

MILONEWS

The News Letter of Milocarian AC

Issue 12 - October 1990

From the Editor/Collator/Typist/Setter/Photocopier.....

Watch out for the new look Milonews. This literary masterpiece is under new management..... Are there changes afoot one asks.....No! We will still struggle for articles from the membership, we will still nag the various committee members for their reports, and we will still practice the flexible publication date policy, but take heart, we will still do it all with a smile.

Mike Sumpter

From the Chairman.....

Thank you for all your continued support. As can be seen from last season's results, 1989/1990 was a good year for the club. Frank Boland provided us with an excellent fixture list and the number of active members increased again. It only needs the presence of some of our faster runners to turn out for the club more frequently and we could surprise a few of our old friends and opponents. This year is our Diamond jubilee and a few good results would be especially welcome.

Frank has arranged a full fixture list. Please note, in particular, our "home" fixture at Sandhurst on the 6th of October, when the Lewins Trophy is at stake, the five Chiltern league races and the Ranalagh Ellis trophy on the 1st of December. This year the AGM will be held after the Ranalagh meeting, but more details from our Secretary.

Talking of which, pressure of work caused John Gilroy to ask to be relieved of the Secretary's job. We had expected to lose Frank as Cross Country Secretary and for Mike Sumpter to take over from him. Unfortunately for Frank, but not for us, his posting fell through. So Frank soldiers on and Mike has taken over as Secretary. Welcome to the committee Mike and many thanks for all your good work John.

An overseas trip has been arranged again, this time by Doug Cowie. So good luck to the Minibus load off to the Frankfurt Marathon on the 21st of October.

CLUB ARCHIVES

Mike has also agreed to take on the role of club archivist.

There is one record book covering the period from 1930 to 1957; with the greatest detail for the period 1948 to 1954. There are also boxes, still being sorted, and files covering 1974 to date.

Unfortunately, we have no information at all for 1957 to 1974. There are a few photographs of Milocarians in action from 1954 to 1989 and the only annual booklet of rules and results in the

I would be most grateful if all Milocarians who read this search their scrap books and/or old files and let Mike have any Milocarian information you are willing to part with; especially that covering the gaps. Photographs would be most welcome.

The archives are, of course, available for members to peruse and will be on display at AGMs and reunions.

DIAMOND JUBILEE REUNION

The 16th of June saw some 50 members and their ladies celebrate our diamond jubilee in style at the Duke of Yorks in Chelsea. We had a chance to catch up with old friends, make new acquaintances and peruse the record book over drinks, followed by a first class lunch. It was delightful to see some of our more senior members in such fine fettle. Now we have up to date addresses for them we will, of course, keep in touch. The success of our first reunion for a while was due in no small part to the kindness of the Commanding Officer of The 21st Artists Rifles for letting us use his facilities, the friendliness and hard work of Bill Bramall, their Administrative Officer and to that Master Chef, Maurice Beck. We are most grateful for all of them. Judging by the comments afterwards, the event gave much pleasure and more get-togethers would be welcome. We will have to see what the committee can come up with.

Gordon Howard
7th September 1990

The Gazette Hillingdon Half Marathon

The 7th Hillingdon Half Marathon started from Uxbridge on the morning of Sunday 18th of March. The Milo's team, comprising Mike Sumpter, Rod Parker, Ian Jebson and myself, took our positions along with some 1700 other runners at the start. The race was due to begin at 0930, but the start was delayed by 5 minutes as the eager field were herded back behind the starting line. This year the race was held over a new course; the old route being considered too dangerous following major changes to the road system in the south of the Borough. The race started with a 2 mile circuit of North Uxbridge, we then climbed Hillingdon Hill and headed up Long Lane to North Hillingdon, where water and sponges provided welcome relief from the unusually hot March weather. The route then followed Hercies Road back to Uxbridge town centre, and the second half of the race followed part of the old course through Yeiewsley and Hillingdon before returning to Uxbridge High Street for the finish.

The event was well spectated over the entire course, and the Police and race marshalls ensured that it was safe and enjoyable.

The race was won by Tom Maher of London Irish AC with a time of 1:06:46 and the first lady home was Sally White of Thames AC with a time of 1:25:43.

Ian Jebson was the first Milo home with a time of 1:26:46, followed by myself at 1:32:37, next was Mike Sumpter at 1:39:37 and Rod Parker at 1:42:59. The Milo's team finished in 14th place, and I am sure that by fielding a stronger team next year this result can be improved upon.

