

Message from the Chairman

The 1993/94 season will soon be with us. Members known to be active should by now have received the provisional fixture list. **Please** put all the dates in your diary now; especially our home fixture, and AGM, at Sandhurst on the **2nd October 1993** and the Ellis Trophy on the **4th December**.

1992/93 was a reasonably good year for the Club. The highlights for me were our victory in Ranelagh's Ellis Trophy, our first major success for many years, Steve Finch coming a well deserved individual third in division 2 of the Chiltern League and Mike Sumpter winning the Club handicap at the end of the season. Each was memorable for a different reason and none would have been possible without the hard work of Neil Wood and Mike himself. My personal thanks go to them both.

Your committee was in good heart when we met at my new home last month, where our Ladies joined us for lunch and kindly agreed to provide the tea at Sandhurst again this year. Once again, however, we need your **active** support if we are to make the best of the attractive fixture list which Neil has arranged for us. There has been quite a turn-over recently and we need all active runners to turn out whenever possible and to keep an eye out for new recruits. The Club needs new blood to survive and your support if we can hope to win the Ellis Trophy this year.

I look forward to running with many of you again and wish you all an enjoyable and successful 1993/94 cross country season.

GORDON HOWARD

NEW MEMBERS SPOT

The Club would like to welcome the following new members

Ken Dunn and Mark Shepherd (January 1993)

Adrian Ellis (February 1993)

Matthew Littlecott and Ian Barker (March 1993)

Brendon Cradden (April 1993)

Ray Couchman and Bill Taylor (May 1993)

Comments and contributions including changes of address to:
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West End Road, Ruislip, Middx HA4 6NG
Telephone : 081-845-2300 Ext 7268 (GPTN 95233)

The Cheque Is In The Mail

By Neil Wood

As the match secretary of the Milocarian Athletic Club, I find myself the wary custodian of a mailing list which features several generals, past and present, an admiral, a flight of air commodores and a strong supporting cast of all ranks. Pretty well the services in a microcosm, you might say, except that, unlike the Forces, Milocarrians are multiplying.

My fancy lightly turned to my mailing list when I became the victim of a salvo of junk mail shots. I had just joined the AA; they had promptly parted with my name and address, along with lots of others, to a mail marketing firm, doubtless for large sums of money. Now, the Milocarians are quite well off as athletic clubs go. The bank balance regularly features numbers in the black to the left of the decimal point; nevertheless, it seemed to me that the value of the club's mailing list might produce a welcome boost to the books.

Which is how I came to be mulling over the marketing of my mailing list. After all, a sale to a suitable firm could see the Club's half marathon championships taking place in, perhaps, San Francisco rather than Fleet. The trick would be to find a niche. Obviously, as an Army officer with 2.4 children, a Ford Sierra and a dog I was, in marketing terms, a sitting duck in the retail target array. Any commercial marksman worth his commission could pinpoint features from memory - mortgage, school fees, life insurance and overdraft; in short, more aspirations than assets: in theory economically A/B and in reality financially U/S. But never mind the unpromising profile; to the adman I was recognisable as representing a particular group; in fact, a niche.

However, niches tend to be narrow, but to encompass my list of senior citizens earning thrillions, with tastes to match and young chaps with the Rolls Royce ideas, but on bicycle incomes seemed to demand a niche of Grand Canyon proportions.

At first sight, it appeared that there would be no common ground in the conventional areas of consumer extravagance; clothes, cars, music, entertainment and food all see my members shopping at opposite ends of the high street. Alright, so all the Milocarians share an enthusiasm for athletics and running, but the span of interests extends from the active to the merely academic. The spread of age comes into play and stretches the market mighty thin. Reebok, for example, may do a huge variety of running shoes, a fitting for every foot, but until they expand their range to include the energy-lite, Edge X-C, spiked, cross country Zimmer frame they will not be interested in the Milocarians' mailing list. So, who would want to reach my disparate list of fit and energetic males?

Inevitably, the answer was right under my nose. I was not quite standing on the commercial common ground that I was looking for; I merely happened to become aware of it unexpectedly in a telephone kiosk, just off Trafalgar Square. I have not yet had a letter back from the young lady whose card I found, but I am confident that she will have a use for my mailing list and will pay handsomely. Anyway, I am just off to book the tickets for the half-marathon in San Francisco and I reckon that I can raise a team by male order.

RACE REPORT FOR FEB AND MARCH 1993

By Neil Wood

February should have been something of a climax for the Club because it featured the last round of the Chiltern league fixtures. As it turned out, we peaked a bit too early in the month, at a friendly race and our league performance was steady rather than stirring. Never mind, a month in which we won a fixture convincingly, took some individual prizes in another and then finished well in the top half of the league table is cause for some satisfaction.

