

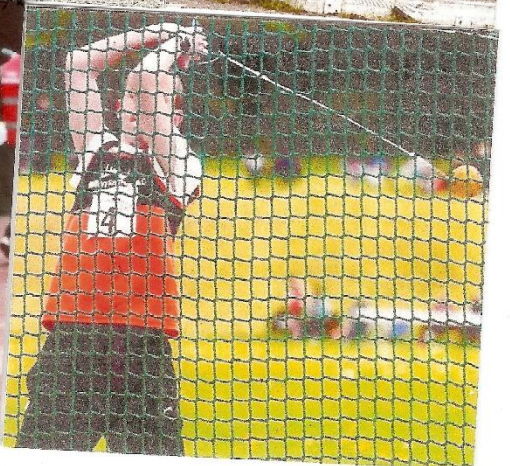
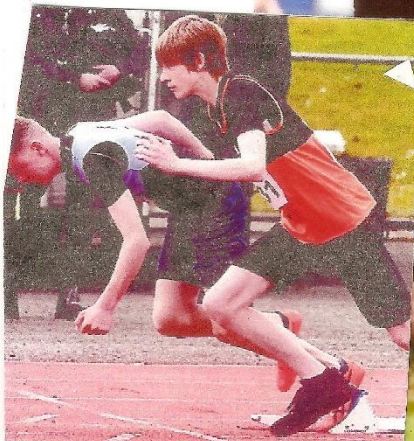
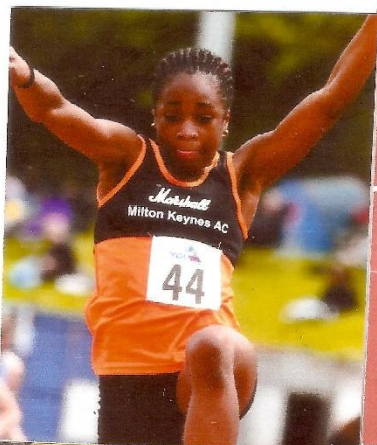
Athletics MK

The Newsletter for
Marshall Milton Keynes A.C.

SUMMER 2023

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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.

Our meetings rely on a small number of dedicated officials. 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.

Our coaches have also been working very hard. A few words of appreciation for their efforts are always welcome.

Track Management

The club has been responsible for managing the athletics stadium at Stantonbury since 1992 which includes all bookings and grounds maintenance. Three years ago, we replaced the floodlights by LED lights and replaced the steeplechase barriers. More recently, we have had the track cleaned and repaired. Future projects will include replacing the hurdles and, in about five years' time, having the track resurfaced and relined.

Clubhouse

The clubhouse has been largely out of action since a burst water pipe caused significant damage last winter. The good news is that the Schools Insurance Company has agreed to refurbish the building at a cost of £120k with the work being carried out between now and Christmas.

The club has set up a small working group to discuss how to refurbish the building to make it more friendly and inviting. Early suggestions include:

- Enhancing the cafeteria area in the main activity area with the committee room used for athletes who want to leave their kit during training.
- Using the office as a small meeting room for 1-1 meetings.
- Removing most of the noticeboards in the main activity room and perhaps using a large display screen for important notices.
- Using this activity room for occasional courses and presentations

We would like to invite athletes and parents to join us in this planning process. Contact Bryan Waddington (bryan@secretmountain.co.uk) if you have the passion or expertise to help with this planning and implementation.

While the clubhouse is being refurbished, we will need to store all the equipment in the main activity room outside the building. We are considering how this can be done.

Fundraising

The club is planning to send letters to many of the major companies in Milton Keynes to seek additional sponsorship on top of the very welcome funding we receive each year from Marshall Amplification. One of the key factors in attracting sponsorship is making use of contacts we have in these companies through our athletes, parents and friends.

If you work for one of the major companies in Milton Keynes (or knows someone who does) and can help with this vital work, could you please contact Ian Stewart (ian.stewart2260@gmail.com).

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 Keysoe Equestrian Centre, north of Bedford on Saturday 14 October. 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 MMK and Leighton Buzzard). The fourth round on 13 January at Cassiobury Park, Watford 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.

The Bucks County Championships will be held at Sandy in Bedfordshire on Sunday 7 January.

Volunteer Day

A group of club volunteers is getting together on Saturday 30 September to spend a morning tidying up the track to get it ready for the winter. The details are on the back page. Let Ian Stewart know if you are coming. You would be most welcome.

Annual General Meeting

This year's AGM will be held online on Tuesday 14 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)

Co-Chair, Marshall Milton Keynes AC

www.mkac.org.uk

Pos	M/F	Cat		Cat	Half	Full	
683	671	484	Adam Stone	MS	01:20:54	02:41:20	<i>pb</i>
756	743	526	Matt Clements	MS	01:18:23	02:42:21	<i>pb</i>
917	899	626	Graham Jones	MS	01:21:04	02:44:26	<i>pb</i>
1600	1544	987	Oliver Badger	MS	01:23:46	02:51:18	<i>pb</i>
2061	1961	1191	Viv Parnell-Murphy	MS	01:27:47	02:55:07	<i>pb</i>
2242	2129	1278	Andrew Cowdrill	MS	01:26:40	02:56:24	<i>pb</i>
2844	173	20	Lara Bromilow	F40	01:29:21	02:59:10	
4902	571	95	Linsey Ryall	F40	01:35:22	03:12:53	
5795	5019	2538	Steve Martin	MS	01:34:58	03:17:41	<i>pb</i>
6512	959	618	Emily Bousfield	FS	01:36:06	03:21:27	<i>pb</i>
8718	1579	202	Katie Penrose	F45	01:43:24	03:30:20	
10700	2263	311	Sally Rose	F45	01:49:03	03:37:52	<i>pb</i>
15863	4065	623	Karen Tincknell	F45	01:54:01	03:54:14	
22698	16067	1775	Tim Pearce	M50	02:00:13	04:15:08	<i>pb</i>
29321	19798	2241	Peter Tye	M50	02:06:16	04:37:51	<i>pb</i>
37554	23954	11182	Gary Prysбет	MS	02:32:30	05:09:58	

FAST TIMES FOR MMK RUNNERS IN THE LONDON MARATHON [APRIL 23]



The London Marathon was held in near perfect conditions, with occasional light rain and light winds. Of the sixteen MMK runners who competed, eleven came home with lifetime best performances. Seven runners broke three hours. The picture above shows I-r Andy Cowdrill, Viv Parnell-Murphy and Lara Bromilow at the finish.