Tudor Fox

Cross Country Report

Three Milos ventured as far as South Wales for the Nos Galen race at midnight on the 30th of December. It was not an altogether happy experience. John Gilroy ran only 400 yards before twisting his ankle as the crowded field headed for the first bend. The injury not only prevented him finishing the race but kept him out of competition for most of the season. Frank Boland and Rod Parker did complete the race although they did not reach the finish line! The absence of marshals to record finishers meant that runners were stopped short of the finish and made to line up in (probable) finishing order while one marshal with a clipboard went along the quarter of a mile long line of sweating runners waiting in the December night recording positions. I could go on.....

The first cross-country of the New Year was against the Metropolitan Police at Orpington on a wet and windy day. Steve Finch came in first for Milos with Keith Henderson storming in second to show that marathon training pays off. Unfortunately the course markings left something to be desired. At least two Milos took a wrong turning and had to backtrack, losing valuable places in the process, and it is not clear that all competitors actually ran the same course.

The next week saw a new fixture with Milos competing in Chiltern Running Club's Inter-Club race at Amersham. The course was demanding and, in places, positively hairy! Steve Finch was first Milo home again, followed by Damian Macay, on his first outing for the club, and then Bill Reilly.

The Bank of England fixture at Richmond Park attracted only half a dozen Milos of whom Gordon Howard was the first home. Our next fixture was also against the Bank. This time we fielded 11 runners with Keith Henderson the leading Milo for the first time. We joined the Veterans AC fixture against Thames Hare and Hounds in February on Wimbledon Common. Milos came in second as a team with Tim Jones winning the race and Gary Adams the next Milo home.

The last fixture of the season was against Ranalagh where Gary Adams was the first of ten Milos to finish, including John Gilroy in his first race since Nos Galan.

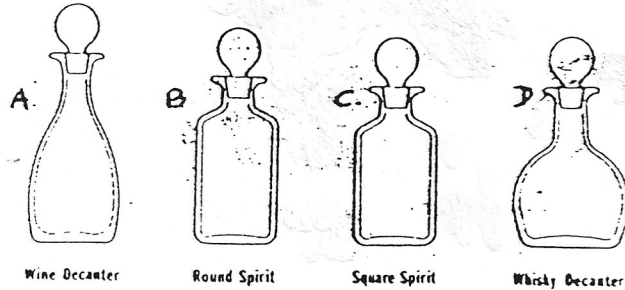
At the end of the season the positions in the club championship were:

Gordon Howard	180 points
Frank Boland	171 points
Keith Henderson	136 points
Rod Parker	130 points
Steve Finch	128 points
Mike Sumpter	105 points
John Gilroy	104 points
Mike Wilson	98 points
Ian Jebson	90 points
Bill Reilly	83 points
Tudor Fox	78 points
Gary Adams	73 points

TROPHIES

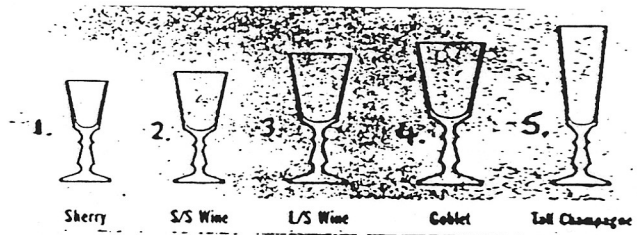
There has been several requests for information and details regards the glassware the club presents as trophies. Perhaps members who have manage to carry off such a trophy wish to make up a set, who knows? Anyway here are the decanters and goblets available along with their current prices.

DECANTERS



A	£15:50	Discount Price	£14:25
B	£15:75		£14:50
C	£16:75		£15:00
D	£16:75		£15:00

GOBLETS



1.	£4:75	Discount Price	£3:95
2.	£4:95		£4:25
3.	£5:35		£4:80
4.	£5:85		£5:25
5.	£5:50		£5:00

Notes: A further discount of £1 will be allowed by our supplier on orders of 12 or more.
Prices include VAT and boxes.

Send to: H F ENGRAVINGS
Margaret Haughey
30 Sandylands Road
Cupar
Fife

Telephone: (0334) 52987

CROSS COUNTRY FIXTURES 1990/91

All fixtures are on Saturday and start at 15:00 unless otherwise stated.

