

MILONEWS

The Newsletter of Milocarian AC

Issue 18 - MARCH 1993

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OPENING GAMBITS

Well! Here we are again with the Cross-Country Secretary's own personal newsletter and a round up of the results from our fixtures since the last edition. We have almost completed this year's fixture list with our last race of the season on March 6th at Ranalagh in Richmond Park. Last time we were there we walked off with the Ellis Trophy. Will we shine again, and beat the hosts over the extremely fast 3.9 mile 'dash' (as they call it) one lap course? Who knows? Stranger things have happened before. Strange? Perhaps I mean unbelievable! It's one of life's little mysteries.

But do not despair, all is not over, just yet! The Club's end of season celebrations are still to come. Why not come along and enjoy the festivities, whether you have managed to turn out for the Club during the season or not, does not matter, just fill in the ticket application at the back of this edition of MiloneWS and send it off, with your cheque to the Treasurer John McCarthy. We just want your money really. No seriously, joking aside, the end of season social is a family affair and we would love to see as many of our members as possible. So come along and have a beer and a bite to eat, lovingly prepared by Keith Henderson and Associates.

Oh! By the way, did I forget to tell you that there is a race beforehand? Well we do expect you to earn your fodder. A delightful handicap race has been devised and the Chairman promises not to be too heavy handed with the loading. He has learnt from

the errors of his ways last year. This year we will all cross the line at the same time and each get a thimble fall of Champers! Maybe the club might buy 2 bottles! Do not be dismayed, the race is voluntary and handicaps are based on the season's performances. You had better get some training in then, as my handicap is going to be so good that I'll be showered and dressed before Steve Finch starts.

There is also the Fleet half marathon on 21st March where the Club's Half Marathon Championship will be contested. If you are not running why not come and support our runners. It's a two lap course and there's plenty of places where the race can be observed safely, not least in the park where the start and finish are located.

Finally, the Club's Marathon Championship, usually held at the Swinderby Marathon, needs a new home - any suggestions? Why you may ask, well Options for Change affects us all and with the closure of RAF Swinderby, the Swinderby Marathon no longer exists. It would seem that the Royal Navy and the Army have decided to hold their Marathon Championships at Portsmouth's South Coast Marathon on 25 April, one week after the London Marathon, that's what I call good planning. The RAF have chosen the Robin Hood Marathon in Nottingham some time in June for theirs. So that's the situation. Where do we hold our Club's Marathon Championship?

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

KEEP YOUR CLUB INFORMED OF YOUR GLOBE TROTTERING!

COURSES OF ACTION

By Neil Wood

A periodic and personal view of some of the club courses that the Milocarians visit regularly and a further attempt by the Cross-Country secretary to fill up a page or two of the Milonews!

No 1 - Orion

The approach to Orion's Chingford hideout does not augur well for what is to follow: it usually involves a fight against motorised Essex-Man going about his Saturday afternoon business.

Spirits are not lifted on arrival at the clubhouse; it lurks behind and may well be propping up a large hostelry. Nothing wrong with that, you may think, except that the place looks as though it was built from plans drawn by a set designer moonlighting from Hammer horror films. It is all gables, chimneys and lifeless windows and seems to loom over you as you scuttle past its blank gaze and round to the back.

If the main building is by Hammer out of Mary Shelley, then the clubhouse itself must have come from the Disney studio. The architect's idea of a joke is to have the changing rooms at one extreme of the building and the shower at the other. The trip between is a towel-draped dash down stairs, past the main door (always open to the outside air) and the door of the tea room (always full of lady supporters), but at least the water is hot when you get there.

(Editor : Not when I get there.!)

Frankly, the exposure, physiological and personal, doesn't matter a damn. After surviving the course you can survive anything.

The first mile and a half is representative of all that is to come, but less so. There is muddy track, cinder and gravel paths, road, lots of water and a hill or two, a narrow path or two and a style or three.

The opening stretch not only introduces you to the characteristics of the course, but also puts some height under you. And then you lose it, abruptly and jarringly fast downhill, on tarmac and it's murder in spikes. Sharp left into the trees, near the bottom and the serious running begins: the surface is now truly glutinous and as slippery as a politician's promises. The hills are either long terraced or short, steep, single pitches on which, in direct defiance of the laws of gravity, water sits six inches deep. All this, linked by a bit of road and some gravel track - level, blessed relief - takes you steadily upward, only to unravel on a downhill switchback about a mile from the finish.

The end is not in sight because there is a large ridge hiding it. As a final challenge it can hardly be beat; it has all the course's features condensed into about 300m - except the easy bits. Once you have conquered - the mountaineering terminology is not inappropriate - water, steepness and sheer extent of it, the downhill finish would be an anticlimax, were you not so, pleased to see it.