A modicum of sympathy must be spared for the Bank of England; we visited them twice this season and roundly abused their hospitality on both occasions. The prospect of a good course, warm showers and a tasty tea always attracts a good turn out and 15 Milos formed up at Roehampton: Finch, Cowie, Zacharides and Barker ran off with the first four places. Close support was provided by Ken Dunn in 8th and John Gilroy in 11th, Tony Blacker, Bill Reilly and Ian Jebson packed in well between there and 19th and our 10th man was Keith Henderson in 22nd place - which did not leave much for Ranelagh and the Bank. Fox, Wood, the Chairman, Thompson and the Secretary were there for the beer. The match result was an emphatic win for the Milos, with Ranelagh second and the Bank a distant third, however, as always, their tea was a winner.

The following day was dank and the BA's course, at Cranford, was very boggy. The weather obviously had depleted the field a bit, nevertheless, 50 runners, including 10 Milos, splashed round 3 flat, 2 mile laps in the wake of B Grieve of Border Harriers. His winning time of 34.05 was a very strong performance in the poor conditions.

Steve Finch showed that his performance at Roehampton, the day before, had just loosened him up nicely for the Sunday race and he finished a good 7th, taking 3rd prize in the Open category, John Gilroy ran well for 11th place and the leading Open veteran's trophy and was followed by Vern Evett, running for us as a guest. Bill Reilly put in his usual solid performance in 20th and Ian Bielby made a welcome reappearance to finish 24th. Keith Henderson was 28th, Martin Kennedy, in his first run of the season after injury, 32nd and Pete Thompson was just behind him. John McCarthy did just the one lap for the exercise.

Our interest in ladies' races, though strong, does not usually extend to the results, however, this event featured Tracy Clark in a Milo vest and she opened what should be a promising career with the Club by taking 6th place overall and 3rd in the Ladies Open.

The final round of the Chiltern League took place at Wing and attracted a field of 188, a little down on the usual 200+. Conditions were good underfoot and the weather dry, but with a chilly wind. Vauxhall stumbled at the final fence; having won all 4 previous rounds, at Wing they were edged out by Wycombe Phoenix; all the same, Vauxhall still took the overall team prize and promotion. We put up a solid team effort and scored 1,165 points to the winner's 1,532 and hung on to 6th place out of 18 teams on the day and 6th for the season with a total 6,080 points. The Vets were 5th at Wing and 4th overall, so perhaps good old uns do beat good young uns sometimes.

Steve Finch maintained his rise up the rankings with an excellent 6th place, again beating runners who had led him earlier in the season; he was backed up by Nick Shanahan and Nick Wood, some young blood from Bristol University OTC, who filled 28th and 36th ahead of Fred Watt in 58th, John Gilroy 76th and Paul Stunt 78th. Bill Reilly beat the cross-country secretary again, 86 to 99, Keith Henderson ran to form in 116th, Paul Lawrence made up the team's 10 to score in 142 and Pete Thompson and Mike

Sumpter backed up in 159th and 185th. In the ladies' race Tracy Clark was 16th out of 47 in a very competitive field.

It was a good day for the Club and helped immensely by the support of a loyal and vociferous band of supporters - thank you, all of you.

Just to finish off the season, 10 Milos, including Tracy, our leading lady, bid for the Club's half-marathon championships, at Fleet, on 21 March. I do not have the overall placings and times, but worthy Club Champion was Doug Cowie in what may be his swansong for the Milos; the rest of the order was: Ken Dunn, Fred Watt, Ian Bielby, Bill Reilly, Barry Rickard, Mark Shepherd, Martin Kennedy, Pete Thompson, Tracy Clark.

I have to put the performances of Bill Reilly and Pete Thompson in context; both had represented the Club in the Orion 15 on the preceding day and if there were trophies for sheer athletic lunacy, Bill would get first prize and Pete runner up. But well done both of you for a pair of truly sterling performances. Among the uncertified members it was good to see Bielby, Rickard (in relatively muted shorts) and Kennedy again and to welcome Mark Shephard to his first event.

