

# Athletics MK

## The Newsletter for Marshall Milton Keynes A.C

### *WINTER 2023/4*

**"THE GLORIOUS SCORING TEN"**



**THE TEN MEN IN THE FIRST 28 OF DIVISION ONE, CHILTERN CROSS-COUNTRY LEAGUE,  
TEAR DROP LAKES, 11 NOVEMBER**

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## Chair's piece

It is a privilege to introduce such a rich and varied edition of the newsletter. I continue to be inspired by the variety and scale of achievement by colleagues over such a range of activity (and ages)! To see new role models emerging and to reflect on past glories.

It is right and natural that some singular achievements grab the headlines. Equally, there are periods when I am at the track 7 days a week and can witness the wide range of endeavour, the accumulation of small improvements, that make for a healthy community.

Ayesha and D'Mitri quite rightly gain plaudits for their achievements, but I would like to draw attention to them for reasons other than the 'gongs' and the breath-taking distances they project an object or themselves. As people they are both well-grounded and maintain the approachability and humility that has always been there, notwithstanding all the success. They are terrific role models. Both are products of the Club's youth system and have been supportive towards it, whether helping at training sessions or presenting medals. Much credit goes to Janina Pownall, in particular, for Ayesha's development, yet behind the development of both these athletes has been extensive teamwork over time, within and beyond the Club.

Naturally, there is extra focus on cross country and road racing at this time of the year. Athletics is often described as an individual sport. It is nice therefore to feature some events that lend themselves to widespread participation. A particular virtue of a competition like the Chiltern League is every eligible athlete can enter and their performance contributes to the result.

## Welcome

We recently held the 2023 AGM and I would like to welcome to the Management Committee: Linda Kagunga, Darren O'Leary and David Edwards. It important to have

new perspectives and ideas to shape what we do. One 'quick win' I would like to draw to your attention is the new Club Facebook page. Please review and 'Like' 👍:

<https://www.facebook.com/profile.php?id=61552636890706>

## The Clubhouse

I apologise for the lack of visible progress in restoring the Clubhouse. The absence of which is acutely felt when the conditions are like they were at the track the night before I drafted this! There has been a lot of recent activity involving the School, the Insurers and ourselves. This has yet to translate into something tangible in terms of a clear commitment or timetable. But the current aim is to have premises substantially usable by the end of March. Thank you for your continuing patience.

## Season's Greetings

I appreciate athletes maintain an iron discipline throughout the year and allow only small compromises for things like Christmas festivities. However, on behalf of the Club I would like to wish you thoroughly enjoyable Christmas, hope you can enjoy some quality family time and offer every best wish for 2024.

David Millett ([david.millett@mkac.org.uk](mailto:david.millett@mkac.org.uk))

Co-Chair, Marshall Milton Keynes AC

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



## MILTON KEYNES ATHLETES INSPIRED BY OLYMPIAN RUTHERFORD'S SUCCESS

### ***A BBC SPORT FEATURE***

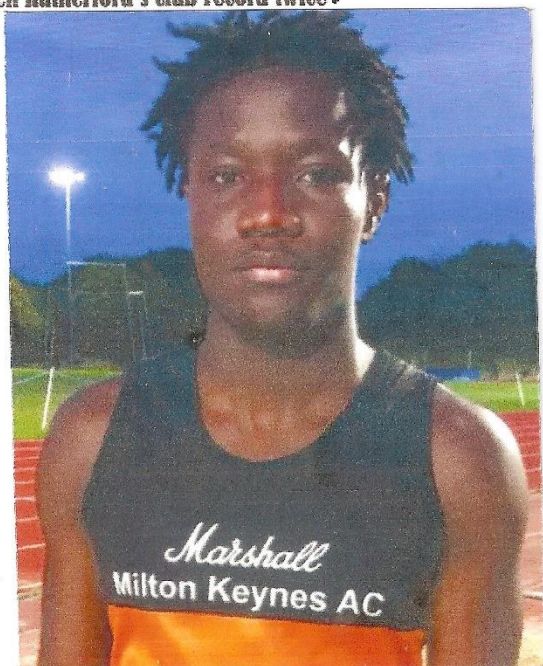
*"Two teenage athletes from Greg Rutherford's old club hope to follow in the footsteps of the Olympic champion."*

Long jumper D'mitri Varlack and javelin thrower Ayesha Jones, both 16, train at the MMKAC track. They say the success of long jumper Rutherford, who won Olympic gold in 2012 has helped to motivate them,

"I would say Milton Keynes has produced their fair share of good athletes and I would quite like to be part of them, said D'mitri.

It gives me a goal to push to, because obviously someone that's lived in the same area as me, has achieved big things like going to the Olympics and.....it makes it more achievable and like a more reasonable goal"

D'mitri is the current UK u20 long jump champion and has beaten Rutherford's club record twice.



Ayesha first got into athletics when she was seven years old and now has ambitions to participate in the 2028 Olympic Games in Los Angeles. She said "Becoming an Olympian is an obvious one, but also competing just for Team GB as a senior athlete....going to the Olympics and multi-sport events and getting to know other people within the sport.....it would nice to see them all. The Commonwealth Youth Games champion said she had been inspired by Rutherford's success.

## Ayesha Jones is the Sporting Equals Young Sportsperson of the Year

MMK's Ayesha Jones wins the Youth Sport Trust Young Sportsperson of the Year award. Katarina Johnson-Thompson and Zharnel Hughes were the Senior Award winners as British Athletics athletes dominated the awards(October 21)

Ayesha has captured the attention of judges and the public alike with her phenomenal 2022 and 2023 seasons. She is the Commonwealth Youth Games champion and record holder for the javelin, throwing an astronomical 52:29m.



The awards were decided after a public vote for the nominated candidates and Ayesha picked up the most votes.

Ayesha commented "Last night was so special. It's an amazing feeling getting recognised for something I love. Talking to and meeting lots of inspirational people, who all have the same passion for sport, makes me so proud to be part of something that has such an amazing message behind it.

Thank you to everyone who has supported me and those who voted for me, it truly means a lot"



## FLASHBACK TO 2004. THE COMMONWEALTH YOUTH GAMES HELD IN AUSTRALIA.

OUR LEADING FEMALE SPRINTER JOEY DUCK(F17), THE YOUNGEST MEMBER OF THE ENGLAND TEAM, WON A GOLD MEDAL IN THE 4X100M RELAY AND INDIVIDUAL BRONZE IN THE 200M.

Joey said she went through a roller-coaster of emotions during the Games weekend "I've never used as much energy. The relay team were so determined to master their technique they even practised together in the corridors of the athletes' village"

Joey was elated to win 200m bronze in 24.87 having said to her coach, Mike Leonard she would have been happy to reach the final.



Joey, second in 2004 UK Champs F17, 100m Championships at Birmingham..AND with Mike Leonard receiving a Ron Pickering Coaching Award.



THIS REPORT FROM 2004 COINCIDES WITH AYESHA JONES WINNING THE COMMONWEALTH YOUTH GAMES JAVELIN TITLE IN TRINIDAD THIS SUMMER.

