

# MILONEWS

The News Letter of Milocarian AC

Issue 15 - March 1992

Comments and contributions to:

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## MESSAGE FROM THE CHAIRMAN

In the early eighties our fixture list averaged only 6 to 8 meetings a season and our turn out was between 3 and 6 runners per fixture. The 1991/1992 season has seen us compete in 15 meetings. Over 50 runners have turned out for the club at an average of 15 per fixture.

Our second season in division 2 of the Chiltern League has seen us improve from 13th at the first meeting to 4th in the last few. Congratulations to Steve Finch in coming third individual and to the Vets! for coming 1st or 2nd veterans team (final result still awaited).

My thanks to our committee members and to our new cross country secretary Neil Wood in particular. His enthusiasm and energy have been an example to us all,

To celebrate this new found spirit several of our active runners have asked for an end of season get-together. All members, their partners and families, are encouraged to join us at RAF Halton, just outside Tring, on Saturday the 4th of April. There will be a handicap race at 1500, handicapper the Chairman!, followed by a hot buffet meal in the Football Club at 1630. If you wish to attend please return the proforma in this MiloneWS, or the one with the Bank fixture reminder, to John McCarthy by Monday the 23rd of March.

Thank you for all your support, well done and happy running.

Gordon Howard

**IF THIS MILONEWS REACHES YOU BY A CIRCUITOUS ROUTE  
PLEASE LET ME KNOW  
YOUR NEW ADDRESS**

**KEEP YOUR CLUB INFORMED OF YOUR GLOBE TROTTING!**

## RACE ROUND UP'S and RESULTS

### HOME FIXTURE

Sandhurst, on 5th October 1991

Individual Results:	Winner	P	O'Brien	Ranalagh	Club Points
	17th	S	Finch		27
	20th	I	Greenhalgh		26
	28th	E	Thomas		25
	36th	B	Le Gry		24
	38th	K	Spacie		23
	42nd	E	Hamilton		22
	51st	J	Gilroy		21
	52nd	S	Appleton		20
	57th	W	Reilly		19
	64th	B	Rickard		18
	68th	I	Jebson		17
	74th	M	Kennedy		16
	77th	N	Wood		15
	83rd	T	Fox		14
	84th	K	Henderson		13
	89th	J	Iqbal		12
	96th	J	McCarthy		11
	99th		McGill		10
	100th	J	Reeve		9
	109th	M	Wilson		8
	113rd	M	Sumpster		7
	115th	N	Niblock		6

There were 127 runners, of which 22 were Milocarian AC.

#### Team Results(scoring 6 aside):

1st	Ranalagh	35pts
2nd	Metropolitan Police	104pts
3rd	British Airways	112pts
4th	Thames Hare & Hounds	167pts
5th	Milocarian AC	181pts
6th	Orion	322pts
7th	Bank of England	329pts
8th	Kingston & Poly Harriers	337pts

#### Others

1st	Ranalagh B	183pts
2nd	Metropolitan Police B	261pts
3rd	Thames Hare & Hounds B	506pts
4th	Milocarian B	547pts
5th	Orion B	688pts

The Milocarians opened their 1991/92 cross-country season on 5th Oct 91 by hosting the Terry Lewins Trophy race at Sandhurst. Despite dank, drizzly weather 8 clubs turned out over 120 runners on a demanding 5.5 mile course.

Ranalagh, last year's winners, were obviously determined to hang on to the cup and produced a team of remarkable strength and depth. Their 'A' team ran away with the event, taking 1,2 and 3 and bringing their 6 scoring runners back within the first 12 finishers overall; it was a magnificent display of class running.

The rest of the field scrapped among themselves in the mud and rain with the Metropolitan Police just snatching the 2nd team placing from British Airways. The Police packed well, in the 30s, to give themselves the edge. Thames Hare and Hounds held off the Milocarians to take 4th and it was an indication of Ranalagh's depth of talent that their 'B' team was only 3 points away from wresting 5th place from the Milocarians.

There were very encouraging performances from the 22 Milos who took part that augur well for the rest of the season.