First MMK runner was Adam Stone in 683rd place with 2:41:20, almost eight minutes quicker than his previous best set in last year's race. He was closely followed by Matt Clements, who paid for a fast early start, finishing 756th in 2:42:21, four and a half minutes quicker than he ran in last year's Manchester Marathon. Graham Jones and Ollie Badger, both making their debuts, were not far behind. Viv Parnell-Murphy and Andrew Cowdrill had a close battle throughout the race, with Viv taking 33 minutes off his best and Andrew reducing his by three and a half minutes.

The first two MMK women home were Lara Bromilow (2:59:10) and Lynsey Ryall (3:12:53), both missing their personal bests by eight and four minutes respectively.

Steve Martin knocked 25 minutes off his best, Emily Bousfield, 6 minutes and Sally Rose 8 minutes, while Katie Penrose missed her best by 6 minutes and Karen Tincknell missed hers by 2 minutes. Tim Pearce and Peter Tye were making their debuts, while Gary Prysбет was pacing his father round his first marathon.

CLUB RANKINGS: Adam moves to 29th in the all-time rankings, Matt to 33rd, Graham 41th, Ollie 71st, Viv 88th and Andrew just inside top 100, 97th.

June 17/18: England Athletics titles for D'mitri Varlack and Ayesha Jones; Bronze for Eva Durand.



Ten MMK athletes took part in the England Athletics U20/U23 Championships at Chelmsford and three returned with medals.

Ayesha Jones left it until the fifth round to take the lead(48.72m) in the U18 Women's Javelin and held it until the end to maintain her dominance in this event. D'mitri Varlack (pictured above left) had five jumps over 7m as he set a new personal best of 7.36m in the Under 20 Men's Long Jump to win the event. Eva Durand (pictured above right) was a couple of metres shy of her best(44.76m), set two weeks ago (that would, tantalisingly, have won the event) and had to settle for third place.

Deborah Lago was 0.004 seconds away from qualifying for the U20 Women's 100m semi finals, while Abi Fitton was 0.04 seconds away from her lifetime best in the 200m heats. Jasmine Trapnell was 9cms short of her lifetime best in the U23 Women's Hammer. Lateefah Agberemi started well, but retired from the Under 20 Women's Triple Jump after two rounds. Millie Freeland was close to her best in the U20 Women's 1500m heats on a windy day.

Event	Pos	Under 23 Women	Perf.	wind.
100m heats	7	Abigail Fitton	12.45	w-1.5
200m heats	7	Abigail Fitton	25.04	w-1.3
Hammer	9	Jasmine Trapnell	49.02m	
Hammer	10	Lara Moffat	46.70m	
Under 20 Women				
100m heats	4	Deborah Lago	12.38	w-2.8
1500m heats	8	Millie Freeland	4.39.44	
Triple Jump	5	Lateefah Agberemi	12.08m	w+2.3
Javelin	3	Eva Durand	42.61m	
Under 18 Women				
Javelin	1	Ayesha Jones	48.72m	
Under 20 Men				
1500m heats	13	Zak Freeland	3.59.02	
Long Jump	1	D'Mitri Varlack	7.36m	w+1.7

June 30/July 1: Gold for Ayesha Jones and D'mitri Varlack; Bronze for Isaiah Phillip at the English Schools Champs in Birmingham



There were three medals for MMK athletes at the English Schools' Track & Field Championships in Birmingham as Ayesha Jones (pictured above) won the Inter Girls Javelin with a throw of 50.60m, D'mitri Varlack won the Inter Boys Long Jump with a leap of 7.07m and Isaiah Phillip finished third in the Inter Boys Shot, with a put of 13.94m.

Eight MMK athletes achieved new personal bests:

Senior Girls: Millie Freeland, 1500m(4.33.82)

Senior Boys: Edward Barber, 110m Hurdles(14.67=)
 Inter Girls: Maddy Pearce, 1500m(4.34.62)
 Inter Boys: Louis Nash, Discus(41.59)
 Junior Girls: Elsie Jacobs, 800m(2.13.84) Orla Enright, 800m(2.15.18)
 Junior Boys: Tito Odunaike, Triple Jump(12.61)
 Herman Swanepoel, Javelin(44.48)

Millie Freeland's 4:33.82 was a new F20 Club Record, beating Charlie Gaspar's 2006 time of 4:35.6.

Louis Nash's 41.59m pb in the Inter Boys Discus, beat his father's best of 40.52m set as an U17 in 1988!

For Buckinghamshire, there were 3 gold medals, 3 silver medals and 2 bronze medals.

July 1: 30 MMK runners compete in the Newport Pagnell Carnival 5km

Of the 258 runners who completed the Newport Pagnell Carnival 5km Road Race, 30 were representing Marshall Milton Keynes.

Elliot Hind finished second(15.08pb). Elle Roche(17.25) won the women's race with Rebecca Carrasco (1st F40/19.14)) third. 13-year-old Jacque Smith(16.16) won the Junior Men's race, with Sam Wood(17.38) third. Alice Richardson(21.10), Macy Allen(21.25) and Isabelle Harris(21.36) were 1-2-3 in the Junior Women's race. Ian Wood(15.24) was the first masters runner to finish and Ian Van Lokven(18.57) the first Man over 65.

BIG THROWS AT JACK KEE 2nd MEMORIAL MEETING[April 15]

Shot

M20	6kg	Zach Grinstead	13.48	
M17	5kg	Oliver Gutteridge	10.94	PB
M65	5kg	Jim Lawrence	5.70.	
F35	4kg	Emma Beardmore	11.38	PB

Discus

M17	1.5kg	Louis Nash	32.68	PB
M50	1.5kg	Anthony Moffat	29.11	
F35	1kg	Emma Beardmore	41.65	PB
M70	1kg	Bunt Scott	30,40	

Hammer Pool 1

M50	6kg	Anthony Moffat	29.82	
M65	5kg	Jim Lawrence	16.92	
M70	4kg	Bunt Scott	29,90	
F55	3kg	Diane Presswell	28.09	

Hammer Pool 2

MS	7.26kg	James Ericsson-Nicholls	48.85	
FS	4kg	Kayleigh Presswell	64.35	
F23	4kg	Jasmine Trapnell*	49.09	
F23	4kg	Lara Moffat	48.27	
F35	4kg	Emma Beardmore	47.09	PB

Javelin

M50	700gm	Anthony Moffat	32,40	
M15	600gm	Herman Swanepoel	38,70	PB
M65	600gm	Jim Lawrence	12.59	
M70	500gm	Bunt Scott	24,80	
M13	400gm	Miguel Prata	7.38	