### OTHER HIGHLIGHTS FROM 2004

**A record four English Schools Champions:**  
**CHRIS CLARKE**

*Junior Boys 200m(22.35)*

**JOEY DUCK**

*Inter.Girls 200m(23.80)*

**BRYONY GIBBENS\***

*Inter.Girls Pole Vault(3.15m)*

**RACHEL GIBBENS\***

*Senior Girls Pole Vault(3.55m)*



Bryony (left) and Rachel Gibbens were impressive vault winners

PLUS

Bronze for Natalie Jowett (Sen.girls 100m 12.39)

4<sup>th</sup> places for:

Tanya Bromilow (Int.girls pole vault/2.70m)

Keiran McConnell (Int. boys discus/45.41m)

And Greg Rutherford (Sen.boys Long Jump/6.99m)

## MICHELLE LEE SMASHES CLUB RECORD IN THE LONDON MARATHON – 2:35.51

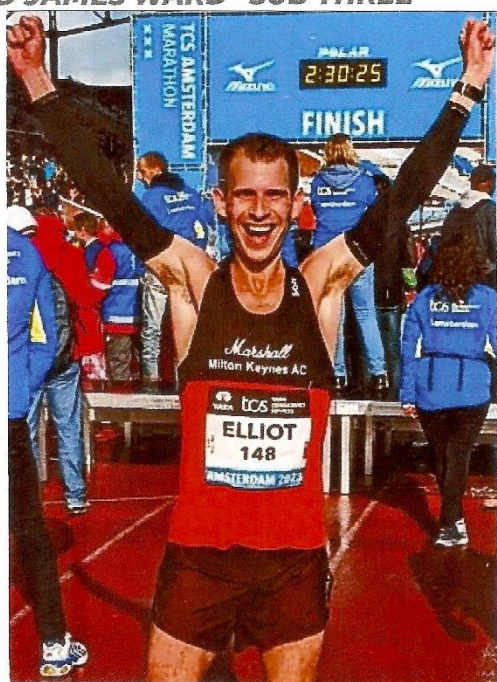
Jane Bird had set the inaugural MK ladies marathon record in the 1984 London, with 2:57.13. Michelle ran 2:43.41 in the 2003 London and had hopes of making the Olympic Games(Athens). With Paula Radcliffe already selected and Liz Yelling fairly certain to grab the second spot it was going to be down to one of around half-a-dozen others to fight for the third place.

At 12miles Michelle was looking good in a batch of six at the front. Birhan Dagne(Ethiopia) made a move at 16 whilst Michelle was desperate for the loo and had to stop for around a minute; back on course she was now on her own but still managed an average of 5.45 per mile and into a headwind to a record finishing time of 2:35.51(splits of 76.44 and 79.07) and inside the Olympic qualifying time of 2:37.However, on the day, it was surprise package, Tracy Morris who stormed through to be first GB lady(2:33.52) , Michelle was 4<sup>th</sup> GB.



# ELLIOT HIND JUST FAILS TO BREAK THE MMK MARATHON RECORD IN AMSTERDAM

AND JAMES WARD "SUB THREE"



On 15<sup>th</sup> October, Elliot and James, both set significant new lifetime bests, and each running the second half of the race quicker than the first half. Elliot, with a previous best of 2:31:58, set in London in 2021, was targeting a significant improvement as he toed the line in Amsterdam. The months of training paid off with a really great time of 2:26:18, which puts him second on the MMK all-time rankings, tantalisingly, just eight seconds shy of Kevin Farmer's MMK Club Record set in the 1989 London Marathon! His second half marathon at 73:10 was quicker than his first half at 73:18. James went into this race with a personal best of 3:04:23 set in last year's London Marathon. He came home with an eight-minute improvement as he shattered three hours for the first time recording 2:56:28.,

## ADAM STONE SETS PB IN CHICAGO A WEEK EARLIER WITH 2:39.49

After running 2:41:20 in London he ran quicker here, placing 534<sup>th</sup> and moved up from 30<sup>th</sup> to 25<sup>th</sup> in the club rankings,

### MMKAC ALLTIME SUB 2:40 MARATHON

|                        |     |         |                 |      |
|------------------------|-----|---------|-----------------|------|
| 1 Kevin Farmer         | SM  | 2.26.10 | London          | 1989 |
| 2 Elliot Hind          | SM  | 2.26.18 | Amsterdam       | 2023 |
| 3 Terry Laybourn       | M40 | 2.28.40 | London          | 1982 |
| 4 Dave March           | SM  | 2.29.24 | London          | 1985 |
| 5 Bob Forster          | SM  | 2.30.05 | Wolverhampton   | 1982 |
| 6 Ian Russell          | M40 | 2.32.21 | Harrow          | 1995 |
| 7 Clive Owen           | SM  | 2.35.34 | Taunton         | 1984 |
| 8 Chas Kendall         | SM  | 2.35.43 | Wolverhampton   | 1983 |
| 9 Mark Ryall           | SM  | 2.35.45 | London          | 2017 |
| 10 Michelle Lee        | FS  | 2.35.51 | London          | 2004 |
| 11 Mark Booth          | M20 | 2.36.08 | Fort Bragg(USA) | 1982 |
| 12 Michal Glowacki     | SM  | 2.36.15 | Warsaw          | 2012 |
| 13 Dan Webber          | SM  | 2.36.29 | London          | 2015 |
| 14 Noel Drake          | SM  | 2.36.40 | Potteries       | 1990 |
| 15 Steve Herring       | M50 | 2.36.50 | London          | 2019 |
| 16 Sean O'Sullivan     | SM  | 2.36.52 | London          | 1992 |
| 17 Steve Tuttle        | SM  | 2.36.56 | Manchester      | 2023 |
| 18 Phil Jones          | SM  | 2.37.47 | London          | 1990 |
| 19 Steve Rice          | SM  | 2.38.30 | London          | 1987 |
| 20 Stewart Fraser      | SM  | 2.38.30 | London          | 1989 |
| 21 Dave Findel-Hawkins | SM  | 2.38.43 | London          | 1989 |
| 22 Didier Oesch        | SM  | 2.38.46 | London          | 2004 |
| 23 Tony McGuinness     | M40 | 2.39.42 | London          | 1985 |
| 24 Ian Van Lokven      | M45 | 2.39.45 | London          | 2005 |
| 25 Adam Stone          | SM  | 2.39.49 | Chicago,USA     | 2023 |



Left, Adam Stone and right, Chris Finister who ran 3:12:34 in Berlin(24-Sept)



## CHILTERN CROSS-COUNTRY LEAGUE

2023/24 SEASON

MATCH ONE; KEYSOE, Beds 14 OCT.

### DIVISION ONE TEAM RESULT

|                     |      |
|---------------------|------|
| 1 CHILTERN HARRIERS | 3702 |
| 2 BEDFORD & COUNTY  | 3696 |
| 3 MARSHALL M K A C  | 3657 |

Just 45 points between this trio!

### MMKAC TEAM RESULTS

|                |                 |      |
|----------------|-----------------|------|
| Senior Men     | 2 <sup>nd</sup> | 1974 |
| Senior Women   | 1 <sup>st</sup> | 786  |
| Under 20 Men   | 1 <sup>st</sup> | 611  |
| Under 17 Men   | 6 <sup>th</sup> | 51   |
| Under 15 Boys  | 4 <sup>th</sup> | 147  |
| Under 13 Boys  | 1 <sup>st</sup> | 234  |
| Under 11 Boys  | 2 <sup>nd</sup> | 132  |
| Under 20 Women | 4 <sup>th</sup> | 92   |
| Under 15 Girls | 1 <sup>st</sup> | 231  |
| Under 13 Girls | 3 <sup>rd</sup> | 142  |
| Under 11 Girls | 3 <sup>rd</sup> | 108  |

### NEXT MATCHES:

11 November      Tear Drops  
[HOME]

2 December      Luton



Top: Lara Bromilow(2SW/1F35)  
Maddy Pearce(1F17/20)  
Jacque Smith(2M15)  
Millie Freeland(3SW)  
Harry Totton(2M20)



UNDER15 GIRLS  
1 Katie Webb  
2 Sophia Chapman  
4 Lauren Webb



**Eighty five MMK athletes turned out for the opening Division One Chiltern Cross Country league match of the season at the Keysoe Equestrian Centre where courses included a water splash on each lap!**

There were wins for Maddie Pearce(F17) and Katie Webb(F15) with second places for Lara Bromilow(FS), Jacque Smith (M15) and Sophia Chapman(F15) and a third place for F20 Millie Freeland who opted to run in the senior women's race. There were also category wins for M40 Ian Wood, M70 Kelvin Smith and Lara Bromilow(F35). The senior men's race saw 236 finishers with Matthew Dicks 9<sup>th</sup>, Jack Pocock 11<sup>th</sup> and Harry Totton 15<sup>th</sup>, an impressive 2<sup>nd</sup> place debut in the M20 age group, the team placing 2<sup>nd</sup> on the day.

