

MILONEWS

The newsletter of the Milocarian Athletic Club

Issue Number 24 - February 1996

BACK TO BASICS

(Another in the "Courses of Action" Series.)

By Neil Wood

You see it all as a Milocarian; the spreading, groomed acres of Sandhurst, where every blade of grass is standing rigidly to attention a set distance from its neighbours, to municipal open spaces that cower amid tower blocks and flyovers, seemingly doing time on the death row of creeping urbanisation. Did you like that bit? About death row and the rest of it? I thought some sub-Guardian prose might add a bit of gravitas to this otherwise flimsy piece.

But you know what I mean (don't you?); we Milos get around, one week tea, buns and hot showers, the next changing behind the car and hoping that the kids haven't eaten the Mars Bar that you had left in the glove locker.

Nowhere is contrast so marked and in such close proximity as in The Park. Turn right at the Roehampton end of The Park and you find the Bank Sports Club, turn wrong and you come to Kingston and Poly. The fundamentals of the two courses are not dissimilar; five miles looping round the ballet school and Penn Ponds, with lovely going under foot, firm, springy grass for the most part and a short, sharp hill or two mixed with a longer incline per lap. It is quite civilised, not particularly rigorous and nor do you get very dirty; it is all a bit like banking, in a way.

The Bank's premises are almost a financial Sandhurst; immaculate playing fields surround a straggle of buildings that vary in age and grandeur, but are all in good repair, warm and served by the sort of staff you used to find in banks - courteous, capable and not trying to sell you anything. The ambiance is not lavish, but comfortable in a wood-panelled, well-padded Edwardian way. The changing rooms have carpets on the floor and the showers never run out of hot water. Of course, it has to be acknowledged that the runners are usually first in and that the warm water may not run to a couple of rugby teams.

Kingston and Poly's venue is next to the polo field, which gives it something of a start in the status stakes. Sadly, that is as far as it goes because the facilities here are as exiguous as the Banks are impressive; to put not too fine a point on it, There are no facilities. True, there is a perfectly serviceable clump of trees bordering the start which can be peed against or changed behind for free. Similarly, a shower can always be had - hail, snow, sleet, one or more can usually be guaranteed. As for the post race tea, short of grabbing one of the dozy deer that linger around the place, throttling it and eating it raw, the only hope is that the Mars Bar is still there.

I suppose it is hardly surprising that the Cross Country Secretary seems to be giving Kingston and Poly a miss, this year, but going to the Bank twice.

RESULTS ROUND UP

1. The River Relay. Another good turn out saw us field a strong A team and an experienced B team in this novel event. The first string team excelled itself, finishing 5th overall in 3hrs 10min 16sec, 5 places higher than last year and a full 5 minutes faster. The B team was aiming to peak at Sandhurst and was into stamina rather than speed at the time of the relay, so it was content with a time of 3hrs 39min 57sec, 7 minutes slower than last year, but good enough for 21st place. Individual performances were as follows:

A TEAM

Leg Posn	Name	Time
27	Crabtree	32.27
2	Wood	26.40
11	Barker	47.28
1	Carr	21.32
2	Finch	31.22
7	Spacie	30.47

B TEAM

19	Henderson	28.58
30	Cradden	37.44
18	Cradden	50.37
7	Wood	24.29
25	McCarthy	43.28
22	Fox	34.31

2. Sandhurst 30 Sept 95. Most of what follows is hearsay, because I was so far behind that I hadn't got a clue what actually happened among the real competitors. What is inescapable is that we had a terrific turnout, both of Milos and of visitors eager to take our trophy. Thames Hare and Hounds, who seem to be turning into the Kenyans of home countries running, won handsomely with a very strong side, but they did not have things all their own way and it was immensely satisfying to see 3 Milos - Tim Jones (2nd), Jerry Greeves (5th) and Nick Wood (10th) - in among the leaders. Thames packed their 7 scorers into the first 18 places for a total of 60 points, we followed with 179, ahead of Ranelagh with 205 and Thames B in fourth with 230 : 99 runners finished a pretty tough course and 8 clubs turned out a total of 12 teams.

Running the race in parallel with the cadets' event added depth and colour and swelled the field to well over 300 runners. It was interesting (and deeply satisfying) to see that the first 16 competitors home all came from the Ellis Trophy, perhaps demonstrating that local knowledge was no substitute for real running ability.

MILOCARIAN AC - HOME FIXTURE - RESULTS

I hope you all enjoyed the Milocarrians' home fixture. Here are the official results. In addition to the cadets, we had 99 in our race (I'm still getting grief from Gordon Howard for making him help rather than letting him run!) We scored 7 per team and the ladies who ran the full course scored for their team.

continued over....

