

Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.
Winter 2023

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Top: **LAURA ZIALOR**
Has competed in the High Jump at the World Indoor Tour. Best of 1m87 in Czech Republic. European Indoor Championships being held in Istanbul, 2-5th March.

JACQUE SMITH
Unbeaten through the cross-country season. South of England u13 XC Champion. Bucks AA medal.

D'MITRI VARLACK
England U17 Indoor Championships - Sheffield; Silver Medal, Long Jump(7.13m)

DANIEL AYODELE
England U17 Indoor Championships - Sheffield; Silver Medal, Triple Jump(13.70m)

Chair's piece

Once again, I would like to thank Brian for pulling together such a rich tapestry of the Club's achievements and losses both recently and historically.

It is right to profile outstanding performances, records achieved, medals won across a diverse range of ages and events. Well done to everyone featured! Equally, it is important to recognise we are a community and a stronger one for the 'smaller successes' of everyone who has striven to better themselves in any way through participation in sport through the Club.

We have members who compete for a while, but move onto something else, and it is good for us to be a supportive stepping-stone on that journey. Some, as evidenced by Masters' achievements, can be competitive for life; others hopefully retain the stimulus, knowledge and desire to sustain a good level of fitness for life. With our youngest athletes we have duty to develop their physical literacy. We also have a responsibility to help athletes who are temporarily injured, or more permanently impaired, with supportive remedial work.

A healthy club offers a number of opportunities to: train, compete, develop skills and confidence in a variety of ways that can add value and meaning to people's lives. Kayleigh Presswell may have moved to another club to pursue her ambitions as a top hammer thrower, but is still a visible presence when training and through her professional skills providing invaluable assistance to members of the Club. Diane Baldwin a longstanding pillar at MMKAC may have moved but is already beginning to make a contribution to her new local club in Yorkshire. Such people leave a legacy and few more so than Mike Leonard.

Mike Leonard

Mike's premature demise hit a number of people hard. We have both worked extensively in coach development roles for England Athletics and wherever I travelled in

these roles I met people who have been helped and mentored by Mike, who enthusiastically spoke about the difference he had made for them. Coaches of his calibre are rare. Even rarer are those who share so unselfishly and effectively insight into how it is done.

The Clubhouse

As many of you will be aware following the clubhouse is currently closed following a burst pipe. We are working with the school and ultimately insurers with the aim of getting it repaired and reopened. At this moment we do not have a reliable indication of when that will be. An early priority is putting in place toilet facilities. Meanwhile, we apologise for the impact on the training experience for users. Many thanks to Bryan Waddington for great work in such difficult circumstances during this episode.

Welcome

The Newsletter welcomes the new Committee, with many familiar faces whose continued support is much appreciated. One welcome 'new face' is Mick Lee who will be focusing on improving our communication, not least across social media.

Requests for help

The most immediate area of assistance is for marshalling of the Festival of Running, where we are looking for marshals to assist on the 12th March. If you can respond to the request for help with that has been circulated that would be most welcome. It is an important goal for us in the coming year to broaden the pool of volunteers to ensure we represent the needs of the membership better. Much as the clubhouse incident is a setback it could be an opportunity to rebuild something that truly addresses the needs of the membership better. We will need your input to make that happen as we develop a response.

David Millett (david.millett@mkac.org.uk) Co-Chair, Marshall Milton Keynes AC
www.mkac.org.uk

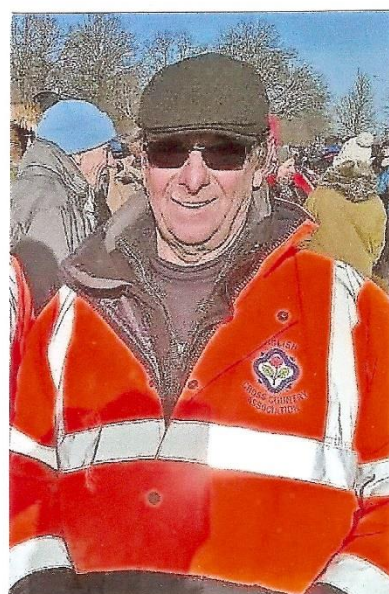
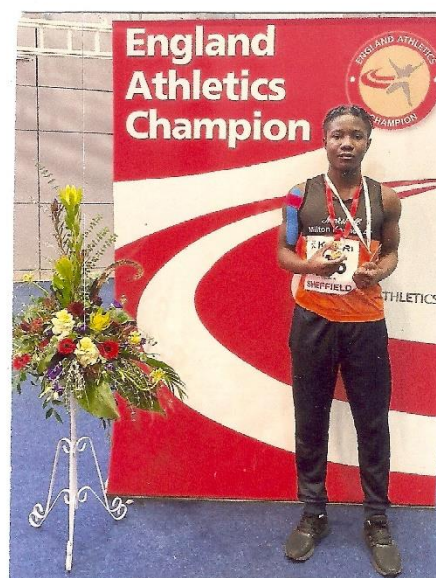
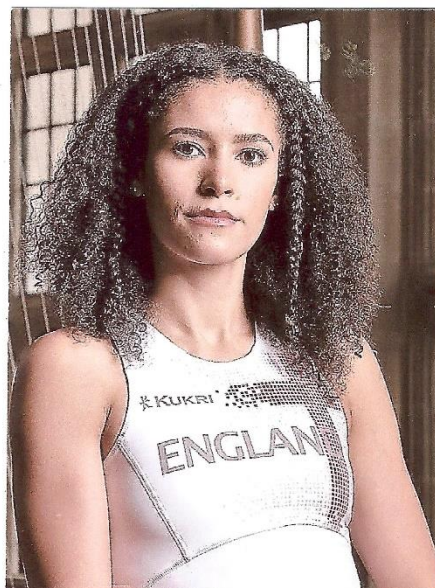
Three MMK Members honoured at the Sport MK Achiever of 2022 Awards

Three Members of Marshall Milton Keynes AC were honoured at the Sport MK Awards Evening on 6 December 2022.

Our International High Jumper, Laura Zialor, who competed in the World Championships, European Championships and Commonwealth Games was named "Sports Personality of the Year"

D'mitri Varlack, beaten only once in the Long Jump in 2022, was England Athletics Indoor and Outdoor Champion, English Schools Champion and the Schools' Games Champion. He broke Greg Rutherford Club M17 Record of 7.04m by 4cms in his first year in this age group. He was Sport MK's "Under 18 Male Athlete of the Year"

Nick Folwell, our top-graded timekeeper, who has been officiating for almost 50 years, was the "Volunteer of the Year". Nick can often be seen as Chief Timekeeper at major meetings on the road, track and country. He was selected to officiate at both the London Olympic Games (2012) and London World Championships (2017). He can also often be found at local meetings, officiating for Marshall Milton Keynes. He has been the Bucks AA Officials' Secretary for many years.



CHILTERN CROSS-COUNTRY LEAGUE

Wins for Elle Roche, Jacque Smith, the Senior Men and the U11 Girls in the first Chiltern League match at Oxford.

Match 1 – OXFORD(October 15)

Senior men		Senior Women	
1 MMKAC	2069	1 Wycombe	676
2 Chiltern	2057	2 Chiltern	643
3 Bedford	2020	5 MMKAC	548
U20M MK	2 421	U20W MK	2 89
U17M MK	3 49		
U15B MK	7 65	U15G MK	2 193
U13B MK	2 156	U13G MK	3 148
U11B MK	4 111	U11G MK	1 104

OVERALL

1 Chiltern	3651
2 MMKAC	3317
3 Wycombe	2870
4 Bedford	2738
5 Dacorum	2332
6 Headington	2226



The first round of the Chiltern Cross Country League was held at Horspath, Oxford in fine conditions over a dry course. **Seventy five MMK athletes took part in the 10 races.**

There were podium places for Jacque Smith (1st U13 Boys), Harris Kentish (3rd M17 Man), Kian Nicholson (3rd U20 Man), Elle Roche (1st Senior Woman), Lara Bromilow (3rd Senior Woman and 1st F35) and Julie Jones (2nd F55).

Led home by Ewan Forsythe (11th), and with nine in the first 36, the Senior Men pipped both Chiltern Harriers and Bedford for a fine win. The Under 11 Girls, with three in the first eleven, won their team event by three points from Chiltern Harriers.

Photos:

Top: Ewan Forsythe(11MS,) Lauren Fowler(12F13)
 Centre: Elle Roche(1FS) Jacque Smith(1M13)
 Right: Nicole Gray(4F11) Alex Vout(10M11)

Narrow overall Chiltern League win at the Teardrop Lakes

Match 2-MK(TearDrops/November 12)

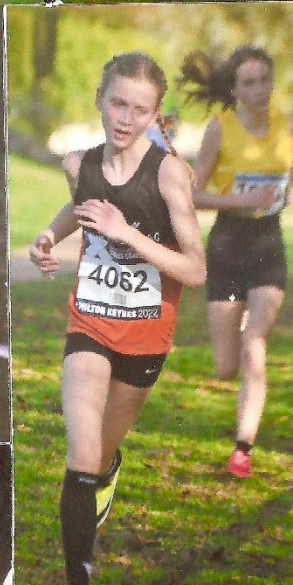
Senior men		Senior Women	
1 Chiltern	2335	1 Wycombe	871
2 MMKAC	2308	2 Headington	826
3 Bedford	2259	3 MMKAC	816
U20M MK	2 465	U20W MK	2 82
U17M MK	3 43		
U15B MK	3 100	U15G MK	1 174
U13B MK	3 88	U13G MK	2 89
U11B MK	4 106	U11G MK	1 103

OVERALL

1 MMKAC	3700
2 Chiltern	3680
3 Bedford	3664
4 Wycombe	3152
5 Dagorum	2945
6 St Albans	2851

AFTER 2 MATCHES

1 Chiltern	7331
2 MMKAC	7017
3 Bedford	6402



Seventy eight runners from Marshall Milton Keynes saw the club sneak a narrow overall victory by 20 points over Chiltern Harriers and 36 points over Bedford & County. After two rounds the club is second behind Chiltern.