The good runners crack 40 minutes, but 45 is nothing to be ashamed of, I keep telling myself and just getting round qualifies you to spin yarns to the grandchildren. Of course, they will never believe that you totter about 400m across another sodden field back to the clubhouse and then stand outside in a large galvanised bath of cold water scrubbing the mud off with what looks like a hedgehog in the final stages of rigor mortis.

After the streak to the showers, a cup of tea and a bun, the light is fading and the moon coming up over the gothic roofs and chimneys of the Hammer Horror Hotel. It's warm in the clubhouse - lots of bodies, not much space - but it is time to check the results and leave. Stay too long and your imagination starts to play tricks, like making you believe that the race was fun and you would like to do it again next year.

NOVEMBER RACE REPORT

By Neil Wood

November's racing was slightly less intensive than October's and concentrated on social rather than league fixtures. On Nov 7 a strong contingent of Milos - quality and quantity - visited Kingston & Poly, in Richmond Park. We had beaten them at the Bank of England, a week previously so we were pretty confident of doing well.

Perhaps nobody anticipated us taking the first 3 placings (which appeared in the following day's national papers!) and getting our 10 to count home within 21 places to win the match, good packing between 7 and 12 sealing our advantage. Steve Finch got a first place to himself, after sharing it with Alan Turnbull at the Bank, Doug Cowie was back to form in 2nd and Ian Barker not far behind in 3rd. It was good to see Gilroy running well and the Chairman in the points.

It appeared that our reputation was going before us, when we arrived at Thames Hare and Hounds, on Nov 14. The Thames Secretary remarked on how well we had been doing recently and it was soon obvious that we were being taken seriously; they had mobilised virtually all their storm troopers and enlisted the help of the Met Police to keep us in order.

It worked: Thames managed to get revenge for their defeat by the Met, at Sandhurst and we were left to run in a fairly distant 3rd. Nevertheless, Steve Finch took a good 4th, getting much closer to the Met's leading runners than he had at Sandhurst. Watt, Reilly and Jebson took 12, 14 and 16 and Paul Stunt made a welcome return in 22nd: Gilroy pulled up lame and Wood got lost - whatever next?

November was not a month memorable for its weather. At Kingston it was cold, at Thames it was cold and damp and when we arrived at Orion on Nov 21, it was cold and seriously wet. By the time the race started the weather had improved to merely cold and wet - that was above ground level; under foot it was cold, wet and seriously muddy. Anyway, along with the Orion 'mob' and teams from Lea Valley and Britannia, 10 Milos set off to discover why the rest of Britain drains into Epping Forest and all the hills there only slope upwards. The course and conditions seemed to suit the sturdier runners and Steve Finch finished a superb 3rd, behind 2 from Britannia; considering that the ankle-deep mud was knee-deep to Steve, this was a magnificent performance. Ian Barker, less powerful but with a higher ground clearance, followed Steve in 11th and Paul Stunt, seeming to find the going to his liking, was a splendid 14th - a very promising run.

The Secretary (Cross-Country - that is - not me. Editor) nearly caught Bill Reilly for once, but Scottish pride prevailed and Bill slithered to the finish in 22nd. Ian

Jebson got very dirty in 30th, Keith Henderson nearly sank out of sight in 45th and Bob Plummer and Mike Sumpter carried on their personal battle with beauty giving way to age as Bob took 64th and Mike 70th. We do not yet have the team result, but all our runners should feel thoroughly proud of completing a demanding course in very heavy conditions.

Well done everybody.

DECEMBER RACE REPORT

By Neil Wood

We had only 2 races in Dec, but they both mattered. The first, on Dec 5, was the annual Ellis Trophy, hosted by Ranalagh which was followed, on Dec 19, by the third round of the Chiltern League, at Gade valley. Perhaps our encouraging results in Oct and Nov should have prepared us for what was to come, but there is nothing wrong with nice surprises.

Race day for the Ellis Trophy was mild, and sunny, ideal for running and a field of 150, representing 10 teams, formed up at the start. There was some mud and puddles here and there on the course but, overall, the surface was good for a quick race.

Well, 28.56 is not bad for a 2 lap race of 5.5 miles: the winner, the Waverley and runner up, in Croydon colours, had a 30 sec lead over third place and Alan Turnbull, the first Milo home, was next in 29.33. There was a worrying group of Hercules Wimbledon runners between Alan and Steve Finch in 12th, but he was well backed by Phil Carr, 3 places behind. Good packing in the 20s by Clive Wintrip (welcome back!), Glyn James, Nick Wood, new recruit Mark Greenwood and Peter Johnson tilted the race in our direction. Then there was another Milo-free zone until our 10 to count were completed by Ian Jebson and Bill Reilly who scored 51st and 54th places.

