### MiloNews

The Newsletter of Milocarian AC Issue 23 - SEPTEMBER 1995

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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 nowbut 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)

#### Miloretilore

Comments and contributions including changes of address to:
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#### Milaretilare

Please excuse my not re-typing the following items - but time is at a premium and since they have been so beautifully typed already......

#### BRUSSELS 20 KM RACE, 28 MAY 95

Before I go any further, a small brain teaser for you: What is very blue, very wet and 40,000 feet down? The answer? A Milocarian starting the Brussels 20 km at the back of the field. Sorry!

What was originally planned as a Milocarian invasion of Brussels turned out to be a rather lower-key affair, however, the raiding party that made the trip found itself reinforced by local sympathisers on the day and the results will show a full "eight" representing the Club. And a good time was had by all: the race itself was well-organised, well-supported and a tremendous occasion; on top of that, our hosting arrangements were a pleasure in themselves. All you runners who intended to make this trip, but were unable to missed a really good time. Be there next year!

Our contact in Brussels was, of course, Tracy who had wasted no time in joining the local Hash and was able to place both Brendan and Pat Cradden and Margaret and I with one of the members, Michael Lux, whose family have a mini farm about 12 miles SE of Brussels. The 4 of us were fitted in and looked after among a scrum of children (5), horses (7), dogs (2), cats (2), chickens (several) and Tracy's passing pals (also several): it was great fun and very relaxing.

As well as fixing up our accommodation, Tracy also rummaged among her boyfriends, past and present, to boost the Milocarian team, which took on a distinctly international flavour. Pat, Brendan, Tracy and I were joined by a Belgian, a German and a Dutchman and to our delight, by Frank Boland who is living in Brussels.

Race day dawned rather dank; showers had been forecast and duly appeared. Nevertheless, in excess of 20,000 runners assembled at Brussels' equivalent of the Arc de Triomphe for the 3pm start. Small details contributed to a good atmosphere; for instance, changing facilities were provided in the Aircraft Museum, adjacent to the start, so runners kitted up amongst Mosquitoes, Hurricanes and Spitfires.

The start area was arranged in a series of parallel boxes, stretching back from the start line, which was under the arch. The first 2 boxes contained the 5,000 elites and runners with previous times of under 1hr 20min, the next 2 a further 4.000 with previous form and similarly, the next 2 boxes. Then, 13,000 places back already, came those of us with no previous form, on a first come-first served basis: I was 14,194; so, I was blue, wet and 28,388 feet down, but not in the last box!

As you can imagine, for those at the back, the start was a slow, halting business. Crossing the line must have taken at least 3 minutes and the first kilometre a good 5 minutes of shuffling, stumbling and jogging. One sight characterised the opening stages perfectly - an uphill, boulevard stretching away,

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 fault-lessly, 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:

<ol> <li>Frank Boland</li> </ol>	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
<ol><li>Tracey Clark</li></ol>	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.



Our "TEAM" in Brussels

(Tracey's friend\*), Tracey Clark, Frank Bowland, (two more of Tracey's friends\*), Neil Wood (\*see Neil for names, or even Tracey!) Brenden and Pat Cradden

#### MILOCARIAN ATHLETIC CLUB

#### THE RUNNYMEDE RELAYS

He promised that he would do it again, and he did. Once again, Neil Wood organised, cajoled, threatened and bribed to persuade two teams of Milos to enter the Runnymede relays. After the hot and sultry weather of the previous week, folks were doubtful about the sense of running alternating 5½ and 2½ mile legs if the day was a scorcher. The format required at least one lady and 2 vets in a team; we could almost enter a vets team. Perhaps next year. Fortunately it was cool, cloudy and breezy when the first leg started at noon. On the day, both Neil's reserves were used but again, the team manager, Mike Gibson, was not needed (thank goodness).

Milocarian A finished in the same position as last year (7th) but with a faster time of 2-36-40 while the B team finished one place further down than last year (22nd) and with a time about 30 seconds faster than last year (2-57-52). By the time the 5th leg had begun, the sun had made an appearance, along with T-shirts, barbeques and fancy dark glasses. It was still not hot enough for Neil to take off his T-shirt to run in. Individual results were as follows:

1	Milos	Α	Milos B		
Steve Finch	2	30-52	Brendan Cradden	32	38-10
Tricia Hardie	20	20-36	Pat Cradden	29	23-17*
Keith Spacie	12	34-25	Tudor Fox	25	38-23
John Gilroy	8	18-37	Gordon Howard	17	19-51
lan Barker	13	34-10	Barry Rickard	19	37-48
Neil Wood	9	18-00**	John McCarthy	20	20-23

<sup>\*</sup> Well done Pat - 19 seconds better than last year.

# **AGM**

## RMA Sandhurst, Approx 1600hrs Saturday 30th September 1995 BE THERE OR BE.....

<sup>\*\*</sup> Hard luck Neil - worse than last year, but only by 1 second!

#### Microstikonom

#### CROSS COUNTRY FIXTURES 1995/96

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

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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.

Mike Gibson	From
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Caversham	
Reading	
RG4 ODU	
TEL: (HOME) 01734-483250	
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