In the other team events there were wins for the Senior Women, Veteran Women, U15 Girls, U20 men and U13 Boys, with second places for the U11 Boys, plus third places for U13Girls and U11Girls.

Overall Marshall Milton Keynes were a close third with 3657 points, 45 points behind Chiltern Harriers and 39 points behind Bedford. In the genders categories, MMK were second in the female category and third in the male category, while the senior and youths were each second. Last season the overall finishing order was 1 Chiltern, 2 MMK and 3 Bedford.



**Steve Tuttle in the leading group soon after the start. eventual winner, 147 Richard Slade (Chiltern).**

**MMKAC ladies – Ella Carey, Debra Brent, Imogen King, Zoe Whitten, Abby Roskilly, Rebecca Carrasco, Lara Bromilow & Millie Freeland.**

**Photo; courtesy of Julie Freeland.**





# MASSIVE WIN IN ROUND TWO OF THE CHILTERN CROSS-COUNTRY LEAGUE [11 November] AT THE TEAR DROP LAKES, MK

## ON THE DAY –

|                |      |
|----------------|------|
| 1 -MMKAC       | 3976 |
| 2-WYCOMBE PH   | 3484 |
| 3-BEDFORD & Co | 3425 |
| 4-CHILTERN H.  | 3362 |

## AFTER TWO MATCHES –

|                |             |
|----------------|-------------|
| 1 -MMKAC       | 7629        |
| 2 -BEDFORD & C | 7117        |
| 3 -CHILTERN H. | 7060        |
| .....          | <b>+512</b> |

After the first round of the Chiltern Cross-Country League at Keysoe, Bedfordshire, last month, Marshall Milton Keynes was lying third overall, just 45 points behind leaders, Chiltern Harriers. In the second match, thanks to a strong showing by the senior men, the club won overall by over 500 points to establish a healthy lead.

There were wins by Harry Totton (M20), Ian Wood (M40), Lara Bromilow (F35), Jacque Smith (M15) and Katie Webb (F15), with second places for Imogen King (FS), Harris Kentish (M20) and Sophia Chapman, and third places for James Tuttle (SM), Kieran White (M40), Abby Roskilly (F35) and Maddie Pearce (F17). A superb set of results! In the teams events the Senior men won convincingly with the scoring 10 in the first 28 places. The U20 Men were again dominant, as were the U15 Girls, with 4 in 7 and 12 in the first 20. There was a very pleasing win for the U11 Girls, while the U11 Boys were pipped by one point.

**SENIOR MEN** – the scoring ten were: James Tuttle(3<sup>rd</sup>), Matt Dicks(4<sup>th</sup>), Jack Pocock(5<sup>th</sup>), Harry Totton(6<sup>th</sup>), Harris Kentish(8<sup>th</sup>), Ian Wood(12<sup>th</sup>), Kieran White(15<sup>th</sup>), Lloyd Tanganyika(21<sup>st</sup>), Jamie Darcy(24<sup>th</sup>) & Steve Tuttle(28<sup>th</sup>)



## HOW THE MK TEAMS SCORED

|            |                 |      |
|------------|-----------------|------|
| Senior Men | 1 <sup>st</sup> | 2434 |
| M17        | 4 <sup>th</sup> | 40   |
| M15        | 2 <sup>nd</sup> | 137  |
| M13        | 5 <sup>th</sup> | 169  |
| TOTAL(1st) |                 | 2780 |

|                         |                 |      |
|-------------------------|-----------------|------|
| Senior Women            | 5 <sup>th</sup> | 759  |
| F17/20                  | 4 <sup>th</sup> | 85   |
| F15                     | 1 <sup>st</sup> | 193  |
| F13                     | 3 <sup>rd</sup> | 159  |
| TOTAL(2 <sup>ND</sup> ) |                 | 1196 |

## UNDER 11's(Non-Scoring)

|       |                 |     |
|-------|-----------------|-----|
| Boys  | 2 <sup>nd</sup> | 184 |
| Girls | 1 <sup>st</sup> | 125 |

## OVERALL AFTER TWO MATCHES

|             |                 |      |
|-------------|-----------------|------|
| Senior Men  | 1 <sup>st</sup> | 4408 |
| U20 men     | 1 <sup>st</sup> | 1344 |
| Veteran men | 6 <sup>th</sup> | 1254 |
| M17         | 6 <sup>th</sup> | 91   |
| M15         | 2 <sup>ND</sup> | 280  |
| M13         | 2 <sup>nd</sup> | 403  |
| M11         | 2 <sup>nd</sup> | 327  |

|               |                 |      |
|---------------|-----------------|------|
| Senior Women  | 3 <sup>rd</sup> | 1545 |
| F17/20        | 5 <sup>th</sup> | 177  |
| Veteran Women | 2 <sup>nd</sup> | 925  |
| F15           | 1 <sup>st</sup> | 424  |
| F13           | 4 <sup>th</sup> | 301  |
| F11           | 1 <sup>st</sup> | 224  |

*Photo: James Tuttle leads Matthew Dicks in the senior race.*



## YOUNG LADIES WITHIN THEIR AGE GROUPS



### U13 Girls

Tatenda Chesney  
Pippa Blackmore  
Serena Quan

10<sup>th</sup>  
20<sup>th</sup>  
24<sup>th</sup>



### U15 Girls

Katie Webb  
Sophia Chapman  
Lauren Webb  
Oliver Geary

1<sup>st</sup>  
2<sup>nd</sup>  
5<sup>th</sup>  
7<sup>th</sup>



### Under 17/20 Women

Madeleine Pearce  
Emilia Willis  
Izzy Gregg

3<sup>rd</sup>  
9<sup>th</sup>  
20<sup>th</sup>

(from the left)



## 23-Sept. SOUTH OF ENGLAND AA ROAD RELAY CHAMPIONSHIPS

Good to see MMK teams at this prestigious event. Mixing it up "BIG TIME" - Some will remember us hosting this event a few years ago at Stantonbury.

|                  | WOMEN 4 X 6KM       | time  | posn |
|------------------|---------------------|-------|------|
| 28 <sup>th</sup> | Abby Roskilly       | 22:49 | 28   |
| 23 <sup>rd</sup> | Alice Seddon(photo) | 22:53 | 15   |
| 23 <sup>rd</sup> | Imogen King         | 23:41 | 24   |
| 25 <sup>th</sup> | Emily Bousfield     | 24:00 | 26   |

from 52 finishers.



### MEN 6 X 6KM

|                  |              |       |    |
|------------------|--------------|-------|----|
| 25 <sup>th</sup> | James Tuttle | 18:37 | 25 |
| 35 <sup>th</sup> | Ewan Forsyth | 19:38 | 43 |
| 49 <sup>th</sup> | Chad Lambert | 20:48 | 71 |
| 53 <sup>rd</sup> | Steve Tuttle | 20:33 | 58 |
| 42 <sup>nd</sup> | Jack Pocock  | 19:00 | 13 |
| 35 <sup>TH</sup> | Mark Dowson  | 18:54 | 11 |

from 81 finishers.



## Virtual National Road Relay Championships

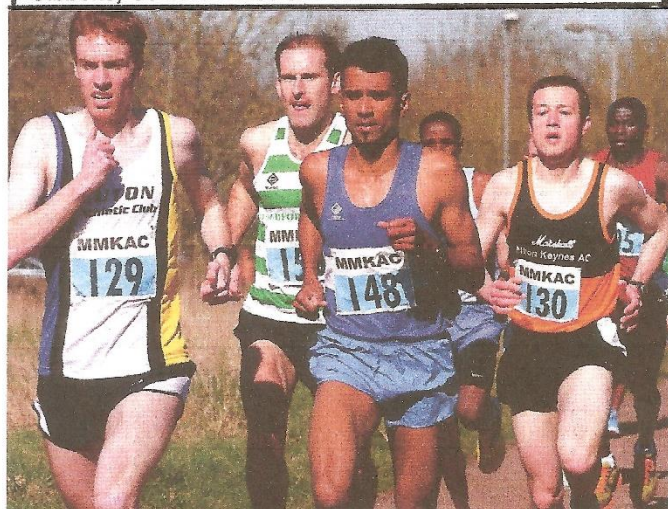
### April 8<sup>th</sup> 2020: MMK men finish 33<sup>rd</sup> in the Virtual National Road Relays.

