bromilow	W35	17.27.23		I	10.28.48		5
Harry Rose	M20	17.44.13	PB	G	10.05.55		6
David Conway	M35	18.15.95	PB	I	10.42.24		7
James Ward	M40	18.18.20	PB	J	11.01.23		8
Jonathan Griffiths	MS	18.27.81	PB	J	10.51.27	pb	9
James Barclay	MS	18.47.91	PB	J	10.56.33	pb	10
Richard Bennett	M45	dnf		K	11.21.08	pb	11
Peter Tye	M50	dnf		K	14.49.54		12





# June 4: PBs galore despite the windy day at the Milton Keynes BMC Meeting

Over 300 athletes competed in this year's British Milers' Club PB Classic at Milton Keynes, with 107 (36% of finishers) achieving new personal bests. Rain hampered runners early on and the windy conditions throughout the day made life difficult.

Thirty-nine MMK runners finished with 19 (49% of finishers) gaining new personal bests.

Only one of the 33 races failed to produce at least one new personal best. Congratulations to all the runners who took part.

MMKAC winners on the day:

800m Men A	Zak Freeland	M20	1.54.34
800m Mixed	Elias Skaarup	M17	2.10.91
800m Women	Olivia Chilton	F15	2.16.94pb
800m Mixed	Alex Granfelt	M17	2.24.15pb
800m Mixed	Felix Moorhouse	M15	2.27.51pb

Leo Freeland placed third(3.57.52) in the Men's 1500m A race. His first race in the UK after a year in the USA.



Below: Alexander Granfelt M17/2./24.15(800m) and Harriet Shaw F15/5.31.34/1500m



## PERSONAL BESTS.....



L: Libby Freeland F15/2.27.25 and Emilia Willis F15/2.24.95 set PB's in their 800m race. R: Sophia Chapman F15/5.00.03 1500m PB



L: Holly Lindop F15/2.35.90 & R Ethan Paris M15/2.36.25,800m PB's



L: Lauren Webb F15/4.53.69 and Kaitlin Baitson F15/5.05.76 leads Josh Fitchett M17/4.54.52, 1500m PB's



## SOUTH OF ENGLAND CHAMPIONSHIPS

Chelmsford, 18/19 June

Zak Freeland (R) won a tactical 1500m U20 Men's 1500m race with a time of 4:01.30. Sister Millie(10.15.54) and Maddie Pearce(10.16.30) both reduced their personal bests in the 3000m finishing fifth and sixth. Hamish McGarvie continues to make progress in the 110mH, 8<sup>th</sup> with 16.27.

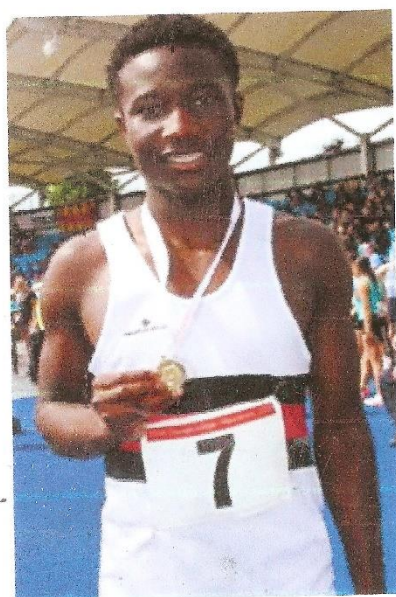


## July 8/9: One gold, one silver and three bronze medals at the English Schools Championships

Nineteen MMK athletes represented Buckinghamshire Schools and one represented Northants Schools at the English Schools Track and Field Championships in Manchester. They came home with one gold, one silver and three bronze medals. Buckinghamshire Schools also had another silver and another bronze medal.

D'Mitri Varlack [photo below] won the long jump by 31cm with a new M17 club record of 7.08m adding 4cm to the previous M17 club record set by Greg Rutherford in 2003.

Lara Moffat took silver in the F20 Hammer with 48.23m while there were bronze medals for Eva Durand in the F20 Javelin, Zak Freeland in the M20 1500m and Daniel Ayodele in the M17 Triple Jump.



## MAJOR EVENTS / I

### SENIOR GIRLS

100m heat	2 Deborah Lago	12.18
100m Final	7 Deborah Lago	12.28
Triple Jump	7 Lateefah Agberemi	11.86m
Hammer	2 Lara Moffat	48.23m
Javelin	3 Eva Durand	44.00m

### SENIOR BOYS

1500m heat	1 Zac Freeland	3.55.95Q
1500m Final	3 Zac Freeland	3.55.59
Pole Vault	9 Tim Penley	3.80m
Triple Jump	5 Shawn Ampofo	14.03m

### INTER GIRLS(Bucks)

1500m	8 Millie Freeland	4.41.91
3000m	15 Maddie Pearce	10.13.21 pb

### INTER GIRLS(Northants)

80mH heat	2 Hayley Dimond	11.53
80mH Final	6 Hayley Dimond	11.8

### INTER BOYS

100m heat	4 Ayomide Fatoki	11.5
100m semi	4 Ayomide Fatoki	11.4
800m heat	3 Harris Kentish	1.58.29 pb
100mH heat	2 Edward Barber	13.53 pb
100mH Final	5 Edward Barber	13.62
Long Jump	1 D'Mitri Varlack	7.08m Club Rec.
Triple Jump	3 Daniel Ayodele	14.08

### JUNIOR GIRLS

300m heat	7 Emilia Willis	43.06
800m heat	10 Olivia Chilton	2.27.31
1500m heat	9 Katie Webb	4.43.40
1500m heat	14 Lauren Webb	4.53.26

### JUNIOR BOYS

80mH heat	5 Samuel Ajakaye	12.69
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## July 16: D'mitri Varlack second in Schools International

D'Mitri Varlack was selected to represent England Schools at the Home Schools International in Belfast after winning the Long Jump at the English Schools' Championships the week before with a leap of 7.08m.