There were Division 1 wins for Jamie Darcy (M20), Harris Kentish (M17) and Jacque Smith (M13); second places for Elle Roche (FS) and Sophia Chapman (F15); third places for Maxwell Newman (M15) and Alice Seddon.

Jamie Seddon, in a welcome return to the club, was first senior man home (8th), just ahead of Jack Pocock (10th) and James Tuttle (11th).

In the team results, there were wins for the Under 15 Girls and Under 11 Girls; second places for the Senior Men, Under 20 Men, Under 20 women and Under 13 Girls; third places for the Under 17 Men, Under 15 Boys, Under 13 Boys and Senior Women.

Photos:

Top: Jamie Darcy(1M20) & Maxwell Newman(3M15)
Centre: Alice Seddon(3FS) & Sophia Chapman(2F15)
Above: Harris Kentish(1M17) & Helen Devlin(7F11)

Big Chiltern League win at Luton

Match 3-Luton/Stopsley/December 3

Senior men		Senior Women	
1 MMKAC	2950	1 MMKAC	886
2 Chiltern	2763	2 Chiltern	832
3 Bedford	2723	3 Dacorum	809
U17M MK 2	52	U20W MK 2	70
U15B MK 8	31	U15G MK 2	142
U13B MK 2	121	U13G MK 1	104
U11B MK 7	70	U11G MK 1	85

OVERALL

1 MMKAC	3470
2 Chiltern	3193
3 Bedford	3132
4 Dacorum	2996
5 Wycombe	2832
6 St Albans	2428

AFTER 3 MATCHES

1 Chiltern	10532
2 MMKAC	10498
3 Bedford	9547

The Chiltern League match just three weeks before Christmas is always difficult for Team Managers and the forecast dip in the temperature did not help. However, with 70 athletes turning out for Marshall Milton Keynes AC, the club pulled off a big overall win over Chiltern Harriers and Bedford & County to finish just 34 points behind Chiltern Harriers with two rounds left.

There were some fine individual performances, with Jacque Smith maintaining his unbeaten record in the M13 Boys race, Elle Roche and Alice Seddon second and third in the Senior Women's race, and Millie Freeland second in the F20 Women's race *.(photo)*



But down to second at Home match

Match 4-M. Keynes/Campbell Pk/Jan14

Senior men		Senior Women	
1 Bedford	2082	1 Chiltern	696
2 MMKAC	2010	2 Dacorum	684
3 Chiltern	1949	3 MMKAC	638
U17M MK 2	53	U20W MK 3	71
U15B MK 8	31	U15G MK 1	164
U13B MK 2	92	U13G MK 2	112
U11B MK 5	92	U11G MK 1	115

OVERALL

1 Chiltern	3456
2 MMKAC	3171
3 Bedford	2875
4 Dacorum	2815
5 Wycombe	2501
6 Leighton B.	2299

AFTER 4 MATCHES

1 Chiltern	13988	+319
2 MMKAC	13669	
3 Bedford	12422	

Eighty-seven MMK runners competed in the home Chiltern League Match at Campbell Park, which included the MMK Club Championships. Photos on website.

There was another win for Jacque Smith (M13), a second for Katie Webb (F15) and a third for Harry Totton (M17). Elle Roche turned her ankle and had to retire from the Senior Women's race when she was lying second.

Sadly we were not at full strength to take advantage of the Home fixture and Chiltern now take a lead of 319pts to the fifth and final match at Keysoe, Bedford, 11 Feb.

AND PRAISE TO THOSE WHO ASSISTED WITH SETTING UP AND DISMANTLING THE COURSE.....comments

Richard Pownall.

Setting up were, Jackson Ryan, me, Ian Stewart, David Millett, Mick Bromilow, Adrian Cox and Richard Inchley. With Roy Campbell on trailer duty. I'm not sure I saw everyone involved in dismantling. Certainly Jackson, me, Ian Stewart and Adrian Cox. We, and Roy with his trailer, were there until it was dark. I also saw Andy Inchley doing a lot of collection, and I'd suggest a mention for Steven Ratcliffe, who has helped out with the dismantling before, and was doing so again yesterday. Not that many other athletes heeded my request to pitch in.

A very long, wet and muddy day!

And second place again after match five

Match 5–Keysoe Equestrian Cen. 11 Feb

Senior men

1 Chiltern	2025
2 Bedford	1948
3 MMKAC	1763
U17M MK	9 12
U15B MK	8 32
U13B MK	7 89
U11B MK	5 82

Senior Women

1 Dacorum	708
2 Chiltern	663
6 MMKAC	547
U20W MK	2 96
U15G MK	1 170
U13G MK	2 87
U11G MK	1 101

OVERALL

1 Chiltern	3426
2 Bedford	2882
3 MMKAC	2796
4 Dacorum	2539
5 St Albans S.	2443
6 Wycombe	2358

AFTER 5 MATCHES

1 Chiltern	17414
2 MMKAC	16465
3 Bedford	15304
4 Dacorum	13685
5 Wycombe	13664
6 Leighton B.	11595

Sixty Four MMK athletes turned out for the final match in the Chiltern League, held a Keysoe Equestrian Centre, north of Bedford. With numbers thin on the ground in many of the races, there was little chance of making up the deficit on Chiltern Harriers. Indeed the gap widened considerably from 319 to 949points!

Jacque Smith maintained his unbeaten run in the U13 Boys race, having won all five races. Katie Webb won her first Chiltern League U15 Girls race having missed the races before Christmas due to a clash with the Schools' Cup.

Imogen King had a great run in the Senior Women's race to finish second, while the first home for the Senior Men was Matthew Dicks in eighth place.

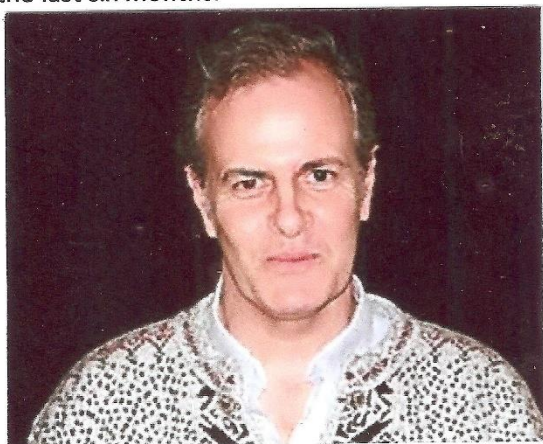
Millie Freeland had a fine second place in the U20 Women's race, while Helen Devlin finished third in the U11 Girls' race. There were wins for the Under 11 Girls and the Under 15 Girls in the team event



From the top: Imogen King; Matt Dicks leads Jamie Darcy; the return of Elliot Winter; Tabitha Bosley in the start field, Katie Webb "reflected"; Tim Pearce; Lexi O'Leary.

October 16: Mike Leonard

Mike Leonard, who coached hundreds of sprinters in Milton Keynes over more than 30 years, passed away on Sunday 16 October, aged 67, after battling cancer for the last six months.

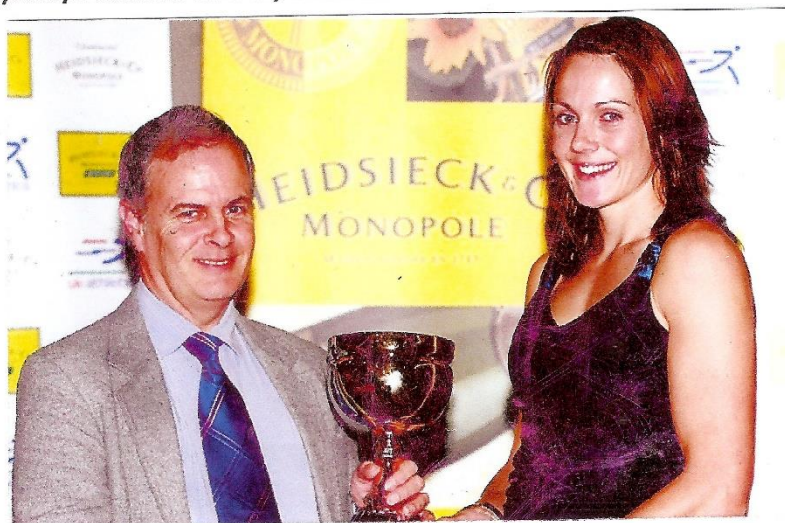


Mike had a stunning career with the club. He was named **UK Athletics' Performance Coach of the Year** in 2005 after coaching Craig Pickering to a 100m bronze medal in the World Youth Championships and gold in the European Junior Championships.(photo below)

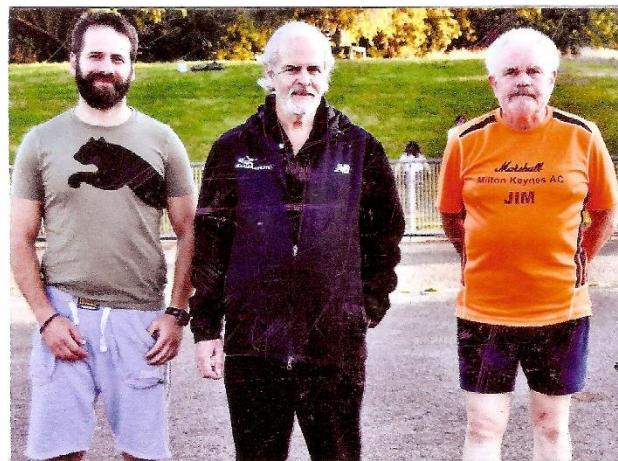
He coached Greg Rutherford as a sprinter and Joey Duck, Kadi-Ann Thomas, Habee Folami, Natalie Jowett, Ebony Carr to medals in national finals. More recently, he coached Daniel Oderinde, Ethan Wiltshire, Maxwell Brown, Moyin Oduyemi and many, many others.

He always made time for his athletes, developing the man or woman as well as the athlete. There are so many athletes who benefitted from his work.

photo presentation with Kelly Sotherton



Daniel Oderinde writes "This man was not only the gateway for myself and my sister, but for so many others to athletics from Milton Keynes. He coached me to the point where I could truly believe in my potential to become a sprinter; experiencing together my first of a few club records, regional record, national medal..."



