
Milonews:

The Newsletter of Milocarian AC



GERMANY TRIP

After the success of last years excursion (see the May issue of Milonews) to the 13th Signal Regiment at Birgelen their CO, Lt Col Gordon Howard, has shown a momentary lapse into insanity and invited us back !!

However this year will be bigger and better and several other "quality" teams from the British forces have been invited. Also the event is being sponsored by "Windsor Life" and they will be providing a cup to be competed for annually between 13 Signal Regiment and the Milocarrians. In addition they will provide trophies for the first team of eight, for the first three individuals and the first three ladies. At the moment we do have ONE lady member, Cpl Lyn Guest, so we need a few more. 13 Signal Regiment will provide trophies for the second team of eight. Finally ALL competitors will get a "ehren band" (a silk finish bookmark for those that don't know).

Obviously we need as strong a team as possible and a minimum of 8 runners to go across and compete, and justify Lt Col Howards hard work. At the moment we intend travelling across on the Friday AM before the race and return on the Monday after the race, leaving us time to do a bit of sightseeing and what have you.

Oh yes ! the date. The race will be on Saturday 16th November 1985 so we will travel on the 15th and return on the 18th. How we travel across will depend on the numbers going as will the cost, although I hope once again we'll get a grant from the Club towards the costs. Accommodation will be with 13th Signal Regiment at Birgelen.

If you wish to compete are even just support can you please let me (John Gilroy, address on back page, or tel: RAF West Drayton ext 2140 or 2775) know as soon as possible so I can sort out travel and costs.

Finally all you Milocarrians out in Europe if you wish to run please also let me know although travel arrangements will be your own concern. If you require accommodation at Birgelen please let me know also.

CLUB TIES AND COLOURS

Club ties are available from the Cross Country Secretary Terry Lewins at the ridiculously low price of £7.00 (inc p&p). Terry's address is 14 Warrington Spur, Old Windsor, Berks, tel:Windsor 62527. Terry also has a supply of club vests and ribbon.

For the benefit of new members club colours are dark blue vest and shorts with 4" of club ribbon on centre top of vest. Vests are also available from Terry at £4.00 each.

The Athletic Club of The Three Services

ANNUAL GENERAL MEETING

The AGM will be held in association with our home fixture at Sandurst on 19th October 1985. RMA Sandurst have kindly agreed to put a room at our disposal for the meeting which will commence at 1700 approx, after the post race tea.

A proforma to indicate attendance or not will be dispatched along with the full Cross Country Fixture list early in September. However any items for inclusion in the agenda should be sent to the secretary before 1st October 1985.

RACE REPORT - Harrow 10K Road Race 20th April 1985

Nine members of the Club entered the Harrow 10K road race in response to a letter from the secretary. However, injury and service commitments took their toll and on the day we had 5 starters only, but this was enough to comprise a team.

Conditions were appalling, we'd just had a short hot spell and it had broken, leaving a windy day of cold rain showers. The course was very similar to the "Hatch End 5" course with an extra bit added on. Our first runner home was new member Andy Vaughton in 61st position with a time of 33.51. A personal best for him and creditable considering he was in training for a triathlon and had cycled thirty miles before the race. Next home was John Gilroy in a personal worst, I refuse to divulge the time. John Marsh, in his first ever road race was next in a creditable 38.22 and very pleased with himself. Mike Sumpter was next in and our last scoring runner. Our tailender was a slim line Mike Wilson who looks as though he's getting himself really fit for the next cross country season.

Some 30 teams had started the race and our final position was 17th which I feel is quite creditable considering that we had no real strength up front. All in all a fairly encouraging start to our road running.

ROAD RUNNING SECRETARY

Staff Sergeant John Robertson has taken on the job of Road Running Secretary and he will be selecting various road races that we as a club would be enter a team. So if John contacts you please try and enter the races he selects to enable him to get a road running section off the ground. Johns' address is:

S/Sgt J Robertson
Rehab Flt
JSMRU
Royal Air Force
Chessington
Surrey

Tel: 01-397-4391

John has already written to current "active" members so if you haven't heard from him and are interested in road running then please contact him.

