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MiloNews

The Newsletter of Milocarian AC
Issue 22 - MARCH 1995

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EDITORIAL COMMENT

Well, its time to pen a few thoughts, not necessarily the thoughts of Milocarian AC, about this and that. I would like to thank those few faithful members of the club, personally, who have consistently dragged themselves out on a Saturday afternoon to do battle with the elements and cross-country courses. They keep the name of the club alive. While one appreciates that many of the Club's Members have long ago hung up their spikes and now practice their sport from the comfort of an armchair and cosy fire in front of the television - there are still several, who are fit and active, who could turn out at least once for the club during the season. My running days are few and far between and most definitely numbered, but I have got out a few times this season and lumbered around a few of the courses - why can't some of you others!

On another tack, we joined the Chiltern League, several years ago, after a couple of good seasons of Invitation races. New members were on the increase and runners with ability were being attracted to the club. They were turning out fairly regularly and the club started looking for more races - hence the league. We enjoyed 2 good seasons in the league, performing fairly well and some prizes were won - but now we are struggling to get a team out, needing 10 to count, and the Club has, I feel, lost some of its credibility. I have come to the conclusion that it is about time to rethink our position and perhaps to withdraw from the Chiltern League until we can do it justice. Perhaps this will make it easier to fit our traditional invitation matches into the calendar and recover the spirit and fun that the club enjoyed in the lean years - the stalwarts will always keep the club going.

On a lighter note, I'll draw your attention to one fixture that every club member should endeavour to attend, even the old and bold (not necessarily to run) - The Club's Annual Handicap Race and Social. An excellent buffet and well stocked bar welcomes the exhausted runners and cold families - end of season trophies are presented (if they are back from the engravers), the Grand National sweepstake bringing instant wealth and a fun time is had by all. See last page of this Milonews for ticket allocation.

NEW MEMBERS SLOT

The club would like to welcome the following new members

Richard Beatson & Pat Cradden (October 1994)
Nick Colman, Harriet Wood &
Stephen Driver (January 1995)

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Comments and contributions including changes of address to:
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West End Road, Ruislip, Middx HA4 6NG
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RACE REPORTS - By Mike Gibson

Chiltern League Match at Wycombe, 8th October 1994

The 8th of October was warm, almost hot, sunny and very dry. As there had not been rain for some time, the ground was very hard underfoot. In the usual way of the Chiltern League, the juniors and the ladies had been used to trample down the nettles and the thistles before the seniors did battle. The race did not get off to a good start for the Milos - in my first race as cross country secretary I had not realised that I had to supply numbers and it was left to the good efforts of Mike Sumpter to scrounge some from the organisers.

The course was 2 pleasant smaller loops with a bigger final loop including a hill and a stile to make up 6 miles. The ground was so hard that your intrepid correspondent dropped out with sore Achilles tendons, leaving 7 real runners to score for the club as follows:

13	Steve Finch	38.28
82	John Gilroy	44.18
107	Bill Reilly	45.52
120	Ian Jebson	46.33
123	Tudor Fox	46.45
133	Keith Henderson	47.20
137	Neil Wood	47.41

This gave Milos 622 points in the senior match (16th out of 18) and 308 points in the veteran match (12th). It would no doubt have been better if we had had a full team!

Home Match at Sandhurst, 22nd October 1994

The match for the Terry Lewins Trophy was on a more autumnal day than the previous 2 matches. In the week leading to the match, 2 clubs had phoned to say that they probably would be unable to field a team - West 4 AC and Chiltern Running Club. However, we still had about 70 runners, mingling with the assorted 250 odd cadets, directing staff and others at the start. Unfortunately, 4 runners from Orion missed the start and set out a few minutes late. Only to discover that the gate out to the main part of the course had been locked behind the runners. Only a gentle, self-generated jog in the beautiful surroundings and the superb match tea went some way to mollify their frustrations with the traffic on the M25 and the Army. Huw Jenkins had organised what was described to me later as "the most enjoyable course" they had experienced at Sandhurst. The enjoyment was muted a bit by the weather, with a vicious squall of torrential rain tearing through the area about half an hour after the start. The original design of the funnels at the end kept the officials busy, shooing - not always successfully - runners out of the wrong funnels and into the right ones.