The Chesham Harriers' first Herbet's Hole race, on 28 March, was a last minute addition to the programme to help Chesham to get a new fixture off the ground. Of the 1/3rd marathon length, scenic and rather hilly, the race could become a popular event in the future. However, no matter who wins it in years to come, the first club on the honours board will be Milocarian AC. Five of us turned up (including one renegade in a Bearbrook vest) and led by Clive Wintrip who finished 2nd, we took the team prize. It seems that when Clive runs we win; his previous appearance this season was in the Ellis Trophy. Our 3 to count were completed by Bill Reilly in 12th and the cross-country secretary, trailing in Reilly's wake again, in 17th; Pete Thompson was 33rd and somewhere ahead of him was Keith Henderson wearing that other club's vest - alright Linda, he was 29th.

Well done everybody!

KIT NEWS

The new vests are now in and very handsome they look. Inevitably, inflation has taken its toll and the costs are as follows:

- | | | |
|-----------|----------------------|------------|
| a. | Standard Vest | £10 |
| b. | Mesh Vest | £11 |

Post and packing cost an extra £1 as I am no longer able to use Her Majesty's facilities.

But hang the cost; the vests are jolly stylish and worth every penny, so don't get caught in last year's fashion, buy your new vest now.

I also have some sweatshirts and tasteful dark blue shorts that look excellent with the vests. What is more, a lucky few can buy an embroidered badge to sew on their vests for a further £5: order now while stocks last. Prices for the sweat shirts and shorts are:

- | | | |
|----|------------|-------|
| a. | Sweatshirt | £11 |
| b. | Shorts | £9.50 |

NB: these prices include logo and post & packing.

Some remaining results from last season!

Ranelagh (Dysart Dash)

Petersham, on 6th March 1993

						Club Pts
Individual Results:						
Winner	W	Gristwood	Ealing & S.	20m 15s	--	
19th	B	Reilly		23m 22s	19	
24th	P	Stunt		23m 51s	18	
25th	N	Wood		24m 00s	17	There were 53 runners of which
28th	K	Henderson		24m 52s	16	8 were Milocarrian AC
38th	P	Thompson		26m 22s	15	(Mens Race)
48th	J	McCarthy		29m 21s	14	Team Competition (6 to count)
51st	M	Sumpster		32m 48s	13	1st Hercules 35 pts
52nd	S	McMahon		33m 53s	12	5th Milocarrian AC 173 pts

Ladies Race

Winner			23m 25s	
17th	T	Clark	30m 10s	20

There were 22 runners.

The Herbet's Hole Cross Country Challenge

Chesham, on 28th March 1993

Individual Results:					
Winner	J	Harvey	Handy Cross Joggers	55m 44s	There were 46 runners of which 4 (or 5) were Milocarrian AC.
2nd	C	Wintrip		57m 00s	
12th	B	Reilly		61m 09s	
17th	N	Wood		63m 04s	
29th	K	Henderson (In a rouge vest)		66m 42s	
33rd	P	Thompson		67m 09s	Team Results: 1st Milocarrian AC 31pts (3 Teams)

(As this was a last minute fixture no club points were awarded)

DONT FORGET THE HOME FIXTURE AND AGM

SANDHURST

OCTOBER 2ND 1993

1993

02 OCT 93	Various - Terry Lewins Trophy	Sandhurst	Yes/Maybe/No
09 OCT 93	Chiltern League	Silson (TBC)	Yes/Maybe/No
30 OCT 93	Chiltern League	Gade Valley	Yes/Maybe/No
06 NOV 93	Bank of England	Roehampton	Yes/Maybe/No
07 NOV 93	Chesham Harriers	Herbert's Hole	Yes/Maybe/No
20 NOV 93	Orion	Chingford	Yes/Maybe/No
27 NOV 93	Kingston & Poly 7 (TBC)	Richmond	Yes/Maybe/No
04 DEC 93	Ranalagh - Ellis Trophy	Petersham	Yes/Maybe/No
18 DEC 93	Chiltern League	Burnham (TBC)	Yes/Maybe/No

1994

08 JAN 94	TBC		Yes/Maybe/No
11 JAN 94 (Tue)	TBC		Yes/Maybe/No
15 JAN 94	TBC		Yes/Maybe/No
22 JAN 94	Bank of England	Roehampton	Yes/Maybe/No
05 FEB 94	Chiltern League	QPH	Yes/Maybe/No
06 FEB 94 (Sun)	BA	Hounslow	Yes/Maybe/No
12 FEB 94	TBC		Yes/Maybe/No
19 FEB 94	TBC		Yes/Maybe/No
26 FEB 94	Chiltern League	Leighton Buzzard	Yes/Maybe/No
05 MAR 94	Ranelagh - Dysart Dash	Petersham	Yes/Maybe/No
12 MAR 94	TBC		Yes/Maybe/No
19 MAR 94	TBC		Yes/Maybe/No

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

From

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TEL: 0483 574944