Mike, centre, with fellow coaches Panos Ioannou & Jim Lawrence

More recently he worked for UK Athletics as an area mentor for sprints coaches, serving on several national committees for the development of talented sprinters.

Hi son Daniel was a 2.07m High Jumper and 4.00m pole vaulter who represented the club at the highest level. In October 2021 Mike moved to Chesterfield to be nearer his children and grandchildren.

Our condolences go to Heather, his wife of 46 years, and to Daniel and the rest of his family. He truly deserved more years to enjoy his retirement with his children and grandchildren.

RIP Mike. You will be sorely missed.

AND FROM UKA

UKA President Jason Gardener has led the tributes, saying: "It is with deep sadness to learn of Mike's passing. Mike was elected the Coaches representative on the UK Athletics Members' Council and his experience, kindness and passion will be a great loss for our sport.

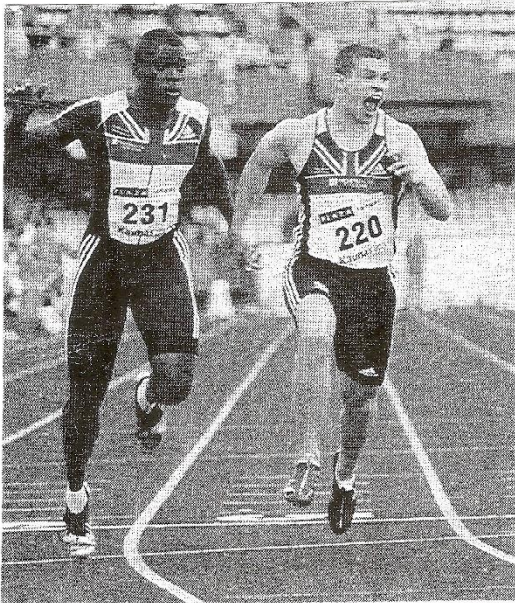
AND COACHING CRAIG PICKERING

WORLD BRONZE AND EUROPEAN GOLD FOR CRAIG PICKERING

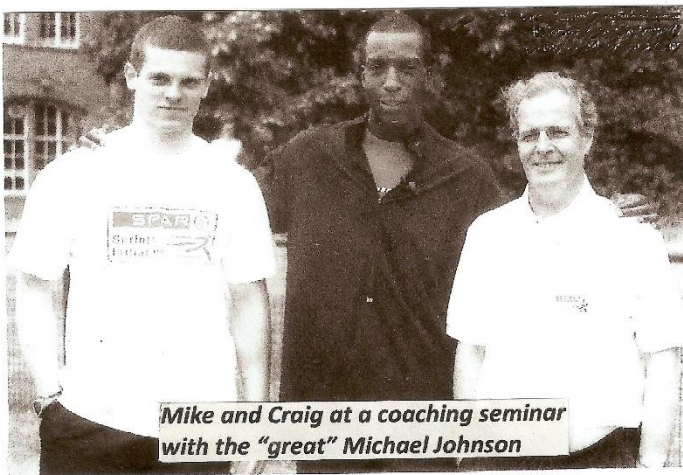
His Championship pedigree commenced in 2003 when Mike guided Craig to the Bronze medal at the World Youth 100m Championships held in Sherbrooke, Canada. He clocked 10.66 in his semi-final and 10.85 in the final.

In 2005 Craig won 100m gold at the European under20 Championships held in Kaunas(Lithuania). He won a very close final with a time of 10.51 chased home by fellow Brits, Simeon Williamson(Highgate H) who clocked 10.52 and Alex Nelson(Stoke) with 10.60. One club member likes to tell the story of how Milton Keynes, had it been a separate country, would have led the medal table for about an hour on July 22, before Germany won its third gold medal!

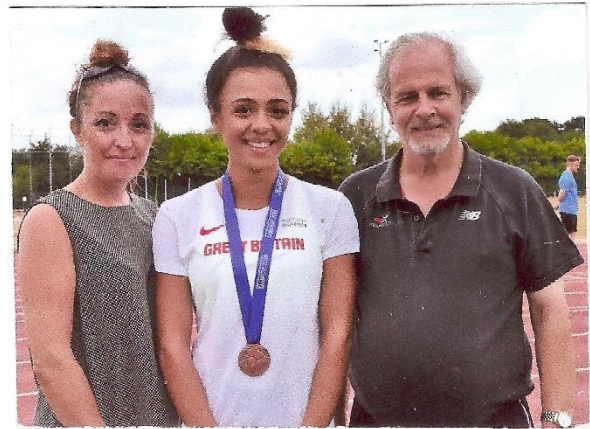
The following year Craig won the UK u23 100m title at Bedford with a windy 10.35. He ran no less than 25 races over the 100m distance.



Craig wins the European 100m title with Simeon second.



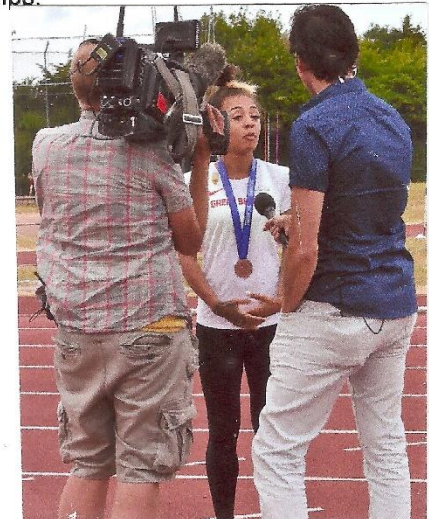
Mike and Craig at a coaching seminar with the "great" Michael Johnson



Mike with Ebony Carr and her Mum, Pam after a Look East TV Interview at the track

Ebony had a superb 2018 season including a bronze medal at the World Junior Championships held in Tampere, Finland. The Great Britain 4 x 100m Relay Team clocked 44.05 behind Germany and Ireland.

Ebony set a 100m personal best of 11.65 winning at the Mannheim(Germany) Junior Gala which consolidated 4th place in the MMKAC all-time 100m rankings. She ran 11.66, 4th in the England AA u20 Championships and placed second in the South of England 100m Championships.



Mike Leonard joined the Trustee Board of MK-ACT (Milton Keynes Women's Aid) in October 2013. A colleague writes.....He had a particular interest, and expertise, in finance, having an MSc in Charity Finance from South Bank University. Prior to joining the Board of MK-ACT Mike had spent 20 years working in the charity sector in both large and small charities, holding senior finance positions, including Acting Finance Director with the MS Society. Mike was an active Trustee and became Company Secretary in September 2015. In this capacity he worked closely with the Finance team and the CEO. As well as sharing his expertise in charity finance, charity taxation and charity law with Trustees and senior staff Mike took an active interest in the development of the charity and its range of services, always looking to the future. His thoughtful and considered approach, his wise counsel, and his dry sense of humour are much missed.



ON THE ROADS

LONDON MINI-MARATHON- 1 October

Jacque Smith, competing for the South East in the U13 Boys race, finished a fine fourth for the victorious team. [photo, 2nd left] Katie and Lauren Webb were 16th and 48th in the U15 Girls race (2nd & 3rd scorers) for the South East team that placed 10th.



London Marathon continued.....Sally Rose reduced her best, set in last year's Milton Keynes Marathon, by more than 2 minutes.

It was Paul Munday's first marathon, having run 20 miles for the first time in last year's MK Festival of Running.

LONDON MARATHON- 2 October

SEVEN MMK RUNNERS INVOLVED WITH FIVE GAINING PB's



	Half.	Finish
Adam Stone(M35)	85.14	2:49.15 PB
Declan Murphy(MS)	86.20	2:54.55 PB
Lara Bromilow(F35)	84.45	2:59.55
James Ward(M40)	87.33	3:04.23 PB
Sally Rose(F45)	103.33	3:45.42 PB
Paul Munday(M45)	107.59	3:45.44 PB

Gary Prysбет(MS) 2:56.23 Virtual Run

For Adam Stone, this was his first marathon, having run his first half marathon in 76:55 in the Great North Run, just three weeks ago.

Declan Murphy reduced his best marathon time by more than 11 minutes.

For Lara Bromilow it was a struggle. After months of preparation, with impressive times in training and racing, she went down with flu just eight days before the race. She was hoping to go well under 2:50, but had to settle for a time just under three hours.

Gary Prysбет[R] ran the race virtually, missing his pb by four minutes.....

James Ward reduced his personal best by nearly four minutes.



10

ALICE SEDDON RUNS 79:01 IN THE GREAT EASTERN HALF MARATHON

58 Alice Seddon(4thFS)	79.01(PB)
300 Linsey Ryall(4 th F40)	88.11
436 Stephen Coomber(M40)	97.57
2304 finished	

In only her second half marathon Alice Seddon nee Ritchie) moved to second place in the MMK All-time rankings

OCT.16 - IAN VAN LOKVEN RUNS 3:18.21 IN THE YORKSHIRE MARATHON (YORK) 4th M60.

ALLTIME MMK M60 RANKINGS

1 Terry Laybourn	3:03.24 London 1998
2 Ian Van Lokven	3:18.21 York 2022
3 John Greenall	3:20.13 London 1998
4 John Skelton	3:21.58 M.K 2014
5 Keith Cook	3:33.39 London 2008

OCT 23 - BEDFORD FESTIVAL OF RUNNING

5KM	2 Harris Kentish(M17)	15.32
	6 Millie Freeland(F17)	18.07
	7 Maddie Pearce(F17)	18.28
	11 Libby Freeland(F15)	20.45
	14 Mai Kentish(F15)	21.22



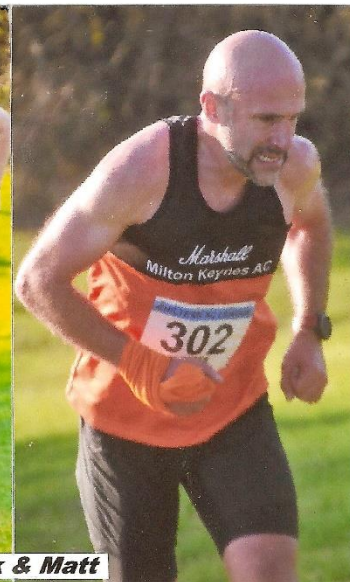
Half Marathon

5 Elle Roche(82.41) 1st Female

October 29; MMK Masters Team eighth in British Masters Road Relays

A team of five MMK Masters travelled to Long Eaton in Derbyshire to take part in the British Masters Road Relay Championships, where they finished a very fine 8th out of the 24 teams who completed the course.