This, a substitute for the cancelled National Road Relays, consisted of teams of twelve or more runners, each running a 5km time trial, using Strava to record and upload their times, and then combining the best 12 times to get an overall Team Time. Runners had a five-day period to compete. The MMK men finished 33<sup>rd</sup> with a time of 3hours17:00 from the 118 teams who had full teams. No less than 3709 men took part.

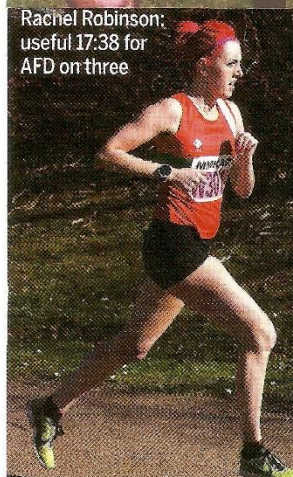
Fifteen MMK Men and Three MMK women took part. Sam Winters was the quickest (15:05), and next five were Thomas Cuthbertson (15:33), James Tuttle(15:37). Jamie Seddon(15:39), Jack Pocock(16:11) and Ian Wood(16:37). Alice Seddon(nee Ritchie) was the fastest woman(18:25) with Abby Roskilly(20:15) and Imogen King, 17, (20:39).

### MK IMPRESS AT THE 2014 ROAD RELAY CHAMPIONSHIPS - MMK

continued their long tenure of organizing this event. The hosts saw their men(12 STAGES) finish 12<sup>th</sup> equalling their best ever position. Steve Tuttle on the opening leg ran the quickest leg (see start photo). The Club had three complete Women's teams with the "A" team finishing a very creditable 11<sup>th</sup> thanks to Lara Bromilow, Elle Roche, Wendy Webber, Sophie Gibbens, Corinne Nurse and Lauren Hankers.



Rachel Robinson: useful 17:38 for AFD on three



Aldershot, Farnham & District won their third successive women's title (including Rachel Robinson, MMKAC ahead) and their men completed the double.



## EMAC TRACK & FIELD LEAGUE FINAL – BEDFORD [9 SEPTEMBER]

### RESULTS- MEN

|                            |       |
|----------------------------|-------|
| 1 BEDFORD & Co. AC         | 274.5 |
| 2 SOUTHEND AC              | 220.5 |
| 3 MARSHALL MKAC            | 218.0 |
| 4 PETERBORO' & NENE VALLEY | 200.5 |
| 5 COLCHESTER H             | 189.0 |
| 6 RYSTON RUNNERS AC        | 179.0 |
| 7 CHELMSFORD AC            | 165.5 |
| 8 THURROCK/LOUGHTON        | 91.0  |

#### Highest track age graded %

**Paul Canning(91.2%) age 57**  
200m(M50-59) – 24.8

### RESULTS- WOMEN

|                            |        |
|----------------------------|--------|
| 1 THURROCK/LOUGHTON        | 253.0# |
| 1 PETERBORO' & NENE VALLEY | 253.0# |
| 3 CAMBRIDGE & COL. AC      | 222.0  |
| 4 CHELMSFORD AC            | 219.0  |
| 5 WSAC/ST.EDMUNDS PACERS   | 206.0  |
| 6 MARSHALL MKAC            | 168.0  |
| 7 RYSTON RUNNERS AC        | 72.0   |

#### Highest track age graded %

**Abby Roskilly(85.0%) age 35**  
800m(F35-49) – 2.14.20



Above - Paul Canning wins an EMAC 200m at Bedford; Right- Daniel Halapciuc gets out of his blocks in a 400m race at Pescara,



## Bronze and Silver for Daniel Halapciuc at the European Masters Championships; Sept 21 – October 1

MMK athlete, Daniel Halapciuc, competing for his native Romania, won a bronze medal in the M40 400m at the European Masters Championships in Pescara, Italy, with a time of 50.84. He also won a silver medal as part of the Romanian M35 4x400m relay team in 3:22.52.

Second-claim members, F35 Emma Beardmore won two gold medals (Discus/39.94m and Weight/15.18m), one silver(Hammer/47.33m) and one bronze(Shot/11.27m) in the throws and M65 Brian Slaughter won the M65 Decathlon scoring 6763pts.





## SENIOR MEN

|                 |    |                         |          |        |               |            |
|-----------------|----|-------------------------|----------|--------|---------------|------------|
| One Mile        | 39 | Jack Meijer             | 4.06.67  | ind    | Iowa, USA     | 21-Jan     |
| 3000m           | 29 | Jack Meijer             | 7.57.87  | ind    | Chicago, USA  | 11-Feb     |
| 5000m           | 32 | Jack Meijer             | 13.51.63 |        | Stanford, USA | 31-Mar     |
| Long Jump       | 19 | D'mitri Varlack         | 7.40m    | w +3.4 | Birmingham    | 27-Aug U17 |
|                 |    |                         | 7.36m    | w +1.7 | Chelmsford    | 18-Jun     |
| Triple Jump     | 19 | Shawn Ampofo            | 14.98m   | w +1.0 | Chelmsford    | 18-Jun     |
|                 |    |                         | 14.21m   | ind    | Lee Valley    | 01-Feb U23 |
|                 | 48 | Daniel Ayodele          | 13.82m   | ind    | Lee Valley    | 15-Jan U17 |
|                 |    |                         | 13.39m   |        | Milton Keynes | 10-Jun     |
| Hammer (7.26kg) | 31 | James Ericsson-Nicholls | 53.73m   |        | Reading       | 11-Jun U23 |

## SENIOR WOMEN

|                 |    |                  |          |        |                |            |
|-----------------|----|------------------|----------|--------|----------------|------------|
| 100m            | 45 | Deborah Lago     | 11.68    | w +2.9 | Lee Valley     | 29-Jul U20 |
|                 |    |                  | 11.76    | w +0.9 | Lee Valley     | 29-Jul     |
|                 | 48 | Ebony Carr       | 11.80    | w +1.4 | Sportcity, Man | 30-Apr     |
| 150m            | 2  | Abigail Fitton   | 18.6     |        | Milton Keynes  | 22-Apr     |
| 2000m St/Ch     | 24 | Imogen King      | 7.09.29  |        | Sportcity, Man | 01-May U23 |
| 3000m St/Ch     | 25 | Imogen King      | 11.14.28 |        | Walton         | 03-Jun U23 |
| High Jump       | 2  | Laura Zialor     | 1.90m    |        | Nairobi, Kenya | 13-May     |
| Triple Jump     | 16 | Lateefa Agberemi | 12.38m   | w +1.7 | Rugby          | 28-May U20 |
| Discus (1kg)    | 49 | Emma Beales      | 39.03m   |        | Sandy          | 23-Sep F50 |
| Hammer (4kg)    | 30 | Jasmine Trapnell | 51.45m   |        | Loughborough   | 21-Jun U23 |
|                 | 49 | Lara Moffat      | 48.27m   |        | Milton Keynes  | 15-Apr U23 |
| Javelin (600gm) | 20 | Eva Durand       | 44.76m   |        | Loughborough   | 31-May U20 |
|                 | 42 | Rebecca Chivers  | 41.00m   |        | Scunthorpe     | 02-Sep U23 |