The feeling was that we had done well, but not well enough to win. So, when the results showed that we had snatched the trophy by 11 points from Hercules, with Ranalagh a further 34 points away in third, joy was unconfined. The result shows the sort of depth that we can now muster because the victory was achieved against strong opposition despite some of our quickest runners being unavailable. The cup will be on display at the end of term party.

Nothing could quite match the euphoria of winning the Ellis Trophy, but a strong turn out and a good result in round 3 of the Chiltern League finished 1992 on a high note.

The Gade Valley course consists of 3 laps of a park, which is rather like saying that Michelle Pfeiffer is a nice girl with fair hair. Two hundred competitors, including 15 Milos, shivered on the start line of the 5 mile race. The track was pretty sticky and the weather miserable,

but Steve Finch managed his customary top 10 placing which he seems to achieve no matter what the conditions. He was followed by Ian Barker in 29th and then a solid pack in the 40s and 50s comprising Nick Wood, Phil Carr, Barry Le Grys, making a welcome return and another new recruit, Ken Dunn. Paul Stunt continued to climb the rankings by finishing 70th and our 10th man to count was Charles Pratley in 104th. It was nice to see

Norman Niblock taking to the track again; judging by his 180th place, he has been training in secret. This was our best league performance this season, gathering us 1,406 points for 4th team out of 17 on the day and pulling us up to 5th overall after 3 races. The vets slipped a bit to 7th on the day and 5th overall. It was an excellent end to the year! well done everybody.

JANUARY RACE REPORT

By Neil Wood

Perhaps, after the excitement and achievements of December, January was bound to be a bit of an anti-climax: 2 races were in the calendar, the 4th round of the league, at Luton and then Chiltern & Chalfont's annual assemblage at Amersham.

To turn out in sub-zero temperatures and run 6 miles around the lumpier bits of Luton must qualify as a fair definition of dedication in anybody's language. The course would have been demanding under any circumstances, being full length and hilly with the steepest bits reserved for the last quarter of the race. However, on Jan 2 it was also hard and uneven under foot and biting cold all round; nevertheless, a 200 strong field representing 17 teams made a nice warm scrum on the start line.

Maybe it was the weather acting as a spur, but several of the Milos present turned in their best league finishes of the season. Prominent in this respect was Steve Finch who achieved his highest placing ever with a stirring 3rd overall against all the league's leading runners. More significantly, Steve was only 40 seconds behind the winner this time, by comparison with 2 or 3 minute margins in previous rounds.

Of course, any of the rest of us would be delighted to be within 3 minutes of Steve, never mind the winner. At Luton Nick Wood just achieved it in coming 37th, his best league placing, Fred Watt continued his comeback from a lean patch in 65th, Bill Reilly and the Cross-Country Secretary also excelled themselves in 73rd and 89th while Charles Pratley and Keith Henderson were both true to form in 105th and 136th. Our 10 to count were completed by Tudor Fox, Peter Thompson and Mike Sumpter in 160th, 177th and 192nd, all doing well never mind the conditions.

Despite scoring 963 points, our team position was 11th and that dropped us to 6th in the league table: the vets were 6th in the race and retain 5th position in their table.

Amersham was as soft as Luton had been solid: liquid mud, standing water in the fields, some of which smelled very dubious and quite a lot of slippery leaves and roots made this 3 lapper a bit of a lottery. Steve Finch kept his feet to take 2nd place (again!), Glyn James ran a strong 13th, Bill Reilly was 24th and Paul Stunt was 26th in a welcome reappearance. the Cross-Country Secretary was claiming an injury but jogged round in 30th, keeping ahead of Gilroy, whose comebacks are beginning to rival Frank Sinatra's, in 36th, Tudor Fox in 43rd and Pete Thompson in 50th. Paul Lawrence, in his first run of the season, followed Pete home in 51st and Mike Sumpter completed our team in 59th. Keith Henderson was unable to finish due to slipping on one of those roots: happily he is not badly hurt and Linda has promised to rub it better. Well done everybody.

MILOS FLY THE FLAG (WELL VEST REALLY)!

On 2nd January 1993, three Milocarian Athletes took part in an open team Cross country race known as the Neil Bellis Challenge Cup, hosted by Waverley Harriers. The race was held over the Tilford Cross Country Course and covered a distance of 8.3Km. Using the usual coercion tactics of a well known Cross Country Secretary, a unattached runner on the day was persuaded to make the team up. The results were:

Winner	S	Carey Warrington	28m	24s
17th	D	Cowie	31m	26s
24th	I	Barker	32m	24s
34th	K	Dunn	33m	45s

Milocarian AC were the 3rd Senior Team and won a small medal each. Well done Lads.