He led the competition right up until the final round, after leaping 6.98m, when he was pipped by 3cm by the Welsh Schools' Benjamin Parker.

This is the first time he has been beaten in the Long Jump this year in an otherwise flawless season!



# The Club mourns the loss of Middle Distance Coach, Sharon Edghill

The Club mourns the loss of one of its highly respected middle-distance coaches, Sharon Edghill, after a long battle with cancer on 6 July. The following is an appreciation by Club Co-Chair, David Millett.

## Sharon: a thoroughly good coach

It is with great sadness that I write about the passing of Sharon Edghill, who passed away on the 6th July, following the final episode of her long term fight with cancer. The thoughts of the Club are with Sharon's immediate family, friends, and people touched by her life to such positive effect.

I can only write these words in a personal way from the perspective of an early mentor to Sharon. Subsequently I have seen her grow to a position of autonomy and leadership with a successful and well-run group of her own.

Sharon has been a member of the Club since 2009, initially as an athlete, but shortly thereafter as a coach. In the early stages of her coaching Sharon was a terrific support to me in the development of a Youth Programme that has become a role model for other clubs around the country. More than anyone I have worked with she created an integration between best practice, using Athletics 365, and a pathway for young athletes with a preference for endurance.

It was inevitable for someone of Sharon's ability that she would wish to develop her own group and play more of a role in athletes' longer-term development. Two of Sharon's children, Kreston and Montana, were also growing in the sport and it was natural for her to support that phase of development. Sharon did so in a climate that was not initially supportive to her and we reached outside the Club to ensure Sharon had access to a wider network of support and expertise. From that start Sharon became very adroit at developing and accessing the support she needed to become the highly professional coach she wished to be. Such was her conscientiousness. Even to this day I look across the track at the training routines her group is following with a strong glow of approval for the good practice I see being delivered.

Of course, Sharon has not done this alone. She has had terrific support from her close friend Julie Freeland and a pool of other colleagues she been expert at harnessing and developing. A significant number of athletes have benefitted from this. It is easiest to capture this with a partial roll call of current and recent athletes enjoying a top 100 ranking in their event under her coaching: Leo Freeland, Millie Freeland, Zak Freeland, Lizzie Garner, Joseph Grainger, Harris Kentish, Eleanor Pearce, Madeleine Pearce, Harry Totton. It is particularly poignant that Zak in the last few days earned a medal at English Schools that can be seen as a symbolic affirmation of the quality of coaching that had been provided.

What these words do not yet reflect is the strong bond Sharon built with athletes. Able to speak in a way that related to athlete as an individual and provide the right words, even when things had not gone well. Even in these later stages as Sharon could do less, following her third diagnosis of cancer, she was unfailingly positive, ready to share a joke, and athletes were always keen to text her on how they had done.

I am sure all will have their memories of Sharon, enjoying a glass of wine at social events or a warming hot chocolate after cross-country, or reflecting on true moments of kindness and professionalism that made a difference at a key moment. A thoroughly good coach...and person.

## DAVID MILLETT

### A few words from Julie Freeland

Sharon started coaching my children 10 years ago. From the first time I met her, as a parent, I was so inspired by her passion and enthusiasm for coaching young athletes. We quickly became colleagues at the track as I assisted her with her training and the best of friends. She always established a rapport with all her athletes and was respected for her knowledge and efficiency.

Despite periods of ill health including two episodes of cancer, she never wavered in her total commitment to her athletes. Throughout long periods away from the track during covid, her athletes received plans to follow at home on a weekly basis. Her diagnosis of terminal cancer earlier this year did not alter her commitment to her athletes at all. She meticulously planned a training camp in Portugal which she was no longer able to go to, despite undergoing chemotherapy at the time. In her final days our conversations always revolved around her athletes and preparing those racing at English Schools - indeed she was determined to make it to Manchester right up until her final week.

This summer was her most successful as a Coach with four athletes competing at English Schools T&F - with a bronze medal, South of England champion at U20 age group and South of England silver medallist at U17. Multiple medallists at the County Champs.

Her legacy will live on in her athletes and I will miss her every day.

*I've included the picture of Zak at English Schools this summer because that was her first national track medal. And just two days after she died.*







*Sharon with many of her training group*



*And with Maddy Pearce & Millie Freeland from a few years ago*

## **SOME PERSONAL TRIBUTES**

### **Debra Brent**

I'm sure this is a sentiment that will have been repeated many times, but Sharon was inspirational both as a person and a coach. In the winter of 2018 I cheekily asked Sharon if she would consider coaching me despite my age falling slightly outside her current range! She agreed without hesitation and, under her guidance, my times improved dramatically. She was unfailingly encouraging and positive and always put the needs of her athletes before her own. The world feels a much emptier place without her."

### **Kate Edwards**

Sharon, a beloved friend and a beloved coach, a mother who spoke so highly of her children, she shone with pride for her family, her friends, her athletes, a passion for coaching and helping children and Veterans reach their potential. Sharon you are truly missed every day. Sharon meant so much to us, she was a true inspiration, always encouraging us to step out of our comfort zone and reaching our goals. Always believing in us, showing kindness and strength. Sharon was so supportive, she had time for everyone. Joshua and Ellie have learnt and achieved so much under her coaching, a special bond. I will always remember our walks, our chats, where she encouraged and inspired me to run again after health issues, I was so scared, and she took me under her wing, giving up her free time to get me back out.