<u>Position</u>	<u>Team</u>	<u>Points</u>
1	Thames Hare & Hounds A	60
2	Milocarians A	179
3	Ranelagh	205
4	Thames Hare & Hounds B	230
5	Orion A	257
6	Bank of England	305
7	British Airways	311
8	Metropolitan Police	324
9	Kingston & Polytechnic	374
10	Thames Hare & Hounds C	415
11	Orion B	475
12	Milocarian B	510

Finishers 95 Winner 35:41

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
2	Tim Jones	35 : 48	20
5	Jerry Greeves	37 : 08	19
10	Nick Wood	38 : 29	18
27	Keith Spacie	40 : 48	17
36	Ian Barker	42 : 02	16
41	Ted Hamilton	42 : 38	15
58	Neil Wood	45 : 10	14
59	Huw Jenkins	45 : 11	13
64	Bredden Cradden	45 : 59	12
68	Tudor Fox	46 : 21	11
72	Ian Jebson	46 : 54	10
76	? Sleeman	48 : 01	9
83	Keith Henderson	49 : 47	8
88	Norman Niblock	51 : 19	7
89	Stephen Driver	52 : 50	6
95	Mick Hendry	53 : 43	5
96	John Reeve	54 : 10	5
99	Betram Shears	62 : 40	5

3. Bank of England - 21 Oct 95.

Steve was back for this race and with Tim Jones, again gave the club something to glow about. Tim came second and Steve third, but the rest of us could not give them the close support they deserved, although we were there in spirit, so we let victory slip through our grasp. Never mind, there was another encouraging turn out and it was a splendid day for running. Best of all, the Bank's catering staff had obviously gone into serious production of the chocolate crispy thingies and we definitely won the competition for polishing off the biggest number of those.

Finishers : ? Winner : 30 : 15

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
2	Tim Jones	30 : 16	20
3	Steve Finch	31 : 53	19
31	Brendon Cradden	37 : 46	18
35	Neil Wood	38 : 09	17
40	Tudor Fox	38 : 56	16
44	Keith Henderson	40 : 00	15
45	John McCarthy	40 : 04	14
47	Gordon Howard	40 : 52	12
48	Ray Couchman	45 : 48	11
49	Mike Wilson	46 : 35	10
53	Pat Cradden (F)	47 : 27 (3rd LADY)	9

4. Thames Hare and Hounds - 4 Nov 95.

If age counted for anything we would have won at Thames by a street ; sadly, it didn't and nor did we, if you see what I mean. Wimbledon Common looked very attractive in its autumn colours, even through a haze of sweat and the going was well nigh perfect : Hercules and Thames thrived on the conditions and tied the match. Nevertheless, we had a good turn out, despite the absence of all the Bearbrook fifth column in Jersey and boosted by a Presidential visit, we enjoyed a splendid day out. Don't look now, but the Chairman seems to be making a quiet bid for the Most Improved Runner trophy.

Finishers : 32 Winner : 29 : 09.89

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
18	Neil Wood	33 : 33.64	20
20	Tudor Fox	34 : 25.72	19
22	Gordon Howard	35 : 07.53	18
24	? Banks	35 : 41.91	17
28	Mick Hendry	37 : 19.40	16
29	Norman Niblock	37 : 48.29	15
30	Ray Couchman	37 : 50.92	14
31	Mike Wilson	39 : 39.15	13
32	Mike Sumpter	45 : 08.67	12

MILOCARIAN WINS INTER - CLUB MATCH!

5. Orion - 18 Nov 95.

Never mind about Princess Di on Panorama; the big news this week is that Jerry Greeves, running for the Milocarians at Orion, won the race in handsome style by 18 seconds. It was a wonderful moment for the club which was heightened further by Steve Finch taking a fighting fifth place and Kevin Dyer, a Milocarian guest who is going to become a resident, if I have anything to do with it, getting a valuable eleventh. This was stirring stuff, particularly as Tim Jones had won the Jersey half-marathon only the week before. I don't know whose vest he was wearing but, to me, if he wins, he must be a Milo!

