

MiloNews

The Newsletter of Milocarian AC

Issue 10 - August 1989

Dave Davies

It is with great regret that we report the tragic death of our cross country secretary Dave Davies. Dave was killed while cycling home from work on Wednesday 26th July.

The Club was represented at the cremation by the Chairman, Secretary and Frank Boland. In accordance with the wishes of Dave's wife a donation was made on the clubs behalf to the Army benevolent fund.

Dave is survived by his wife Kim and a son, who weighed in at 8lb 12 oz on the day of the cremation.

Cross Country

At the time of his death Dave Davies was busily organising the fixtures list for the 89/90 cross country season, however Frank Boland has stepped into the gap in the interim to ensure that Daves' work is completed and to get the season into gear. See under Club Kit for Franks telephone numbers.

Cross Country Report 1988/1989 Season

This will probably go down as one of the driest seasons on record (except for the Chingford mud!!). Several new runners have joined us since my last report. We welcome Andy Moore, Steve Finch, Scott Copsey, Malcolm McGill, Tudor Fox and Barry Le Grys to the Milo's Fold.

All those mentioned managed several appearances before the season ended and as the reports will show it makes for an interesting championship next year.

Race Reports

17 Dec 88 - Kingston Polytechnic Harriers

7 runners made the start line just before the Xmas break and debutant Andy Moore left all in his wake and led the Milo's home. John Gilroy followed in 2nd place and Gordon Howard was 3rd. An improving Frank Boland was 4th.

28 Jan 89 - Bank of England

17 runners set out in this match, a record surely for Milo participation in a race? Debutant Steve Finch led the team home with Andy Moore 2nd, debutant Scott Copsey 3rd and championship leader John Gilroy 4th.

11Feb 89 - Kingston Polytechnic Harriers

11 members started this 9 mile excursion in Richmond Park. Andy Moore ran home ahead of Ted Hamilton with Eric Thomas 3rd. Gordon Howard left the throng after the first lap looking very pale. Secretary Dave Davies intending to save himself for another day was inspired to complete the course in a fast time (for him!!) and gain an unexpected championship point.

12 Feb 89 - British Airways

As this was a double race weekend we were unsure how many runners would arrive for this new fixture. However, fears of a small turnout were disproved. 13 members came under starters orders. Doug Cowie ran well to win the British Airways Open race, Steve Finch was close behind. Barry Le Grys on his debut was 3rd Milo home. There was much celebrating from the Gilroy camp when it was announced that John had taken the Veterans prize in his first race since crossing the age barrier some days before.

11 March 89 - Ranalagh Harriers

This race has become the traditional end to our season. The swift 3.9 mile course proved popular and 12 members turned out in club colours. Eric Thomas led the team home with Barry Le Grys 2nd and John Gilroy 3rd.

SECRETARIES COMMENT

With 11 races counting towards the championship this was one of the longest seasons for the Milo's. We managed only one new fixture but I have several teams willing to entertain us next season. The turn out this year has been excellent and certainly made it worthwhile in arranging and organising events. For those participating in the Road Races this summer I wish you the best of luck and hope to see you back on the muddy trails in October.

CLUB CROSS COUNTRY CHAMPIONSHIP 1988/9

From the 11 races consistant running has won the day and this years champion is JOHN GILROY (his second trophy as a Vet!!). The overall season became a personal battle between John and Gordon Howard (last years winner) for the trophy. However, results towards the end of the season from Andy Moore, Steve Finch and Barry le Grys suggest that it will be more than a two horse race next year. The points for the leading contenders are shown below:

	Races	Points
John Gilroy	10	113
Gordon Howard	9	86
Frank Boland	9	81
Mick Sumpter	9	64
Dave Davies	10	55
John McCarthy	7	53

Overseas News - Sgt John Lennon

BAOR - RCZ X COUNTRY LEAGUE.

The 1988/89 season heralded my return to BAOR and my first year in Germany as a runner. On 28th September 1988 I attended the RCZ AGM and it was here that I instantly recognised a fellow "Milo" in the shape of Cpl Steve Langley (RAF Bruggen).

The AGM was chaired by Gp Capt R Shepherd. During the afternoon several matters concerning the forthcoming season were discussed and ironed out.

Personally, the real season started with a Road Race in the shape of the BAOR 10 mile championships. Here I achieved a PB when I finished third in 50 min 39 secs.

The first X Country Race of the season was hosted by RAF Wegberg on 5th October 1988. The RCZ League is said to be one of the strongest in BAOR as it incorporates the lads from RAF(G). This can be seen from the result:

1st	Sgt John WILD (LARR)
2nd	SAC MILLER (LARR)
3rd	JT EYNON (WILD)
4th	JT GREEN(WILD)
5th	Sgt LENNON (DULM) First Army
6th	Cpl LANGLEY (BRUG)

This pattern has remained basically the same throughout the season with one or two variations. SAC Miller has moved on to warmer climes (I hope) and he has been replaced by Cpl TOOLE (BRUG).

On Friday 9th December 1988 the BAOR CROSS COUNTRY CHAMPIONSHIPS were hosted by 3 Base Ammunition Depot over a very challenging 2 lap course which incorporated every type of surface you could possibly imagine. The result of the race is as follows with the first ten being selected to represent BAOR in a Tri-Service against RAF(G) and the French Forces Germany:

1st	SSgt Mal EDWARDS
2nd	Major HEZLETT
3rd	LCpl Mark VILE
4th	WO11 Alex ROGERS
5th	Sgt Geoff MARTIN
6th	Sgt Bill BAILEY
7th	Sgt WILSON
8th	Sgt Mark LASSATER
9th	LBdr PEDGE
10th	Sgt John LENNON

However this team was to change on the day of the race with the Army having to draft in several reserves. Full results are not available at this moment in time, however the race was not as one sided as was originally anticipated with the boys from the RAF showing several runners in the top twenty over the first lap. It became obvious however halfway through the second lap that bearing any last minute disasters that the Army was going to win with the RAF lads coming home a gallant second.

I now look forward to the Army Championships which are being held over the traditional course at Tweeseldown near Aldershot on Wednesday 1st February 1989.

NB: I finished 20th at Aldershot.

Regards

ULTRA NEWS

As you may recall from our Christmas issue, John McCarthy was due to run in Milton Keynes in an Invitation 24hr Race. Several Milo members went to provide support and strait jackets as appropriate. We came away full of admiration for the dedication not only of the runners but also of their families and friends. John was 13th having completed 116 miles 160 yards.

CLUB KIT

Frank Boland has kindly agreed to act as the Clubs' contact with Terry Lonergan Sports. Frank now has a supply of Club vests, including the mesh type. In addition he has had Sweat shirts and trackster style bottoms produced with the Club Name which are incredibly smart as well as being very competitvly priced. Running vests will cost five pounds each as the cost is subsided by the club.

To obtain club kit from Terry Lonergan at discount prices the kit must be ordered through Frank. He can be contacted at:

Home: 0474 874904
Work: 01 218 2837

Half Marathon Championship

The Club hopes to put a good team in for the Windsor Half Marathon this year. The race, which this year includes the Building Industry Championship, will be bigger and better than ever with a first prize of 1000 also very good prizes for the largest sum of money raised for the Spastics society. Apart from the usual amusements to stop your supporters from being bored there is also a Youth Fun Run for 8 -16 year olds. This is a two and a half mile race on the Long Walk up to the Copper Horse and back to the start. There are entry forms included both for the Half Marathon and the Fun Run should you or your family wish to compete. The course is undulating, not to mention hilly, but very pleasent being entirely in the Windsor Great Park.