### **Libby Freeland**

Sharon was a great coach. I enjoyed my training under Sharon and she was an inspiring coach who helped us all in many ways and I will miss having her coaching us.

### **Millie Freeland**

Over the last seven years I was lucky enough to have been coached by Sharon who helped me get to where I am now, she will always be missed.

### **Harris Kentish**

I did just want to say though that Sharon was an amazing coach and taught you more than to just run but how to work hard, how to not give up and taught good discipline. These attributes will benefit me in the future and so I think not only does Sharon deserves credit for transforming me into a runner, she also deserves credit for helping me into becoming who I am as a person today. I think she's very special.

### **Mai Kentish**

Sharon will always be the strongest woman I know. She was the entire reason I began running, as she encouraged me to join her group when I was 9. She helped me find a love for running and I will forever be grateful towards her and everything she has done for the group. I hope to always keep making her proud.

### **Maddie Pearce**

Sharon was such a wonderful coach, and was always so encouraging and supportive. So grateful for all the opportunities Sharon has coached me towards, and everything she's taught me about racing. She will be greatly missed by all.

### **Hatty Shaw**

When Hatty joined Sharon's group in the middle of a very cold cross country season she was made to feel immediately welcome. One of the first sessions she attended saw absolutely torrential, icy rain rain across Stantonbury. I was worried Hatty might be put off but she still came out soaked to the skin and still beaming. And I think this shows the atmosphere of hard work but fun Sharon created in the group.

Lockdown happened soon after Hatty joined and the weekly training plans and reporting back her 'sheet for Sharon' each Sunday kept Hatty running throughout this hard time and has an enormous benefit to Hatty's physical and mental health. I think this shows what a great coach Sharon was motivating her athletes whatever the circumstances.

Sharon also created a hugely resilient athlete in Hatty. At the Inter County Cross Country race in Croydon last winter Hatty lost her shoe in the mud, she just picked it up and kept going with one shoe on. The mindset of keeping on going and trying to be your best that Sharon created in her athletes was incredible.

Sharon turned up week in week out, wind rain or snow for her athletes, offering encouragement and support at training and at races. Her commitment to her runners was incredible and something we will be forever grateful for.

Sharon made a runner out of Hatty and I know that she will carry a little bit of Sharon with her whenever she runs.//



### Three further tributes to Sharon

#### **The Totton's**

The bravest, strongest lady with the kindest heart. A huge inspiration to our family who will be missed enormously, Sharon will forever be a motivation for her athletes to whom she invested so much.

#### **Jessica Vaines**

Sharon was the most supportive, strongest coach. She was always so believing in us and always put in 100%. My favourite memory was in the BMC race, where she knew I wanted an 800m pb and Sharon was so excited for me, giving me pep talks before the race, loudly cheering me during the race which really helped. After the race she came up to me so happy and said "Jess you ran brilliantly" and it felt really nice knowing she was really proud once again. I'll forever be grateful to have had her as my coach.

#### **Barry Hearn**

She did a wonderful job in galvanising her group into family unit, she was not just an excellent coach, this was evident not just my the many successes of individuals, but helping so many youngsters realize their potential. I know how much she enormously impacted on the lives of the athletes under her guidance

Although Sharon was clearly unwell for sometime, she put her athletes ahead of herself, still coming to training and meetings, putting on a brave face, exuding positivity to all of those around her.

Sharon was an excellent communicator and extremely well organised, efficient and professional. It was a pleasure working with her as part of the Clubs Middle Distance sector. I will miss our recent meetings at Costa Coffee in Kingston, where we discussed not only athletics but other issues influencing her life.

I know Julie will do a wonderful job in carrying out Sharon's legacy, we are all there to support her.

Chris and myself had the honour in attending Sharon's funeral. There was a succession of wonderful tributes paid to her by friends and family, it was evident how much she was loved and treasured by all of those who knew her.

Gone, but never forgotten.

XXXXXXXXXXXXXXXXXXXXXXXXXX

### EASTERN MASTERS LEAGUE HISTORY – MMKAC TEAMS WHO MADE THE CUP FINAL OVER THE YEARS.

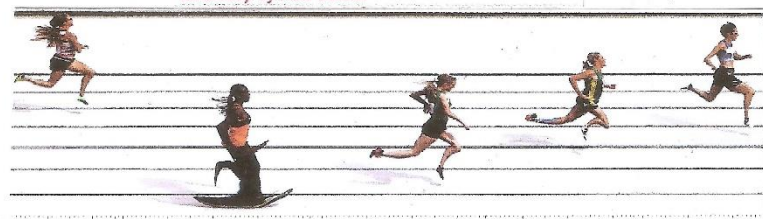
Jim Lawrence and myself were talking about  
this at last Sunday's Final. So we started  
back in 1994. Jim has been updating my  
original file, thanks Jim.....