Finishers : 90 Winner : 37 : 41

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
1	Jerry Greeves	37 : 41	20
5	Steve Finch	38 : 19	19
11	Kevin Dyer	40 : 44	18
36	Ted Leath	44 : 48	17
39	Neil Wood	45 : 49	16
80	Pat Cradden (F)	55 : 51	15
84	Nicki Robinson (F)	59 : 23	14
86	Mike Sumpter	60 : 56	13
87	Bertram Shears	64 : 27	12

NEW MEMBERS SLOT

The club would like to welcome the following new members

Jerry Greaves (October 1995)
 Nicki Robinson (November 1995)
 Nicholas Barton (December 1995)
 Ted Leath (January 1996)

"LETTER FROM THE LAKES"

(By John Peel)

Old soldiers never die - so they say. Here's one who is slowing down but has not quite given up. I joined the Milos whilst at RMAS in '48, when in those days I heaved a javelin - good for brownie points and also accumulated a fair few points for the Athletic Team. I've kept fit through my service (till '79) and got fitter since. Have done 4 marathons since; the last in '94 to celebrate my OAP - the time was a frightening 4 hrs 35 mins.

I do a few local fell races and haven't been last yet! This years challenge was a 48 mile run from Pooley Bridge (Ullswater) to Greendale Bridge (Wastwater) via a high level route selected by the great fell runner and record maker Jos Naylor. Its for the over 50's. The 'youngsters' have 12 hours, 60's have 18 hours and the 65's have 24 hours. My local fell running club 'Blackcombe Runners' provided the support and encouragement (it's useless putting Milocarians down as your club up here - it doesn't feature in fell-running). If you're any 50+ active members who would like a go, I'll be pleased to advise and assist but I couldn't pace a younger runner.

I've enclosed a copy of my article done for the local club with my schedule which might be of interest to anyone who knows the lake district. It's nice to get your newsletter and hear how things are going. I should imagine its just as difficult to find time to train and compete in the services now as it was in my younger days.

I note I'm still only paying 50p per year as no-one has ever asked me for more - is this O.K.?

keep up the good work, yours etc

The said article:

JOHN PEEL ACCEPTS THE CHALLENGE

A famous ancestor of mine is reputed to have conducted his hounds on a seventy mile chase in the northern fells, albeit riding a horse. Maybe I have some of his stamina if not his skills. I've done the Jos Naylor Charity Challenge to test it.

This is a great outing for the old and bold; without the hills it would be a 48 mile doddle but the 16,000 feet take a bit of climbing.

For a 66 year old I'm allowed 24 hours; how long should I schedule? A few recce's and a glimpse of Don Talbot's schedule (indecently quick) I settled for 22 hours - wasn't far out either! At 13 stone I'm no speed merchant.

A midnight start meant I did not need to cross Threshthwaite Mouth in complete darkness, it's a nasty descent, it also meant I should get back before dark.

Everything went well. I had admirable pacers. My niece Moira (another of John Peel's descendants) and one of our BCR charming lady fell-runners Val saw me through the darkness to Kirkstone, from whence Val was joined by Dave and Phil from the club to see me to Dunmail Raise. For the rest of the route I was shepherded by Mike Berry our club's most recent Bob Graham achiever, who having only recently done his round knew exactly what was required, he could still remember the problems.

My wife Jill saw me off and safely through road crossings, then picked up daughter Jane and hiked up to Styhead to see me through there. Naturally they were also waiting at the finish.

Jos also came up to Styhead to help me up Gable, unfortunately I was ahead of schedule there and he missed me, I was very sorry later on when I found out.

HIGHLIGHTS OF THE CHALLENGE:

- During a recce trip over Seat Sandal a young lady saying I had the best pair of legs she'd seen on a man!! - Her husband was with her too, I sailed up the hill after that though I'd come from Pooley Bridge and had been feeling tired.
- Nearly losing Val in the high bracken just east of the Aik Beck whilst taking a short cut to Barton Fell, she's nobbut a lal lass!
- The care which my pacers took with me.
- The weather which though cold and windy was good for an endurance session, there were rain showers but they missed us. There was hill fog from Scoat Fell on but wall and compass saw me safely to and down from Haycock.
- Meeting Jos on Middlefell and trotting down in his company (let him tell you about the route he took us!).
- Jos's tip on defeating stiffness; he told me to "ga and get thee legs in't beck John, it'll stop thim ga'an stiff". I did and it did. He told me that after his 11.5 hour effort in driving rain with a storm force wind he'd laid in the beck for 5 minutes - a real masochist but a great guy.
- finding not only my wife and daughter to meet me but also Val and husband Chris and Moira with daughter Nichola (the latter came to think to make sure Mum got home safely as they were off for their holiday to France at 8 am next morning). There was a special flag being waved, one with a fox on it devised by some sailing relatives, and even a bottle of champagne was cracked - what a life!
- The enthusiasm shown by Monica Shone, the Challenge Co-ordinator, also the help she gave, I think if she hadn't been racing on Snowdon that day she'd have been along.
- meeting a B.G. party coming off Pillar and the two support crew ladies who knew about the Jos Naylor Challenge.