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CHANGES OF ADDRESS

Once again a membership application form is attached to this newsletter. Its purpose is twofold. It is there for you to give to anyone who might be interested in joining the club and for you to use to notify the Hon Sec of any change of address or other relevant information. Please, please use it on posting, it will make my life a lot easier.

WELSH 1000 25 MAY 85

If you can manage to round up a team of four runners/walkers, and a driver and persuade them to spend a Bank Holiday in Snowdonia, then the Welsh 1000 may be the event for you.

It's tough, rugged, physically and mentally demanding. If you can't use map and compass on the mountain in zero visibility then don't bother.

The event is organised by Eryri Harriers and the Army (HQ Wales). Teams of four have to traverse 32km of mountainous terrain visiting five checkpoints all over 3000' (1000 m.) the final checkpoint and finish being the summit of Mount Snowdon. (Having survived the event you still have to walk off the mountain.)

Service class competitors must strictly adhere to the rules of dress, which includes boots, full body coverage, back pack, wet proofs, survival bag, rations etc. Not the best dress for moving swiftly, but certainly the most sensible in mountainous terrain.

It is a race, and you can travel alone or stay as a team. If you decide to go it alone make sure you can use map and compass. As always a good percentage of competitors were not up to the event and had to be withdrawn at various checkpoints. Those that did make it to the summit of Snowdon (many in various states of hypothermia and having to recover in survival bags) all agreed that the weather had made this years event a severe test of resolve and physical endurance. My time was 7hr 42min. I get paid 7 days a week and I can assure you I certainly earned that one

One final point, the event is open to fell runners, they start later than service class competitors, and compete in running shoes, shorts and vest. to be overtaken by someone in this running rig whilst you're in full waterproofs is very demoralising. They must be a rare breed of animal indeed.

Brian Hart

CROSS COUNTRY FIXTURES 85/86

The first 4 fixtures for next season are given below so please put these dates in your diary NOW with the firm intention of competing. Terry will be sending out a full list in late August, early September.

21 Sep 85 Ranalagh Harriers - 6 miles on Richmond Common.

19 Oct 85 Home Fixture - 6 miles at RMA Sandhurst followed by AGM.

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16 Nov 85 13th Sigs Regt - Birgelen (see lead article).

30 Nov 85 Orion Harriers - 7 miles in Epping Forest (Chingford).

CROSS COUNTRY REPORT 1984-5

Once again the time has arrived to draw last winters' cross country into focus, prepare that report and start planning the Clubs' campaign for the next season.

1984-5 saw the club continue at much the same strength as in the last few years, with 'old campaigners' like Mike Wilson, Mick Sumpter etc. welcoming new faces, the Ians Greenhaigh and Davidson, Gary Adams, Tim Lloyd and Graham Smith to the fold. It also saw 'old member' (RAF Cross Country Champion of the 1950's) John Reeve return to club competition sporting his original club kit. The stronger members do'nt seem to mind pushing John to the start in his Bath Chair. John promises to be even fitter during the next season and at the moment is trying to secure a large Mini Bus (a contradiction in terms!) for our trip to Germany in November and so cut down our costs - aren't you John!

Another John - Gilroy - was once again successful in the season long cross country championship - the results are attached. For those members who are not familiar with this, the scoring is as follows; every member who starts a race receives 3 points, those finishing in the first 10 gain further points from 10 down to 1 for 1st club member to 10th club member. The points are totalled up and the highest score wins.. Unfortunately Gilroy has pushed me into 2nd place for the last two years. I sometimes wish I had not persuaded him to join! Well done John.

What we need is more members pressing John and myself for this trophy next season - but it will need regular appearances to beat John. So come on. One of our longer serving members, Roger Clarke, who is now running very well as a Vet has, in a welcome letter of support, intimated that he will do his best to turn out for the club next year. If Roger can find time perhaps a few of his (and my) contemporaries of the late 60's and early 70's can do likewise.

