

Milonews

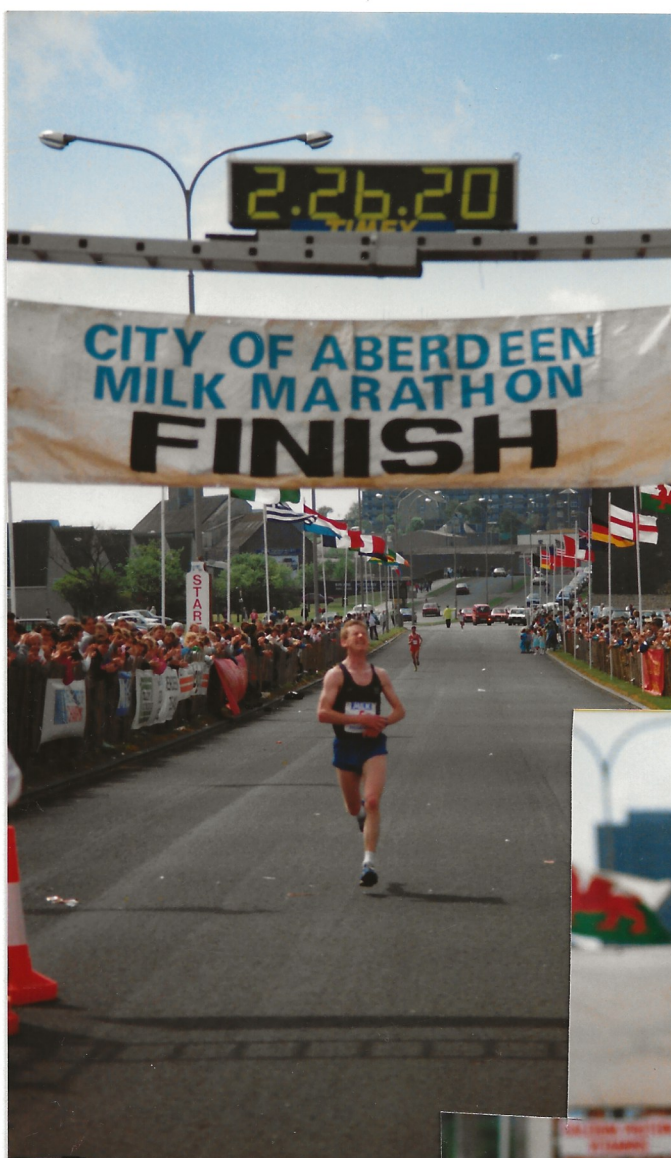
The Newsletter of Milocarian AC



Issue Number : 8

June 88

INTERNATIONAL SUCCESS FOR MILOCARIAN



Terry Lewins has just returned from Aberdeen where he had the pleasure of witnessing Doug Cowie winning his second Scottish vest in the Home Countries International marathon. Doug finished an excellent sixth in the race, in 2hrs 26min 21seconds and was a worthy member of the winning team.



WELL DONE DOUG

CROSS COUNTRY REPORT 1987-1988

Once again the time has come for the might of the pen to overcome my lethargy (I call it pressure of work) and produce the report on the last season's Cross Country activities.

The year started well with a good turnout at the first race at RMA Sandhurst and Lee Benjamin led the 11 club athletes home with a fine 5th place. Lee's run was ably supported by Eric Thomas in 7th position and guesting Reg Clarke in 17th. The team packed nicely (pretty boy's) and ended the day 3rd of 12 teams, a really good performance to start the season. The photographs taken by 'Anthony Armstrong' Lewins now reside with the club historian Mick Morris and should find their way into the club archives (the best place for them judging from the expressions on some faces in the finishing straight!).

Young Gilroy (grovel, grovel) held the fort for me at the next fixture against Orion Harriers at Epping and Mick Morris finished as first club member in 18th position. John, weighed down by the responsibility of acting as Cross Country Secretary, was easily defeated by the Club Chairman, Gordon Howard, who can obviously handle responsibility with the ease of one who was born to it, the margin between the two at the end being a massive 8 seconds. Bill Reilly rounded out the scoring five as Orion beat us by 15 points to 40 in the team race.

The Ace? Photographer struck again at the next event against Ranelagh Harriers where Club members present lined up for a team photograph proudly puffing out their chests in the new club kit, even "little McCarthy" has a chest! Copies of the team shot are available from the Cross Country secretary. Lee Benjamin finished as first club scorer and John Gilroy turned the tables on Gordon by? (that will be Five Pounds, Gordon). The club finished 10th of 12 teams.

Roger Clarke, now resident at Borden, made his first appearance for the club at the fixture at Roehampton against Thames Hare and Hounds on 9th January. Roger started his New Years' athletics well as he dominated the race, running out an easy winner and was ably backed up by Chris McNaughton in 5th position. Andy Law fought through from the wilds of Norfolk and, feeling the effects of Christmas and old age (look who's talking!) managed to hold off Gordon Howard as they finished 10th and 12th respectively. Frank Boland was the next club runner in 14th, one place in front of Paul Lawrence who beat his Benson Station mate Bill Reilly by 30 seconds. John

McCarthy, Mick Sumpter and Mike Wilson finished off the team scoring as Thames Hares and Hounds narrowly won that competition. Where would the club be if these last six runners ever failed to turn up! They may not finish right at the front of the race but they can always be relied upon to back up the occasional star we are able to field.