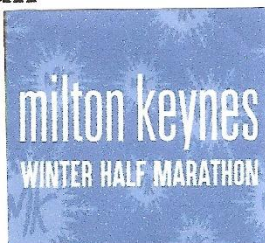
Graham Jones ran the first leg (10.37) bringing the team home in 10th place. Matt Clarke(11.17) dropped a couple of places(13th), and then with Mark Dowson(11.22) and Ian Wood (10.37) moving through the field to 8th and finally Nigel Smith ran the final leg(11.14) to consolidate the team's 8th place.



Mark & Matt

December 11: Steve Tuttle fourth as Ian Van Lokven and John Skelton are first M60 and first M70 in the MK Winter Half

Thirteen MMK athletes turned out for the Milton Keynes Winter Half Marathon, run in sub-zero temperatures around the Milton Keynes redway system.



4.2°C - 1.2°C



First back for Milton Keynes was Steve Tuttle in fourth place in 74:16. There were not many personal bests due to the very cold weather. There were 1319 finishers.

Ian Van Lokven was the first M60 to finish while John Skelton's win in the M70 category ranks him seventh in the UK in his age group this year.

Pos	M/F	Cat			Chip	
4	4	2	Steven Tuttle	MS	74.14	PB
34	29	16	James Barclay	MS	84.06	
61	55	1	Ian Van Lokven	M60	87.29	
66	60	26	Gareth Warren	MS	88.08	PB
86	78	13	Ed Williamson	M40	91.13	PB
96	88	20	Steven Martin	M35	92.08	PB
108	98	1	John Skelton	M70	93.44	
143	18	3	Linsey Ryall	F40	96.39	
196	170	33	James Down	M35	99.45	
204	177	31	Stephen Coomber	M40	100.31	
337	55	6	Suzanne Anderegg	F50	107.19	
338	283	38	Eduardo Ustaran	M50	107.19	
554	428	60	Peter Tye	M50	116.18	

OCT 30 FRANKFURT MARATHON

Lara Bromilow, in her second marathon in four weeks, completed the Frankfurt Marathon in 2:54:40, to finish first in the F40 category. She ran 85:09 for the first half but slowed to 89:31 for the second half to miss her personal best by three minutes.

December 11: Fast times at Telford as Elle Roche reduces her 10k best by over a minute

The fast and furious Telford 10k took place in sub-zero weather conditions. Despite this, six of the seven MMK runners who made the journey in very icy conditions, were rewarded with a new lifetime best. Elle Roche moves to number three on the MMK all-time 10k rankings with a superfast 34:19, more than seventy seconds quicker than her best, set three years ago.

Lara Bromilow was the second F40 finisher. The race was an age group qualifying race for England Athletics and, by finishing in the top three, Lara will represent England Athletics in the Chester 10k next March. The biggest pb of the day came from Emily Bousfield who reduced her 10km best by 13mins!

1070 finishers

263 Elle Roche(FS)	34.19pb
301 Adam Stone(M35)	35.01pb
399 Viv Parnell-Murphy	36.41pb
423 Imogen King	37.09pb
426 Lara Bromilow(F40)	37.18
536 Emily Bousfield	39.23pb
583 Sophia Campbell	40.36pb

WOMEN ALL-TIME TOP TEN FOR 10KM

1 Michelle Lee	33.55 Windsor	2006
2 Linda Dewhurst	33.56 Kettering	1987
3 Elle Roche	34.19 Telford	2022
4 Vicky Pincombe	35.11 Silverstone	2003
5 Rachel Robinson	35.16 Grimsby	2018
6 Emily Tallent	35.30 Milton Keynes	2012
7 Rachel Pearson	35.16 Grimsby	2018
8 Rita Quill	35.57 Silverstone	1997
9 Alice Seddon/neeRitchie	36.05 Hemel Hempstead	2020
10 Lara Bromilow(F35)	36.11 Brighton	2019

MMKAC YOUNG ATHLETES IN UK TOP 20 FOR 2022

[Ranking in red]



Ayesha Jones, Katie Webb and all-rounder Hayley Dimond, here with the javelin, 35.06m

U13 BOYS

600m	16	Harvey Wood	1.43.9	Milton Keynes	18-Sep
1200m	8=	Jacque Smith	3.40.4	Solihull	03-Jul
1500m	9	Jacque Smith	4.35.32	Watford	29-Jun
High Jump	9=	Oladipo Akib	1.52m	Rugby	30-Jul

U15 GIRLS

600m	2	Olivia Chilton	1.38.2	Milton Keynes	18-Sep
	4	Sophia Chapman	1.40.8	Milton Keynes	18-Sep
	6	Oria Enright	1.40.9	Milton Keynes	18-Sep
	8	Emilia Willis	1.41.5	Milton Keynes	18-Sep
3000m	11	Katie Webb	10.21.91	Watford	27-Jul

U15 BOYS

Discus (1.25kg)	8	Louis Nash	37.09m	Bedford	28-Aug
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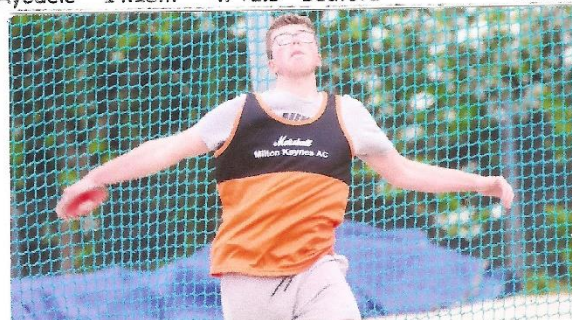
U17 WOMEN

80m Hurdles	9	Hayley Dimond	11.40	w +2.3	Derby	24-Apr
			11.53	w +1.3	Sport City, Manch	08-Jul
Shot (3 kg)	7	Hayley Dimond	13.24m		Nuneaton	13-Aug
Discus (1kg)	15	Hayley Dimond	33.12m		Milton Keynes	23-Apr
Javelin (500gm)	1	Ayesha Jones	51.81m		Milton Keynes	11-Jun

U17 MEN

200m	5	Ayomide Fatoki	21.82	w +3.8	Dagenham	30-Jul
100m Hurdles	5	Ed Barber	13.27	w +3.7	Milton Keynes	07-Aug
			13.53	w -0.2	Spt City, Manch	08-Jul
Long Jump	2	D'mitri Varlack	7.08m	w +0.7	Spt City, Manch	08-Jul
Triple Jump	3	Daniel Ayodele	14.13m	w +1.5	Bedford	02-Jun

Right:
Louis Nash,
D'mitri Varlack &
Daniel Ayodele



Many thanks to Jim Lawrence who has collated the MMKAC athletes in the UK top 100 rankings for 2022

Jim Redmond: Tributes paid after death of Derek Redmond's father

Jim Redmond, who famously helped his injured son Derek cross the finish line in Barcelona in 1992 in an iconic Olympic moment, has died aged 81.

Redmond ran from his seat in the crowd to assist his son, who had torn his hamstring at the top of the home straight. The pair then finished the 400m semi-final together.

The British Olympic Association said his was an Olympic moment that will "never be forgotten".

The footage has been viewed millions of times on social media and the International Olympic Committee said on Twitter: "Our thoughts are with Derek Redmond and his family following the death of his father, Jim."

"Together, they brought us one of the most inspirational moments in Olympic history."

In an interview with BBC Sport in 2012, Derek Redmond said that when he suffered the injury, he just wanted to finish the race and became aware of his father running over to him.

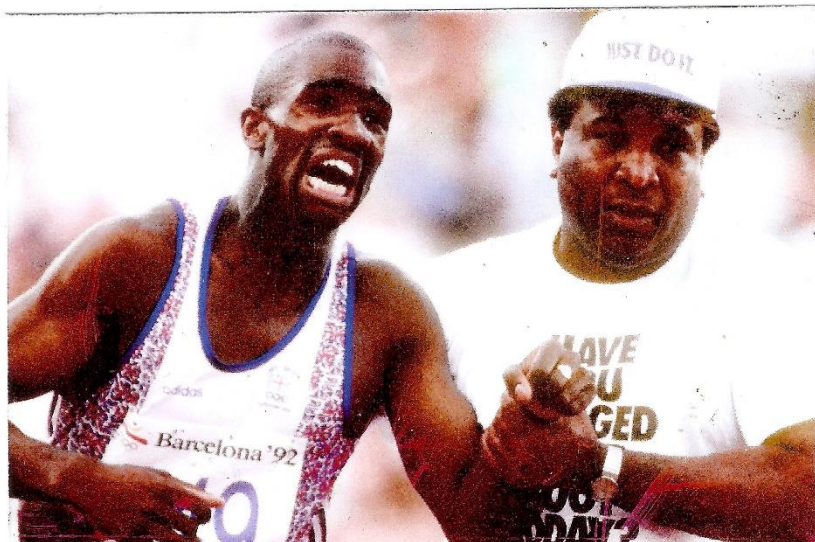
"He tried to talk me out of it at first," he recalled. "He was telling me that I had nothing to prove and that I didn't need to do this, but I told him I was going to finish. Then he said that we would do it together."

"So we did, and I limped over the line in tears."

As they crossed the finish line, the crowd of 65,000 spectators rose to give Derek a standing ovation. However, as his father had helped him finish, Derek was officially disqualified and Olympic records state that he "Did Not Finish" the race.

Redmond's struggle in the 1992 semi-final later became the subject of one of the International Olympic Committee's "Celebrate Humanity" videos, which proclaimed: "Strength is measured in pounds. Speed is measured in seconds. Courage? You can't measure courage".

IF YOU HAVE NOT SEEN THIS RACE, PLENTY OF CHOICE ON SOCIAL MEDIA, LIKEWISE THE RACE IN TOKYO



DEREK REDMOND- LIFE WITH MILTON KEYNES

Derek made his athletics debut with our club and spent two years here, scoring many points for the club in the young athletes League.