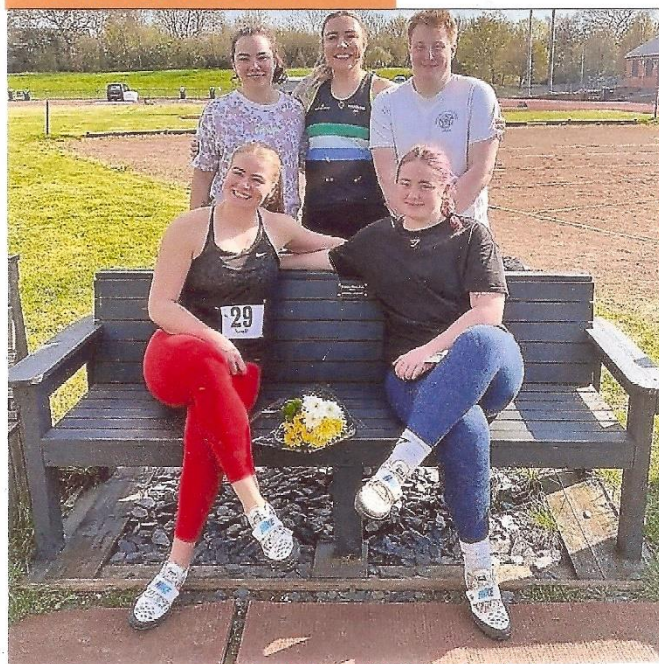
M65	4kg	Mike Burling	3.95	Shot
M65	1kg	Mike Burling	11,07	Discus
M65	5kg	Mike Burling	9,20	Hammer

* Jasmine broke 50m on 21 June at Loughborough with 51.45
Her mum, Karen, took Jack's "bench" photograph, thanks.

Wallace Davis Kee

'Jack'

5.06.1939-26.11.2021



MIKE LEONARD – SENIOR SPRINT COACH

Died aged 67 in 2022 – Coach with MMKAC FOR OVER 30 YEARS.

Positions held: - Regional coach and Talent Lead for Speed with England Athletics.

Winner of UK Athletics Performance Coach of the Year in 2005.

A National coach mentor.

Regional lead for Sprints in the Midlands.

Member of Sprints & Hurdles advisory group.

Member of UKA Members Council as Senior Coach Representative.

Notable athletes and a brief list of honours by Jim Lawrence

CRAIG PICKERING – European Junior 100m GOLD, European Indoor 60m Silver, European Cup 4 x 100m GOLD, European U23 Silver (4 x 100m GOLD). He went on to represent GB in the Olympics & World Champs.

JOEY DUCK – English Schools Junior GOLD, English Schools Intermediate GOLD, South of England U15 GOLD, Commonwealth Youth Games Bronze – Went to European Juniors.

KADI-ANN THOMAS – European U20 4 x 100m Silver. Went to World Youth & European U23 Champs

HABEE FOLAMI – South of England U20 Bronze, English Schools Bronze

NATALIE JOWETT – English Schools Silver & Bronze

EBONY CARR – South of England U17 Indoor GOLD, South of England U20 Silver, South of England Bronze, English Schools Bronze, England Athletics U17 Bronze
WORLD Junior Champs – 4 x 100m Bronze.

DANIEL ODERINDE – South of England Indoor Silver, South of England U20 Silver, ..England Athletics U17 Bronze

ETHAN WILTSHIRE – England Athletics U17 Indoor Bronze, South of England U20 Indoor Silver- Later went to European U20 Champs for 4 x 100m GOLD

MAXWELL BROWN – South of England U17 GOLD, South of England U20 Silver

MOYIN ODUYEMI –South of England U15 Silver

DAVID BOAKYE – South of England U15 Silver

GREG RUTHERFORD – Was in the group as a youngster. He went on to become OLYMPIC & WORLD Long Jump Champion among his many honours.

CHRIS CLARKE – Trained with the group on the odd occasion. He went on to become European Junior 400m Champion among his many honours.

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DANIEL LEONARD – Apart from holding the club High Jump record(2.07m set at Luton in 2005) he is ranked 5th in the Pole Vault(4.00m/2006), 6th in the 110 Hurdles 15.6/2006 and 19th in the Long Jump(6.59/2004).

May 21: MK Open and Mike Leonard Memorial Meeting

The meeting began with a tribute to Mike Leonard. A memorial bench was unveiled alongside the home straight, where Mike spent many evenings. Mike's wife Heather, their son, Daniel and family were in attendance.



*Top: Heather with Daniel and his family.
Above: Heather with (back row, Jim Lawrence, Barry Hearn and Rob Turton, front, David Millett)
AND a team photograph.*



IAN WOOD HEADS M40 5&10km ROAD RANKINGS

Ian has certainly raised his form since moving into the M40 rankings and now leads both the 5km and 10km rankings(top 6 listed)

5km(M40)

Ian Wood	15.24	Newport Pagnell	2023
Ian Van Lokven	16.15	Stevenage	1999
Jeremy Vick	16.43	MK(Rocket)	2018
Neil Ovington	16.43	Horwich	2006
Gary Blaber	16.52	Poole	2015
Steve Herring	16.58	Blisworth	2011

10km(M40)

Ian Wood	32.53	MK	2023
Jackson Ryan	33.18	Bruges	1995
Ian Van Lokven	33.22	Silverstone	2003
Mick Bromilow	33.37	MK	1989
Ian Russell	33.53	Cranfield	199
Tony McGuinness	33.55	Silverstone	1987

He had an outstanding first eleven days of July. At Newport Pagnell on the 1st, Elliot Hind finished 2nd in 15.08 with Ian 5th(15.24), Graham Jones 7th(16.15), and the very talented Jacque Smith(M13), 8th with 16.16 as Ewan Forsyth 9th placed and given the same time.

The MK 10km was held on 11th July with Elliot winning(32.11), Steve Tuttle 3rd(32.23) and Ian 4th(32.53) AND 1ST M40



LARA BROMILOW— A DIVERSE SET OF RACES

NIGHT OF THE 10,000m (20 May)

Parliament Hill Track -Women's "B" race - 38.22
Lara laps the track with spectators crammed in to watch.

