MilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilone

MiloNews

The Newsletter of Milocarian AC
Issue 20 - MARCH 1994

MilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilo

Message from the Chairman

Thanks largely to the efforts of our cross country secretary Neil Wood, we are again having a reasonably successful seaso with a good number of runners turning out and some enjoyable fixtures.

Once again to close off the season all active runners are invited to enter the club handicap at RAF Halton on the 9th Ap 1994. It will, as before, be over part of the Royal Air Force Championship course and be over a distance of some 4.5 miles wi handicaps given by me.

The event will followed by high tea, at which all members and their families would be most welcome. Mike Sumpter including a proforma for you to return elsewhere in this Milonews. Please do come along. The past couple of handicaps have bee most enjoyable.

It is particularly important that all who can make it do turn out, as we will have to preceed the run with a short special Gener Meeting. Neil advised the AGM last October that pressure of running his new business meant that he would have to resign as cro country secretary. No-one volunteered to take over and, as he had already planned it, Neil soldiered on for another season. The tin will soon be here, however, to start planning next season and the need for a replacement for Neil is now urgent.

We cannot run the club without a good cross country secretary. Are you prepared to take over? If so, please contact one the committee. If not, our special meeting will have one agenda item - **Where do we go from here?** All members please note ar if possible please turn out. You will enjoy the afternoon and may help chart the way ahead for your club.

Gordon Howard

MILOS AT HOME

Charles Alan Ken Keith Ian Mick Paul Peter Mark Ian Tracy Norman
Pratley Turnbull Dunn Henderson Barker Hendry Stunt Johnson Shepherd Jebson Clark Niblock
John Paul Brendon Tudor Neil
McCarthy Brown Cradden Fox Wood

MilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilonewsMilone

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)

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 3 - Gadebridge

Gadebridge is a polite name for a suburb of Hemel Hempstead: when giving directions to get to the course, the club secretary usually confines himself to an offhand "take the Leighton Buzzard road north out of Hemel and turn left at the second roundabout". And he never fails to add that "you can't miss it".

All of which is completely true, but omits the fact that, to get on to the Leighton Buzzard road, first you have to negotiate Hemel's very own Magic Roundabout. This monument to '60s town planning looks as though it was thought up by an astronomer and a designer of pin-ball machines. That would probably not have been too bad, but for the fact that they worked on alternate days and did not speak to one another at the weekends.

There is a large central island surrounded by several satellites; this is neither remarkable nor indeed unique, however, the fact that traffic flows in both directions round and round and in and out of this archipelago lends the roundabout its truly magical quality. Like the pin-ball, your car is fired into the maze, rattled around the islands and in a splash of flashing lights and beeping noises, is spat out - well, if you are lucky, on the road to Gadebridge.

The course is in a park, the park is on the side of a hill; you run round and round the park and up and down the hill - 3 times. It is a bit like the Magic Roundabout, except that the course is in 3 dimensions not just 2 and they share the cartoon quality because the course is rather Mickey Mouse.

A 3 lap senior race is on the lean side of 6 miles: the start is at the top of the park and you run out along the fence until you have to turn right between a hedge and a tree; undulating would be the word for that bit. Having rounded the tree - keep to the inside or an elbow will put you into the hedge (hawthorn) - you head quite steeply downhill, cross the road to your left and head uphill, round a few trees and back down to recross the road and descend further yet to the bottom of the park; slopes are steepish and 200m a time, the surface grassy and with no surprises. At the bottom of the park is another sharp right and a flat 200m blind before right again, up into the heart of the park where you bear left and go back to the bottom again - did the "Grand Old Duke of York" train here? I really forget. The descent is quite sharp, but a blessed relief because you can recover your composure before taking 2 more rights and climbing the Hemel end of the hill and then going round the whole lot twice more. In every lap of the figure-of-eight course there are 3 significant hills, 9 in a race, certainly more than in most single circuit events.

So, it is Mickey Mouse, running a few laps of some open parkland on a good surface, but remember, there is always a sad bit in every Disney cartoon. Take that gaol scene in Robin Hood, for instance; Alan A Dale sings a lament with a refrain that goes "Sometimes the Ups Outnumber the Downs": he was not singing about Gadebridge, but he could have been.