1976	100m(u13)	14.0	Leicester
	100m(u15)	13.5	Wolverton
1977	200m(u13)	28.2	Leicester
	200m(u15)	26.8	Norwich
	Long Jump	4.84m	Kings Lynn

He then moved to Birchfield Harriers(Birmingham) to further his career.

Derek would have soon made the Birchfield Harriers National League team and later chased the British 400m record with Roger Black. A varied International scene followed and that continued with an epic race in Tokyo.

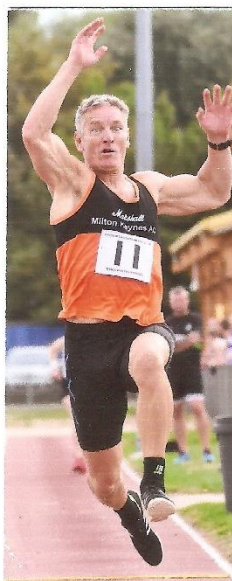
At the 1991 World Championships (Tokyo) Redmond was a member of the British team that shocked the athletics world by beating the much-favoured American team into second place to claim the gold medal in the 4x400 metres relay. Roger Black, unusually ran the opening leg and handed over to Derek, then on to John Regis and then the infamous final leg by Kriss Akabusi, breasting the "tape" with a time of 2.57.53. This was then the second-fastest 4x400 metres relay time in history.

TOP TEN UK 400M RUNNERS

1 Matt Hudson-Smith	44.35 Eugene,USA	2020
2 Iwan Thomas	44.36 Birmingham	1997
3 Roger Black	44.37 Lausanne,Sui	1996
3 Mark Richardson	44.37 Oslo, Norway	1998
5 David Grindley	44.47 Barcelona	1992
6 Derek Redmond	44.50 Rome, Italy	1987
7 Tim Benjamin	44.56 Monte Carlo	2005
8 Jamie Baulch	44.57 Lausanne,Sui	1996
9 Du'aine Ladejo	44.66 Birmingham	1996
10 Solomon Wariso	44.68 Birmingham	1998

100m						
8	George Gavriel	M40	11.78	Derby	11-Jun	
2	Paul Canning	M55	12.38	Kettering	09-Jul	
2	John Browne	M65	13.08	Tampere, Fin.	30-Jun	
200m						
8	George Gavriel	M40	23.80	Rugby	10-Jun	
1	Paul Canning	M55	25.08	Derby	10-Jun	M55 Rec
			25.04	Sheffield	05-Feb	M55 Ind
10	John Browne	M65	29.25	Bedford	04-Sep	
400m						
1	Paul Canning	M55	58.6	Cambridge	22-Jun	
800m						
17	Nigel Smith	M45	2.08.87	Watford	18-May	M45 Rec
5	John Skelton	M70	2.41.29	Derby	10-Jun	M70 Rec
1500m						
6	Rob Elmore	M40	4.19.98	Bedford	04-Sep	#
3	John Skelton	M70	5.15.03	Tampere, Finl.	07-Jul	M70 Rec
One Mile						
4	John Skelton	M70	6.01.0	Bedford	20-Jul	M70 Rec
3000m						
11	Rob Elmore	M40	9.18.8	Milton Keynes	04-May	#
5	John Skelton	M70	12.07.94	Bedford	04-Sep	M70 Rec
5000m						
1	John Skelton	M70	20.13.71	Tampere, Fin	03-Jul	M70 Rec
10,000m						
2	John Skelton	M70	43.43.47	Oxford(Hors)	08-May	M70 Rec
100m Hurdles (91.4cm - 3'0")						
5	Paul Canning	M55	19.1	Milton Keynes	01-Jun	M55 Rec
100m Hurdles (84cm - 2'9")						
17	Richard Pownall	M60	35.9	Milton Keynes	01-Jun	
400m Hurdles (84cm - 2'9")						
6	Paul Canning	M55	72.4	Bedford	20-Jul	
10	Darren O'Leary	M50	77.30	Bedford	04-Sep	
300m Hurdles (76.2cm - 2'6")						
19	Stewart Fraser	M60	69.69	Bedford	04-Sep	
High Jump						
7	Brian Slaughter	M60	1.35m	Cambridge	22-Jun	#
Long Jump						
9	Paul Canning	M55	4.65m	Bedford	04-Sep	M55 Rec
Triple Jump						
1	Paul Canning	M55	10.42m	Bedford	04-Sep	M55 Rec
Shot (6kg)						
2	Barry Nash	M50	12.28m	Milton Keynes	23-Apr	
Shot (5kg)						
19	Brian Slaughter	M60	10.02	Cambridge	22-Jun	#
Bunt Scott						
	Bunt Scott	M70	8.19m	Bedford	04-Sep	
Shot (4kg)						
11	Bunt Scott	M70	9.30m	Bournemouth	11-Sep	
Discus (2kg)						
	Jim Lawrence	M65	9.00m	Milton Keynes	23-Apr	M65 Rec
Discus (1kg)						
8	Bunt Scott	M70	33.05m	Bedford	20-Jul	
Hammer (7.26kg)						
2	Mark Roberson	M45	46.79m	Yate	20-Aug	
Hammer (6kg)						
14	Anthony Moffat	M50	31.99m	Bedford	04-Sep	
Hammer (5kg)						
	Bunt Scott	M70	30.15m	Milton Keynes	04-May	
18	Jim Lawrence	M65	20.60m	Milton Keynes	23-Apr	
Hammer (4kg)						
4	Bunt Scott	M70	33.51m	Milton Keynes	23-Apr	
Javelin (700gm)						
15	Anthony Moffat	M50	32.81m	Bedford	04-Sep	
Javelin (600gm)						
	Bunt Scott	M70	26.36m	Milton Keynes	01-Jun	M70 Best
Javelin (500gm)						
5	Bunt Scott	M70	29.05m	Peterborough	03-Apr	M70 Rec
Weight (15.88kg 35lb)						
2	Mark Roberson	M45	10.48m	Lee Valley	05-Mar	
Weight (7.26 kg, 16lb)						
4	Bunt Scott	M70	12.57m	Bournemouth	11-Sep	
Pentathlon - Weight						
2	Bunt Scott	M70	3132 pts	Bournemouth	11-Sep	

MALE MASTERS TRACK & FIELD RANKINGS 2022 UK TOP 20



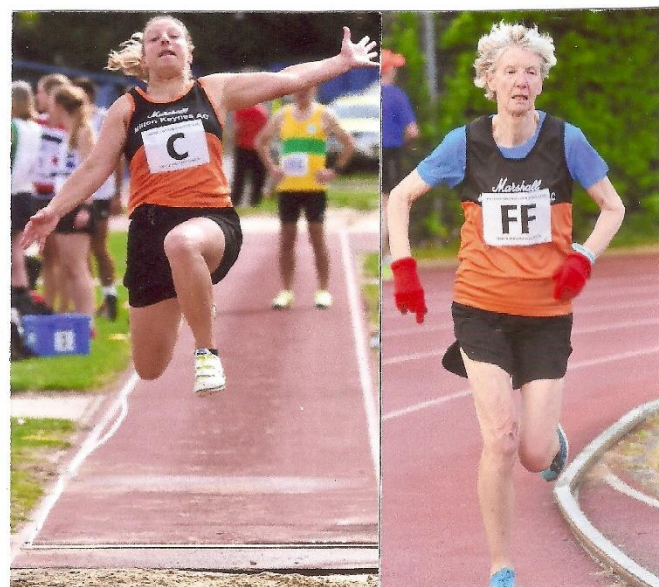
Paul Canning(No.1) x 3
& George Gavriel



Centre: John Browne/
John Skelton(No.1) & Darren O'Leary
Above/Barry Nash & Mark Roberson

FEMALE MASTERS TRACK & FIELD RANKINGS 2022 UK TOP 30

200m				
Corinne Nurse	F40	31.28	Portsmouth	04-Jun
27 Di Baldwin	F65	44.1	Milton Keynes	01-Jun F55 REC
400m				
13 Di Baldwin	F65	91.81	Bedford	04-Sep F55 REC
800m				
26 Carly Scott	F40	2.42.1	Milton Keynes	01-Jun
10 Di Baldwin	F65	3.21.25	Bedford	04-Sep F55 REC
27 Fi-Han Bromilow	F65	3.51.5	Milton Keynes	01-Jun
1500m				
9 Di Baldwin	F65	6.49.37	Bedford	04-Sep F55 REC
18 Di Farmer	F60	6.53.7	Cambridge	22-Jun
One Mile				
13 Di Farmer	F60	7.37.0	Bedford	20-Jul
3000m				
9 Lara Bromilow	F35	10.28.48	Milton Keynes	09-Jul
24 Rebecca Carrasco	F40	11.03.82	Milton Keynes	07-May
5 Di Baldwin	F65	13.33.7	Milton Keynes	04-May F55 REC
19 Fi-Han Bromilow	F65	15.21.6	Milton Keynes	04-May
5000m				
7 Lara Bromilow	F35	17.27.23	Milton Keynes	09-Jul VETS REC
10,000m				
1 Lara Bromilow	F35	35.46.76	Catford	21-Aug CLUB REC
100m Hurdles				
Carly Scott	F40	28.43	Yate	20-Aug
300m Hurdles				
2 Di Baldwin	F65	90.14	Bedford	04-Sep F55 REC
400m Hurdles				
10 Corinne Nurse	F40	85.45	Portsmouth	04-Jun
14 Carly Scott	F40	93.67	Bedford	04-Sep
2000m St/Chase				
9 Carly Scott	F40	9.03.24	Yate	20-Aug F40 REC
High Jump				
12 Corinne Nurse	F40	1.27m	Milton Keynes	04-May
19 Stephanie Johnston	F45	1.15m	Bedford	04-Sep
Ppole Vault				
12 Stephanie Johnston	F45	1.40m	Bedford	04-Sep
Long Jump				
21 Stephanie Johnston	F45	3.60m	Bedford	04-Sep
26 Di Farmer	F60	2.73m	Bedford	20-Jul
21 Di Baldwin	F65	2.04m	Milton Keynes	01-Jun F55 REC
Triple Jump				
11 Stephanie Johnston	F45	7.86m	Bedford	04-Sep
12 Di Farmer	F60	6.33m	Cambridge	22-Jun
8 Di Baldwin	F65	3.53m	Bedford	04-Sep F55 REC
Shot (4kg)				
5 Emma Beales	F50	8.66m	Bedford	04-Sep F50 REC
28 Chrispina Odunewu	F45	7.47m	Cambridge	22-Jun
24 Sophie Gibbens	F35	7.28m	Milton Keynes	04-May
Shot (3kg)				
22 Di Presswell	F55	7.33m	Cambridge	22-Jun
Discus (1kg)				
1 Emma Beales	F50	39.70m	Milton Keynes	22-May UK F50 REC
18 Di Presswell	F55	18.56m	Milton Keynes	01-Jun
Hammer (4kg)				
3 Di Presswell	F55	25.08m	Oxford(Hors)	14-May F55 REC
Hammer (3kg)				
6 Di Presswell	F55	32.40m	Woodford Grn	11-Sep F55 REC
Javelin (500gm)				
17 Di Presswell	F55	15.83m	Bedford	04-Sep