Year	Men	pts	Women	pts
1994	4th	105	x	-
1995	2nd	209	2nd	196
1996	4th	177	3rd	175
1997	2nd	192	x	-
1998	1st	195	8th	71
1999	5th	164	8th	70
2000	2nd	201	2nd	178
2001	4th	211	3rd	204
2002	3rd	207	2nd	231
2003	3rd	235	1st	275
2004	2nd	252	1st	275
2005	1st	265	2nd	248
2006	3rd	200	1st	273
2007	2nd	237	1st	248
2008	1st	606	1st	496
2009	2nd	257	5th	195
2010	2nd	253	2nd	277
2011	1st	260	2nd	220
2012	1st	242	1st	272
2013	3rd	245.5	2nd	229
2014	2nd	413	1st	314
2015	3rd	208	1st	229.5
2016	7th	149.5	1st	226
2017	3rd	242	1st	220
2018	1st	277.5	1st	255
2019	1st	267.5	1st	235
2020	NO MATCHES			
2021	1st	255	3rd	232.5
2022	1st	226	4th	200

note:\*\* no final in 2008 or 2014, awarded on league position

#### **AND TO THE CUP FINAL**

Copy of photo-finish, 200m, women's W35-49  
[Chripina Odunewu/MMKAC 4<sup>th</sup>]  
Courtesy of Rob Lands





## September 4: The MMK Masters Men win and the Women are fourth at the EMAC Final in Bedford.



Team photo including officials

### Men:

<b>1 MMKAC</b>	<b>226</b>
2 Bedford & County	221
3 Peterborough/Nene V.	219
4 Chelmsford AC	216.5
5 Thurrock Harriers	214
6 Southend	198.5
7 Cambridge & Coleridge	112
8 Ryston Runners AC	106

### Women

1 Peterborough/Nene Valley	243
2 Chelmsford AC	230
3 Fairlands Valley Spartans	227
<b>4 MMKAC</b>	<b>197</b>
5 Thurrock H. & Loughton	183
6 Ryston Runners AC	125
7 West Suffolk/St Edmunds	123
8 Colchester Harriers	65

Team managers worked hard, Stephanie competing in the 400m, Long Jump (Photo), High Jump, Pole Vault & Relay; George in the 100m, 200m, 400m Hurd, Triple Jump (photo), High Jump & Relay. Barry Nash celebrated his birthday winning the shot (11m.91) and a welcome hug from Diane Presswell and Mark Roberson.



Thanks to Kayleigh Presswell for team photo and this one.

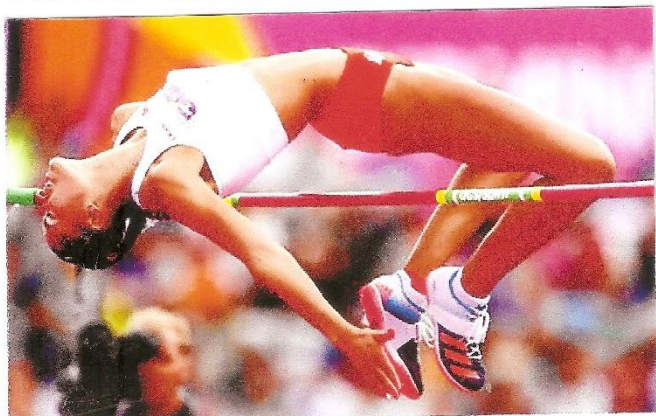


## THE INTERNATIONAL SCENE



### **Laura Zialor is eighth in the High Jump Final at the Commonwealth Games. Birmingham [August 6<sup>th</sup>]**

In a competition that started just after 10am, Laura Zialor, began confidently, clearing 1.76m and 1.81m at the first attempts. When the bar was raised to 1.85m, Laura narrowly failed her first attempt but cleared the height with her second attempt. The bar was raised another 4cm to 1.89m, just 2cm shy of Laura's lifetime best. Despite three close attempts at clearing the height, she could not quite complete the task, finishing eighth in the competition. Laura has cleared 1.91m both indoors and out this year.



Her team-mates had contrasting finales. Morgan Lake cleared 1.92m for fourth place, equalling the height leapt by silver and bronze medallists Eleanor Patterson (Australia) and Kimberley Williamson (Jamaica). Patterson, a few weeks earlier, was crowned world champion in Oregon leaping 2.02m!

Emily Borthwick had a disappointing event and was well down on her best with 1.76m having cleared 1.96m, indoors back in January.

### **Ayesha Jones just misses out on a place in the Final at the European U18 Champs in Jerusalem [July 6<sup>th</sup>]**

Fifteen-year-old Ayesha Jones, representing Great Britain for the first time, just missed qualifying for the Women's Javelin Final. Throwing against women two years older than her, she had three throws, recording 45.13m, 42.80m and 45.60m. Her best throw was just 71cms short of a place in the Final,



### **July 5: Kayleigh Presswell competes in the Cork City Sports (Republic of Ireland)**

Kayleigh Presswell was invited to compete in the hammer at the Cork City Sports and obliged with a throw of 64.44m for fifth place.



## August 20: The MMK Senior Team finishes fifth in the NAL Match at Yate and also fifth in the final Div. 1 league table

At the final match an understrength Marshall Milton Keynes Senior Team struggled to compete. There were three wins for Kayleigh Presswell in the Shot, Discus and Hammer, with backup wins for Lara Moffat in the B Hammer plus second places in the Shot and Discus.

For the Men there were wins for James Ericsson-Nicholls in the Hammer and Mihael Niculescu in the Triple Jump.

While the whole team competed hard for points, there were too many gaps to make a real impact. Looking back over the season, apart from match 1 at home, the lack of athletes has been a major problem. Jim Lawrence commented.....

"I worked out that the following athlete's did all four matches – Matt Hall , Matthew Dicks , Abigail Fitton , Carly Scott and Highbury Barr-Williams.