Neil Wood

## CHILTERN LEAGUE FIXTURE ONE

Kingsbury, on 12th October 1991

Individual Results:	Winner	A	Magnall	Luton	Club Points
	72nd	S	Appleton		20
	80th	B	Rickard		19
	84th	T	Blacker		18
	94th	N	Wood		17
	96th	J	Gilroy		16
	108th	I	Jebson		15
	141th	K	Anthony		14
	165th	R	Morris		13
	167th	M	Sumpter		12
	168th	R	Parker		11

There were 202 runners, of which 10 were Milocarian AC.

Team Results (scoring 10 aside) : 1st Luton  
13th Milocarian AC

Vet Team Results (scoring 4 aside): 1st Burnham  
6th Milocarian AC

We managed to turn out a full team of 10 for the first Chiltern League race, at Kingsbury on the 12th Oct 91. It was particularly encouraging to see 3 new faces, Rick Morris, Kevin Anthony and Tony Blacker, all of whom showed great promise.

The race was a 2-lapper totalling about 6 miles across some pretty uneven grassland. The standard of the 202 strong field was remarkably high, considering this was a Division 2 race, with talent at the front like that turned out by Ranalagh at Sandhurst. The Milos were obviously stimulated by the challenge and could be justifiably pleased with their placings; Simon Appleton put in a very strong finishing run to lead the team home in 72nd place.

Neil Wood

## CHILTERN LEAGUE FIXTURE TWO

Burnham Beeches, on 26th October 1991

Individual Results:	Winner	A	Magnall	Luton	Club Points
	13th	S	Finch	30m 25s	20
	49th	P	Brown	32m 41s	19
	51st	J	Gilroy	35m 26s	18
	72nd	W	Reilly	35m 34s	17
	88th	M	Kennedy	36m 50s	16
	95th	N	Wood	37m 32s	15
	99th	B	Rickard	37m 44s	14
	103rd	T	Fox	37m 51s	13
	138th	K	Anthony	38m 09s	12
	156th	G	Howard	40m 03s	11
	171th	R	Parker	40m 53s	10
	176th	M	Sumpter	42m 20s	9
	180th	M	Wilson	42m 53s	8
	211st		McMahon	43m 22s	7
				51m 33s	7

There were 212 runners, of which 14 were Milocarian AC.

Team Results (scoring 10 aside) : 1st Luton  
9th Milocarian AC

Vets Team Results (scoring 4 aside): 1st Burnham  
4th Milocarian AC

League position after 2 matches : Team 10th, Vets 5th

The Burnham race marked the start of the upturn in the Milos' fortunes. We managed to field a team of both quantity and quality to take on 200 runners from 16 other clubs. The course was excellent, plenty of variety in terrain and going, some quick bits and sharp hills thrown in. Steve Finch, in his first league race of the season, finished in a strong 13th place and was followed by Paul Brown and John Gilroy in 49th and 51st respectively. Our 10 to count were completed by an injured Gordon Howard in 156th place. This good overall effort secured us 9th team place and 4th in the Vets' category.

Neil Wood

**ORION HARRIERS FIXTURE**  
Chingford, on 16th November 1991.

Individual Results:	Winner	J	Sear	Guest	36m	47s	Club Points
	7th	S	Finch		38m	51s	20
	18th	J	Gilroy		41m	21s	19
	29th	M	Kennedy		43m	31s	18
	35th	N	Wood		44m	35s	17
	37th	I	Jebson		44m	44s	16
	44th	B	Rickard		45m	33s	15
	46th	T	Fox		45m	58s	14
	63rd	M	Sumpter		48m	33s	13
	70th	M	Wilson		49m	46s	12
	77th	R	Parker		51m	16s	11

There were 94 runners, of which 10 were Milocarian AC.

Team Results (scoring 10 aside): 1st Orion Harriers

There were 6 teams 3rd Milocarian AC

Orion's course is probably the most demanding we face in a season; its mud, hills and distance present a real challenge, but a good performance gives great satisfaction. We turned out 10, at Chingford, in a field of 94 comprising 6 teams. The race turned into something of a home team benefit, but Seve Finch managed to break up the Orion phalanx with a strong 7th place in 38:51, John Gilroy was 10th and good packing in the 30s by Kennedy, Wood and Jebson earned us 3rd team slot, behind Lea Valley.