From the top:
Emma Beales & Corinne Nurse
Stephanie Johnston & Di Baldwin
Carly Scott & Di Farmer.
AND Di Presswell

5km

Jack Pocock	MS	15.30	Battersea Park	29-Apr
Jack Rose	M20	15.38	MK Rocket	01-May
Harris Kentish	M17	15.52	Bedford Auto	23-Oct
Ian Wood	M35	16.20	Newport Pagnell	02-Jul
Kian Nicholson	M20	16.31	Newport Pagnell	02-Jul
Sean Pinney	MS	16.44	MK Rocket	01-May
Elle Roche	FS	16.58	Mallory Park	28-Jul
Alice Seddon	FS	17.27	Marston	10-Jun
David Conway	M35	17.42	Newport Pagnell	02-Jul
Millie Freeland	F17	18.07	Bedford Auto	23-Oct

5miles

Graham Jones	MS	26.32	Banbury	24-May
Steve Tuttle	MS	28.42	Banbury	24-May
Matt Clarke	M45	30.05	Corby	29-Jun
Andrew Wasdell	M45	32.28	Banbury	24-May
Diane Baldwin	F65	38.37	Banbury	24-May
Kevin Church	M55	38.55	Corby	29-Jun
Karen Tincknell	F40	39.42	Corby	29-Jun
Malcolm Kidby	M50	41.51	Banbury	24-May
Peter Tye	M50	42.50	Blisworth	08-Jul
Fi Han Bromilow	F45	43.53	Banbury	24-May

10km

Steve Tuttle	MS	33.14	Clapham Commor	23-Jan
Jack Rose	M20	33.16	Oxford	08-May
Jack Pocock	MS	33.21	Bourton	27-Feb
Graham Jones	MS	33.36	MK	02-Jul
Harry Rose	M17	34.09	Oxford	08-May
Elle Roche	FS	34.19	Telford	11-Dec
Adam Stone	MS	35.01	Telford	11-Dec
Lara Bromilow	F35	36.2	Telford	11-Dec
Viv Parnell-Murphy	M45	36.51	Telford	11-Dec
Imogen King	FS	37.21	Telford	11-Dec

10 Miles

Gary Blaber	M45	61.36	Maidenhead	15-Apr
Andrew Wasdell	M45	67.37	Leighton Buzzard	25-Sep
Declan Murphy	MS	69.55	Portsmouth	16-Oct

Half Marathon

Steve Tuttle	MS	73.59	Northampton	25-Sep
Jamie Seddon	MS	76.07	L. Buzzard	19-Nov
Gary Prysбет	MS	76.08	Newcastle/Tyne	11-Sep
Adam Stone	M35	76.55	Newcastle/Tyne	11-Sep
Alice Seddon	FS	79.01	Peterborough	16-Oct
Lara Bromilow	F35	79.24	London Big Half	04-Sep
Andrew Cowdrill	M35	80.25	Cambridge	07-Mar
Jonathan Griffiths	MS	82.03	MK Festival	13-Mar
Elle Roche	FS	82.41	Bedford Auto.	23-Oct
James Barclay	MS	84.06	MK(Winter)	07-Mar

LEADING TOP TEN ROAD

RUNNERS FOR 2022



Linsey Ryall,
Jack Rose,
Jack Pocock &
Andrew Wasdell



20 Miles

Andrew Wasdell	M45	2.18.34	MK Festival	13-Mar
James Ward	M40	2.21.17	Bedford	04-Sep
Thomas White	MS	2.21.21	MK Festival	13-Mar
Ian Van Lokven	M60	2.24.31	Hillingdon	04-Sep
Andrew Cowdrill	MS	2.28.40	MK Festival	13-Mar
Sally Rose	F45	2.41.36	MK "Training"	11-Sep
Linsey Ryall	F40	2.42.24	Bedford	04-Sep
Danny Simmons	MS	2.54.22	MK Festival	13-Mar

Marathon

Dan Webber	M40	2.46.28	Berlin	25-Sep
Adam Stone	MS	2.49.15	London	02-Oct
Jon Griffiths	MS	2.53.16	Manchester	03-Apr
Lara Bromilow	F35	2.54.20	Boston, USA	18-Apr
Declan Murphy	MS	2.54.55	London	02-Oct
Steve Tuttle	MS	2.56.48	MK	02-May
James Ward	M40	3.04.23	London	02-Oct
Wendy Webber	F40	3.12.01	Berlin	02-Oct
Ian Van Lokven	M60	3.18.21	York	16-Oct
Thomas White	M40	3.20.38	MK	02-May

Under13 Boys

1 Jacque Smith
60 Harvey Wood
162 Alfonso Pereira
175 Zachery Els
181 finished/team 18th

Under13 Girls

42 Tabitha Bosley
94 Tatenda Chesney
141 Jessica Plummer
180 finished

Under15 Boys

161 Sam Wood
205 finished

Under15 Girls

4 Katie Webb
23 Lauren Webb
50 Orla Enright
64 Elsie Jacobs
70 Kaitlin Baitson
83 Isabelle Gregg
92 Ellie Edwards
111 Macy Allen
142 Alice Richardson
169 Gemma Els
183 finished/team 3rd

Under17 Men

40 Harry Totton
97 Joshua Edwards
168 finished

Under20 Women

13 Imogen King
63 finished

Under17 Women

7 Millie Freeland
14 Maddy Pearce
114 finished

Under20 Men

35 Jamie Darcy
57 Kian Nicholson
80 finished

Senior Women

48 Abby Roskilly
408 finished

Senior Men

365 Eliot Winter
371 Stephen Ratcliffe
388 Mark Dowson
665 finished



SOUTH OF ENGLAND CROSS- COUNTRY CHAMPIONSHIPS, Beckenham Park, 28 January 2023



28 MMK finishers at this, the second most prestigious cross-country club Championships, after the Nationals.

Congratulations to Jacque, our first ever winner in this age group, (Chad Lambert placed 3rd at Parliament Hill in 2005).

And to the Under15 girls bronze medallists – Elsie, Orla, Lauren and Katie. Katie placed a superb 4th having finished 4th last year for the Under13 girls, Katie has another year in her age group and currently follows Tanya Taylor(2nd in 2005) and Mel Wood(3rd in 2009).

Another fine run from Millie Freeland (photo R, from Julie) with Maddy Pearce and 7th places her equal third with Carly Scott(1995) in the all-time Under 17 rankings.

Sadly just four seniors – however a brave run from Abby who places 14th in the Ladies all-time rankings.

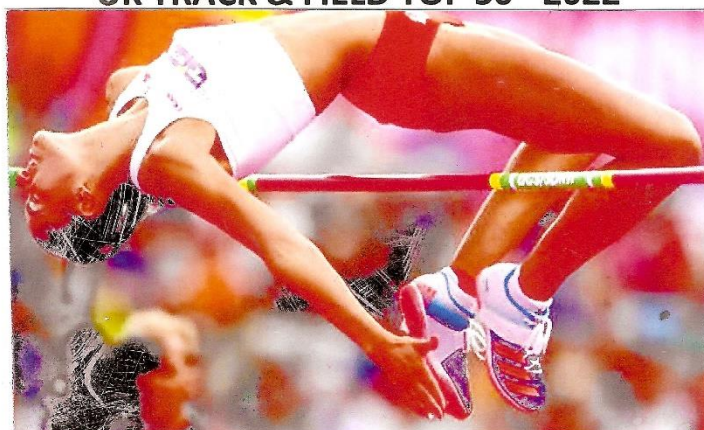
And to Eliot, Stephen and Mark, albeit half a team, who contested a 15km course, they don't get much longer in cross-country.

GOLD FOR JACQUE SMITH IN UNDER 13 BOYS RACE AND BRONZE MEDALS FOR UNDER 15 GIRLS TEAM



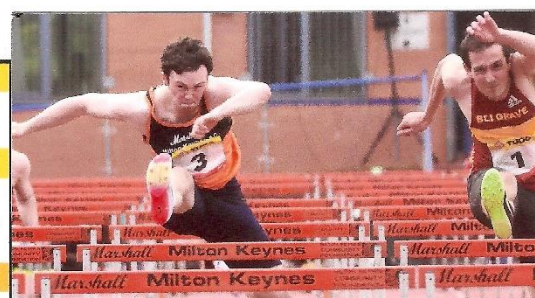
Looking back in my records I find "my cross-country claim to fame" In 1982 the South of England AA included a 12 to score teams prize as well as the usual six. Lots of clubs had a go at this including ourselves. No prizes for guessing who was 12th scorer..... 620th around the infamous Hampstead Heath nine-miler.