1990

6 OCT 90	RMA Sandhurst 6 miles (Home Fixture) Terry Lewins Trophy	Yes/Maybe/No
13 OCT 90	Banbury (Chiltern League Fixture)	Yes/Maybe/No
27 OCT 90	High Wycombe (Chiltern League fixture)	Yes/Maybe/No
3 NOV 90	Poly/Kingston AC 5 miles (Richmond)	Yes/Maybe/No
24 NOV 90	Orion 6 miles (Chingford)	Yes/Maybe/No
1 DEC 90	Ranalagh 5 miles (Richmond) Ellis Trophy	Yes/Maybe/No
8 DEC 90	Burnham (Chiltern League Fixture)	Yes/Maybe/No
15 DEC 90	Poly/Kingston AC 7 miles (Richmond)	Yes/Maybe/No

1991

5 JAN 91	Met Police 6 miles (Orpington)	Yes/Maybe/No
19 JAN 91	Leighton Buzzard (Chiltern League Fixture)	Yes/Maybe/No
26 JAN 91	Bank of England 6 miles (Richmond)	Yes/Maybe/No
16 FEB 91	Poly/Kingston AC 9 miles (Richmond)	Yes/Maybe/No
3 FEB 91(Sunday)	Club Half Marathon Championships (Watford Half Marthon)	Yes/Maybe/No
9 MAR 91	Luton (Chiltern League Fixture)	Yes/Maybe/No

Note: Full details of individual races will be sent nearer their respective dates with directions and meeting points.

Please complete this form (including your name and correct address and phone number) and return to me at the address below.

Frank Boland
 Sec (Pol Studies)
 Room 7368
 Ministry of Defence
 Main Building
 Whitehall
 London SW1A 2HB

From.....

MILOCARIAN MARATHON AND HALF MARATHON CHAMPIONSHIPS

By the time members read this newsletter, the club's marathon championships, held in conjunction with the Swinderby Marathon, would have taken place. It was decided at the last committee meeting that members wishing to compete for the above trophies must indicate to the club that they are taking part in either competition. To enable this the committee decided that the dates of the two competitions would be added to the cross country fixture list and members could then inform the club of their intent. It will still remain the individual's own responsibility to enter etc, but at least the club will then know if a Milocarian has won either trophy. We are still trying to ascertain who actually won last years marthon trophy, do you know?

The Half Marathon trophy will be contested at the Watford Half Marathon held in early February 1991. Watch out for more news, hopefully in the next edition of Milonews.

STOP PRESS

At this moment in time the Annual General Meeting has not been fixed for a particular date and time. We were unable to have it at the normal location, after our Home fixture, because Gordon, the club's Chairman is away in sunnier climes. I have made enquiries concerning a possible location on the 1st December after the Ranalagh race, but the cost of the function room at the Dystart Arms is a little excessive. I will inform members as soon as I know when and where.

STOP PRESS

THE ANNUAL GENERAL MEETING OF THE MILOCARIAN ATHLETIC CLUB WILL BE HELD ON SATURDAY THE 1ST DECEMBER 1990 AT THE STAR AND GARTER RETIREMENT HOME, RICHMOND PARK.

THE MEETING WILL COMMENCE AT 1615 HRS IN THE BOARD ROOM OF ANCASTER HOUSE, WHICH IS THE FIRST BUILDING ON THE RIGHT AS YOU LEAVE THE PARK BY RICHMOND GATE.

ALL MEMBERS WILL BE WARMLY WELCOME, BUT IN THE EVENT OF YOU BEING UNABLE TO ATTEND, PLEASE LET ME KNOW OF ANY MATTERS FOR DISCUSSION OR CONSIDERATION.

THANKYOU

**MIKE SUMPTER
HON. SECRETARY
MILOARIAN AC
SOAC NO 1 AIDU
ROYAL AIR FORCE NORTHOLT
WEST END ROAD
RUISLIP MIDDX HA46NG**

TEL: 081 845 2300 EXT 268

I APOLOGISE FOR THE LATE ARRIVAL OF THIS EDITION OF THE MILONEWS, BUT I HAVE BEEN WAITING FOR CONFIRMATION OF THE AGM.

IF THIS NEWS LETTER REACHES YOU WITH AN INCORRECT ADDRESS OR HAS HAD TO BE REDIRECTED, PLEASE INFORM ME ASAP OF YOUR NEW PERMANENT ADDRESS.