Milonews Milonews

# MiloNews

The Newslewwtter

Issue Number 19 September 1993

of The Milocarian Athletic Club

Milonews Milonews

### 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 Ranalagh'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: FS M S Sumpter, School of Air Cartography, No 1 AIDU, RAF Northolt, West End Road, Ruislip, Middx HA4 6NG Telephone: 081-845-2300 Ext 7268 (GPTN 95233)

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# 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 2 - Ranelagh

Curiously, Ranelagh's clubhouse is behind a pub, just like Orion's. However, while the Essex club's 'local' is all Victorian gothic, the Dysart Arms is stockbroker Tudor and rather than expecting Count Dracula to appear at any moment, you would be more likely to see Cecil Parkinson. After all, Ranelagh resides in Petersham where estate agents call houses "residences" and don't put the prices on the adverts.

And very couth it is too: you thread your way through the Jaguars and Rollers in the pub's car park and draw up in front of a single-storey, L-shaped, brick building. You notice that it looks newish and seems to lack windows. Inside is a large hall with a serving hatch at one end and round to the right are changing rooms and showers: and its nice and warm.

You cannot have everything; the course start is in Richmond Park, 400m away across a main road and up an imposing hill. You suspect that the course must go up the hill - after all, what are hills for? But you are pleasantly surprised when the race briefing makes no mention of it and it is not due to forgetfulness or even a delicate concern by the organisers for the competitors' morale that causes the hill to be glossed over; truly, you are not required to run up, down or across it. What happened to sadism? You may ask, what sort of course is this?

It's a steeple-chase, undulating, well-drained and one of the kindliest surfaces underfoot - dry, firm, short grass - you will ever run on and it is sprint quick. The route could not be simpler; along by the rhododendrons, down the ride towards the ballet school, round the tree at the top, down to the ponds, bear left - might be some mud there, depending on the weather - and then turn right and flog steadily up hill, back to the start: go round twice for 5 miles. Demanding it is not, nor technical; you just have to be quick.

But there are a few hazards on the course that the briefings never cover, probably because their occurrence is totally unpredictable. The first might be called the fond father factor: this usually sees a doting parent with a pushchair dashing across your path to rescue Peregrine or Emily who is just about to throw him or herself under your feet or, preferably, into the ponds. To be honest, this doesn't happen often: after all, you are in the southern reaches of suburbia where the locals' idea of getting some fresh air is to drive through the park with the car windows open.

Then there are the dogs, usually on those long, extending leads which enable the animal to be on one side of the course, owner on the other and a perfect tripwire stretching between them. Taking the lead can have a whole new meaning in Richmond Park, believe me.

And don't forget the deer; pretty dozy beasts in the main, but they do have their moments at about the same time as Ranalagh is having its Ellis Trophy meeting. If you are observant, you can get some warning that moments are being had among the deer population; just read the notices: "Excessive Deer Activity", they say. As euphemisms go it is world class, but it means that large stags with pretty impressive antlers are feeling that their moments have come.

Which is why the quickest times on Ranalagh's course have been clocked in the mating season. Some love-sick, four legged hat stand, his mind operating in hormonal overdrive, will take a fancy to virtually anything that moves and if he does, you had better move quickly. Of course, the logical approach would be to assume that, once a stag had caught up with a runner and realised his mistake, he would make his apologies and stagger off, but nobody seems willing to test this theory. Anyway, a good runner will finish 5 miles in the upper 28 minutes, but sub-28 is possible, deer assisted.

At least the return to tea and a shower is down hill. The showers have hot water, so does the tea and the big hatch is open to reveal buns, cakes and bread and butter to keep you going until the results are produced - not a long wait, usually.

If you were planning a running club from scratch it would probably end up looking a lot like Ranalagh. Good facilities and a distinctive course have attracted a body of affable, able and hospitable members who make you welcome and give you a good competition and company: you cannot ask for more.

#### 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, Milocarians 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

Milonews Mil

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.