NORTH DOWNS RUN, [25 June]

30km TRAIL [Gravesend]

29th 5th Lady 2:33.10 396 finishers

JP MORGAN CORPORATE CHALLENGE

[6/7th July], London[HSBC]

341th overall, 9TH Lady [1st V40] 20.59
5.6km/3.5miles 17407 finishers

GREAT CITY 5KM, London[HSBC] [21 July]

7th Lady and 1st masters in 28.29

5253 finishers

SOUTH OF ENGLAND CHAMPIONSHIPS

Walton-on- Thames[3/4 June]

FS 200m:	5	Abi Fitton	25.35(w-2.3)
F20 1500m	4	Millie Freeland	(4:43.11)
FS 3000mSc.	1	Imogen King	(11.14.28)
M20 1500m	5	Harris Kentish	(4:05.58)
	9	Harry Totton	(4:18.83)
	10	Josh Edwards	(4:33.86)

IMOGEN KING "CHASES" THE WOMEN'S "3000m" STEEPLECHASE RECORD

Nicki Gooderham	11.52.1	Watford	2010
Imogen King	11.17.99	Loughborough	2023

And then:

Club record and gold individual at the South of England AA Championships(11.14.28)

IAN WOOD BREAKS M40 800m RECORD

Ian turned his attention to the track in August and was unlucky not to break two minutes[2.00.16] as he broke the 23-year-old club M40 record by three seconds at Watford on 9th August, Jim Docherty clocking 2.03.4 at Watford in 2000.

EAST MIDLANDS GRAND PRIX

Eight *EVENING ROAD RACES*-

Entrants have to run a minimum of five races to qualify for a Grand Prix position.

Silverstone 10km	880 runners on the night
Banbury Five	313
Blisworth 5	281
Harborough 5	286
Weedon 10km	264
Corby 5	253
Milton Keynes 10km	344 [second best supported]
Rugby Six	328

MMKAC FINAL RESULTS

Thanks to the eight men who represented the Club over the race series, competing in at least five races. Congratulations to Steve Tuttle for hanging on to the silver medal by just a single point.

Senior Men	Races	Pts
2 Steve Tuttle	8	17
6 Adam Stone	7	53
16 James Barclay	8	119
M40		
13 Stephen Ratcliffe	5	59
M45		
4 Matt Clarke	6	14
M50		
9 Mike Kerrigan	7	44
19 Peter Tye	5	147
M70		
1 John Skelton	5	5

ON THE NIGHT AT MILTON KEYNES[11 July]

Twenty six MMK runners contested the seventh round of the East Midlands Grand Prix round Willen Lake, Milton Keynes. MMK's Elliot Hind headed the 344-strong field (32:11) outsprinting Mohammed Elbayan (Stopsley Striders.) who beat Elliot and other MMKAC runners at the recent Newport Pagnell 5km. MK Distance Project's, Charlie Arnell was the first woman to finish, 17th overall in 35.07. Steve Tuttle continued his bid to win the series with third place(32:23), followed by Ian Wood, the first masters athlete to finish in fourth place(32:53). In the top 20 were Jack Rose/11th(34.17), Graham Jones/15th(35.03) and Harry Rose; 1st M20/19th(35.29)

Elle Roche was the second woman home(36:26), with Lara Bromilow, the first female masters athlete to finish in fifth place(38:21). John Skelton the first M70 finisher(31:37)

The men's team won with the masters men's second.



Top: Elliot Hind on his way to victory at the MK 10km AND Steve Tuttle finishes third, en route to second place overall in the Grand Prix series.

Above: left – Adam Stone leads Gary Prysbe, and, right James Barclay, who ran all eight races

NATIONAL ATHLETICS LEAGUE, "NATIONAL 1"

June 11: MMK Senior Teams edges into third place at the first NAL Meeting at Reading

Despite having a depleted team and with just 10 men and 7 women, the Senior Team finished third behind Yate and Reading, but just ahead of Enfield & Haringey and Wigan.

The Men's 4x400m relay team, which competed in the middle of a heavy thunderstorm (where others decided not to), may well have tipped the scales in favour of Milton Keynes in the final event of the afternoon.

The MMK male and female throwers gained loads of points and there were great contributions from the middle distance runners and sprinters. Newcomer, Eric Cowan, covered the Pole Vault and High Jump (and a leg of the relay!), while Masters athlete, Steph Johnston, earned valuable points in the horizontal jumps.

1 Yate & District	524	match pts	8	league pts
2 Reading	505		7	
3 MMKAC	313		6	
4 Enfield & Haringey	312		5	
5 Wigan	213		4	

July 15: The MMK Senior Team wins at Trafford

The MMK Senior Team travelled to Trafford, Manchester for the second round of the National Athletics League against Enfield & Haringey, Reading, Wigan and Yate. Having finished third in the first match at Reading they needed a good result to keep their promotion hopes alive, with the top two teams being promoted. Half way

through the meeting they were lying third behind Yate and Wigan. After a storming second half, with Yate waning, the team scored a narrow victory over the host club.

1 MMKAC	512	match	8	League
2 Wigan	500		7	
3 Yate & District	477		6	
4 Reading	301		5	
5 Enfield & Haringey	204		4	

August 5: MK Senior team gains NAL promotion

In a closely fought contest between Reading, Marshall Milton Keynes and Yate in the National Athletics League Division 1 final fixture at Stantonbury, Yate and Marshall Milton Keynes gained the top two promotion places.

Persistent rain in the morning threatened to washout the match, with the men's pole vault delayed to see if the weather improved. A clear three-hour break in the rain just after midday ensured that all events could take place. Going into the match, Yate were ahead in the division, with the same number of league points(14) as MMK with Reading third(12)

At the end of the afternoon, Yate nosed ahead to deny the host club that would have seen them promoted as Divisional Champions, but both Yate and MMK will compete in the National League Championship next season.

1 Yate & District	550	match pts	8	League pts
2 MMKAC	540		7	
3 Reading	484		6	
4 Wigan	301		5	
5 Enfield & Haringey	184		4	