RACE ROUND-UPS

ORION FIXTURE

Chingford, on 21st November 1992

				Club Pts		
Individual Results:						
Winner	L	Mangleshott	Brittania	39m	10s	---
3rd	S	Finch		40m	09s	20
11th	I	Barker		43m	15s	19
14th	P	Stunt		44m	21s	18
20th		Long (Guest)		45m	24s	--
22nd	B	Reilly		45m	30s	17
23rd	N	Wood		45m	42s	16
30th	I	Jebson		47m	03s	15
45th	K	Henderson		50m	16s	14
64th	R	Plummer		54m	47s	13
72nd	M	Sumpter		61m	32s	12

There were 74 runners
of which 10 were Milocarian AC

Team Results:

	1st	Orion	56 pts
	2nd	Milocarian AC	297 pts

There were 3 teams.

RANALAGH FIXTURE - THE ELLIS TROPHY

Richmond Park, on 5th December 1992

				Club Pts		
Individual Results:						
Winner	D	Worsford	Waverley	28m	56s	---
4th	A	Turnball		29m	33s	20
12th	S	Finch		30m	42s	19
15th	P	Carr		31m	25s	18
21st	C	Wintrip		31m	46s	17
23rd	G	James		31m	56s	16
25th	N C	Wood		32m	07s	15
27th	M	Greenwood		32m	14s	14
28th	P	Johnson		32m	20s	13
51st	I	Jebson		34m	06s	12
54th	B	Reilly		34m	17s	11
61st	N	Wood		34m	42s	10
146th	M	Sumpter		44m	25s	9
DNF	G	Howard				5

There were 153 runners
of which 13 were Milocarian AC

Team Results:

	1st	Milocarian AC	260pts
	2nd	Hercules	271pts
	3rd	Ranalagh	305pts

There were 10 teams.

CHILTERN LEAGUE FIXTURE - RACE 3

Gadebridge, on 19th December 1992 (Gade Valley Harriers)

				Club Pts		
Individual Results:						
Winner	C	Wood	Gade Valley	30m	42s	---
9th	S	Finch		33m	02s	20
29th	I	Barker		34m	28s	19
41st	N C	Wood		35m	02s	18
42nd	P	Carr		35m	05s	17
52nd	B	Le Gry		35m	50s	16
54th	K	Dunn		35m	55s	15
70th	P	Stunt		36m	51s	14
93rd	F	Watt		37m	39s	13
102nd	N	Wood		38m	03s	12
104th	C	Pratley		38m	11s	11
117th	B	Reilly		39m	13s	10
157th	K	Henderson		41m	37s	9
180th	N	Niblock		44m	01s	8
182nd	B	Plummer		44m	54s	7
194th	M	Sumpter		49m	31s	6

There were 198 runners
of which 11 were Milocarian AC.

Team Results:

	Senior	1st	Vauxhall	1696pts
		4th	Milocarian AC	1406pts

There were 17 teams.

	Veterans	1st	Vauxhall	706pts
		7th	Milocarian AC	398pts

There were 17 teams.

CHILTERN LEAGUE FIXTURE - RACE 4

Luton, on 2nd January 1993

						Club Pts
Individual Results:						
Winner	C	Wood Gade Valley	32m	32s	--	
3rd	S	Finch	33m	11s	20	
37th	N C	Wood	36m	09s	19	
65th	F	Watt	37m	17s	18	
73rd	B	Reilly	37m	48s	17	
89th	N	Wood	38m	33s	16	
105th	C	Pratley	39m	17s	15	
136th	K	Henderson	41m	33s	14	
160th	T	Fox	43m	02s	13	
177th	P	Thompson	45m	08s	12	
192nd	M	Sumpter	50m	42s	11	

There were 199 runners
of which 10 were Milocarian AC.

Team Results:

Seniors	1st	Vauxhall	1605pts
	11th	Milocarian AC	963pts

There were 17 teams.

Veterans	1st	Vauxhall	647pts
	6th	Milocarian AC	405pts

There were 17 teams.