The following athlete's made three appearances – Ewan Forsythe, Hamish McGarvie, Lewis Barnes, Mark Roberson & James Ericsson-Nicholls."

**Many thanks to all the athletes and officials who assisted throughout the summer.**

Mick Bromilow comments "Division 1 will continue for one more year before it is wound up. They are going to try to get extra clubs to join for next year but I can't see it happening unless you can run teams in both an area league and the NAL at the same time. If, as we did, you resign from your area league in order to focus your resources on the NAL, you would have to start in the bottom division and work your way back up."

7 May	HOME
1 Belgrave H	495
2 MMKAC	437
3 Yeovil	431
4 Yate	414
5 Portsmouth	364
6 Southend	239

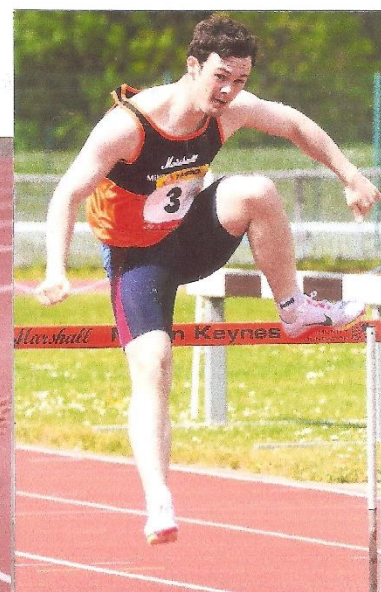
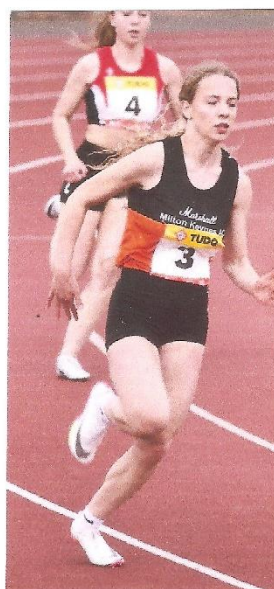
2 July	YEOVIL
1 Yeovil	566
2 Belgrave H	474
3 Portsmouth	463
4 Yate	445
5 MMKAC	380
6 Southend	0

4 Jun	PORTS'MH
1 Portsmouth	604
2 Yeovil	405
3 Yate	375
4 Belgrave H	346
5 MMKAC	289
6 Southend	266

20 AUGUST	YATE
1 Yeovil	538
2 Belgrave H	536
3 Portsmouth	521
4 Yate	482
5 MMKAC	345
6 Southend	0

### FINAL LEAGUE TABLE

1 Yeovil	1929
2 Belgrave H	1849
3 Portsmouth	1914
4 Yate	1793
5 MMKAC	1470
6 Southend	512



From the top: Abigail Fitton, Hamish McGarvie, Ewan Forsythe, Matt Hall/Rayhan Issah and James Ericsson-Nicholls



## MAJOR EVENTS / 2

Seven athletes competed in the England Athletics U20/U23 Championships at Bedford (16/17 July) with Lara Moffat(Hammer) and Eva Durand (Javelin/R) both gaining Silver Medals, Eva was just 4cm short of her lifetime best.

U23 Men 100m heat  
7 David Boakye(11.29)

U23 Women  
400m heat  
4 Skye Verwey(57.55)  
Hammer  
11 Jasmine Trapnell(45.52m)

U20 Women  
Hammer  
2 Lara Moffat(49.93)  
Javelin  
2 Eva Durand(44.50m)

U20 Men  
1500m Final  
7 Zak Freeland(3.54.84)  
Javelin  
10 Joseph Taylor(53.99m)



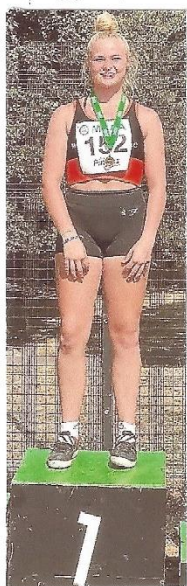
**Bronze for Kayleigh Presswell at the England Athletics Championship at Bedford,(30/31 July).** Only Ebony Carr and Kayleigh Presswell competed, Kayleigh threw the hammer 64.40m for third place whilst Ebony took second in her 100m heat(11.99) and placed sixth in the final with 11.93.

**The Club had a strong turnout for the England Athletics Under 15/Under 17 Championships at Bedford, [27/28 August].** Two athletes, D'mitri Varlack and Ayesha Jones returned with gold medals, [photos below].

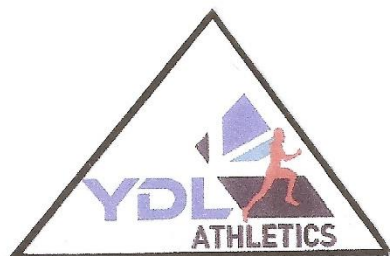
*Report by England Athletics* - "The U17 boys' long jump saw D'mitri Varlack stamp his authority on the field with an early 7.06." "And I think I have more to come," D'mitri said despite being just 2cm shy of his PB. "I've had a few injuries this season, so when I get some work in this winter, I think I can perhaps qualify for the European U18s next season" An exciting U17 women's javelin saw the lead change in the fifth round as last year's U15 champion Ayesha Jones finally found her rhythm with 48.72 before a final throw of 50.85 won her the gold, but she needed to be in that form as Dulcie Yelling(Brighton and Hove) was really in the groove with three consecutive PBs, her best throw being 47.99. "I was definitely pleased to finally get going," said Ayesha. "It needed a few temporary fixes, which worked"

