MiloNews

The Newsletter of Milocarian AC Issue 21 - SEPTEMBER 1994

Milonews

EDITORIAL COMMENT

I suppose I should give the normal 'get out clause' that these comments are purely personal and do not reflect the views of the club etc etc.....but once again the future of the club is in your hands. This is the last season that Gordon Howard is prepared to remain in the chair. Yes! Our stalwart Chairman is standing down and the club desperately needs another Chairman to gather up the reins, as it were, and steer us through another 10 years or so of mixed fortunes. It would seem that over the last few years we have been on a continual manhunt to fill various committee posts - often twisting people's arms to stay in post that bit longer. If it wasn't for Mike Gibson's timely arrival from across the sea last march we might not have been starting another cross country season. Thank you Mike for stepping in.

We have persuaded Neil Wood to stay on the committee by telling him how well he has done organising (coordinating) this summer's road racing. We have now, after many years without, a road racing secretary. The committee, at present, has a ratio of 3 Ex-Servicemen to 2 Serving Members. Surely that a club that is set up to represent the 3 Armed Forces should have a committee peopled by serving members. So come you uniformed members, stand up and be counted!

SUPPORT YOUR CLUB OR IT WILL FOLD

Your opportunity to stand up and be counted is drawing near. The Club's Annual General Meeting will be held after our home fixture at RMA Sandhurst on 22nd October 1994. Come and support the club by proudly wearing the team colours and competing against all our guest from the clubs we traditionally compete against. A slap-up tea of sandwiches and cake is promised post race leading into the AGM at 1700Hrs in the College. If you rarely turn out for the club these days, or you fill old and past it! - like me! This is the one fixture you should endeavour to attend, just to show your face and prove that you are still alive andkicking!

NEW MEMBERS SLOT

The club would like to welcome the following new members

Charles Thurston (April 1994) Chris Best & Huw Jenkins (May 1994) Charles Moores & Steve Heaney (July 1994)

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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 CHILTERN AND CHALFONT

Do you remember that song? The Hippo Song, I think it was called, that extolled the virtues of mud, making all sorts of claims about it that would never satisfy the Trades Descriptions Act these days. You don't? Oh well, never mind: after all, a song recounting the joys of being a hippo taking a mud bath somewhere in the balmy tropics is not a very convincing introduction to the dubious pleasures of squelching around the Chilterns in January.

Chiltern and Chalfont AC used to have a rather nice 3 lap course in the leafy outskirts of Amersham. The start was at a council sports ground, complete with a pavilion boasted working showers. The course itself was fun rather than challenging - up a bit, down a bit, grass and woodland tracks and apart from a short stretch that always smelled a bit iffy, the going was usually good to soft.

Not any more.

Now you clock in at a school in a hollow, just outside Little Chalfont; there is a hall with lady helpers preparing things to eat and the small changing room is spartan but warm: so far so promising. There is only one basin and only one loo and both are knee high to garden gnome, however, this is a junior school.

The start is about 400m away, up a lane; it is a clearing in some woodland, already reduced to a quagmire by the juniors' and ladies' races that precede the senior mens' event. The juniors and ladies are still around and are difficult to tell apart because all are covered in mud so thick as to blur and obscure conventional recognition features. However, generally speaking, the juniors are the ones with the long hair and ear rings.

The start line is a bit cramped and the route follows a wheel - rutted track straight downhill through a copse. Somebody has thoughtfully embedded bricks at random in the soil so as to trap the unwary ankle. The surface starts off and passes through muddy and soggy to boggy as you descend. At the bottom its boggy soggy and then you start to go up. There is not much subtlety about this course; down one side of a valley, up the other, through a post and rail fence, then over a style and into a field.

The field is exposed and north - facing: whereas it was muddy in the copse, there is still snow on the field and the runners straggle across it like so many ants in a bowl of sugar. Round the field the course loops and those at the back have the morale - boosting sight of the leaders skirting the far hedge. They duck under a barbed wire fence, thoughtfully padded with hessian and then descend the valley by the path they came up (if you are really slow you will meet them as you struggle up on your first lap, the rest of us are humiliated on the second or third.).

At the bottom of the valley the course takes a sharp left and starts ascending; there are some bends in the narrow, wooded path, some bits are steeper than others, but for about 600m it is unrelentingly up and unlike on the descending track, the mud gets worse the higher you go, until, by the time you regain the Start/Finish area it is like the Somme without the shellfire.

And you do it 3 times and it gets worse each time.