The 1985 cross country season will begin with a 6 mile race at Ranalagh Harriers on 21st September. The annual home match and AGM, will take place at RMA Sandhurst on one of the last 3 Saturdays in October and the club will travel to Germany to run against 13 Signals Regt. on Friday 15th November and return after the race on Monday 18th. Put these dates in your diary now and make a decision to attend some of them. Further fixtures are still being finalised and members will be circulated with the information shortly.

By the time I see most of the Club members in September I will be a civilian. I am continuing as Cross Country Secretary but I would like to thank all my service colleagues for their friendship and help in the past, and wish them the best of luck with their careers.

Terry Lewins.

The Athletic Club of The Three Services

MILOCARIAN AC RESULTS 1984-5 - Cross Country

22/9/84 Ranalagh Harriers

8. Atkinson
15. Gilroy
40. Lewins
48. Niblock
57. Sumpter 65 ran

TEAM: Milo 3rd of 4.

20/10/84 RMA Sandhurst

10. Lloyd
19. Greenhaigh
34. Gilroy
41. Lewins
44. McCarthy
53. Sumpter
64. Niblock 85 ran

TEAM: Milo 6th of 11

27/10/84 Orion Harriers

8. Gilroy
14. Lewins
32. Reeve
35. Niblock
36. Morral 37 ran

TEAM: Milo 2nd of 2

8/12/84 Polytechnic Harriers

7. Shields
10. Greenhaigh
18. Gilroy
37. Lewins
54. Sumpter
60. Wilson 76 ran

TEAM: Milo 5th of 6

16/2/85 Bank of England

5. Adams
12. Lloyd
14. Gilroy
27. Lewins
34. Ling 39 ran

No team result

9/3/85 Ranalagh Harriers

No results available. Milo members in order of finish (approx!)

Davison
Adams
Spacie
Gilroy
Ling
Smith

The individual cross country scores are overleaf.

MARATHON CHAMPIONSHIPS

Once again we will be using the results of the RAF Swinderby Marathon to decide the Clubs' Marathon Championships. So if you are entering that race please let either Terry Lewins or John Gilroy know, on the day at RAF Swinderby. Do not bother the race organisers with the fact that you are a Milocarian. The date for the Marathon is Wednesday 16th October 1985.

ARTICLES

Finally, articles are always needed for Milonews so if you have anything that you would like to air, either gripes, grievances or advice then send it to the secretary. Also some of you longer serving members of the club might have some stories, anecdotes from the clubs past which could be of interest to members.

NAME/ /RACE	22/9/84 Ranalagh	20/10/84 Sandhurst	27/10/84 Orion Harr	08/12/84 Polytechnic	16/2/85 Bank of Eng	09/03/85 Ranalagh	POSITION
Gillroy	10+3/13	8+3+13/24	10+3+24/37	8+3+37/49	7+3+49/59	7+3+59/69	69 = 1st
Lewins	8+3/11	7+3+11/21	9+3+21/33	7+3+33/43	6+3+43/52		52 = 2nd
Niblock	7+3/10	4+3+10/17	7+3+17/27				27 = 3rd
Sumpter	6+3/9	6+3+9/18		6+3+18/27			27 = 3rd
Davison					9+3/12	10+3+12/25	25 = 5th
Adams					10+3/13	9+3+13/25	25 = 5th
Lloyd		10+3/13			8+3+13/24		24 = 7th
Greenhaigh		9+3/12		9+3+12/24			24 = 7th
Reeve			8+3/11	5+3+11/19			19 = 9th
Ling					5+3/8	6+3+8/17	17 = 10th
Wilson		5+3/8		4+3+8/15			15 = 11th
Shields				10+3/13			13 = 12th
Atkinson	9+3/12						12 = 13th
Spacie						8+3/11	11 = 14th
McCarthy		7+3/10					10 = 15th
Morrall			6+3/9				9 = 16th
Smith						5+3/8	8 = 17th