## U23 MEN

|                 |    |                         |         |        |              |        |
|-----------------|----|-------------------------|---------|--------|--------------|--------|
| 1500m           | 33 | Leo Freeland            | 3.47.69 |        | Watford      | 01-Jul |
| One Mile        | 19 | Leo Freeland            | 4.10.22 | ind    | Winston, USA | 04-Feb |
| 110m Hurdles    | 46 | Hamish McGarvie         | 17.47   | w 0.0  | Loughborough | 22-Apr |
| 400m Hurdles    | 28 | Hamish McGarvie         | 61.19   |        | Stretford    | 15-Jul |
| Triple Jump     | 7  | Shawn Ampofo            | 14.98m  | w +1.0 | Chelmsford   | 18-Jun |
|                 |    |                         | 14.21   | ind    | Lee Valley   | 01-Feb |
| Hammer (7.26kg) | 9  | James Ericsson-Nicholls | 53.73m  |        | Reading      | 11-Jun |

## U23 Women

|                 |    |                  |          |        |                 |        |
|-----------------|----|------------------|----------|--------|-----------------|--------|
| 100m            | 26 | Abigail Fitton   | 12.14    | w +1.5 | Lee Valley      | 29-Jul |
| 150m            | 1  | Abigail Fitton   | 18.6     |        | Milton Keynes   | 22-Apr |
| 200m            | 27 | Abigail Fitton   | 24.96    | w +2.0 | Newham          | 13-Aug |
| 400m            | 31 | Skye Verwey      | 57.97    | ind    | Sheffield       | 04-Feb |
| 2000m St/Ch     | 8  | Imogen King      | 7.09.29  |        | Sport City, Mai | 01-May |
| 3000m St/Ch     | 8  | Imogen King      | 11.14.28 |        | Walton          | 03-Jun |
| Pole Vault      | 20 | Mia Soman        | 2.82     | ind    | Lewes           | 25-Mar |
|                 |    |                  | 2.70m    |        | Harrow          | 01-Apr |
| Discus (1kg)    | 50 | Lara Moffat      | 25.93m   |        | Norwich         | 26-Apr |
| Hammer (4kg)    | 8  | Jasmine Trapnell | 51.45m   |        | Loughborough    | 21-Jun |
|                 | 16 | Lara Moffat      | 48.27m   |        | Milton Keynes   | 15-Apr |
| Javelin (600gm) | 14 | Rebecca Chivers  | 41.00m   |        | Scunthorpe      | 02-Sep |

## U20 MEN

|                 |    |               |         |        |               |            |
|-----------------|----|---------------|---------|--------|---------------|------------|
| 1500m           | 19 | Zak Freeland  | 3.49.56 |        | Watford       | 01-Jul     |
| 110m Hurdles    | 14 | Ed Barber     | 11.67   | w -1.4 | Birmingham    | 25-Jun     |
| Pole Vault      | 75 | Ed Barber     | 3.02m   |        | Milton Keynes | 05-Aug     |
| Shot (6kg)      | 18 | Zack Grinsted | 13.95m  |        | Nottingham    | 30-Apr HCC |
| Discus (1.75kg) | 19 | Zack Grinsted | 42.70m  |        | Cambridge     | 24-Jun HCC |
| Hammer (6kg)    | 34 | Zack Grinsted | 36.90m  |        | Watford       | 13-May HCC |

## U20 Women

|                 |    |                  |         |        |              |            |
|-----------------|----|------------------|---------|--------|--------------|------------|
| 100m            | 10 | Deborah Lago     | 11.68   | w +2.9 | Lee Valley   | 29-Jul     |
|                 |    |                  | 11.76   | w +0.9 | Lee Valley   | 29-Jul     |
| 1500m           | 44 | Millie Freeland  | 4.33.82 |        | Birmingham   | 30-Jun     |
| 3000m           | 19 | Millie Freeland  | 9.49.25 |        | Watford      | 26-Jul     |
| Triple Jump     | 5  | Lateefa Agberemi | 12.38m  | w +1.7 | Rugby        | 28-May     |
| Shot (4kg)      | 35 | Sophie Steele    | 10.57m  |        | Nottingham   | 30-Apr HCC |
| Discus (1kg)    | 35 | Sophie Steele    | 30.14m  |        | Watford      | 19-Aug HCC |
| Javelin (600gm) | 5  | Eva Durand       | 44.76m  |        | Loughborough | 31-May     |

## MARSHALL MILTON

### KEYNES AC

## UK TOP 50 TRACK & FIELD RANKINGS

With grateful thanks to Jim Lawrence for compiling the the many end of season track and field rankings..... a huge task. For the purpose of this Newsletter I have adapted his Top 100 to a Top 50. Thanks Jim





**U17 MEN**

|                 |                      |         |        |               |        |
|-----------------|----------------------|---------|--------|---------------|--------|
| 300m            | 16 Oliver Gutteridge | 37.8    |        | Milton Keynes | 22-Apr |
| 800m            | 48 Maxwell Newman    | 1.57.86 |        | Watford       | 06-Sep |
| 400m Hurdles    | 49 Elias Skaarup     | 62.69   |        | Tipton        | 30-Jul |
| High Jump       | 23 D'mitri Varlack   | 1.88m   | ind    | Lee Valley    | 28-Jan |
| Long Jump       | 1 D'mitri Varlack    | 7.40m   | w +3.4 | Birmingham    | 27-Aug |
|                 |                      | 7.36m   | w +1.7 | Chelmsford    | 18-Jun |
|                 | 14 Jay Wu            | 6.53m   |        | Tipton        | 30-Jul |
| Triple Jump     | 5 Daniel Ayodele     | 13.82m  | ind    | Lee Valley    | 15-Jan |
|                 |                      | 13.39m  |        | Milton Keynes | 10-Jun |
|                 | 42 Jay Wu            | 12.34m  |        | Tipton        | 30-Jul |
| Shot ( 5kg)     | 5 Isaiah Phillip     | 14.88m  |        | Milton Keynes | 10-Jun |
| Discus ( 1.5kg) | 13 Louis Nash        | 41.59m  |        | Birmingham    | 01-Jul |

**U17 Women**

|                  |                     |          |     |                  |        |
|------------------|---------------------|----------|-----|------------------|--------|
| 400m             | 46= Emilia Willis   | 59.81    | ind | Lee Valley       | 15-Jan |
|                  |                     | 59.88    |     | Birmingham       | 25-Jun |
| 1500m            | 29 Madeleine Pearce | 4.34.62  |     | Birmingham       | 30-Jun |
| 3000m            | 51 Madeleine Pearce | 10.23.75 |     | Walton           | 04-Jun |
| Javelin ( 500gm) | 1 Ayesha Jones      | 52.49m   |     | Port of Spain, " | 09-Aug |

**U15 BOYS**

|                  |                     |         |        |               |        |
|------------------|---------------------|---------|--------|---------------|--------|
| 3000m            | 27 Jaque Smith      | 9.32.11 |        | Watford       | 12-Jul |
| Pole Vault       | 21 Jamie Gruber     | 2.70m   |        | Milton Keynes | 10-Sep |
| Triple Jump      | 4 Tito Odunaike     | 13.47m  | w +5.4 | Lee Valley    | 12-Aug |
|                  |                     | 13.26m  | w -1.3 | Birmingham    | 27-Aug |
|                  | 32 Joshua Williams  | 11.56m  |        | Milton Keynes | 10-Jun |
| Javelin ( 600gm) | 17 Herman Swanepoel | 44.76m  |        | Harrow        | 16-Sep |

**U15 GIRLS**

|          |                       |          |  |              |        |
|----------|-----------------------|----------|--|--------------|--------|
| 800m     | 14 Elsie Jacobs       | 2.13.84  |  | Birmingham   | 30-Jun |
|          | 24 Orla Enright       | 2.15.18  |  | Birmingham   | 30-Jun |
|          | 28 Olivia Chilton     | 2.15.99  |  | Watford      | 06-Sep |
|          | 48 Sophia Chapman     | 2.17.33  |  | Watford      | 09-Aug |
| 1500m    | 34 Elsie Jacobs       | 4.43.61  |  | Watford      | 31-May |
|          | 36 Sophia Chapman     | 4.43.73  |  | Lee Valley   | 12-Aug |
|          | 46 Katie Webb         | 4.45.45  |  | Loughborough | 14-Jun |
| 3000m    | 23 Sophia Chapman     | 10.25.62 |  | Birmingham   | 26-Aug |
|          | 25 Katie Webb         | 10.27.09 |  | Birmingham   | 26-Aug |
|          | 40 Lauren Webb        | 10.47.03 |  | Watford      | 19-Apr |
| 4 x 300m | 5 YDL ( SC,OC,EJ,OE ) | 2.55.0   |  | Coventry     | 08-Jul |