Neil Wood

**CHILTERN LEAGUE FIXTURE THREE**

Hemel Hempstead, on 30th November 1991.

Individual Results:	Winner	A	Magnall	Luton	20m	43s	Club Points
	12th	S	Finch		22m	23s	21
	15th	C	Rice		22m	36s	20
	23rd	C	Wintrip		22m	53s	19
	29th	I	Greenhalgh		29m	44s	18
	51st	P	Brown		30m	52s	17
	80th	W	Reilly		32m	52s	16
	97th	T	Blacker		33m	15s	15
	109th	T	Fox		33m	29s	14
	110th	B	Rickard		33m	37s	13
	119th	N	Wood		34m	30s	12
	120th	I	Jebson		35m	26s	11
	138th	K	Henderson		36m	02s	10
	142th	P	Lawrence		39m	03s	9
	158th	J	McCarthy		39m	28s	8
	177th	M	Sumpter		28m	32s	7
	191st	M	Wilson		29m	19s	6

There were 211 runners, of which 16 were Milocarian AC.

Team Results (scoring 10 aside): 1st Luton

There were 15 teams. 4th Milocarian AC

Vets team Results (scoring 6 aside): 1st Biggleswade

There were 15 teams. 2nd Milocarian AC

League position after 3 matches: Team 8th, Vets 4th.

**HILLS AND HALVES OF HEINEKEN**

Now that I have got your attention I can drop the Heineken bit; in fact, beer cans were used as course markers at the Milocarrians' recent Chiltern league Race, at Gadebridge, Hemel Hempsted.

There was speculation that all the empties might be the legacy of some new training programme adopted by the host club and inquiries about membership were numerous.

Anyway, even if the Gade valley Club were training on Heineken, it did not help them reach those parts of the 200 - strong field at the front. The hilly, 3 - lap race was dominated by Luton, but the Milocarrians finished 4th out of 15, their best team result yet and were led home by Steve Finch in 12th place. A strong team turn out of 16 runners included 7 veterans who fired up their zimmer frames to manage 2nd on their category, headed by Ian Greenhalgh in 29th place.



## RANALAGH FIXTURE

Richmond Park, on 7th December 1991

Individual Results:							Club Points
Winner	H	Brasher	Ranalagh	27m	42s	---	
8th	C	Wintrip		30m	36s	20	
17th	B	Le Gry		32m	05s	19	
37th	T	Fox		33m	52s	18	
39th	N	Wood		33m	59s	17	
40th	J	Gilroy		34m	02s	16	
42nd	M	Kennedy		34m	12s	15	
43rd	B	Rickard		34m	20s	14	
44th	I	Jebson		34m	25s	13	
54th	K	Henderson		35m	10s	12	
68th	J	McCarthy		36m	25s	11	
76th	M	Wilson		37m	32s	10	
81st	M	Sumpter		37m	56s	9	
89th	N	Niblock		38m	33s	8	
90th	R	Parker		38m	34s	7	
93rd	C	Kenyon-Brown		39m	12s	6	

There were 118 runners, of which 15 were Milocarian AC.

Team Results: 1st Ranalagh 188pts

There were 9 teams. 4th Milocarian AC 383pts

The Ellis Trophy, hosted by Ranalagh in Richmond Park on the 7 December 91, was a very fast 5.5 miles run in near perfect conditions. The Club's President, General Sir Charles Harington, was there to see us field 15 Milos in a total of 118 runners from 9 teams. New recruit, Clive Wintrip, showed his potential with a good 8th place and was backed up in 17th place by Barry Le Gry, making a welcome appearance. Down the field, what seems to be a continuing private battle between Fox, Wood, Kennedy and Rickard gave us a good pack in the 30s and 40s and further back yet, the senior hands - McCarthy, Wilson and Sumpter - gave strong support. Milcarians ended up 4th out of 9 teams from a good effort in depth.