SENIOR MEN & WOMEN/U23/U20 UK TRACK & FIELD TOP 50 - 2022

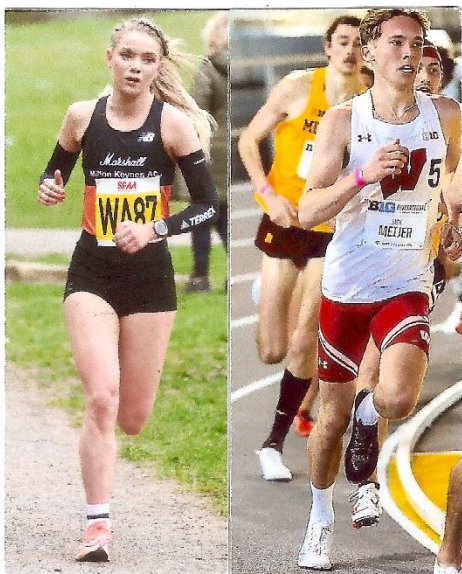


SENIOR MEN					
Hammer (7.26kg)	38	James Ericsson-Nicholls	54.81m	Yate	20-Aug U23
Decathlon	38	Alex Howard	4464 pts	Horspath,Oxf	24-Jul
SENIOR WOMEN					
High Jump	3	Laura Zialor	1.91m	Nairobi,Kenya	07-May
Triple Jump	34	Lateefa Agberemi	11.94m	ind Sheffield	13-Feb U20
			11.92m	Horspath,Oxf	15-May
Discus (1kg)	43	Emma Beales	39.70m	Milton Keynes	22-May F50
Hammer(4kg)	8	Kayleigh Presswell	65.11m	Milton Keynes	07-May
	41	Lara Moffat	50.06m	Moulton	04-Sep U20
	47	Jasmine Trapnell	49.11m	Sandy	07-Jul U23
Javelin (600gm)	17	Eva Durand	44.50m	Bedford	16-Jul U20
U23 MEN					
1500m	17	Jack Meijer	3.43.99	Eugene,USA	22-Apr
110m Hurdles	28	Hamish McGarvie	16.27	w +1.6 Chelmsford	19-Jun
400m Hurdles	32	Hamish McGarvie	60.61	Milton Keynes	07-May
Hammer (7.26kg)	10	James Ericsson-Nicholls	54.81m	Yate	20-Aug
Decathlon	14	Alex Howard	4464 pts	Horspath,Oxf	24-Jul
U23 Women					
200m	38	Abigail Fitton	25.04	w+2.4 Stratford	17-Jun
400m	23	Skye Verwey	57.06	Coulsdon	30-Apr
5000m	35	Imogen King	17.33.99	Birmingham Uni	19-Mar
High Jump	33=	Anna Rogozha	1.57m	ind Loughborough	16-Jan
Pole Vault	27=	Mia Soman	2.60m	Lee Valley	16-Apr
Triple Jump	27	Joan Peedah	10.80m	w 0.0 Loughborough	01-Jun
	37	Iris-Mae Morse	10.38m	ind Lee Valley	26-Feb
Hammer (4kg)	17	Jasmine Trapnell	49.11m	Sandy	07-Jul
U20 MEN					
800m	39	Zak Freeland	1.53.44	Birmingham Uni	11-May
1500m	21	Leo Freeland	3.50.93	Spt City,Manch	28-May
	32	Zak Freeland	3.52.05	Spt City,Manch	28-May
Pole Vault	23	Tim Penley	4.10m	Milton Keynes	07-May
Triple Jump	12=	Shawn Ampofo	14.03m	w 0.0 Spt City,Manch	09-Jul
Javelin (800gm)	21	Joseph Taylor	55.98m	Horspath,Oxf	14-May
	40	Riaghan Matheson	48.47m	Milton Keynes	07-Aug
4 x 100m Relay	39	ND,RM,MD,DT	44.35	Milton Keynes	07-Aug
U20 Women					
100m	10	Deborah Lago	11.8	Burton	26-Jun
100m Hurdles	25	Maya Stewart	14.7	Burton	26-Jun
	49	Lateefa Agberemi	15.3	w-1.2 Banbury	29-May
Long Jump	33	Lateefa Agberemi	5.52m	Milton Keynes	01-May
Triple Jump	9	Lateefa Agberemi	11.94m	ind Sheffield	13-Feb
			11.92m	Horspath,Oxf	15-May
Hammer (4kg)	5	Lara Moffat	50.06m	Moulton	04-Sep
Javelin (600gm)	4	Eva Durand	44.50m	Bedford	16-Jul
4 x 100m Relay	17	MO,LA,AL,DL	49.23	Milton Keynes	07-Aug

compiled by Jim Lawrence



Top of the tree – Laura Zialor(3rd High Jump); Kayleigh Presswell(8th Hammer);Hamish McGarvie(28th 110m Hurdles);Tim Penley(23rd Pole Vault);Abigail Fitton(38th 200m)Lateefa Agberemi (9th Triple Jump,22rd Long Jump & 49th 100m Hurdles)



Imogen King/Jack Meijer; James Ericsson-Nicholls
Jasmine Trapnell; Joseph Taylor; Shawn Ampofo
Riaghan Matheson & Lara Moffat – at the Jack Kee
Memorial Throws Day – with her individual T-shirt
and Jack's well-known infamous expletive.





Farewell to Kayleigh Presswell

Jasmine Trapnell writes.....

One of our long-time hammer throw members – Kayleigh Presswell has unfortunately moved to Thames Valley Harriers (TVH), for more high-level competition opportunities. Having been a member of MMKAC since 2007, we have seen Kayleigh grow into the amazing athlete she is today!

Kayleigh has always represented MMKAC with pride – competing in multiple events at National Athletics Leagues and Southern Athletic Leagues and winning us lots of points! Summer 2022 Presswell even achieved the Commonwealth Games standard, with a PB of 65.11m.

Previously being coached by the late Jack Kee, Kayleigh is now coached by retired Olympian Paul Head. We wish Kayleigh Presswell all the best at TVH, and look forward to seeing what more she will achieve!

Presswell wishes to say thank you and that she is extremely grateful for all the support MMKAC has given her over the years and that she will still remain a part of the MMKAC family through supporting and training with other members.

XX

Below – Senior Ladies had their first team win in the Chiltern League for two years (Luton) – Lara Bromilow, Abby Roskilly, Alice Seddon, Elle Roche, Emily Bousfield & Sophia Campbell.



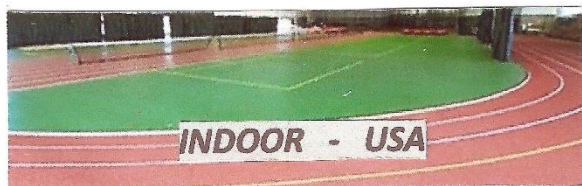
U15 RECORD – the team of Sophia Chapman, Orla Enright, Olivia Chilton & Emilia Willis set a club 4x300m relay record (2.56.66) at Rugby 30 July 2022. Ranked 7th in UK

CLUB CROSS-COUNTRY CHAMPIONSHIPS (14 January)



Senior Women- Lara Bromilow with Abby Roskilly & Imogen King.

Veteran Women – Debra Brent(F55). Zoe Whitten (F35) & Sarah Wood(F45)



The Freeland brothers opened their indoor USA season on 10 December last at the Grand Valley State University, Michigan. Leo[L] ran the one mile race in 4.11.07 to eclipse the Club record of 4.12.36 set by Jack Meijer(University of Wisconsin) in Iowa a year ago. Brother Zak[R] clocked 3000m with 8.36.54 to go 5th all-time indoors

Into the New Year and Jack Meijer took 5 seconds off the one mile record on 21 January competing at Iowa City with 4.06.67. The following weekend Jack competed at Indiana University and came within one second of his Club Indoor 3000m record(8.02.79) with a time of 8.03.49. Leo improved his mile best on 4th February with 4.10.22 at Winston-Salem, North Carolina.

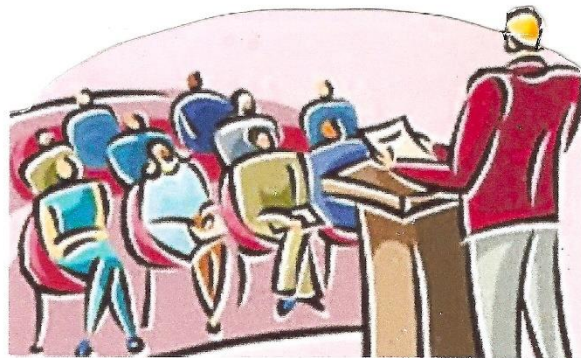
However next weekend Jack knocked almost five seconds off his club indoor record for 3000m at the Windy City Invitational in Chicago. Running at sub-8-minute pace throughout, he did not fade at the finish, recording 7:57.87 for third place.

Leo Freeland, at the David Hemery Invitational Indoor Meeting in Boston, ran two events over the weekend. On Friday he ran a fast 1200m leg in the Distance Medley Relay in 3:00.82. On Saturday he found it tough in very high-class competition, completing the mile in 4:17.15, well below his best



JACK MEIJER LEADS THE MILE/3000M RANKINGS

Mile		(at 11 February)		
Jack Meijer	MS	4.06.67	Iowa, USA	2023
Leo Freeland(L)	MS	4.10.22	N.Carolina, USA	2023
Phil Winfield	MS	4.20.82	Houston, USA	2006
Andrew McKenna	MS	4.22.94	Missouri, USA	2003
3000m				
Jack Meijer	MS	7.57.87	Chicago, USA	2023
Marcin Fudalej	MS	8.32.78	Spala, Poland	2011
Andrew McKenna	MS	8.35.42	Nebraska, USA	2003
Zak Freeland(R)	MS	8.36.54	Michigan, USA	2022
Simon Rayner	M2	8.43.00	Cosford	1992
Andy Whetstone	MS	8.46.91	Cardiff	2007



ANNUAL GENERAL MEETING

15 NOVEMBER 2022

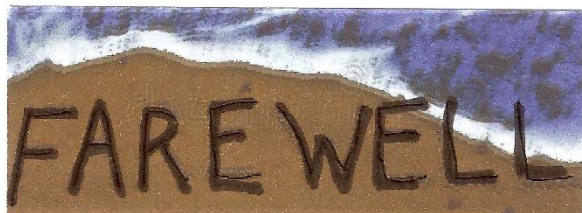
Committee members elected:

- Chairman: David Millett/Mick Bromilow
- Secretary: Mick Bromilow/David Millett
- Treasurer: Jane Steel
- Membership: Secretary Richard Pownall
- Welfare Officers: Ian Stewart; Neil Kentish
- Director of Communications; Mick Lee
- Director of Coaching: Barry Hearn
- Director of Facilities: Bryan Waddington
- Director of Development: Ian Stewart
- Director of Competition: Jackson Ryan
- Director of Volunteers: Bryan Waddington
- Athletes Representative: Tom Charteress
- Buckingham Representative: Leone Kahembe
- Other Committee Members: Brian Graves, Jim Lawrence, James Tuttle.