**U13 BOYS**

|       |                      |         |  |               |        |
|-------|----------------------|---------|--|---------------|--------|
| 600m  | 6 Daniel Southgate   | 1.40.5  |  | Milton Keynes | 18-Jun |
| 800m  | 49 Daniel Southgate  | 2.21.15 |  | Watford       | 17-May |
| 1200m | 29= Daniel Southgate | 3.49.46 |  | Milton Keynes | 07-May |
|       | 29= Alex Salifu      | 3.49.46 |  | Milton Keynes | 07-May |
| 1500m | 46 Daniel Southgate  | 4.51.75 |  | Watford       | 28-Jun |

**U13 GIRLS**

|           |                    |         |  |               |        |
|-----------|--------------------|---------|--|---------------|--------|
| 600m      | 14 Tatenda Chesney | 1.47.7  |  | Milton Keynes | 18-Jun |
|           | 36 Lily Slinn      | 1.50.5  |  | Milton Keynes | 18-Jun |
| 800m      | 45 Tatenda Chesney | 2.27.26 |  | Watford       | 09-Aug |
| 1200m     | 30 Tatenda Chesney | 3.59.4  |  | Coventry      | 08-Jul |
| 1500m     | 36 Tatenda Chesney | 5.05.63 |  | Watford       | 23-Aug |
| High Jump | 12 Emily Foster    | 1.45m   |  | Bedford       | 09-Jun |

denotes club record

HCC

Higher Competition

Photos: Left - Elias Skaarup &amp; Maxwell Newman/Herman Swanepoel(Javelin)

This page: - Orla Enright/Daniel Southgate/Tatenda Chesney







**THE BRITISH MASTERS  
CHAMPIONSHIPS WERE HELD AT  
DERBY, NINE MMK ATHLETES TOOK  
PART, FIVE CAME BACK WITH  
MEDALS AND FOUR SET CLUB  
RECORDS [2/3<sup>RD</sup> SEPTEMBER]**

GOLD-ABBY ROSKILLY F35 800M  
**2.15.06 CLUB RECORD**  
GOLD-PAUL CANNING M55 TRIPLE JUMP  
**10:64 CLUB RECORD**  
GOLD- JOHN SKELTON M70 800M  
**2.38.81 CLUB RECORD**  
GOLD- DANIEL HALAPIUC M40 400M  
**50.29 CLUB RECORD**

BRONZE-PAUL CANNING M55 100M  
12.21

BRONZE-PAUL CANNING M55 200M  
25.13

BRONZE-ALASDAIR GIBSON M70 800M  
2.43.30

BRONZE-JOHN SKELTON M70 1500M  
5.23.74

**PLUS**

6<sup>TH</sup> M45 800M MARK DOWSON 2.16.41  
4<sup>TH</sup> M45 1500M MARK DOWSON 4.38.53  
5<sup>TH</sup> Heat M55 100M DARREN O'LEARY 13.13  
6<sup>TH</sup> Heat M55 100M CONRAD SALTHOUSE 13.92  
7<sup>TH</sup> Heat M55 200M DARREN O'LEARY 27.05  
9<sup>TH</sup> Heat M55 200M CONRAD SALTHOUSE 28.51  
9<sup>TH</sup> M70 SHOT BUNT SCOTT 8.75M  
4<sup>TH</sup> M70 DISCUS BUNT SCOTT 31.97M  
6<sup>TH</sup> M70 HAMMER BUNT SCOTT 30.72M  
4<sup>TH</sup> M70 JAVELIN BUNT SCOTT 26.62M

**BRITISH MASTERS 10,000m  
CHAMPSHIRE**

JARROW – Tyne & Wear  
[16 September]

1 John Skelton(M70) 40.57.2

[2nd best UK/2023, 6<sup>th</sup> ALLTIME]

Photos: Bunt Scott, 4<sup>th</sup> in the  
UK M70 discus rankings  
AND Daniel Halapciuc clashes  
with George Gavriel over 200m

**DANIEL HALAPCIUC**

Since joining, Daniel has made inroads into the M40 400m rankings. At the start of the season Scott Herbert held the record with 51.78 from 2014. Daniel has since run:

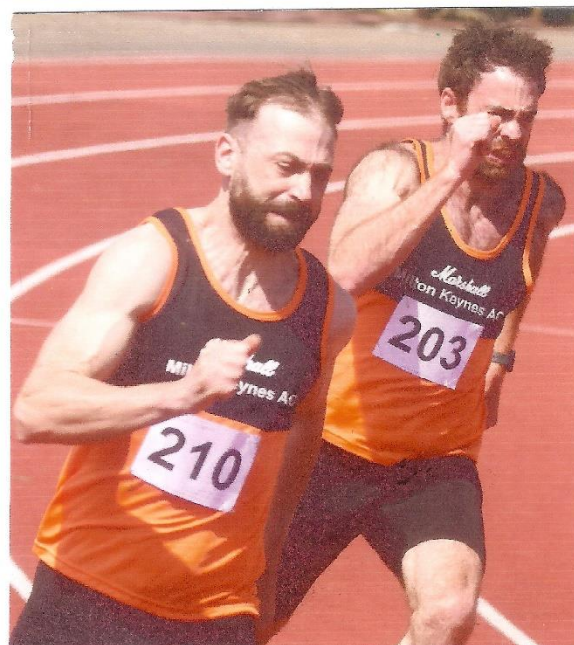
|       |           |             |
|-------|-----------|-------------|
| 51.6  | Bedford   | 5 July      |
| 51.51 | Stretford | 15 July     |
| 51.15 | M.Keynes  | 5 August    |
| 50.29 | Derby     | 2 September |

HE made his club debut at the MK Open Meet on 22 April. He placed second in the 300m, behind Matt Hall with 36.7. Over more traditional distances he, competed at the Mike Leonard memorial event (21 May), third in both the 100m(12.0) and 200m(23.4).

**IAN WOOD**

Ian has twice bettered the M40 1500m record, held at season start by Neil Ovington (2003/Watford) with 4.14.6. Ian has run:

|         |         |         |
|---------|---------|---------|
| 4.10.52 | Waford  | 31 May  |
| 4.07.44 | Watford | 28 June |





## MASTERS TRACK & FIELD RECORDS SET IN 2023

|             |                  |     |          |                 |        |
|-------------|------------------|-----|----------|-----------------|--------|
| 10,000m     | Lara Bromilow    | F40 | 38.22.25 | Parliament Hill | 20-May |
| 1500m       | Ian Wood         | M40 | 4.10.52  | Watford         | 31-May |
| 1500m       | Ian Wood         | M40 | 4.07.44  | Watford         | 28-Jun |
| 800m        | Ian Wood         | M40 | 2.00.16  | Watford         | 09-Aug |
| 100m        | John Browne      | M70 | 13.52    | w-0.8 Southend  | 28-Aug |
| 200m        | John Browne      | M70 | 29.53    | w-1.5 Southend  | 28-Aug |
| 400m        | Daniel Halapciuc | M40 | 50.29    | Derby           | 02-Sep |
| 800m        | John Skelton     | M70 | 2.38.81  | Derby           | 02-Sep |
| 800m        | Abby Roskilly    | F35 | 2.15.06  | Derby           | 02-Sep |
| Triple Jump | Paul Canning     | M65 | 10.64    | Derby           | 02-Sep |
| 800m        | Abby Roskilly    | F35 | 2.13.04  | Watford         | 06-Sep |
| 400m        | Abby Roskilly    | F35 | 60.7     | Bedford         | 09-Sep |
| Shot        | Emma Beales      | F50 | 9.29m    | 3kg Milton K    | 10-Sep |
| 10,000m     | Lara Bromilow    | F40 | 36.23.31 | Battersea Park  | 13-Sep |
| 10,000m     | John Skelton     | M70 | 40.57.2  | Jarrow          | 16-Sep |
| Discus      | Emma Beales      | F50 | 39.03    | 1Kg Sandy       | 23-Sep |
| 400m        | John Skelton     | M70 | 73.4     | Sandy           | 23-Sep |