Milocarians - Half Season Report

Last season was excellent for the club - good turn outs and good results; this year, by comparison, has been something of a disappointment. Two factors make this rather roller-coaster record inevitable: first, the shifting nature of our younger membership and secondly, the level at which we compete - in the main it is not high enough to retain the better runners that we attract and they eventually find their true level in more competitive clubs.

Geography does not help either, but more of that later: on the other hand, the promise of a good tea is a lure for runners second to none.

I think the Milocarians' Sandhurst match tea is achieving legendary status and this probably explains the steady growth in size of the entry. This year 8 clubs, including Sandhurst itself, entered a total of 17 teams and the quality of the field matched that of the tea. The winning time of 30:14, by I Campbell of the Met Police was stunning and the police team's depth of talent gave it a deserved win. We were 5th, Alan Turnbull leading our 20 runners in 15th.

Bad geography - Towcester must be virtually the northernmost outcrop of the Chilterns - and no tea contributed to a dismal performance in the first league race. Suffice it to say that, even in Div 2, you cannot be competitive with half a team. Well done the intrepid 5 who made the trip and particularly to Paul Stunt whose 54th place was his best ever league finish.

Continued.....

Tea and geography were in favourable conjunction at the second Chiltern League fixture. We had a full team of 10, becau you don't need a visa and an atlas to get to Hemel Hempstead and tea was laid on by Paul Stunt and his mother and jolly good was too - thankyou both. Our result of 16th out of 18 teams was at least respectable: Ian Barker led the team in 33rd place and Pa Stunt further improved his league ranking with 48th place and the rest of us did as well as age and infirmity allowed! Tracy, o leading lady, showed her improving form - think of another way of phrasing that, will you? Ed. - with a good 25th place.

The Kingston and Poly match saw the return of Steve Finch after illness and injury and everything seemed to take a turn f the better. The inspiration given to the team by having a class runner at its leading edge is undeniable. Twelve of us turned up a although we did not beat Kingston this year, there were satisfying individual performances; Paul Stunt, in particular, sustained h recent good form, heading our finishers - including Steve - in 4th place; Ian Ward also showed promise in 15th.

I can never fathom Orion's scoring system, so I not sure how we finished as a team on 20 Nov, but we seemed to do alrig with Finch back in form in 6th place, Stunt going well in 17th and Gilroy and Jebson making welcome returns in 32nd and 44t

At Ranelagh, on 4 Dec for the Ellis Trophy, we were announced as the team to beat and sadly, so it proved - into 3rd pla out of 9 teams. Never mind, the race produced the intriguing spectacle of Steve Finch being pipped for 5th place by Nick Woo It was good to see Ken Dunn and Clive Wintrip back and running well in 13th ad 16th, John Gilroy in 32nd and an improving I Jebson in 41st ahead of Eric Thomas in 43rd.

That completed the first half of the season: in all, it was below expectations, but the trend of performances and results pointed a better second half. Favourable pointers, in my view, were the increased status of our home match - Ranelagh and the rest real care about winning the Ellis Trophy these days. On top of that, the dependability of our regulars - we all know who they are - providing a firm bedrock to support new members such as Ian ward and Mick Hendry: new recruits will only come back if th sense that there is something enduring to come back to: a committed core to the Club represents that continuity.

STOP PRESS: Milocarian Becomes TA Southern Area Cross Country Champion.
Nick Wood, representing Bristol UOTC, won the TA Southern Area race at Pirbright on 16th January 1994. As you can imagin his Dad was jolly proud!

NEW MEMBERS SPOT

The Club would like to welcome the following new members

Mick Hendry (September 1993)
Ian Ward (October 1993)
Howard Long (December 1993)
Idan Piercy (January 1994)

MILOS OWN "TEA LADIES"

HOME FIXTURE Sandhurst, on 2nd October 1993

Individual Results:

					Club Pts
Winner	?		30m	14s	--
15th	A	Turnball	35m	25s	20
22nd	I	Barker	36m	07s	19
27th	P	Johnson	36m	31s	18
28th	K	Dunn	36m	31s	17
30th	K	Spacie	36m	48s	16
48th	M	Shepherd	38m	37s	15
49th	P	Stunt	38m	38s	14
55th	C	Pratley	39m	01s	13
69th	P	Winchcombe	40m	04s	12
70th	K	Brown	40m	06s	11
74th	N	Wood	40m	23s	10
77th	B	Cradden	40m	33s	9
82nd	T	Fox	40m	59s	8
94th	G	Howard	42m	57s	7
95th	J	McCarthy	43m	10s	6
101st	K	Henderson	43m	59s	5
104th	N	Niblock	45m	20s	5
105th	J	Reeve	46m	05s	5
115th	T	Clark (Lady)	48m	47s	5
116th	M	Hendry	49m	42s	5

There were 119 runners
of which 20 were Milocarian AC

Team Results (6 to count) 17 teams

1.	Met Police A	76pts
2.	Thames H & H A	98pts
3.	RMA Sandhurst A	127pts
4.	Ranelagh A	152pts
5.	Milocarian A	189pts
6.	Orion A	237pts
7.	RMA Sandhusrt B	242pts
8.	British Airways	271pts
9.	Ranelagh B	357pts
10.	Met Police B	390pts
11.	Bank of England	393pts
12.	Thames H & H B	405pts
13.	Kingston & Poly	413pts
14.	Milocarian B	427pts

CHILTERN LEAGUE FIXTURE - RACE 1 Stowe, on 9th October 1993

Individual Results:

					Club Pts
Winner	?		30m	08s	---
54th	P	Stunt	35m	54s	20
103rd	K	Brown	38m	39s	19
161th	K	Henderson	42m	00s	18
191th	M	Hendry	50m	37s	17
194th	M	Sumpter	53m	02s	16

There were 196 runners
of which 5 were Milocarian AC.

Team Results:191

Seniors	1st	Gade valley	1446pts
	18th	Milocarian AC	282pts

There were 18 teams.

Veterans	1st	Metros	549pts
	18th	Milocarian AC	139pts

There were 18 teams.

Ladies Race

Winner	?		16m	20s	---
16th	T	Clark	19m	31s	5

(There were 51 runners in her race)

CHILTERN LEAGUE FIXTURE - RACE 2 Gade Valley, on 30th October 1993

Individual Results:

					Club Pts
Winner	?		29m	00s	---
33rd	I	Barker	32m	30s	20
48th	P	Stunt	33m	03s	19
105th	K	Brown	35m	50s	18
132nd	N	Wood	36m	58s	17
145th	J	Gilroy	37m	31s	16
159th	T	Fox	38m	04s	15
161st	I	Ward	38m	06s	14
171st	K	Henderson	38m	50s	13
174th	J	McCarthy	38m	59s	12
208th	M	Hendry	44m	07s	11

There were 214 runners
of which 10 were Milocarian AC.

Team Results:

Seniors 1st	?	
	16th	Milocarian AC

There were 18 teams.

Veterans	1st	?
	13th	Milocarian AC

There were 18 teams.

Ladies Race

Winner	?		17m	19s	---
25th	T	Clark	20m	50s	5

(There were 51 runners in her race)

KINGSTON & POLY AC FIXTURE Richmond Park, on 6th November 1993

Individual Results:

					Club Pts
Winner	?		27m	22s	---
4th	P	Stunt	30m	05s	20
5th	S	Finch	30m	08s	19
9th	N	Wood	32m	06s	18
10th	J	Gilroy	32m	11s	17
13th	I	Jebson	32m	44s	16
15th	I	Ward	32m	56s	15
20th	T	Fox	33m	33s	14
21st	K	Henderson	33m	47s	13
22nd	J	McCarthy	34m	35s	12
26th	M	Hendry	38m	08s	11
27th	T	Clark (lady)	39m	06s	10
28th	M	Sumpter	42m	00s	9

There were 28 runners
of which 12 were Milocarian AC.

Team Results:

1st	Kingston & Poly
2nd	Milocarian AC

There were 2 teams.

ORION FIXTURE Chingford, on 20th November 1993

Individual Results:

					Club Pts
Winner ?			38m	16s	--
6th	S	Finch	41m	12s	20
17th	P	Stunt	42m	49s	19
32nd	J	Gilroy	45m	30s	18
42nd	N	Wood	47m	09s	17
44th	I	Jebson	47m	16s	16
49th	K	Henderson	48m	21s	15
56th	T	Fox	49m	00s	14
79th	B	Carter	52m	19s	13
97th	T	Clark (lady)	59m	02s	12
98th	M	Sumpter	61m	04s	11

There were 102 runners
of which 10 were Milocarian AC.