BUCKS U13/15 SPORTSHALL CHAMPS.

Winslow 18 December. Leading U13 athletes - Mya Banks and Zeyn Shillingford





to DIANE BALDWIN AFTER THE BEST PART OF 35 YEARS WITH MK. SHE HAS RETURNED TO HER NATIVE WEST YORKSHIRE.

EARLY DAYS

Diane and Carl Baldwin joined MKAC towards the end of 1988.

For track and field in that era there were separate leagues for men and women. Eastern Veterans (then, now Masters) commenced for MK in 1993. Then the Southern Women's League, later the UK Women's League and then back to the Southern Athletics League, combined, at last, for both men and women, AND now we have a National League covering both sexes.

Likewise for cross-country, the Chiltern XC League was male only with a Southern Women's XC League available. Fortunately, we now have the current Chiltern League which covers everybody who wishes to compete.

In her first full year Diane ran the 1989 Wolverton 5 on its original course around Wolverton in 33.17, the Bicester 10km (42.34), the Bedford Boxing Day 10miler (69.59) and earlier in the year finished the London Marathon (3:47.19). For good measure Diane contested the 7th "Tour of Milton Keynes", 2nd lady, 40th from 59 finishers and won her one mile race in 5.35. Earlier she ran 2.27.9 in the 800m at the Cawley Cup. 1990 saw a PB from Diane over 5miles

1991 saw the Wolverton 5 moved to a traffic-free course around Willen Lake with the MK ladies winning the team prize, Diane third-scorer (31.40). She ran the Brighton 10km (40.01) and the London Marathon (3:45.03).

Diane soon became a very committed athlete with the Club. She started coaching middle and long distance runners and, simultaneously, working herself upwards on the track and field officials' ladder Qualifying in a number of disciplines:

- Track Judge (Level 4)
- Field Judge (Level 3)
- Timekeeper (Level 2)
- Endurance (Level 1)

She has travelled all over the country to officiate at some of the biggest meetings in the calendar as well as

supporting MMKAC. She has also mentored many track officials as they have worked their way up the ladder.

Diane would have liked more opportunities to work at the international level.

Diane was awarded Life Membership for the club in 2021. A long-standing committee member and finished her tenure here with a couple of years as Treasurer before Jane Steel took over in the 2021/22 financial year.

FINAL YEARS WITH MMKAC

During 2022 and into her 65th year Diane has competed in no less than 32 events (includes doubling up etc at some track and field events). The latter in all the Eastern Masters matches last summer and included, 100m, 200m, 400m, 800m, 1500m, 3000m, 300m Hurdles, 2km walk,



triple jump long jump and a leg of the Relay.. Fittingly her final event for MMKAC was the Eastern Masters Final held at Bedford on 4th September. AND how many events did Diane compete in? **NO LESS THAN 10!!**
Team photo from that day.

Diane also ran five of the East Midlands Grand Prix road races held through the summer –

Banbury 5
Harborough 5
Corby 5
Blisworth 5
Silverstone 10km

AND WHAT DID WE DO FOR THE PREVIOUS 34 YEARS!

Not surprisingly Diane has amassed a huge set of club rankings and covering a wide range of track and field disciplines plus road running.

In her latter career Diane took on steeplechase racing on the athletics track. Starting in 2011 (W50) competing mainly over 2000m. Her first year she clocked 9.25.2 and the following year(W55) a PB of 8.58.9 at Bedford (UKWAL), no 1 in UK. Into her 60's in 2017 and by virtue of a time (9.21.32) at Stevenage and claimed second place in the UK all-time rankings behind Gwyneth Hueter (Oxford) with 9.05.3.

THE TOUR OF MILTON KEYNES

Diane always enjoyed the six-day "Tour of Milton Keynes" and the photo is from the start of the 10th Tour in 1992. All the previous male winners (John Crouch, Chas Kendall, Kevin Farmer, Simon Rayner & Gordon Faulds are here plus Rita Quill and Diane Baldwin from amongst the female winners

Diane has completed no less than 22 "Tours" and is placed 6th in the overall Tour completers and first lady overall.



BRITISH AND IRISH MASTERS CROSS-COUNTRY INTERNATIONAL, 2018

Diane was selected to represent England at the 2018 annual British and Irish Masters cross-country International, W60 age group, held at Swansea.

Diane placed 11th overall, 4th England scorer but with three in the first four finishers England already had the winning team.

Incidentally Lara Bromilow was in the England winning W35 team, fifth overall, 2nd England scorer.



BEST 800m times

W45	2.42.4	2004	Bedford
W50	2.50.8	2010	Bedford
W55	2.48.0	2013	Stevenage
W60	3.01.6	2018	Bedford

And 1 mile walk

W50	9.28.8	2010	Milton Keynes
W55	9.35.0	2013	Milton Keynes
W60	9.54.9	2018	Stevenage

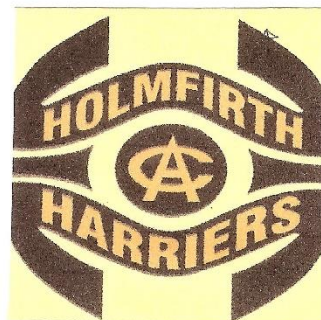
BEST ROAD PERFORMANCES

5MILES

SW	1991	31.40	Willen
W35	1995	32.23	Willen
W40	1999	34.51	Willen
W45	2002	36.25	Willen
W50	2008	35.40	Willen
W55	2012	33.51	Coventry (2013/34.40/Banbury)
W60	2018	35.23	Blisworth
W65	2022	38.27	Banbury



LIFE WITH HOLMFIRTH HARRIERS



And then from September, 10 events (road and cross-country) for her new club, Holmfirth Harriers, south of Huddersfield. Diane's debut was on 25th September in the Yorkshire Veterans AAA 6miles multi-terrain race held in Ackworth(near Pontefract). Amongst the other races, Diane clocked 47.09 in the Abbey Dash 10km, Leeds

The two clubs "collided" on 5th November at the Women's National Cross-Country Relays held annually at Mansfield, Notts. Holmfirth was a decent hour nearer than the journey from MK. However MK had a very good ladies "A" team, Alice Seddon, Imogen King and Elle Roche who finished an excellent 12th. Holmfirth "A" placed 27th whilst Diane ran in their "C" team who came home 81st from the 139 finishers.

Diane has run three races in the West Yorkshire cross-country League and finished 2022 with the Travellers 6miler in Denby Dale,

And into 2023 with a real change of allegiance competing in the North of England XC Championships at Blackburn, finishing a very creditable 179th from a field of 270

BUCKINGHAMSHIRE CROSS-COUNTRY CHAMPIONSHIPS AMPTHILL (7th January)

The combined Buckinghamshire and Bedfordshire Cross Country Championships were held at Ampthill Park on a windy day when the forecast rain held off for most of the day.

There were county titles for Jacque Smith (M13), Katie Webb (F15) and Alex Salifu (M11), Masters titles for Stephen Ratcliffe (M40) and John Skelton (M70) and Team Titles for the U17 Men, U15 Girls, U11 Boys and U11 Girls.

Senior Men: 4 Matthew Dicks, 10 Ewan Forsythe, 19 Viv Parnell-Murphy, 22 Stephen Ratcliffe, 24 Mark Dowson, 26 Steve Withers. TEAM 2ND

U17/U20 men: 3 Harris Kentish, 5 Harry Totton, 9 Kian Nicholson, 11 Joshua Edwards. TEAM 1ST

U17/20 Women: 3 Millie Freeland, 5 Maddy Pearce; 10 Jessica Vaines, TEAM 2ND

U15 Boys: 3 Maxwell Newman, 13 Felix Moorhouse, 17 Erhan Paris, 19 Reece Perkins TEAM 3RD

U15 Girls: 1 Katie Webb, 2 Sophia Chapman, 3 Lauren Webb, TEAM 1ST

Photo R

U13 Boys: 1 Jacque Smith, 7 Harvey Wood.

U13 Girls, 5 Tabitha Bosley, 7 Lottie Rose, 8 Tatenda Chesney. TEAM 2ND

U11 Boys: 1 Alex Salifu, 2 Charles Wood, 3 Alex Vout. TEAM 1ST

U11 Girls: 2 Nicole Gray, 4 Pippa Blakemore, 5 Jamie Hartwell. TEAM 1ST

Photo from Keysoe!!!.....

MASTERS IN ACTION

W55	2 nd	Debra Brent
M40	1 st	Stephen Ratcliffe
M45	2 nd	Mark Dowson
M45	3 rd	Steve Withers
M50	8 th	Tim Pearce
M70	1 st	John Skelton

Isaac St Leger- Harris competed in the Northants Championships in Northampton, finishing 21st in the U11 Boys Race.

Historically the senior men's title has been eagerly contested. Chiltern Harriers won this and last year. No race in 2021 whilst MMKAC won in 2020. This was then our 30th win since 1977 - (winning team – Paul Mizen, Jamie Seddon, Elliot Hind, Tom Comerford, Ewan Forsythe & sixth scorer, Steve Tuttle, placing 13th). The original Wolverton AAC had never won the cross-country title, the newly formed MKAC changed that in 1977 and over the years it had been the Vale of Aylesbury club who had contested the title with ourselves. Chiltern Harriers was formed in 1978, to quote "on the back of the road running boom" Look at them now!

The original local club (Wolverton Amateur Athletics and Cycling Club, was formed, along with the opening of Wolverton works in 1885. We celebrated 100 years in 1985!



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CONTRIBUTIONS ALWAYS
WELCOME!