Individual Milo results were:

3	Steve Finch	38.38
6	Idan Piercy	39.52
9	Nick? Wood	40.12
10	Peter Johnson	40.17
12	Ian Barker	40.32
32	Huw Jenkins	43.49
43	Neil Wood	45.36
44	Brenden Cradden	45.47
45	? Crabtree	45.58
48	Keith Henderson	47.16
52	Ian Ward	48.16
54	John McCarthy	48.32
66	Norman Niblock	59.33
68	Mike Sumpter	67.44

The match results were:

1	Thames Hare & Hounds	130 points
2	Milocarian AC	160 points
3	Metropolitan Police	230 points
4	Bank of England	296 points
5	Ranelagh	374 points
6	Kingston & Polytechnic	381 points
7	British Airways	-

(Editor's Note: Winner C. Daniels, Thames Hare & Hounds, 36.58. There were 69 male runners - so I wasn't last)

Once again , Tracey Clark was first lady home in the lady's race (a different funnel so no time available). She complained mightily that the marshals would not let her do the men's course!

This year, the admission to the college went easily, the course was good (thank you Huw) and the post-match tea was excellent (than you ladies). Next year's ambitions are to have an earlier date in October so more clubs can come and to sort out the finish.

Match v Bank of England and Worthing AC, 15th October 1994

The second match of the season was another unseasonal day with splendid sunshine and dry and hard underfoot. Richmond park was at its best with the Stags in rut and the footing over sweet chestnut kernels uncertain. This time we put out 12 male runners and Tracey. It was agreed before the start that since Worthing had only brought 9 male and one female runners, we should score 8 and one. The route was a standard Bank one of 5.75 miles taking in the Queen's Ride and the switchback twice. The start and finish were in the usual place but seemed different without the wall of spray normally kicked up at the beginning. Despite being told at the match tea (excellent as usual) that Milos had won overall, when the formal results arrived by post, we had come third.

2	Steve Finch	32.49
8	Keith Spacie	35.43
13	John Gilroy	37.02
17	Tudor Fox	38.36
22	Keith Henderson	40.03
23	Neil Wood	40.16
24	Ian Ward	40.25
26	Don Gibson	41.12
28	John McCarthy	41.31
32	Ray Crouchman	44.26
33	Tracey Clark	44.47 (1st lady)
38	Mike Gibson	52.22

Chiltern League Match at Gade Valley Harriers, 29th October 1994

Time for the annual visit to Hemel Hempstead and to do battle with what Neil Wood calls "the magic roundabout". I must confess I had not believed him until I actually experienced that masterpiece of road design. In retrospect, it was surprising that as many as nine of us made it to the start. The course was the incredibly boring 3 circuit round, through, up, down and over the park. The course was too short for some of our runners who take longer than 6 miles to warm up and get going!

Winner	P. Smith	29.14
15	Steve Finch	31.22

(after a thrilling last mile where he overtook quite a few).

97	Brendon Cradden	36.12
110	Neil Wood	37.12
122	Ian Jebson	37.47
124	Tudor Fox	37.58
132	Ian Ward	38.17
139	Keith Henderson	38.32
183	Mike Sumpter	57.00
-	Mike Gibson	DNF

(stopped to help injured runner)

Match v Thames Hare & Hounds, 5th November 1994

The 5th of November was a misty, rainy day. Runners in glasses couldn't see where they were going, which was a pity because Thames Hare & Hounds had devised a delightful new 5 mile route that went round the Alps rather than over them, but still had death defying mud slides. The start and finish are now just outside the clubhouse. As usual, the race was well signed and comprehensively marshalled and apart from the weather which was a touch warm, we had a most enjoyable afternoon.

2	Steve Finch	32.49

(8 Keith Spacie 35.43 running for his home club but he is one of us).