Neil Wood

## CHILTERN LEAGUE FIXTURE FOUR

High Wycombe, on 4th January 1992

Individual Results:						Club Points
Winner				36m	04s	---
10th	S	Finch		38m	04s	22
23rd	C	Wintrip		39m	17s	21
29th	I	Greenhalgh		39m	53s	20
53rd	P	Carr		41m	19s	19
61st	P	Brown		42m	00s	18
65th		Simmonds		42m	13s	17
66th	F	Watt		42m	17s	16
80th	E	Hamilton		43m	00s	15
97th	N	Wood		43m	47s	14
108th	M	Kennedy		44m	15s	13
117th	W	Reilly		44m	40s	12
131st	P	Lawrence		45m	20s	11
149th	T	Fox		46m	21s	10
179th	J	McCarthy		48m	58s	9
138th	K	Henderson		50m	21s	8
193rd	P	Thompson		50m	24s	7
199th	M	Sumpter		50m	47s	6

There were 215 runners, of which 17 were Milocarian AC.

Team Results (scoring 10 aside) : 1st

There were 16 teams. 4th Milocarian AC

Vets Team Results (scoring 6 aside) : 1st Milocarian AC

There were ? teams.

Round 4 of the Chiltern League took us to the upper slopes of High Wycombe. Previous successes, such as our 4th place at Gadebridge, encouraged a turn out of 17 runners which included more talent than any team we had fielded so far this season; the strength came from both established members and new talent.

The course was not as rigorous as the previous year's, but still presented the 200 strong field with a challenge. Steve Finch reaffirmed his position as the club's leading league challenger by taking 10th place; Wintrip again ran strongly in 23rd and Greenhalgh shadowed him in 29th. The new boys showed a promise of things to come with 53rd, 65th and 66th places for Carr, Simmonds and Watt respectively. Our 10 to count were all in by 108th place to give us 4th out of 17th teams and to round off a thoroughly satisfactory day, the Vets won their category.

As we head for the final round, at Banbury, on the 15 February we are 7th in the senior men's league and the Vets are 2nd and challenging for the lead in their category.

Neil wood

### CHILTERN AC FIXTURE

Amersham, on 11th January 1992 - Sorry No Results

### BANK OF ENGLAND FIXTURE

Roehampton, on 25th January 1992

Individual Results:	Winner	?			Club Points
	5th		Zacharides	31m 29s	27
	6th	P	Gregory	31m 45s	26
	14th	A	Simmonds	33m 53s	25
	16th	F	Watt	34m 17s	24
	17th	W	Reilly	34m 19s	23
	18th	P	Brown	34m 27s	22
	21st	M	Kennedy	34m 42s	21
	22nd	I	Bielby	34m 45s	20
	23rd	N	Wood	34m 47s	19
	27th	T	Blacker	35m 16s	18
	31st	T	Fox	35m 35s	17
	34th	D	Gambell	35m 44s	16
	35th	J	Gilroy	36m 15s	15
	36th	B	Rickard	36m 19s	14
	42nd	K	Henderson	37m 00s	13
	43rd	J	McCarthy	37m 20s	12
	45th	P	Pritchard	38m 01s	11
	46th	P	Thompson	38m 34s	10
	51st	R	Parker	41m 06s	9
	53rd	M	Sumpter	42m 06s	8
	54th	B	Plummer	42m 15s	7

There were 58 runners, of which 21 were Milocarian AC.

Team Results:

1st	Metropolitan Police	46pts
2nd	Milocarian AC	107pts
3rd	Bank of England	172pts
4th	Orion	175pts

### Met Police Catch Milocarians in Bank of England Swoop

The Milocarians' mass raid on the Bank of England's premises at Roehampton, on 25 Jan 92, was foiled by an elite flying squad from the Metropolitan Police cross country team.

The gang leader had rounded up 22 runners, including first offenders and the usual old lags, for the 4 - sided match and was confident of a good haul of top placings, but the men from the Met had been tipped off about the Milos' recent form.

The policemen put an armlock on the leading positions - capturing 7 of the first 11 - and only Zacharides and Gregory managed to wriggle free to make off with 5th and 6th places for the Milocarians.

Further down the field there were fewer policemen to arrest the Milos' progress and they were able to gang up on the bankers and the Orion team and pinch second place.