FINAL LEAGUE SCORES

1 Yate & District	1554	22
2 MMKAC	1366	21
3 Reading	1282	18
4 Wigan	1015	16
5 Enfield & Haringey	705	13

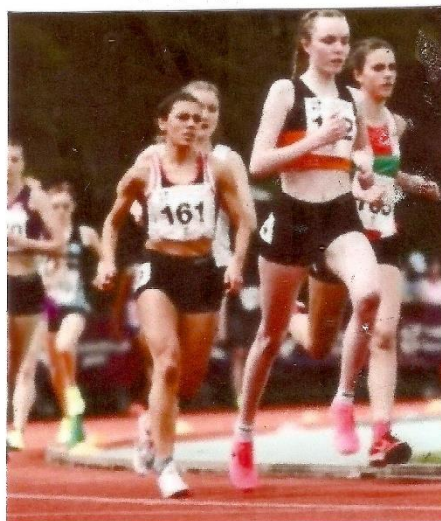
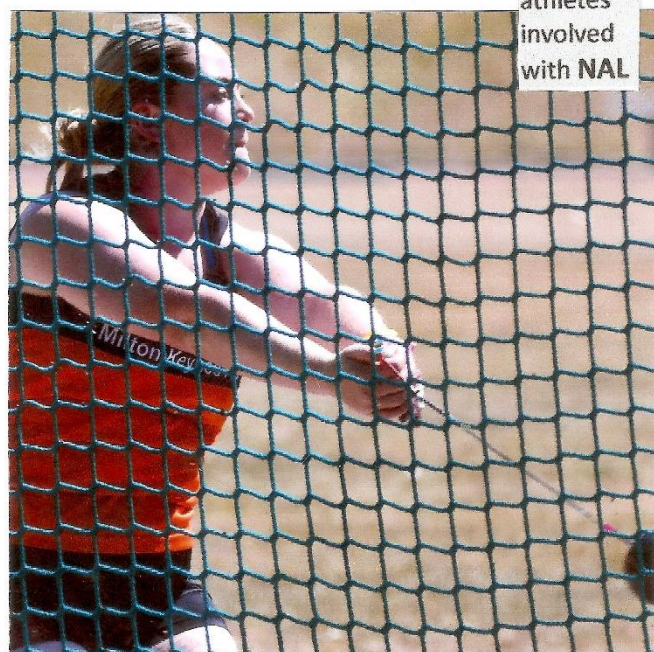
AND THE FINALE FROM MICK BROMILOW – “HOW WE EXPECTED TO WIN BY 2 POINTS, BUT LOST BY 10!

In the morning the weather looked awful (with a worse forecast for the afternoon) and John How was all for abandoning the meeting. As meeting manager I had the responsibility to decide whether the meeting could go ahead. The Men's PV looked in doubt as it was raining when it was due to start. Richard and I went over to the vaulters who were warming up and suggested we postpone for 30 minutes as the weather forecast looked a bit better after midday for a couple of hours. Fortunately, in that time, the rain ceased and the track started to dry out. In the end all the events went ahead and the predicted heavy rain after 2pm did not materialise.

I was trying to get the results up quickly during the afternoon as the match looked close between us Reading and Yate. Reading dropped away when I added the officials' points as they only had a couple. We held a narrow lead against Yate until the last event.

The women put together a 4x100m relay team but their points were not added because they had not declared it, so I thought we were 8 points behind going into the last event, when in actual fact we were tied! I did not sort this out until Sunday morning when I noticed the points were missing.

We came second in the Men's 4x400 behind Reading but ahead of Yate, only to be disqualified as one member had started taking the baton having stepped back outside the takeover box. So instead of winning by 2 points, we lost by 10!



JUNE 17: MMK Women finish fifth in the Greensand Ridge Relay

The MMK Summer Wine Ladies were the fifth team to finish in the annual Greensand Ridge Handicap Relay, where teams are given a start time based on the age and gender of each runner and the distance of each leg. For example, Diane Baldwin, as an over 65 woman, was expected to run the first leg in 70 minutes. She actually ran 50.21, beating her handicap by 19:39. The winning team is the team that beats its total handicap time by the biggest margin.

The Women's team were almost 50 minutes under their 5:47:00 handicap: -

1 -Diane Baldwin(W65)	50:21
2-Debra Brent(W55)	33:50
3-Wendy Webber(W35)	68.29
4-Julie Jones(W55)	52:00
5-Zoe Whitten(W35)	50:10
6-Alison Ray(W45)	42:27

The team was the third women's team

The MMK Originals Team that have competed in the relay since 1992(Inaugural race held in 1988) were more consistent with their total handicap, finishing just 12 seconds ahead of their 5:41:00 projected time for 24th place out of the 43 teams that finished.

1-Jim Miller(M70)	64:17
2-Miriam Drewett(W35)	33:49
3-Kelvin Smith(M70)	90.00
4-Hazel Church(W55)	69:05
5-Kevin Church(M50)	48:22
6-Martin Brent(M50)	35.14

How "times" have changed. I ran leg 6 in 1992 (east/west run) gaining one place as we finished 3rd out of just ten teams!

Right: Miriam, Hazel & Alison;2021 "Originals" team with 4 ladies! i.e plus Leah AND Kevin & Stuart Cowan



MMK ladies have won the Ladies Trophy nine times since first winning in 1995. Then again in 1997,1998 and 1999. Then 2005, 2007, 2009, 2012 and 2013.

Record Holders by leg:

[distance/age/time,mins/year]

1[5.5m]	Diane Baldwin	W65	47.04m	2022
2[4.2m]	Rachel Robinson	W21	25.50m	2015
4[5.8m]	Diane Baldwin	W55	43.10m	2013
5[5.2m]	Jessica Hall	W16	41.27m	2012
6[4.7m]	Jade Leggett	W21	33.25m	2012
	Deborah Hindmarch	W55		2013

Leg 3 omitted due to course changes

2023 photo top- Debra/Alison/Zoe/Julie/Diane/Wendy

Top 10 number of appearances in race, [both male and female]

Jim Miller	24
Milford Callow	23
Brian Daniells	18
Brian Graves	18
Andy Harrison	16
Martin McPheat	16
Jim Morrison	16
Diane Baldwin	14
Eddie Hill	13
Leah Hartwell	13

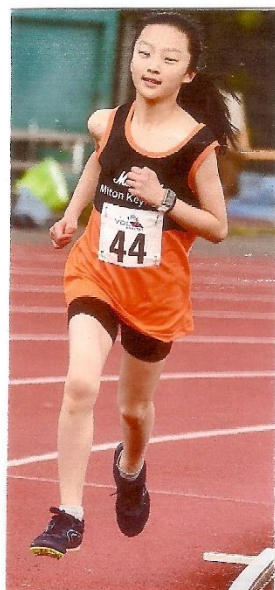


DOWN MEMORY LANE

YOUTH DEVELOPMENT LEAGUE MATCH

7TH MAY 2023

FOCUS ON THE WOMENS'S TEAM



Match Result

1 Rugby & Northampton AC	668
2 MMKAC	492
3 Charnwood AC	418
4 Notts AC	384
5 Birchfield Harriers	328
6 Coventry Godiva AC	300

Top: Eva Domarkaite
Centre: Serena Quan; Elle Edwards leads Olive Geary & Lottie Rose; Olivia Chilton
Third: Ya'anii Lees, Angelia White & Mila Don Liyange; Tanisi Soni & Ya'anii

July 22: MMK U15/U13 Team finishes 4th in the Midlands Regional Final in Swindon

On a very wet and windy day, there were 27 new personal bests for the MMK U15/U13 team as they finished fourth out of the six teams taking part. Unfortunately only the top two teams qualify for the national finals in September. The final scores:

1 Rugby & Northampton	620
2 Cheltenham & County	510
3 Cardiff Athletics	502
4 MMKAC	445
5 Swindon Harriers	423
6 Birchfield Harriers	334

Team managers Lynne and Sam share their views on the under 13 and under 15 Girls.