13	John Gilroy	37.02
17	Tudor Fox	38.36
22	Keith Henderson	40.03
23	Neil Wood	40.16
24	Ian Ward	40.25
26	D Gibson	41.12
28	John McCarthy	41.32
32	Ray Couchman	44.26
33	Tracey Clark	44.47
39	Mike Gibson	52.22
40	Mike Sumpter	53.00

Match v Orion and Others, 19th November 1994

The clubhouse at Orion must be one of the easiest to find from the directions supplied, even if it is one of the furthest. The race was Tracy Clark's swansong, as she is off to live and work in Belgium for a while. The day was dry and mild although there had been lots of rain. as a result, there was lots of mud. Although we had been told it was suitable for spikes, there was also lots of road in this longish 6 miles. The home club won with 31 points to our 190 points.

Winner	B Wootton - Orion	38.29
6	Steve Finch	40.29
35	Ian Jebson	47.04
40	Neil Wood	47.59
49	Keith Henderson	49.39
24	S Crabtree	49.40
54	Tudor Fox	51.30
67	Tracey Clark	59.52
73	Mike Gibson	65.50

The Joys of being a Runner's Mum

What's that awful mess in the sink
It looks like a swamp or worse,
Oh no! It's those socks that used to be pink
And that is only part of the curse.

If it sounds like elephants in the tumble drier
"Its my spikes, mum, they wouldn'y dry by the hearth",
Comes a call from out of the mire,
That once we used to call a bath.

Mum have you ever seen a foot go this colour,
PANIC! It must be gangrene, you think the worse
So you grab hold to look, get deafened by the hollar
And say "Don't worry, I'll just call the hearse".

There are those days you stand in the rain
Waiting to glimpse your offspring go past
How is it that they feel no pain
Unless of course they come last.

By Jackie George
(Tracey's Mum)

Feltham Puffers' River Relay
September 1994

Just to be different Feltham Puffer unwound the repetitive lappery of the conventional relay race and laud the legs end to end between Virginia Water and Richmond. What a course resulted; through parks, along the Thames bank in and out of the traffic; gradients were very few, but all else was variety, including the leg lengths which ranged from 3.7 to nearly 8 miles.

As at Windsor, we had 2 entries, each easily meeting the requirements of a least 1 lady and 2 Vets per team. Again, we loaded as much talent as could be found into the A team and with it all the expectations of success, leaving the B team to enjoy the route and admire the scenery.

The seeding was well justified by the results, the A team coming 10th out of 40 teams, in 3 hours 15 minutes and 40 seconds, beating the B's into 25th place where they were pretty chuffed to find they were only 17 minutes behind in 3 hours 32 minutes and 14 seconds. It is probably invidious to pick out individual performances, so here goes! Steve Finch, as ever, showed he rates in any company by being the 2nd fastest on the last leg, John Gilroy had a storming run on leg 4 to record 4th fastest and lift his team 8 places, 5th fastest was Ian Ward, improving the B Team's standing by 4 places: Nik Wood, opening the race for the Milos A, handed over in 5th place and perhaps would have gone quicker had he realised that his Dad was only 1 minute 18 seconds behind in 9th place.

It was a very good day for all concerned; well done the runners and thank you for taking part. It demands something of an act of faith to turn up at the start of your leg, park your car, leave your kit and run anything up to 8 miles away in the fond expectation that, somehow, you, your kit and your car will be reunited. But, it all seemed to work and I am very grateful to all the wives and offspring who helped fetch and ferry; without them some of us would probably still be out there!

A word here for our enthusiastic and resolute lady competitors: without Tracey and Pat we would not have been eligible for either of this summer's relays and would have passed up a lot of fun. Perhaps running reflects life, being much the duller when there are no ladies about: enough of the philosophising; well done everybody!