WE WON THE NEXT RACE!!!!

It was against Kingston/Polytechnic Harriers over a 9 mile course at Richmond Park on 16th January. Again a member making his season's debut dominated the race and, if he had carried his compass (Orienteering yet!), Doug Cowie might even have stayed in front and won the race. Doug took control of the race as soon as the start was sounded and built up a good lead before going off course as he neared the end of the first lap. He fought his way back into first place only to go off course again near the end. Time ran out faster than Doug's legs could propel him and he finished a not too disappointed 4th, beaten by Gordon Howard in 3rd position. Charles Jenkins was the next Milo in 6th place, backed up by new club member Steve Heaney in 8th, Paul Lawrence in 9th, John McCarthy 10th, Bill Reilly 11th, Mick Sumpter 13th, Paul French - a resurrected Club member - was 14th with Mike Wilson manfully towing his body (just call him 'Tug') around this long course in 15th place. Although both Poly and ourselves finished with the same number of points, they graciously awarded us the team race in view of Dougs' misfortune.

Doug turned out for his second race in succession at the Bank of England fixture on 13th February and finished as first club athlete once more. His fine 6th place was backed up by Chris McNaughton in 18th, John Gilroy 21st, Gordon Howard 40th, Paul Lawrence 44th, Bill Reilly 55th, John McCarthy 56th and Paul French in 81st position. 99 runners finished with Milocarians 6th of the 10 teams to close.

The final race of the season saw 12 Milocarians line up in the 3.25 mile race hosted by Ranelagh Harriers at Richmond Park on 27th February. Eric Thomas and Ted Hamilton made their first appearance of the season and ended up as the first two club runners home. A much too familiar name came in next (some bloke called Howard) and he was followed home by Andy Law. Bill Reilly was the next club man in 47th place, with John Reeve, Frank Boland, John McCarthy, Mick Sumpter and, improving on his last run over this course,

Dai Davies packing well for the club. Scoring 10 a side we were 4th of the 4 teams able to field such a number. Reducing the scoring to 4 a side we finished 5th of 6 teams.

Club Chairman Gordon Howard rounded off the season by presenting Paul Lawrence with his trophy as 1987 Marathon Champion in the car park after the race. Well done Paul.

Now to the results of the season long competition for the club Cross Country Champion. To refresh your memory 3 points are awarded to athletes for appearing and further points are gained by finishing in the top ten club scorers. 10 points are awarded for 1st club score reducing to 1 for the 10th athlete home.

Masochists Corner.

The 1988 Milocarian Marathon Championship will be held in conjunction with The RAF Swinderby Marathon on Friday 7th October starting at 12.30. Contact P.Ed.O. RAF Swinderby for entry details.

Semi-Masochists Corner.

A new race this year will be held on 2nd October. The Milocarian Half Marathon Championship will be held in conjunction with the Windsor Half Marathon. This well established and well run race follows a pleasant, traffic free (if slightly undulating) course through Windsor Great Park. There is plenty to keep non runners amused while they are waiting for their personal hero (or heroine) to return to them and we are hoping to have a tent to act as a focal point for families and supporters.

A definite must for anyone who wants a longer race whilst retaining enough sanity not to want to run a marathon.

Extra entry forms are available from Terry Lewins at his usual address.

Championship Results

Posn.	Name	Races	Points
1.	Howard	7	73
2.	Gilroy	5	57
3.	Reilly	6	44
4.	McCarthy	6	42
5.	Lawrence	5	40
6.	Benjamin	2	26
7.	Thomas	2	25
	Sumpter	5	25
	Cowie	2	25
10.	McNaughton	2	24
11.	Morris	2	23
	Jenkins	2	23
	Boland	3	23
14.	Law	2	20
15.	Clarke	1	13
	Davies	3	13
	Wilson	3	13
18.	Hamilton	1	12
19.	Spacie	1	11
20.	Heaney	1	10
	French	2	10
22.	Reeve	1	7
23.	Hefferman	1	6

Club Officials:

President:	General Sir Charles Harrington GCB DSO MC
Chairman:	Lt Col G Howard
Hon Secretary	Mr J W Gilroy
Treasurer:	Mr J McCarthy RAF (Retd)
Cross Country Sec:	Mr T W Lewins
Road Running Sec:	Sgt O'Reilly Sgt Lawrence

Club Ties and Colours

Club ties are available from the Cross Country Secretary, Terry Lewins at the ridiculously low price of Seven Pounds (inc p & p). Terry's address is:

14 Warrington Spur
Old Windsor
Berks
SL4 2NF

Terry also has a supply of Club vests and ribbons. Club colours are dark blue vest and shorts with 4" of club ribbon on centre top of vest. Vests are Five Pounds each and have the Club name on them.

Correspondence

All changes of address and general correspondence, also letters, articles, ideas, thoughts, issues that might be of interest to readers of Milonews to John Gilroy at the following address:

John Gilroy
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