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It is a personal thing, but I regard the new Chiltern and Chalfont race as one of the seasons epics, ranking with Orion and Sandhurst: it offers no compromises, just face to face challenge. Sadly, it also offers the challenge of getting all that mud off using a single wash basin with a cold water tap: it would probably be better to go and wallow in a hollow instead.

THE RUNNYMEDE RELAYS

For an encore as cross country secretary, Neil Wood entered 2 teams for the Runnymede relays on 25 June. Then, so that he could run himself while someone else worried about extracting individuals from the toilet tent before the start of their leg, he cajoled Mike Gibson to act as team manager for the day. The format of the race is six alternating legs of 5 and 2.5 miles, with each team having to produce one lady and 2 vets. There is obviously a great deal of tactics as to when to run the weaker runners, but Neil had teams all pencilled in by the time Mike arrived. Only 2 were not too happy with their team allocations never fear, your complaints will be heeded next year!

The day was initially overcast but the sun soon came through to produce a hot, sultry day on which many spectators and runners got their first dose of sunburn of the summer. And now good news - Milocarian A came 7th and Milos B 21st out of 41 teams. Individual times were as follows. For the A team, Howard Long (now sadly injured and about to move to Northumberland) got off to a storming start in 31'41" (6th fastest), handing over to Tracy Clark (22'06", 25th), John Gilroy (mysteriously appearing on the results list as Gilroy, 35'59", 16th), Brendan (I want to run 5 miles) Cradden (18' 03", 4th) and finally Idan Piercy produced a storming finish in 15' 49" (2nd). For the B team, your chairman Gordon (I'm to old for this) Howard got their team off to a solid start in 39'19" (28th), handing on to Pat Cradden (23'36", 32nd), Ian Ward (38'13", 24th), Keith Henderson (20'07", 17th), John McCarthy (39'25", 30th) and Neil (swansong) Wood (17'59", 12th).

Picnics were enjoyed and the general euphoria was such that runners injudiciously declared that they wanted to do the relays again in 1995. See you there!

HELP FILL THIS SPACE BY CONTRIBUTING AN ARTICLE FOR YOUR CLUB NEWSLETTER

MILOCARIAN ATHLETIC CLUB THE RUNNYMEDE RELAYS

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PHOTO PAGE

1993/94 CROSS COUNTRY CHAMPION PAUL STUNT





1993/94 CROSS COUNTRY RUNNER UP STEVE FINCH

1993/94 CROSSCOUNTRY MOST IMPROVED RUNNER TRACY CLARK



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All fixtures are on Saturday and start at 15:00 unless otherwise stated.

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1994												
8 OCT 94	Chiltern League Fixture (Wycombe)	Yes/Maybe	/No									
15 OCT 94	Bank of England (Roehampton)	Yes/Maybe	/No									
22 OCT 94 (1430)	RMA Sandhurst (Home Fixture) Terry Lewins Trophy	Yes/Maybe	/No									
29 OCT 94	Chiltern League Fixture (Hemel Hempstead)	Yes/Maybe	/No									
12 NOV 94		Yes/Maybe	/No									
19 NOV 94	Orion	Yes/Maybe	/No									
26 NOV 94	Bank of England	Yes/Maybe	/No									
3 DEC 94	Ranelagh 5 miles (Petersham) Ellis Trophy	Yes/Maybe	/No									
10 DEC94		Yes/Maybe	/No									
17 DEC94		Yes/Maybe	/No									
27 DEC94	Cliveden	Yes/Maybe	/No									
1995												
7 JAN 95	Chiltern League Fixture (Silson)	Yes/Maybe	/No									
14 JAN 95		Yes/Maybe	/No									
21 JAN 95	Chiltern League (Vauxhall - tbc)	Yes/Maybe	/No									
4 FEB 95	Poly/Kingston AC 9 miles (Richmond)	Yes/Maybe	/No									
5 FEB 95 (Sunday)	British Airways (Cranford)	Yes/Maybe	/No									
25 FEB 95	Chiltern League (Banbury)	Yes/Maybe	/No									
18 MAR 95	Orion 15 mile	Yes/Maybe	/No									
25 MAR 95	Bank of England (Roehampton)	Yes/Maybe	/No									
Note: Full details of individual races will be sent nearer their respective dates with directions and meeting points.												
Please complete this	form (including your name and correct address and	phone number) and return to me at the add	dress below.									
Mike Gibson 22 Queeen Anne Caversham Reading RG4 ODU	's Gate	From										

TEL: (HOME) 0734-483250