

MilOnews

The Newsletter of Milocarian AC
Issue 23 - SEPTEMBER 1995

EDITORIAL COMMENT

The nights are now drawing in and the barmy days of summer are slipping away behind us, but the young man's thoughts are turned to the start of cross country season.....Oh! I'm sorry, I was just dreaming. This 'old man' is just about thinking of where he threw his spikes after the last race and how much green mould he's going to have to chisel off them. That's not all, I've then got to try to remember how to jog/run, as I've not trained for ages and once again I'm wrestling with the idea of hanging up those dirty spikes for once and all.

Having amassed a few items to publish in next edition of Milonews, its about time that I stopped dreaming and put edition 23 to bed. I can find numerous excuses as to why I've not issued it before now - but that would only bore you and nobody wants to know how hard I'm working etc etc. So after a nagging phone call last night, (thanks Neil) I've activated the computer and at an unearthly hour in the morning I'm at my desk at work and am busy typing away with all the eagerness and the dedication that any good editor should demonstrate at any time.

Enough about me and **Wake Up! All Milo runners**, the season is about to start and our good cross country secretary has arranged at least 11 reasons to get of shopping on a Saturday. Please find on page 6 a provisional fixture list. **Make a note now** on your calendar, filofax, diary, electric notebook, or what ever you use to plan your busy hectic life. Please make every effort to turn out and support your club, especially at our home fixture at Sandhurst on 30th September, starting at 1430hrs. **WHICH WILL BE FOLLOWED BY THE AGM** - its your club, so why not have a say it how its run and what we're doing!

And why not make it a challenge this year to introduce someone new to the club and entice them to support the only Tri-Service Athletic Club, preferably someone fit and young and in whom us 'older ones' can relive our dreams of days gone by. Its worth a try.....it might get me of the hook! I look forward to seeing you sometime this season, and I promise to look after you kit safely whilst you are sweating and grunting up that hill, getting covered in mud, and cheer you enthusiastically as you cross the finish line!

NEW MEMBERS SLOT

The club would like to welcome the following new member

Bertram Shears (June 1995)

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 : 0181-845-2300 Ext 7268 (GPTN 95233)

dead straight between buildings, for about a kilometre and filled solidly, wall to wall, with bobbing heads. Nevertheless, once that first crush dissipated the race was on. The surfaces were generally good, a few cobbles made slippery by the rain, but level tarmac for the most part. The course was in no way flat; natural undulations were supplemented by 3 large road tunnels with fairly sharp approaches and exits and the last 2 or 3 kilometres were an uphill grind. The racing was fun because, with so many competitors, there was always somebody to compete with, to take a pace from or to overtake.

The finish was back at the arch, but the spectacle was marred somewhat by the run-in being relatively short and preceded by an approach that was offset from the arch: a straight finish, about 3 or 400 metres long would have been better. Never mind, the finish procedure was efficient and the supplies of water, fizzy drinks, medals and applause more than adequate.

To round off the event a post-race pasta party was put on in the Car Museum, on the opposite side of the arch to the aircraft hall. Like everything else about the race, this was run faultlessly, with ample, tasty, hot (free!) food in a spectacular setting with the vehicles on display as a backdrop. I was a bit shocked to find cars that I had owned featuring as museum pieces, but I was assured by an attendant that they were all still in good working order, and if they can keep going, so can I.

PS.

As at 7 August Tracy still has not come up with any results or times, but Frank Boland would have been first Milo, in around 1hr 20min, Brendan second - 1hr 24min or so - and then me in 1hr 30-ish.

STOP PRESS..STOP PRESS..STOP PRESS

Hold the front page because I now have the results of the Brussels 20 km. Probably the best thing to do is to delete the last paragraph of the race report and substitute the following.

The placings and timings (to the nearest 30 seconds) were as follows:

| | | |
|------------------------|--------|-----------------|
| 1. Frank Boland | 3014 | 1hr 26min |
| 2. Brendan Cradden | 3951 | 1hr 28min 30sec |
| 3. Neil Wood | 5145 | 1hr 32min 30sec |
| 4. Michael Lux, (Host) | 9385 | 1hr 45min |
| 5. Pat Cradden | 10,931 | 1hr 50min 30sec |
| 6. Tracey Clark | 11,304 | 1hr 51min 30sec |

There were 15,122 finishers and the winner's time was 56min 30sec: to the delight of the local crowd he was a Belgian.

CROSS COUNTRY FIXTURES 1995/96

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

1995

| | | |
|---------------------|--|--------------|
| 30 SEP 95 (1430) | RMA Sandhurst (Home Fixture) Terry Lewins Trophy | Yes/Maybe/No |
| 21 OCT 95 | Bank of England (Roehampton) (Also vs Thames H & H /Kingston & Poly AC) | Yes/Maybe/No |
| 04 NOV 95 | Thames Hare & Hounds (Wimbledon) | Yes/Maybe/No |
| 18 NOV 95 | Orion (Chingford) | Yes/Maybe/No |
| 02 DEC 95 | Ranelagh 5 miles (Petersham) Ellis Trophy | Yes/Maybe/No |
| 30 DEC 95 ? | Cliveden (Self Entry - Fee payable) | Yes/Maybe/No |

1996

| | | |
|-------------|--|--------------|
| 13 JAN 96 ? | Chiltern | Yes/Maybe/No |
| 20 JAN 96 | Kingston & Poly AC 9 miles (Richmond) | Yes/Maybe/No |
| 03 FEB 96 | Bank of England (Roehampton) | Yes/Maybe/No |
| 16 MAR 96 | Ranelagh (Petershm) Dysart Dash - 3.9 miles | Yes/Maybe/No |
| 23 MAR 96 ? | Chiltern Road Relay | Yes/Maybe/No |

Note 1: Chiltern League and any other fixture details will be published as soon as available

Note 2: 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 address below.

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From.....
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