Ayo Fatoki was unlucky to miss out on a place in the M17 200m Final after achieving the same time(22.62) as the last of the fastest losers. Louis Nash achieved a new personal best in the M15 Discus(37.09m) to finish sixth. Millie Freeland set a new personal best(4.40,78) in the F17 1500m to qualify for the final. Hayley Dimond made the Final of the F17 80m Hurdles(7<sup>th</sup>/12.17) and finished sixth in the Shot(13.24m). Sophia Chapman qualified for the Final of the F15 1500m and finished 9<sup>th</sup>(4.50.26)

**Gold and Bronze for Hayley Dimond at the Midland Championships(Nuneaton-13/14 August)**  
Hayley(F17) won the shot(13.24m) and took bronze in the 80m Hurdles 11.79)-[podium photo]







## **"AND BACK TO THE PREMIERSHIP"**

### **Youth Development League – Upper Age Group (U17/U20)**

*Richard Pownall at the helm*

Great to be back with a full season's competition this year, after losing the whole of 2020 and having a restricted fixture list in 2021. Significantly, for us, that meant the first opportunity for three years to gain promotion back to the Premier division, where we really ought to be.

With other clubs and facilities now fully active, we no longer had the advantage of multiple home fixtures (in 2021 MMKAC were able to host matches where many others could not). So this year we had three away fixtures before (hopefully) qualifying for the final promotion match, which was scheduled to be at Stantonbury.

We started with a trek to Derby in April. Fortunately, the prospect of a good day out with the team, with no-cost coach travel provided, made up for the travel distance, and 35 athletes made their way to the first match of the season. The pattern we were going to follow all year became apparent. We were strong in the sprints, rather short on numbers in the endurance races, but our field eventers were unbeatable. I'd list those that won their event, but I would probably run out of space. Of 62 events contested, a remarkable 35 were wins for MMKAC. The day ended with a narrow win over neighbours and rivals Northampton AC, and well ahead of the other 6 teams. A good start to the campaign.

Next was a trip to Banbury in May. Closer to home and now 40 athletes overall. A similar spread across the events, and really strong field results gave us a more convincing victory this time. Then a last outing to Burton-on-Trent on a sunny but windy day in June. Only 25 of us this time, but other teams were short of people too, so we ended up on top again.

The victories in the first three matches earned us a place in the Promotion match, featuring the top teams from each of the three second-tier divisions, and the lower teams from the Premier. Tougher competition this time, but a place in the top two would earn us promotion to the Premier division next year.

Home advantage may have helped us to turn out another 35 athletes in the middle of the holiday season in August. But it was some great performances, including a remarkable 22 Personal Bests, that led to us clinching another victory on the day.

*Photos R. Daniel Ayodele & Ella Bunby  
Lara Moffat & Kian Nicholson*

Recognition to the 13 athletes who turned out to represent the club at all four matches.

They were:

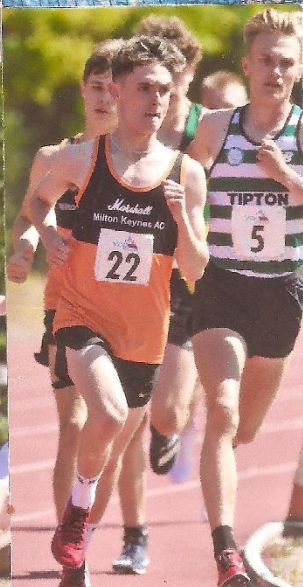
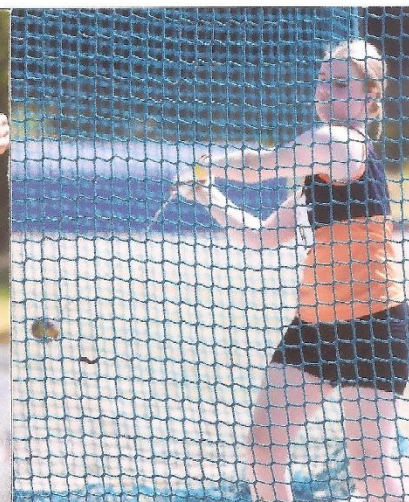
Daniel Ayodele  
Duaine Tuffour  
Ella Bunby  
Isaiah Phillip  
Matthew Cheung  
Reyhan Hutchins  
Zack Grinsted

Deborah Lago  
Edward Barber  
Highbury Baah-Williams  
Mansuru Donkor  
Nasiru Donkor  
Rhianna Dankwa

So next year we are back in the Premier division. That will mean tougher competition. The prospect of well-filled events should provide a better incentive to take part (it's true that some of the events in the lower division were a little thinly contested). I hope we'll be able to build on our strengths and get a fuller turn-out across the different disciplines, to fly the flag for MMKAC alongside some of the country's best teams.