CHILTERN & CHALFONT FIXTURE

Amersham, on 16th January 1993

						Club Pts
Individual Results:						
Winner	P	Smith Burnham Jog	31m	02s	--	
2nd	S	Finch	31m	42s	20	
13th	G	James	34m	53s	19	
24th	B	Reilly	36m	46s	18	
26th	P	Stunt	36m	49s	17	
30th	N	Wood	37m	38s	16	
35th	J	Gilroy	38m	31s	15	
43rd	T	Fox	39m	56s	14	
50th	P	Thompson	41m	43s	13	
51st	P	Lawrence	42m	02s	12	
59th	M	Sumpter	49m	54s	11	
DNF	K	Henderson			5	

There were 60 runners
of which 11 were Milocarian AC.

Team Results:

Seniors	1st	Chalfont & Ches	38pts
	3rd	Milocarian AC	65pts

There were 5 teams.

Veterans	1st	Hillingdon AC	52pts
	3rd	Milocarian AC	116pts

There were 4 teams.

BANK OF ENGLAND FIXTURE

Richmond Park, on 6th February 1993

						Club Pts
Individual Results:						
1st	S	Finch	34m	20s	20	
2nd	D	Cowie	35m	00s	19	
3rd		Zacharides	35m	16s	18	
4th	I	Barker	35m	41s	17	
8th	K	Dunn	36m	47s	16	
11th	J	Gilroy	37m	55s	15	
14th	A	Blacker	38m	56s	14	
15th	B	Reilly	39m	04s	13	
19th	I	Jebson	39m	40s	12	
22nd	K	Henderson	40m	17s	11	
24th	T	Fox	40m	23s	10	
26th	N	Wood	41m	09s	9	
32nd	G	Howard	42m	48s	8	
38th	P	Thompson	43m	58s	7	
49th	M	Sumpter	53m	10s	6	

There were 52 runners
of which 15 were Milocarian AC.

Team Results:

1st	Milocarian AC	99 pts
2nd	Ranalagh	165 pts
3rd	Milocarian AC	242 pts

There were 3 teams.

BRITISH AIRWAYS FIXTURE (inc BA Cross Country Champs)

Cranford, on 7th February 1993

Club Pts

Individual Results:

Winner	B	Grieve Border Har.	34m	05s	--	
7th	S	Finch	36m	39s	20	(3rd open prize)
16th	J	Gilroy	39m	13s	19	(1st open Vet prize)
20th		Evet	39m	42s	Guest	
22nd	B	Reilly	40m	02s	18	
24th	I	Bielby	40m	23s	17	There were 50 runners
28th	K	Henderson	42m	31s	16	of which 9 were Milocarian AC (Mens Race)
32rd	M	Kennedy	43m	56s	15	
33rd	P	Thompson	44m	13s	14	No Team Competition
DNF	J	McCarthy			5	

Ladies Race

6th	T	Clark	32m	51s	20	(3rd open prize)
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CHILTERN LEAGUE FIXTURE - RACE 5

Wing, on 20th February 1993

Club Pts

Individual Results:

Winner	I	Van Lokren Burnham Joggers	31m	04s	---	There were 188 runners
6th	S	Finch	32m	20s	20	of which 12 were Milocarian AC.
28th		Shanahan	33m	44s	Guest	
36th	N C	Wood	34m	03s	19	Team Results:
58th	F	Watt	35m	21s	18	Seniors 1st Wycombe Phoe 1532pts
76th	J	Gilroy	36m	16s	17	6th Milocarian AC 1165pts
78th	P	Stunt	36m	20s	16	There were 18 teams.
86th	B	Reilly	36m	33s	15	Veterans 1st Leighton Buz 549pts
99th	N	Wood	37m	06s	14	5th Milocarian AC 407pts
116th	K	Henderson	38m	06s	13	There were 17 teams.
142nd	P	Lawrence	39m	52s	12	
159th	P	Thompson	41m	43s	11	
185th	M	Sumpter	48m	12s	10	

Ladies Race

16th	T	Clark	22m	20s	20	There were 47 runners in her race.
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MILOCARIAN ATHLETIC CLUB

END OF SEASON SOCIAL

SATURDAY 3RD APRIL 1993

ROYAL AIR FORCE HALTON
WENDOVER
BUCKINGHAMSHIRE

CLUB HANDICAP RACE
1500HRS AT THE COSLETT STAND

FOLLOWED
BY

**A BUFFET IN THE
THOMAS GRAY COMMUNITY CENTRE
AT
1600HRS**

PRICE : ADULTS £3.00 CHILDREN £1.00

CONFIRMATION AND CHEQUES TO

JOHN McCARTHY
13 JASMINE CLOSE
AYLESBURY
BUCKINGHAMSHIRE
HP21 9SH

BY 22ND MARCH 1993



I SHALL/SHALL NOT ATTEND THE CLUB HANDICAP

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

CHEQUE FOR £.....ENCLOSED

SIGNED.....

FROM.....