This year the squad had the opportunity to participate in 4 matches. The first 3 as you are aware were what determined their participation in Match 4, the Regional Finals. Ultimately this demonstrated that we had our best foot forward and always brought out a strong team. The said 3 matches saw us in 2nd place each time shy of a small marginal number of points off of Rugby & Northampton.

We have always been in a situation where we struggled to fill a couple of events, namely Pole Vault, Hurdles and Hammer as these are less favoured by many athletes.

This year, we had athletes who had specialised training with Coach David to get them to safely do the Hurdles and Hammer this time around.

Every year we do have a handful of athletes who do events outside their comfort zone, or extra events where possible to help us gain points. For that, we want to appreciate these athletes.

If the club can encourage more athletes into the less favoured events we would no doubt become stronger contenders in the YDL's in the future.

This is the last year that Sam and I will manage the girls' team and we'd like to use this opportunity to thank all who's participated this year, athletes, parents, officials and coaches!

We wish the athletes a continued successful season and all the best for the future.

QQQQQQQQQQQQQQQQQQQQQQQQQQQQQQQQQQ



U13 team: Jude Buck, Doug Mensah, Finley Snedker and Nate Willson
U15 team: Romeo Todd-Jackson, Joshua William, Dylan Hughes and Ross Priestley



**AND VERY GRATEUL THANKS FOR ALL THE
WORK THAT LYNNE and SAM HAVE
CONTRIBUTED FOR OUR CLUB.**

July 30: MMK U20/U17 Team wins the promotion match at Tipton

After a long day in rainy conditions the MMK U20/U17 Team achieved a great win to preserve their status in the Midland Premier (NE) Division for another season. Among the many excellent results was the debut by Lloyd Tanganyika (pictured below right) who won the M20 800m, 1500m and 3000m as well as anchoring the M20 4 x 400m relay team to the final win of the day

TEAM RESULT:

2 Charnwood AC	415
3 Wolverhampton & Bilston	407
4 Solihull & Small Heath AC	383
5 Tipton Harriers	299
6 Kidderminster & Stourport	138

Last season we gained our long-awaited promotion to the Premier division, so we knew that this year we were going to be faced with tougher competition, up against strong clubs such as Birchfield Harriers and Rugby & Northampton.

We like to have home fixtures when we can, but having had more than our fair share in recent years, as many clubs struggled with facilities availability coming out of Covid, our offers were not last accepted, and we ended up travelling to all four matches. So with trips planned to Nottingham, Rugby, Birmingham and Tipton, we set about the season.

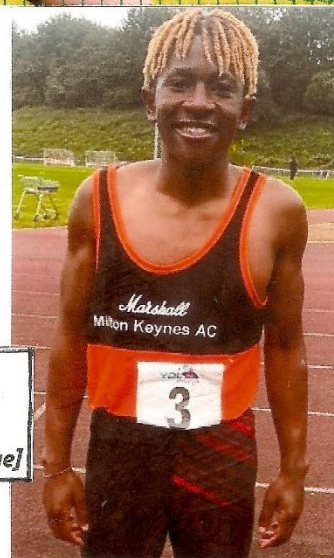
We are strong in the field this year. On top of our home-grown talent, we are allowed to supplement the team with up to ten second-claim athletes, so with the help of mainly throwers and jumpers from Biggleswade and Worcester, we were able to compete well, and won many of the events. But we struggled to find enough athletes to fill the track events, especially the endurance events from 400m upwards. Despite some great efforts from those who came, there were many races with no MMK representation, and our overall points tally suffered. After the first three matches we found ourselves at the bottom of the division. That meant that our final match, in Tipton, was to be the battle with the leading clubs from the lower divisions, to defend our place in the Premier division.

Despite some dreary weather, this last match showed how much fun the league competitions can be. Some great team spirit saw many athletes putting in that extra event for the team. The day culminated in a hastily and self-assembled 4x400m relay team of mixed sprinters and endurance runners, who went out and won the race to great acclaim from the stand. I do notice, we often seem to be the noisiest team! It was nice to finish the season with an overall match win, which means we have another season of Premier-level competition next year.

My thanks to all the athletes who supported the team over the season. A big shout-out to those who were there at all four matches: Zack Grinsted (points superno with four throws at every match), Maryam Akintayo, Reyhan Hutchins, Ava Hannigan Train, Holly Lindop, David Martin, Mathias Soloman, Louis Nash, and Freddie Steele.

As ever, I'm looking at the talent coming up from the younger age-groups for next year, and hoping we don't lose too many getting older from the top end. If we can replica the team spirit from the last match, I'm confident we have the ability to fight well in the league in 2024, and have a good time doing so.

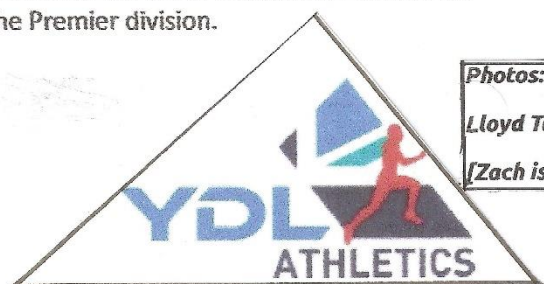
Thanks, Richard



Photos: Louis Nash and

Lloyd Tanganyika,

[Zach is No 20 on the Jack Kee page]



SOUTH OF ENGLAND CHAMPIONSHIPS

[under 13,15 & 17]

LEE VALLEY – 12/13 August

SILVER FOR TITO ODUNAIKE

UNDER 13 GIRLS

800mH	3 Tatenda Chesney	2:34.52
	4 Lauren Fowler	2:36.38
	4 Lily Slinn	2:40.73

High Jump	4 Emily Foster	1.45m
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UNDER 13 BOYS

800mH	3 Daniel Southgate	2:25.06
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UNDER 15 GIRLS

800mH	2 Orla Enright	2:19.46Q
	6 Olivia Chilton	2:31.03
	4 Elsie Jacobs	2:19.24q
800m	5 Orla Enright	2:18.03
Final	7 Elsie Jacobs	2:18.77
1500mH	4 Sophia Chapman	4.43.73Q pb
	5 Katie Webb	4.46.17q
	5 Lauren Webb	4.58.23q
	8 Tabitha Bosley	5.17.05
Final	6 Sophia Chapman	4.48.29
	11 Lauren Webb	4.48.41
	12 Katie Webb	5:02.69

UNDER 15 BOYS

800mH	6 Ethan Paris	2:18.09
1500mH	8 Harvey Wood	4:46.90
Triple Jump	2 Tito Odunaïke	13.47m w+5.4 CLUB M15 RECORD