### **PROMOTION MATCH**

<b>1 MMKAC</b>	<b>446</b>
<b>2 NORTHAMPTON AC</b>	<b>428</b>
<b>3 CHARNWOOD AC</b>	<b>350</b>
<b>4 TIPTON HARRIERS</b>	<b>299</b>
<b>5 SHREWSBURY AC</b>	<b>217</b>





## LEADING ROAD RANKINGS

As at 11/09/2022

### 5km

Jack Pocock	M5	15.30	Battersea Park
Jack Rose	M20	15.38	MK Rocket
Ian Wood	M35	16.20	Newport Pagnell
Kian Nicholson	M20	16.31	Newport Pagnell
Sean Pinney	M5	16.44	MK Rocket
Elle Roche	F5	16.58	Mallory Park

### 5miles

Graham Jones	M5	26.32	Banbury
Steve Tuttle	M5	28.42	Banbury
Matt Clarke	M45	30.05	Corby
Andrew Wasdell	M45	32.28	Banbury
Diane Baldwin	F65	38.37	Banbury
Kevin Church	M55	38.55	Corby

### 10km

Jack Rose	M5	33.16	Oxford
Graham Jones	M5	33.36	MK
Steve Tuttle	M5	35.11	Weedon
Lara Bromilow	F35	36.20	Battersea Park
Matt Clarke	M45	37.20	Silverstone
Andrew Cowdrill	M35	37.28	Northampton
James Ward	M40	37.32	MK
Chris Finister	M40	38.21	Oxford
Ollie Badger	M5	38.30	MK
James Barclay	M5	39.28	MK
Andrew Wasdell	M45	39.28	Silverstone
John Skelton	M70	41.31	MK

### Half Marathon

Steve Tuttle	M5	74.08	Watford
Lara Bromilow	F35	79.24	London(Big Half)
Andrew Cowdrill	M35	80.25	Cambridge
Jonathan Griffiths	M5	82.03	MK Festival
Thomas White	M5	84.10	Cambridge
James Ward	M40	86.11	MK
Morgan Smith	M5	86.16	MK
Rebecca Carrasco	F35	88.32	MK
Wendy Webber	F40	90.12	Bedford
Steve Coomber	M5	90.45	MK

### 20 Miles

Andrew Wasdell	M45	2.18.34	MK Festival
James Ward	M40	2.21.17	Bedford
Thomas White	M5	2.21.21	MK Festival
Ian Van Lokven	M60	2.24.31	Hillingdon
Andrew Cowdrill	M5	2.28.40	MK Festival
Sally Rose	F45	2.41.36	MK"training"
Linsey Ryall	F40	2.42.24	Bedford

### Marathon

Dan Webber	M40	2.52.53	MK
Jonathan Griffiths	M5	2.53.16	Manchester
Lara Bromilow	F35	2.54.20	Boston, USA
Steve Tuttle	M5	2.56.48	MK
Thomas White	M40	3.20.38	MK
Karen Lennox	F45	3.23.46	Manchester
Emily Bousfield	F5	3.27.53	MK

MORE DETAILED ROAD RANKINGS WILL  
SOON BE ON MMKAC FACEBOOK PAGE

## LARA BROMILOW SHOWS GOOD FORM ON THE ROADS AND BREAKS THE CLUB WOMEN'S 10,000M TRACK RECORD

Lara ran the Reading Half Marathon on 3 April and was sixth women in 80.17, just 30seconds down on her PB. Off to Boston Marathon(18 April) running her second best time with 2.54.20. Lara ran 37.07 for 10,000m on the track at Walthamstow in June on a sweltering hot day. Next to Ladywell Park on the South London track (21 August) where she knocked more than 80 seconds off this time to record 35.46.76, and reduce Michelle Lee's 2005 record by 22 seconds.

Back on the roads Lara was the first women in the Sri Chimnoy 10km (36.20) in Battersea Park on 28 July. Looking at the club road rankings to date, from the six disciplines, Graham Jones leads the 5miles and 10km but the other races have separate leaders, so far.



Lara competes in the six stage relay at MK, earlier in the year.

## "THE 57<sup>TH</sup> WOLVERTON FIVE"

Sunday 27 November, 11.00am, Willen Lake  
More information on club web site.

## KEYHOLE KANTER RETURNS!

Please join us for the winter Keyhole Kanter series, starting at 18.30 on Tuesday 11 October. The course is 4km, the race is handicapped and there is prosecco to be won, not to mention the coveted trophy! If you would like to sign up, please ask the group organisers.

Stephen Coomber <[sjcoomber@gmail.com](mailto:sjcoomber@gmail.com)>

Stephen Coomber &  
& James Ward(MK Half)





## THE MK ROUNABOUT PAGE

### September 4: Lara Bromilow is fifth woman home in the Big Half in London

Lara Bromilow moved to second in the MMK Woman's Half Marathon Rankings with a 79:24 performance in The Big Half in London. Sophia Campbell reduced her personal best by over nine minutes. There were 12400 finishers.

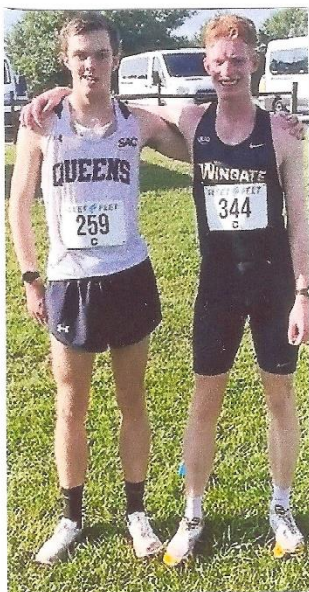
295 Lara Bromilow	F35	79.24
574 Andrew Cowdrill	M35	84.04
1477 James Down	M35	93.38
1557 Sophia Camphill	FS	94.27
1757 Emily Bousfield	FS	96.08

*Julie Freeland can hardly believe this.....*

*First XC race of the season for my boys in the USA 🇺🇸 and they got to race each other! "*

Leo Freeland started his second(Sophomore) year at Wingate University in North Carolina, while younger brother, Zac, has now started his first (Freshman) year at Queens University, Charlotte, just 30 miles away.