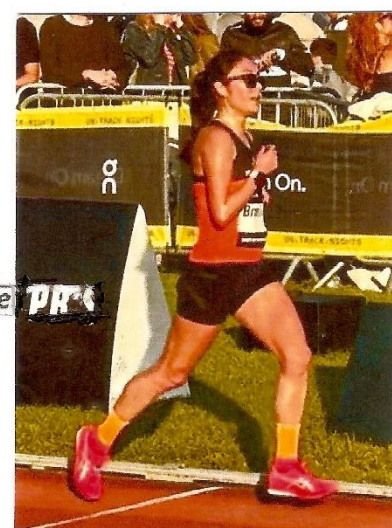


### MASTERS RECORDS.

Abby Roskilly has twice improved the F35 800m record. First at Derby(British Masters) on 2<sup>nd</sup> September with 2.15.06 and then at Watford four days later with 2.13.04. And then over 400m, back to Bedford on 9<sup>th</sup> September in the EMAC final with 60.7. In the current UK rankings her 800m is 3<sup>rd</sup> best and the 400m, 7<sup>th</sup>.

Ian Wood, so unlucky not to have broken the 2min. barrier[2.00.16], improved the 800m record set by Jim Docherty of 2.03.4 in 2000 at Watford. [Out of interest in this age group, Mick Bromilow ran 2.03.9 in 1989 and Alasdair Gibson 2.04.9 in 1992].

Lara Bromilow has twice broken the F40 10,000, record, firstly at Parliament Hill on 20<sup>th</sup> May at the annual Highgate Night of the 10000m PBs. Lara had not had the best run-up to the meeting after going down with a two-week bout of covid following the London Marathon, but she was determined to take part in one of the sports most spectacular events. She ran in the Women's B Race, completing the run in 38:22.25 for 34<sup>th</sup> place, more than 2.5 minutes down on her PB set last year. Then later at Battersea Park on 13 September with 36.23.31.

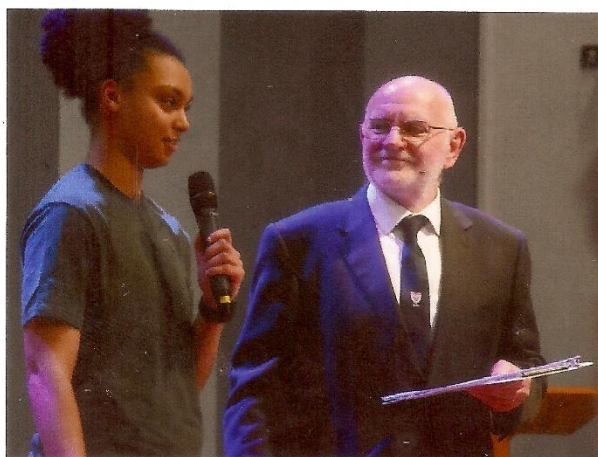


**Abby Roskilly, Ian Wood[on the track!] and Lara Bromilow at Highgate**



## December 5: The Magnificent MMK Seven shine at the Sport Mk Awards.

At the Annual Sport Mk Awards Evening held  
at Denbigh School, Seven members of MMKAC  
were honoured for their sporting achievements  
in 2023. Congratulations to all the Award Winners!





### Photos:

(left) Sports Personality of the Year: **AYESHA JONES**  
Club of the Year: **MILFORD CALLOW** accepts the award  
(right) Harry Hewitt Memorial Award: **D'MITRI VARLACK**  
Male Athlete of the Year: **ELLIOT HIND**  
Female Athlete of the Year: **ABBY ROSKILLY**  
Male Master's Athlete of the Year: **DANIEL HALAPCIUC**

### JACKSON RYAN

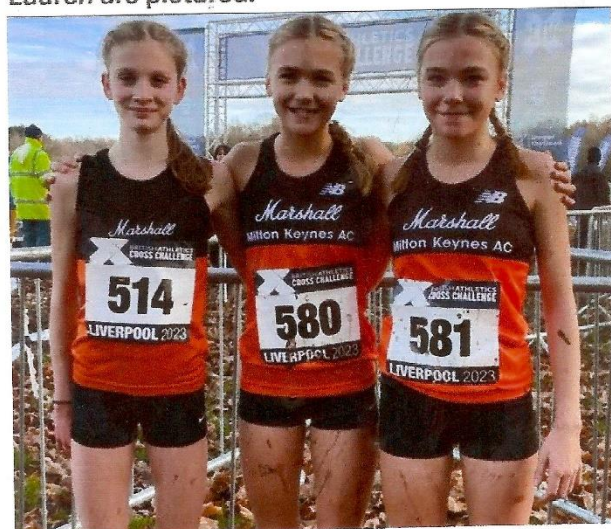


### HIS CITATION SAYS IT ALL

Jackson Ryan: SportMK's 2023 Rick Townsend Award for Services to Sport Jackson Ryan joined Milton Keynes AC in 1992 and has given outstanding service to athletics for more than 30 years. Jackson is a qualified official as a Track Judge (Level 3) and Field Judge (Level 2) and officiates most weekends during the summer often acting as Track Referee, or as a Field Judge with his partner. At home meetings or county championship meetings, he will often act as clerk of the course, making sure the equipment is in the right place at the right time. At any cross-country meeting or MMK Road Race in Milton Keynes, Jackson can be found setting up the course or taking it down, organising the marshals. At other meetings he will act, with his partner, as a recorder at the finish. Jackson is the man to go to when medical services need booking or portaloos need to be hired. Jackson is a qualified physiotherapist with many years of experience, working at the Blackberry Clinic and at Body Limits. His services are often called upon at training sessions or at a variety of competitions, offering help and advice to MMK athletes. Jackson has served on the MMK Committee for 25 years, acting as Vice-Chairman for most of that time. He is currently MMK's Director of Competition, with responsibility for overseeing all aspects of MMK's competition schedule.

### KATIE WEBB 7<sup>TH</sup> and SOPHIA CHAPMAN 12<sup>TH</sup> at the LIVERPOOL CROSS-CHALLENGE And EUROPEAN TRIALS(25 November)

Seven MMKAC runners competed in the Liverpool Cross Challenge and European Trials. In the Under 15 Girls race, Katie Webb finished a fine seventh, closely followed by Sophia Chapman in 12<sup>th</sup> place, with Katie's sister Lauren 48<sup>th</sup>. Sophia, Katie and Lauren are pictured.



Millie Freeland has another good run in the U20 Women's race, 27<sup>th</sup>. James Tuttle ran in the senior race where his 117<sup>th</sup> position placed him well from a field of over 700 runners. Kian Nicholson finished 147<sup>th</sup> in the Under 20 men's race and Saskia Chaplin was 248<sup>th</sup> in the Senior Women's event.



## CHILTERN LEAGUE MATCH 3, Stopsley Common, Luton, 2 DECEMBER

ON THE DAY      1 MMKAC      3230

2 CHILTERN H.      3034

3 ST. ALBANS      3000

AFTER 3 MATCHES      1 MMKAC      10943      +765

2 CHILTERN H.      10178

3 BEDFORD      10167

*Next match – Watford(Cassiobury Park)      13 January*

After three of the five Chiltern League fixtures both our under 11 teams are well placed for a podium position.

The girls with one victory and two second places head their age group league table whilst the boys have been a very close second to St Albans in each match.