Team Results - Unknown

RANELAGH FIXTURE - THE ELLIS TROPHY Richmond Park, on 4th December 1993

Individual Results:

					Club Pts
Winner ?			29m	07s	--
5th	N C	Wood (Son)	31m	17s	20
6th	S	Finch	31m	22s	19
13rd	K	Dunn	32m	23s	18
16th	C	Wintrip	32m	39s	17
24th	P	Stunt	33m	19s	16
32nd	J	Gilroy	33m	59s	15
41st	I	Jebson	35m	10s	14
43rd	E	Thomas	35m	18s	13
54th	N	Wood (Dad)	36m	12s	12
58th	M	Kennedy	36m	49s	11
64th	K	Henderson	37m	49s	10
70th	J	McCarthy	38m	44s	9
87th	M	Hendry	43m	37s	8

There were 96 runners
of which 13 were Milocarian AC.

Team Results:

1st	Ranelagh	215pts
3rd	Milocarian AC	273pts

CHILTERN & CHALFONT FIXTURE Little Chalfont, on 8th January 1994

Individual Results:

					Club Pts
Winner ?			32m	29s	
6th	H	Long	34m	38s	20
7th	S	Finch	34m	45s	19
11th	N C	Wood (Son)	35m	07s	18
17th	P	Stunt	37m	30s	17
23rd	N	Wood (Dad)	40m	40s	16
25th	I	Jebson	40m	49s	15
27th	I	Ward	40m	58s	14
35th	K	Henderson	42m	58s	13
?	J	McCarthy	?		12
?	M	Sumpter	?		11

There were ? runners
of which 10 were Milocarian AC.

Team Results:

1.	Chesham AC	34pts
2.	Milocarian AC	41pts
3.	Chiltern & Chalfont	43pts
4.	Handy Cross Joggers	76pts

There were 4 teams.

MET POLICE FIXTURE Sparrows Den, on 15th January 1994

Individual Results:

					Club Pts
Winner ?			25m	37s	--
4th	S	Finch	26m	24s	20
10th	H	Long	27m	41s	19
18th	I	Jebson	30m	16s	18
22nd	B	Reilly	30m	38s	17
23rd	N	Wood	30m	43s	16
27th	M	Kennedy	31m	39s	15
31st	K	Henderson	32m	05s	14
44th	T	Clark (Lady)	37m	46s	13
46th	M	Sumpter	39m	42s	12
48th	N	Robinson (Lady)	42m	06s	11

There were 48 runners
of which 10 were Milocarian AC

Team Results

1.	Croydon	33pts
2.	Met Police	95pts
3.	Milocarian AC	104pts
4.	Phillips	136pts
5.	Bank of England	163pts
6.	Plumstead (only 2 runners)	

BANK OF ENGLAND FIXTURE Richmond Park, on 22nd January 1993

Individual Results:

					Club Pts
Winner	S	Finch	31m	04s	20
2nd	H	Long	32m	20s	19
11th	P	Stunt	33m	44s	18
15th	N	Wood	34m	03s	19
16th	B	Reilly	35m	21s	18
17th	I	Ward	36m	16s	17
20th	B	Cradden	36m	20s	16
21st	G	Howard	36m	33s	15
23rd	T	Fox	37m	06s	14
24th	J	McCarthy	38m	06s	13

There were 31 runners
of which 14 were Milocarian AC.

Team Results:

1.	Met Police	40pts
2.	Milocarian AC 'A'	62pts
3.	Bank of England	87pts
4.	Milocarian AC 'B'	139pts

25th T Clark (Lady) 39m 52s 12pts, 26th M Sumpter 41m 43s 11pts, 29th S Cradden (Lady) 38m 12s 10pts, 30th M Hendry

MILOCARIAN ATHLETIC CLUB

END OF SEASON SOCIAL

SATURDAY 9TH APRIL 1994

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 26TH MARCH 1994

I SHALL/SHALL NOT ATTEND THE CLUB HANDICAP

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

CHEQUE FOR £.....ENCLOSED

SIGNED.....

FROM.....