









## MILOCARIAN ATHLETIC CLUB 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 too 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!



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| Pos          | Surname    | Forename      | Race  | Race  | Race   | Race  | Race   | Race  | Race  | Race   | Race   | Race  | Race  | Race   | Race  | Race | Race | Total |
|--------------|------------|---------------|-------|-------|--------|-------|--------|-------|-------|--------|--------|-------|-------|--------|-------|------|------|-------|
|              |            |               | 2 Oct | 9 Oct | 30 Oct | 6 Nov | 20 Nov | 4 Dec | 8 Jan | 15 Jan | 22 Jan | 5 Feb | 6 Feb | 26 Feb | 5 Mar |      |      |       |
|              |            |               | SDHT  | SILS  | GADE   | KPAC  | CFN    | RAN   | CHIL  | MPOL   | BoFE   | GPH   | BA    | LBUZ   | RAN   |      |      |       |
|              |            |               | 1     | 2     | 3      | 4     | 5      | 6     | 7     | 8      | 9      | 10    | 11    | 12     | 13    |      |      |       |
| 1            | Sturt      | Paul          | 14    | 20    | 19     | 20    | 19     | 16    | 17    | 0      | 18     | 18    | 18    | 18     | 19    | 216  |      |       |
| 2            | Finch      | Steve         | 0     | 0     | 19     | 20    | 20     | 19    | 19    | 20     | 20     | 20    | 20    | 20     | 0     | 197  |      |       |
| 3            | Henderson  | Keith         | 5     | 18    | 13     | 13    | 15     | 10    | 13    | 14     | 0      | 11    | 13    | 14     | 154   |      |      |       |
| 4            | Wood       | Neil          | 10    | 0     | 17     | 18    | 17     | 12    | 16    | 16     | 17     | 14    | 0     | 0      | 137   |      |      |       |
| 5            | Long       | Howard        | 0     | 0     | 0      | 0     | 0      | 0     | 20    | 19     | 19     | 19    | 19    | 19     | 135   |      |      |       |
| 6            | Ward       | Ian           | 0     | 0     | 14     | 15    | 0      | 0     | 14    | 0      | 15     | 15    | 14    | 15     | 119   |      |      |       |
| 7            | Reilly     | Bill          | 0     | 0     | 0      | 0     | 0      | 0     | 14    | 17     | 16     | 17    | 16    | 17     | 100   |      |      |       |
| 8            | Jebson     | Ian           | 0     | 0     | 0      | 16    | 16     | 14    | 15    | 18     | 0      | 13    | 0     | 0      | 92    |      |      |       |
| 9            | Sumpter    | Mike          | 0     | 16    | 0      | 9     | 11     | 0     | 11    | 12     | 9      | 0     | 0     | 0      | 91    |      |      |       |
| 10           | Fox        | Tudor         | 8     | 0     | 15     | 14    | 14     | 0     | 0     | 0      | 12     | 0     | 12    | 12     | 87    |      |      |       |
| 11           | Gilroy     | John          | 0     | 0     | 16     | 17    | 18     | 15    | 0     | 0      | 0      | 0     | 0     | 0      | 83    |      |      |       |
| 12           | McCarthy   | John          | 6     | 0     | 12     | 12    | 0      | 9     | 12    | 0      | 11     | 0     | 0     | 0      | 76    |      |      |       |
| 13           | Brown      | Paul          | 11    | 19    | 18     | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 13     | 61    |      |      |       |
| 14           | Hendry     | Mick          | 5     | 17    | 11     | 11    | 0      | 8     | 0     | 0      | 7      | 0     | 0     | 0      | 59    |      |      |       |
| 15           | Kennedy    | Martin        | 0     | 0     | 0      | 0     | 0      | 11    | 0     | 15     | 0      | 12    | 0     | 0      | 54    |      |      |       |
| 16           | Barker     | Ian           | 19    | 0     | 20     | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 39    |      |      |       |
| 17           | Cradden    | Brendon       | 9     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 14     | 0     | 15    | 0      | 38    |      |      |       |
| 18           | Wood       | Nick (Junior) | 0     | 0     | 0      | 0     | 0      | 20    | 18    | 0      | 0      | 0     | 0     | 0      | 38    |      |      |       |
| 19           | Dunn       | Ken           | 17    | 0     | 0      | 0     | 0      | 18    | 0     | 0      | 0      | 0     | 0     | 0      | 35    |      |      |       |
| 20           | Bielby     | Ian           | 0     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 16    | 17    | 0      | 33    |      |      |       |
| 21           | Turnbull   | Alan          | 20    | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 20    |      |      |       |
| 22           | Howard     | Gordon        | 7     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 13     | 0     | 0     | 0      | 20    |      |      |       |
| 23           | Johnson    | Peter         | 18    | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 18    |      |      |       |
| 24           | Reeve      | John          | 5     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 13     | 18    |      |      |       |
| 25           | Wintrip    | Clive         | 0     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 17    |      |      |       |
| 26           | Spacie     | Keith         | 16    | 0     | 0      | 0     | 0      | 17    | 0     | 0      | 0      | 0     | 0     | 0      | 16    |      |      |       |
| 27           | Shepherd   | Mark          | 15    | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 15    |      |      |       |
| 28           | Carter     | Bernie        | 0     | 0     | 0      | 0     | 13     | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 13    |      |      |       |
| 29           | Thomas     | Eric          | 0     | 0     | 0      | 0     | 0      | 13    | 0     | 0      | 0      | 0     | 0     | 0      | 13    |      |      |       |
| 30           | Pratley    | Charles       | 13    | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 13    |      |      |       |
| 31           | Winchcombe | Paul          | 12    | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 12    |      |      |       |
| 32           | Couchman   | ?             | 0     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 11    | 0      | 11    |      |      |       |
| 33           | Niblock    | Norman        | 5     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 0      | 0     | 0     | 0      | 5     |      |      |       |
| Lady Runners |            |               |       |       |        |       |        |       |       |        |        |       |       |        |       |      |      |       |
| 1            | Clark      | Tracy         | 5     | 5     | 5      | 10    | 12     | 0     | 0     | 13     | 10     | 5     | 5     | 5      | 80    |      |      |       |
| 2            | Robinson   | Nicki         | 0     | 0     | 0      | 0     | 0      | 0     | 0     | 11     | 0      | 5     | 0     | 0      | 16    |      |      |       |
| 3            | Cradden    | Pat           | 0     | 0     | 0      | 0     | 0      | 0     | 0     | 0      | 8      | 0     | 5     | 0      | 13    |      |      |       |

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