## Milonews M

# News From Abroad By John Lennon (Not from his grave! But our member in Germany)

Greetings fellow Milos, its been a long time since I last contributed to the MiloNews and a lot of water has passed under the bridge since then. This time last year (Feb 1992) my training had really hit a high point and at the age of 36 I equalled or bettered 3 PB's. The first one came in the Fleet Half marathon where I finished 6th overall in 68 minutes 37 seconds. This was the inaugural Inter Service Half Marathon where I was fortunate enough to win the Inter Service Title. To add to that, the Army won the team race. I'm sure that you can understand my disappointment when several months later I was told that the RAF and the Navy vetoed the award of Inter Service Medals saying that they only wanted the race to be a trial. Talk about shutting the gate when the bulls bolted.

My next success came at Bruggen, where I finished 2nd behind the RAF's Gerry McCarthy, my time of 50:40 equalled my PB for the distance (Editor's note: ten miles). I then moved on to Berlin for the Berlin 25km. Here I finished 14th overall, 3rd Briton and 2nd in the over 35 category (can you believe that there was 6500 runners each paying 30 marks to enter and 14th place got NOTHING!), my time of 1:23:56 left me just over 3 minutes behind Steve Brace.

So who says its only the stars that have bad years? After starting the year well and maintaining a number of solid performances throughout the summer, I picked up a virus. I suppose its the same story the world over. Instead of resting I continued to race and week by week my performances got worse. Eventually I was forced to take a break as I lost my voice because of a chest infection and a very high temperature forced me to take a weeks bed rest. After this (by which time it was November) I resumed training and was unfortunate during a race to tear my calf, two tears later the new year rolled in and once again I resumed easy running with the hope of getting around the Army Championships in Feb 93. This I did in a lowly 38th position. I did have the consolation of making the ROAC Corp Team which went on to win the Inter Corp Championships.

I have since continued to build up slowly and last week finished 22nd in the Fleet Half Marathon in 1 hour 11 minutes and 13 seconds (does this win me the Club Championship?). My next race is in two weeks time when I travel to Berlin for another half marathon with the hope of breaking 70 minutes after which its back to the domestic scene here in Germany. Finally, if any Milos are over this way and you need a team member to make up the numbers then ring the following (01049 2594 84691 from the UK). I'm sure I know where my Club vest is!

Take care and good running
John Lennon

Editor's Note: I'm sorry but the Half Marathon Champion was awarded to Doug Cowie. It was decided some time ago and reported in these pages, that in order to be eligible for either half or full marathon champion, club members had to inform the Cross Country Secretary that they would be competing in the nominated race, before the event, and that they would be expected to run in Milo kit and as a Milocarian.

## Some remaining results from last season!

#### Ranelagh (Dysart Dash)

Petersham, on 6th March 1993

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| Individua | l Resu | ılts:     |             |         | Cido I to |                               |
|-----------|--------|-----------|-------------|---------|-----------|-------------------------------|
| Winner    | W      | Gristwood | Ealing & S. | 20m 15s |           |                               |
| 19th      | В      | Reilly    | 9           | 23m 22s | 19        |                               |
| 24th      | P      | Stunt     |             | 23m 51s | 18        | There were 53 runners         |
| 25th      | N      | Wood      |             | 24m 00s | 17        | of which                      |
| 28th      | K      | Henderson |             | 24m 52s | 16        | 8 were Milocarian AC          |
| 38th      | P      | Thompson  |             | 26m 22s | 15        | (Mens Race)                   |
| 48th      | J      | McCarthy  |             | 29m 21s | 14        | Team Competition (6 to count) |
| 51st      | M      | Sumpter   |             | 32m 48s | 13        | 1st Hercules 35 pts           |
| 52nd      | S      | McMahon   |             | 33m 53s | 12        | 5th Milocarian AC 173 pts     |
| Ladies Ra | ce     |           |             |         |           |                               |
| 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:

| 2nd C Wintrip 12th B Reilly 17th N Wood 29th K Henderson (In a rouge vest) | 55m 44s<br>57m 00s<br>61m 09s<br>63m 04s<br>66m 42s<br>67m 09s | There were 46 runners of which 4 (or 5) were Milocarian AC. Team Results:  1st Milocarian 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

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All fixtures are on Saturday and start at 1500Hrs unless otherwise stated.

| 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 |
| Note: Full details | of in Air 1 1 mg              |                  |              |

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

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

| Neil Wood        | From                                    |
|------------------|---|
| 17 Friar's Gate  | From                                    |
| Onslow Village   |   |
| Guildford        |   |
| Surrey GU2 5PQ   |   |
|                  |   |
| TEL: 0483 574944 | *************************************** |

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