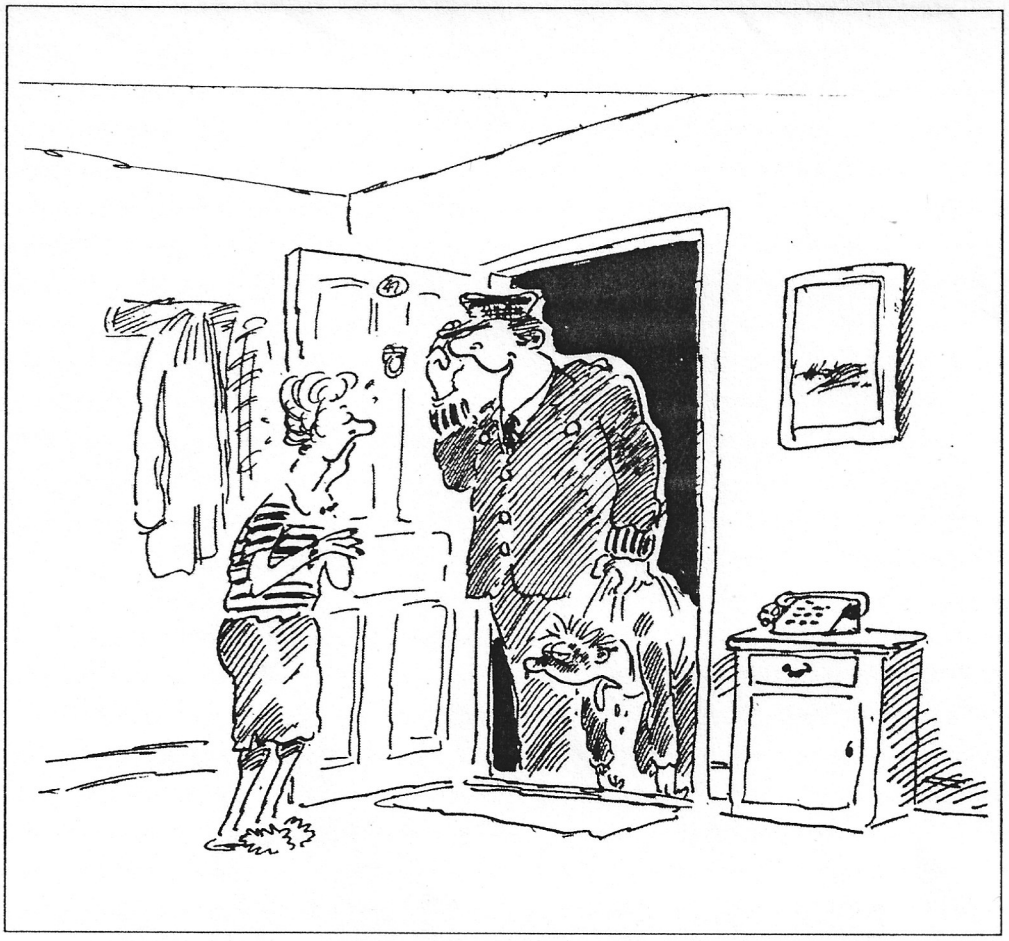
	Milocarian A were:		**Milocarian B were:**		**Fastest Times**	**Slowest Times**
1st Leg	Nik Wood	25.13 (M)	Neil Wood	26.18 (V)	23.07	41.43
2nd leg	Tracey Clark	34.33 (W)	Pat Cradden	39.09 (W)	24.51	45.41
3rd Leg	Brenden Cradden	48.48 (V)	John McCarthy	53.25 (V)	40.39	63.48
4th Leg	John Gilroy	23.08 (V)	Ian Ward	24.33 (M)	20.59	42.31
5th Leg	Bill Reilly	35.40 (V)	Tudor Fox	37.37 (M)	30.41	60.56
6th Leg	Steve Finch	28.18 (M)	Vernon Evett	30.59 (V)	27.19	46.31

TOTAL TIME: 03:15:40 TOTAL TIME: 03:32:14

Winning Team Time: 02:51:25 - Dorking & Mole Valley A

Slowest Team Time: 04:28:17 - The Running Sixties

Photo: Mark Shearman Tel: 081-660 0156



"Evenin' Ma'am. Does this belong to you? We found it wandering about, vowing to take up gardening."

MILOCARIAN ATHLETIC CLUB

END OF SEASON SOCIAL

SATURDAY 8TH APRIL 1995

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 1st APRIL 1995

I SHALL/SHALL NOT ATTEND THE CLUB HANDICAP

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

CHEQUE FOR £.....ENCLOSED

SIGNED.....

FROM.....