### GIRLS

**1 MMKAC      299**  
2 Northampton      267  
3 St.Albans      231

### BOYS

1 St.Albans      471  
**2 MMKAC      466**  
3 Watford      367

#### *Girls competing to-date.*

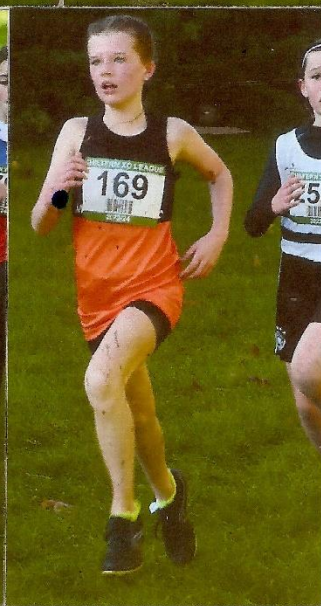
166 Goda Alisauskaite  
168 Laura Cater  
167 Danielle Duze  
163 Isla Gadsby  
164 Anastasia Gannon  
161 Jamie Hartwell  
165 Harriet Kendall  
162 Lucy Paris  
169 Isabelle Whiting

#### *Boys competing to-date.*

176 Jake Allen  
184 Elijah Barrington  
175 Alfie Butler  
180 Finn Flaherty  
181 Oscar Kirschner  
173 David Savage  
182 Sam Sawford  
195 Arjin Sirdar  
172 Arthur Small  
177 Noah Webster  
178 Charles Wood











## VALANCIA MARATHON

DECEMBER 3: Lara Bromilow goes to second on the MMK Marathon all-time rankings with 2:47.44

Lara was one of three MMK athletes who made the trip to Valancia, Having set her lifetime best there of 2:51.29 two years ago, she was looking to go under 2:50 this time. Reaching halfway in 83:26 she was well under schedule and covering the second half in 84:18 she reduced her best by 3:45 to go second (behind Michelle Lee's 2:35.51 set in 2004) in the MMK all-time marathon rankings.

Andrew Cowdrill reduced his best, set in this year's London Marathon, by more than five minutes, while Matt Clements was five minutes down on his London 2023 best time.

### RESULTS

|                 |            |         |                            |
|-----------------|------------|---------|----------------------------|
| Lara Bromilow   | F40 [2396] | 2:47.44 | F112 (9 <sup>th</sup> age) |
| Matt Clements   | MS [2406]  | 2:47.47 | M2294                      |
| Andrew Cowdrill | M40(3015)  | 2:51.33 | M2873                      |



Lara and Matt Clements very close to the finish line within three seconds of each other. Trio photo, Lara with Andrew, right and Matt, left.



## MMKAC LADY MARATHONERS THIS YEAR

|                            |     |         |          |
|----------------------------|-----|---------|----------|
| Lara Bromilow              | V40 | 2:47.44 | Valancia |
| Wendy Webber               | V40 | 3:03.54 | Tokyo    |
| Linsey Ryall               | V40 | 3:12.53 | London   |
| Emily Bousfield            | FS  | 3:21.27 | London   |
| Kate Penrose               | V45 | 3:30.20 | London   |
| Suzanne Anderegg           | V55 | 3:37.24 | M.Keynes |
| Sally Rose                 | V45 | 3:37.52 | London   |
| Victoria Kirschner-Heavens | V40 | 3:38.39 | London   |
| Karen Tincknell            | V45 | 3:54.14 | London   |

## MMKAC MEN SUB 3HOURS THIS YEAR

|                    |     |         |            |
|--------------------|-----|---------|------------|
| Elliot Hind        | V35 | 2:26.18 | Amsterdam  |
| Steven Tuttle      |     | 2:36.56 | Manchester |
| Adam Stone         | V35 | 2:39.49 | Chicago    |
| Matt Clements      |     | 2:42.21 | London     |
| Graham Jones       | V35 | 2:44.26 | London     |
| Andrew Cowdrill    | V40 | 2:50.56 | Valancia   |
| Ollie Badger       | V35 | 2:51.18 | London     |
| James Barlow       |     | 2:52.05 | London     |
| Viv Parnell-Murphy |     | 2:55.07 | London     |
| Daniel Webber      | V45 | 2:55.08 | Warsaw     |
| James Ward         | V40 | 2:56.28 | Amsterdam  |

AND not forgetting

Morgan Smith(U23) 3:00.03:London



Emily Bousfield, London PB



# Big turnout at the National Cross Country Relays.

## - U15 Girls are 6th

Forty five MMK runners travelled to Mansfield to compete for the club in the National Cross Country Relays. The most successful team were the U15 Girls who finished 6th, 17th and 19th. The U17 Women finished 13th, while the Senior Men's Team finished 37th. 16 races were contended and results of the six "A" races are shown here.



### Photos:

Millie Freeland ran solo in the U20 Women's Race over 2.5km. Photo here as Millie leads at the start, clocking 6<sup>th</sup> fastest individual time of 8.28.

The under 20 Men's start shows both the "A" team runner, Harris Kentish and "B" teamer, Kian Nicholson and both clocking 10.01 for their 3km lap.

| Pos  | Senior Men A | 4x5km            | Leg time | Pos      |
|------|--------------|------------------|----------|----------|
| Leg1 | 60           | James Tuttle     | 16:46    | 16:46    |
| Leg2 | 50           | Jack Pocock      | 33:44    | 16:59    |
| Leg3 | 44           | Ian Wood         | 51:22    | 17:38    |
| Leg4 | 37           | Matthew Dicks    | 68:28    | 17:06    |
|      | Pos          | U20 Men A        | 3x3km    | Leg time |
| Leg1 | 60           | Harris Kentish   | 10:01    | 10:01    |
| Leg2 | 42           | Harry Totton     | 19:41    | 9:40     |
| Leg3 | 36           | Jamie Darcy      | 29:36    | 9:56     |
|      | Pos          | U17 Women A      | 3x2.5km  | Leg time |
| Leg1 | 6            | Madeleine Pearce | 8:46     | 8:46     |
| Leg2 | 8            | Isabelle Gregg   | 18:42    | 9:56     |
| Leg3 | 13           | Emilia Willis    | 29:01    | 10:20    |
|      | Pos          | U15 Boys A       | 3x2km    | Leg time |
| Leg1 | 51           | Morgan Bunn      | 7:36     | 7:36     |
| Leg2 | 37           | Harvey Wood      | 15:07    | 7:31     |
| Leg3 | 25           | Jacque Smith     | 22:21    | 7:14     |
|      | Pos          | U15 Girls A      | 3x2km    | Leg time |
| Leg1 | 23           | Elsie Jacobs     | 8:14     | 8:14     |
| Leg2 | 7            | Sophia Chapman   | 15:50    | 7:36     |
| Leg3 | 6            | Katie Webb       | 23:26    | 7:36     |
|      | Pos          | U15 Girls B      | 3x2km    | Leg time |
| Leg1 | 30           | Olivia Chilton   | 8:19     | 8:19     |
| Leg2 | 15           | Lauren Webb      | 16:25    | 8:06     |
| Leg3 | 17           | Orla Enright     | 24:50    | 8:25     |
|      | Pos          | U13 Girls A      | 3x2km    | Leg time |
| Leg1 | 33           | Tatenda Chesney  | 8:44     | 8:44     |
| Leg2 | 32           | Nicole Gray      | 17:57    | 9:13     |
| Leg3 | 39           | Lily Slinn       | 27:46    | 9:49     |



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## JOHN SKELTON- DOUBLE NO.1 IN BRITISH MASTERS CHAMPIONSHIPS

|                |                          |               |                    |
|----------------|--------------------------|---------------|--------------------|
| <b>800M</b>    | <b>2.38.81</b>           | <b>DERBY</b>  | <b>2 September</b> |
| <b>10,000M</b> | <b>40.57.2</b>           | <b>JARROW</b> | <b>9 September</b> |
| And            |                          |               |                    |
| 1500m          | 3rd 5.23.74              | DERBY         | 2 September        |
| 3000m          |                          |               |                    |
| (indoor)       | 4 <sup>th</sup> 11.28.77 | LEE VALLEY    | 11 March           |
| 5km ROAD       | 2 <sup>nd</sup> 19:30    | BATTERSEA PK  | 3 December         |



**M70**