The pair were in action at the first cross-country race of the season (3rd September) at Salisbury, North Carolina. While Zak was keen to impress, Leo was under Instruction to treat this as a tempo run. 21, Zak Freeland (Queens) 27:19  
67, Leo Freeland (Wingate) 29:04  
171 finished



### September 3/4:MMK throwers at England Throws Camp.

Three throwers were in action at Moulton College, near Northampton, on the Saturday with more competing on the Sunday.

- Discus: Louis Nash (M17) 36.87m
- Hammer: Lara Moffat (F20) 47.13m
- Javelin: Ayesha Jones (F17) 44.59m

Lara Moffat improved to 50.06m on the Sunday for her best throw of the year and moves her up to 4<sup>th</sup> on the Uk rankings. while Hayley Dimond achieved her second best-ever throw in the Javelin

- Shot: Hayley Dimond (F17) 12.99m
- Hammer: Lara Moffat (F20) 50.06
- Javelin: Ayesha Jones (F17) 44.67m
- Javelin: Hayley Dimond (F17) 35.06m

### THE ANNUAL GREENSAND RIDGE RELAY (18<sup>th</sup> June)

Comments from Andrew Wasdell..... well done to the 3 MMKAC teams that took part in the Greensand Ridge Relay. There were 18 first claim club members, running mainly on undulating off road terrain, in 3 teams of 6. In addition to this 18, there were several second claim runners taking part in the LBAC teams..... so a lot of friendly and recognisable faces along the 34mile route. The key trophy for this race is focused on beating a time predicted by your age handicap.....MMKAC Wasdells Wombles came second, beating the team handicap by almost 57 mins(Contributed to by Di Baldwin running 23mins quicker, and Dan Webber running almost 13 mins quicker).

Based on time MMKAC Wasdells Wombles came 7<sup>th</sup>, MMKAC Waddlers 12<sup>th</sup> and MMKAC Originals (having run every race since 1994, including one victory and in more recent years a team of over 70's) closed in 34<sup>th</sup>. 44 teams took part. Well done all.

*PS; I ran in that first race for MK many years ago. There were just 12 teams, mostly from orienteering clubs. I ran the anchor leg finishing third (gained one place) but in a north/south direction. The race used to alternate for many years. BG.*



# FIXTURES

## OCTOBER

- 1/2 Autumn Half Marathon etc
- 2 London Marathon
- 8 National Road Relays(Sutton Coldfield)
- 15 **CHILTERN XC LEAGUE**  
Oxford(Horspath)
- 22 South of England XC  
Wormwood Scrubs, London
- 29 British Masters XC Relays  
Long Eaton, Notts

## NOVEMBER

- 5 National XC Relays(Mansfield)
- 12 **CHILTERN XC/ Teardrop Lakes, MK**
- 27 WOLVERTON FIVE (Willen Lake)

## DECEMBER

- 3 **CHILTERN XC LEAGUE/Luton**
- 10 Southern Inter-Counties etc  
(Horspath, Oxford)
- 11 MK Winter Half-Marathon

## JANUARY 2023

- 7 Bucks/Bedfords XC Champs(tba)
- 14 **CHILTERN XC LEAGUE**  
(Campbell Park, MK)
- 28 SOUTH OF ENGLAND XC CHAMPS  
(Beckenham, Kent)

## FEBRUARY

- 11 **CHILTERN XC LEAGUE**  
(Keysoe, Beds.)
- 25 NATIONAL XC CHAMPS  
(Harewood House, Leeds)

## MARCH

- 11 INTER-COUNTIES XC CHAMPS  
(Loughborough)
- 12 MK FESTIVAL OF RUNNING

**"A CHRISTMAS**

**KANTER"**

**BACK BY PUBLIC**

**DEMAND**



**SUNDAY 18<sup>TH</sup> DECEMBER**

**10km/15km courses**

**More details nearer the time**

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## LEAH WILLIAMSON LEADS ENGLAND TO EUROPEAN WOMEN'S FOOTBALL CUP GLORY

*Leah had short spells with MKAC in 2009, 2011 and 2014 (F17) competing in the Young Athletes League and cross-country. And attended Ousedale School in Newport Pagnell.*

But football was her first love and after a spell in local football moved to Rushden & Diamonds and then to Arsenal in 2006. She worked her way up through the development teams and made her senior debut when she came on as an 81st-minute substitution in Arsenal's 0-2 defeat to Birmingham City in the UEFA Women's Champions League quarter-final.<sup>[1]</sup> She made her FA WSL debut on 16 April against Notts County.<sup>[2]</sup> She won her first major title, the 2014 FA Women's Cup with Arsenal on 1 June in the final against Everton, in which she came on as a 76th-minute substitute. In November 2017, Williamson was called up the senior England squad. She made her debut for the senior team in a 2019 FIFA Women's World Cup qualifier against Russia. On 17 September, Williamson was named England captain for a FIFA World Cup qualifier against North Macedonia and then on 5 April 2022 she was appointed permanent England captain.



Team captain Leah led a stern defence which conceded just two goals through the tournament and was the first to get her hands on the trophy as she celebrated with her team-mates.

"I cannot stop crying," she said afterwards. "We've talked and talked and talked and we've finally done it. It's the proudest moment of my life... until the day I have kids I suppose!"

"I'm lapping it up. Every piece of advice I got was to take every single second in because you'll want to live it over and over - I'm going to be reliving this for a long time"

"The legacy of this tournament is the change in society after everything we've done. We've brought everyone to games, and we now need to bring their attention to the Women's Super League.(WSL)"