## KINGSTON & POLY AC FIXTURE (9 miles)

Richmond Park, on 8th February 1992

Individual Results:	Winner				Club Points
	12th	B	Reilly	54m 28s	15
	15th	T	Fox	55m 56s	14
	17th	N	Wood	57m 12s	13
	22nd	P	Lawrence	59m 08s	12
	23rd	P	Thompson	60m 56s	11
	25th	M	Sumpter	64m 24s	10
	26th	B	Plummer	64m 55s	9
	27th	R	Parker	66m 02s	8
		J	Gilroy	DNF (Injury)	7

There were 30 runners, of which 7 were Milocarrian AC.

Team Results: 1st

There were 3 teams. 3rd Milocarrian AC

Sorry No more results - you will have to wait to the next edition of MILONEWS!

## CLUB KIT

### FLY THE COLOURSS

The Following Kit emblazoned with the Club name can be obtained through

**Neil Wood**

(THE CROSS COUNTRY SECRETARY)

VEST £6.75

MESH VEST £7.75

SHORTS £7.50

SWEAT SHIRT £8.75

(XL £10.25)

T SHIRT £?

TRACKSTERS £10.25

RING NEIL WITH YOUR ORDER

071-218-7620 (WORK)

0483-574944 (HOME)

OR SEE HIM AT A FIXTURE

## OTHER RACES

### INTER SERVICES MARATHON

Swinderby, on 12th October 1990.

Individual Results :	Winner	Martin	Army, 21 Sig Regt	2:28:22
	65th	W Reilly	RAF Benson	3:25:19

### LUTON INTERNATIONAL MARATHON

Luton, on July 1991.

Individual Results :	Winner	I Ellis	Wales	2:19:25
	286th	J Iqbal		3:35:11

This was Javid's first Marathon - Well done!

There were 737 runners.

### HARROW FULL & HALF MARATHONS

Harrow, on 3rd November 1991.

#### The Full Marathon

Individual Results :	Winner	P Hahn	Shelton Striders	2:30:15
	142nd	J Iqbal		3:46:48

There were 213 male and 12 lady runners.

#### The Half Marathon

Winner	L Benjamin	Thames Valley Harriers (Ex Milocarian AC?)	1:09:45
43rd	S Appleton		1:23:01
94th	I Jebson		1:26:34
283rd	M Sumpter		1:36:26

there were 859 male and 153 lady runners.

Quote:

"This year saw the tenth anniversary of the Marathon, which is the only other marathon in the Greater London area, the other being a small affair in Central London sometime in April!"

Mary Swindles (Chairman Harrow Charity Marathon Run Association)

### WATFORD HALF MARATHON

Watford, on 2nd February 1992.

Winner	K O'Conner	Watford Harriers	1:07:12
293rd	K Henderson		1:27:10
365th	J McCarthy		1:28:49
462nd	K Anthony		1:31:22
862th	M Sumpter		1:41:43
863rd	N Niblock		1:41:43

there were 1420 runners.

# PHOTO PAGE



MILOCARIAN TRIP TO GUTERSLOH 1/2 MARATHON OCT 1991  
(Still awaiting report & results)

Standing : Ian Jebson      Mike Sumpter      Keith Henderson      Paul Lawrence  
Kneeling : Eric Thomas & Steve Finch



Our Man in Germany (also ran in the Gutersloh 1/2 Marathon for his Unit)  
John Lennon

**MILOCARIAN ATHLETIC CLUB**

END OF SEASON SOCIAL

**SATURDAY 4TH APRIL 1992**

ROYAL AIR FORCE HALTON  
WENDOVER  
BUCKINGHAMSHIRE

**CLUB HANDICAP RACE**  
1500HRS AT THE COSLETT STAND

FOLLOWED  
BY

**BUFFET LUNCHEON**  
AT  
1600HRS  
IN  
THE FOOTBALL CLUB

**PRICE : ADULTS £3.00 CHILDREN £1.00**

CONFIRMATION AND CHEQUES TO

JOHN McCARTHY  
13 JASMINE CLOSE  
AYLESBURY  
BUCKINGHAMSHIRE  
HP21 9SH

**BY 23RD MARCH 1992**

.....

I SHALL/SHALL NOT ATTEND THE CLUB HANDICAP

I SHALL REQUIRE.....ADULT(S)/.....CHILD TICKETS

CHEQUE FOR £.....ENCLOSED

SIGNED.....

FROM.....