UNDER 17 WOMEN

400mH	4 Emilia Willis	60.04 q
400mF	5 Emilia Willis	60.94

UNDER 17 MEN

800mH	4 Elias Skaarup	2.00.23q pb
Final	8	2.11.00
Discus	5 Louis Nash	40.35m



COMMONWEALTH YOUTH GAMES – 9TH August

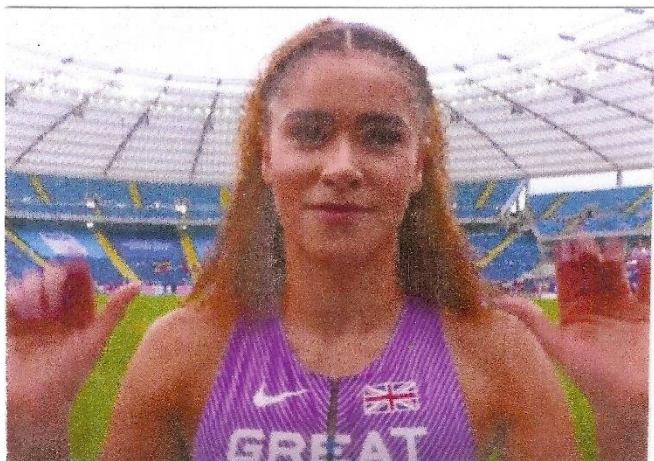
"GOLD FOR AYESHA JONES"

Ayesha Jones claimed her first international title in the javelin at the Commonwealth Youth Games in Port-of-Spain, Trinidad and Tobago. Her best effort came in the third round when she threw a new club record of 52.49m, adding almost a metre to her own personal best. It is also a Commonwealth Youth Games Record (previous – 51:99/2004) and the third best throw on the UK all-time rankings.

1 Ayesha Jones	England	52:49
2 Harriet Wheeler	England	51:50
3 Anli Lo-Ann Engelbrecht	RSA	50:12
4 Caroline Anyango Odwory	Kenya	46.45
5 Suerena Alexander	Grenada	42:85
6 Naya Jules	St Lucia	38:60



MMKAC were well represented in the middle Distances but it was Tito Odunaïke in the Triple Jump who brought home the only medal. In Windy conditions(+5.4) he added 86cm to his best to claim the Club M15 Record, previously set by Andy Partington in 1990 with a leap of 12m67. Three other athletes achieved personal Bests and 7 runners qualified for their finals. In the F13 High Jump Emily Foster achieved the same height as the silver medallist, but just lost out on a medal.



BEST WISHES TO LAURA ZIALOR TO REGAIN FULL FITNESS IN HER QUEST FOR A PLACE IN THE GREAT BRITAIN TEAM FOR 2024 OLYMPICS IN PARIS

Laura started the season with a superb jump of 1.90 at the Kip Keino Classic in Nairobi on 13 May. Until her ill-fated achilles injury at Chorzow, Poland on 25 June she had been competing regularly:

31 May Montreuil, France	1.86
5 June Prague, Czech	1.76
13 June Kladno, Czech	1.79
17 June Brno, Czech	1.84
25 June Chorzow, Poland	1.76

Laura was representing Great Britain at the European Team Championship (Chorzow, Poland), ruptured her Achilles after her opening height of 1.76m. It popped on the approach to her second effort qualifying,

"The recovery from an Achilles rupture varies from six months to more than a year", she said, "I need to qualify for the Olympics by next June so it's going to be tight.

"Time is of the essence and every day counts in terms of me getting back in time for the Olympics

"I've had an overwhelming amount of support and well-wishes. I can't believe how many people want to help me. I'm so grateful. It means the world to me,

"I am a very positive person and have the best support team around me to help me get through this. I know I have so much more to give to the sport."



UP-DATE ON MIKE BURLING

I wrote the following back in 2016.....Mike was involved in a cycling incident in Guernsey in July 2016. Such were his injuries that he was air-lifted to Stoke Mandeville Hospital. He was suffering from very severe spinal compression and as you know Stoke Mandeville is a specialist hospital for this type of injury. Visited him some months later, wheel-chair bound, it was a delight to see him speeding round their track. Having intensive physiotherapy and occupational therapy. Those of you who know Mike will not be surprised to hear that he is very positive about recovery.

AND ON TO 2023 – Mike is still as active as possible During 10:00 and 16:00, indoor rowing, walking, yoga. He has two lunch time sessions throwing at Stantonbury with Dave Millet.

It is the Concept 2 World indoor rowing scene where Mike is most at home; this year he has set World Records in his disability, age group weight class. Wifi and the Internet has totally transformed the sport.

As Mike says "you cannot hide any more, every time you get a piece of Concept 2 equipment (row, bike or ski) you get a code for your effort".....

Mike has competed in all four Stoke Mandeville Games so far this year.

He competed on 12 August -

Shot(4kg)	4.05m
Discus(1kg)	10.66m
Javelin(600g)	8.83m

Final competition is the CP National Championships at Coventry on 16/17 September.

FIXTURES

September

17	Leighton Buzzard 10	Leighton Buzzard
23	SEAA Relays	Aldershot

October

7	English Road Running Relay Champs-Sutton Park	
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14	Chiltern XC[1]	Birmingham
Centre		Keysoe Equestrian
16-20	Open University Tour	MK/OU

November

4	English XC Relays	Mansfield
11	Chiltern XC[2]	Milton Keynes
(Teardrops)		
25	UK Cross Challenge	Liverpool

December

2	Chiltern XC[3]	Luton(Stopsley)
9	SEAA Masters etc	Oxford
10	MK Winter Half-Marathon	CMK
10	Telford 10km(England Champs)	Telford
16	Buckinghamshire XC Champs (Venue 1?)	

January

6	Buckinghamshire XC Champs (Venue 2 ?)	
13	Chiltern XC[4]	Watford(Cassiobury Park)
27	SEAA xc Champs	Beckenham, Kent

February

4	Watford Half Marathon	Watford
10	Chiltern XC[5]	Oxford(Horspath)
24	"National" XC Champs	Weston Park, Shropshire

March

9	Inter-Counties XC Champs	Loughborough
17	MK Festival of Running	MK
29	Maidenhead "EASTER" 10	Maidenhead

How John Skelton came to write- THE BIG BACK PAGE

Last summer I was invited to join a British quartet to attempt to break the 4 x 800m outdoor world record in our age group. To be honest, I didn't even know that 4 x 800m was a thing, but I was very happy to be part of a team trying to beat any world record. However, finding a track available, other teams to compete (a requirement for a record), and a date that suits all of the team is not easy. And the only date that worked was that of my son's stag day

EASTERN MASTERS AC

RESULTS OF SUMMER LEAGUE FIXTURES.

BOTH MEN'S AND WOMEN'S TEAMS QUALIFY FOR FINAL..

LEAGUE FINAL TO BE HELD AT BEDFORD ON 9th SEPT.

MEN		WOMEN	
10 MAY-Milton Keynes			
1 Bedford	163	1 Fairlands V	144
2 MMKAC	133	2 MMKAC	88
3 Wellingborough	107	3 Cambridge	83
7 JUNE-Cambridge			
1 MMKAC	164	1 Fairlands V	143
2 Bedford	143	2 Cambridge	140
3 Cambridge	121	3 MMKAC	113
5 JULY-Bedford			
1 Bedford	162	1 Cambridge	141
2 MMKAC	159	2 MMKAC	110
3 Cambridge	117	3 Fairlands V	106
2 AUGUST-Sandy			
1 MMKAC	147	Fairlands V	133
2 Bedford	144	MMKAC	122
3 Cambridge	120	Cambridge	121



THE 59TH WOLVERTON
FIVE MILE RACE WILL BE
PROVISIONALLY
HELD ON 18TH NOVEMBER

NEWSLETTER EDITED
BY
BRIAN GRAVES
b.graves134@btinternet.com

CONTRIBUTIONS ALWAYS
WELCOME!



THE BACK PAGE

M70 4 X 800m INDOOR WORLD RECORD

John Skelton was invited to join a British quartet to attempt to break the 4 x 800m outdoor world record in the M70 age group. To be honest, I didn't even know that 4 x 800m was a thing, but I was very happy to be part of a team trying to beat any world record.

However, finding a track available, other teams to compete (a requirement for a record), and a date that suits all of the team is not easy. And the only date that worked was that of my son's stag day.

Now, I'm not at all sure fathers should be invited to stag parties, or that those parties they should take all day. (Francesca and I had a joint stag & hen do in the pub the night before our registry office wedding 46 years ago, so what do I know?) Anyway, I enjoyed the stag do, the first reserve stepped in for me, and the foursome duly broke the Americans' outdoor 4 x 800m record.

Then in early January this year, Derek Jackson (who had run in and organised the outdoor record success) proposed an attempt on the indoor record, to happen at Lee Valley in mid-February. We are lucky in the UK to have at least six world class middle distance M70 runners, but only four of us were uninjured, so the team picked itself, with Peter Kennedy and I replacing Stewart Thorp and Graham Webster, joining Derek Jackson (British M70 record holder for 1500m and the mile) and David Oxland (who has various international titles and records to his name at 800m, and is the current British M70 record holder at the distance).

I wrote to my mentor, Neil Ovington (an elite 800m runner in the 1980s):

'I have (foolishly?) accepted an invite to be part of a 4 x 800m M70 British relay team which will attempt to break the world record on 17 February (only 5 weeks away). We will need to average 2.44 per leg. David Oxland (my old rival at 1500m) and Derek Jackson should do c.2.33 and 2.37 respectively, and Peter Kennedy and I both did 2.41 outdoors last year. So, it should be well within our reach, but I'm not so sure in the midst of my winter training. As you know, I have never trained specifically for 800m, and my times have all come off 1500m and 5000m training...Have you got any ideas for key sessions that I could do on and off the track?'

Neil replied:

'Hmmm...training for 800 is a lot more specific than people think. It involves racing yourself fit over and under distances, as well as pure speed and endurance sessions. However, we don't have time for all of that so...

You are not a speed king so your 800 will be to grit it out.'

He then set out different speed sessions once every five days, and added: 'Not ideal, but you at least introduce speed. You'll need to let me know how each session goes, so we can adjust as necessary. Good luck, listen to your body.'

Of course, life meant that I couldn't do the speed sessions on Neil's schedule, but I got most of them in before being struck

down by a heavy cold less than a fortnight before the big race. I took three days off, but still didn't feel right. That was when I suggested to the team that they should consider bringing in a reserve. Fortunately, they didn't take up my suggestion. The other spanner in the works was that Lee Valley had just replaced its track, and now insisted upon Xmas tree (rather than needle) spikes which only David had got. All the UK suppliers were out of stock, but I managed to source a pack of 50 from Germany.

So, to the big day. We were scheduled (as the 'showpiece' part of a normal open meeting) to race at about 9 pm. I bagged the first leg, on the basis that I was the least practised relay runner, so would then have only one chance to mess up a baton change; and David was usually the fastest runner, so had to be on the final leg.

My aim was to do 40 second laps in order to come well within the 2.44 target. I thought I was being optimistic (though a 2.46 time trial round half of Tongwell Lake had given me some confidence). The two other British teams racing were also targeting world records for M55s and M60s.

I went off hard, but was rather discouraged by how quickly the other two younger starters were going away from me. It was more a time trial than a race. But the commentator was whipping up the sizeable crowd, and they responded loudly. My first 200 was 37, and from then on it was mainly about grit – and not letting the team down. There were no official splits, but I was hand-timed at 2.41. Relieved, I could just watch the others do their bit. Peter clocked c. 2.40, Derek 2.39, and David (whose achilles had flared up) 2.45 (compared to his 2.32 in the outdoor record!)

10.46.37: we had broken the old record by 11 seconds! (And the other two British teams beat Spanish and American world records.)

As the meet ended so late, our quartet was all staying at the nearby Premier Inn. We immediately improved the atmosphere of the bar there, even with our rather quiet celebration.

The only other time I'd broken a significant record was the M65 3000m British record at a Watford open meeting. I ran 10 seconds faster than I'd targeted, and had no idea that I'd broken a record until someone alerted me the next day. I contacted the meeting organiser who scolded me for not bringing to the meet the appropriate paperwork for a record attempt! I did explain that it wasn't an attempt, but an unanticipated success. It did make ratification more complicated, but I got there in the end. Fortunately, Derek handled all the 4 x 800m paperwork (including copies of our birth certificates) very efficiently but it still took until May for the record to be finally ratified.

In the meantime, Neil's training plan had paid off handsomely for the rest of the indoor season, as I won M70 gold at 800, 1500 and 3000m in the British Masters Championships. **But nothing quite beats a world record (even for a rather unusual event!)**

We are holding another TIDY UP DAY at Stantonbury track on the morning of Saturday 30th September and would really appreciate help from our membership. The track facility is maintained by a very small group of volunteers and limited resources and our six monthly tidy up sessions really help to keep on top of housekeeping tasks. We are guaranteed nice weather: and the club will provide refreshments on the day.

If you are able to help for a few hours, could you drop me a mail.

Ian Stewart

MKAC

ian.stewart2260@gmail.com