LOW LIGHTS:

- Seatallan on my recce with Pete Cockshott from Dunmail Raise on a stinking hot day, I was knackered then and the thought of climbing this after 21 hours instead of only 10 was very depressing.
- Seatallan. I knew it was the penultimate hill but it seemed to grow both steeper and higher and my legs had got a lot weaker. Jos says its a grand character builder (or should it be destroyer!).

25 June 1995

John Peel

SCHEDULE FOR JOS NAYLOR CHALLENGE BY JOHN PEEL (AGE 66) ON 22 JULY 1995

<u>Route and Timings</u>	<u>Proposed</u>	<u>Actual</u>	<u>Pacers</u>
Start: Pooley Bridge	00.00	00.00	Val Gill and Moira Radford
Roehead			
Barton Fell			
Arthur Pike	01.01	00.57	
Load Pot Hill	01.35	01.28	
Wether Hill	01.49	01.45	
Red Crag	02.08	02.04	
Raven Howe	02.20	02.14	
High Raise	02.37	02.34	
Kidsty Pike	02.48	02.46	
Rampsgill Head	02.54	02.54	
High Street	03.19	03.18	
Thornthwaite			
Beacon	03.35	03.35	
Stoneycove Pike	04.25	04.12	

continued over...

<u>Route and Timings</u>	<u>Proposed</u>	<u>Actual</u>	<u>Pacers</u>
Pike How	04.48	04.30	
Kirkstone Arr.	05.07	04.48	
Kirkstone Dep.	05.30	05.13	Val & Dave
Red Screens	06.09	05.42	Parminter, Phil
Hartcrag	07.44	06.48	Newton
Fairfield	08.07	07.08	
Seat Sandal	08.43	07.44	
Dunmail Raise Arr.	09.11	08.11	
Dunmail Raise Dep.	09.33	08.40	Mike Berry
Steel Fell	10.11	09.12	
High Raise	11.37	10.20	
Rossett Pike	12.41	11.32	
Bowfell	13.27	12.22	
Esk Pike	13.58	12.51	
Great End	14.32	13.27	
Sty Head Arr.	15.12	14.08	
Sty Head Dep.	15.32	14.30	
Great Gable	16.26	15.20	
Kirkfell	17.18	16.20	
Pillar	18.35	17.49	
Scoat Fell	19.20	18.32	
Steeple	19.27	18.39	
Haycock	19.55	19.09	
Seatallan	20.45	20.11	
Middle Fell	21.23	20.51	+ Jos on Middle Fell
Descent			
Greendale bridge	<u>21.50</u>	<u>21.24</u>	

Support Team : Jill and Jane Peel

TOUGH GUY OR TOUGH GIRL?

By Pat Cradden

In the glorious summer sun or should I say wine of '95, I was persuaded to enter a Fun Filled Charity Event called 'THE TOUGH GUY 96 GLADIATOR CHALLENGE'.

As the winter chill set in and January 28th '96 drew near, I was having second and third thoughts about turning up.

For the uninitiated, The Tough Guy is organised annually by the Tettenhall Horse Sanctuary near Wolverhampton. The monies raised go to the rescue of horses and perhaps more importantly the rescue of young offenders and drug addicts.

The challenge is 10 country miles run up hill and down dale followed by an Army style assault course.

'EASY' I hear you say.

TOUGH GUY day arrived - A cold winter's day - Temperature ZERO - Wind chill factor MINUS 10 DEGREES. Looking on the bright side - It was dry.

After the delights of the cross country fun through woods, streams and hills, the obstacles loom.

First comes the Elephant pits. Great if you are seven feet tall.

Then comes an assortment of man made bridges in a variety of forms. Poles and planks (not human), poles and cargo nets, poles and oil drums. These were interspersed with giant haystacks, deep iced water - ideal for summer - Vietnamese style tunnels, barbed wire crawl and a couple of tyre constructions to negotiate.

Once these were out of the way the home straight looked easy. Wrong!! - It was over a fence into knee deep mud and more mud just for good measure and to drain any energy you may had left

Exhausted, wet and b----- cold, you finally cross the line. For me it was 3 hours and two very long minutes from the gun.

It is a challenge - well worth doing (once) - so don't delay - sign up for 1997!

More Results...

6. Cliveden - 31 Dec 95.

Finishers : 389		Winner : 35 : 01	
<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
87	Neil Wood	45 : 45	20
127	Brendan Cradden	47 : 41	19
288	Bertram Shears	58 : 42	18
298	Pat Cradden	60 : 03	17 (F)

7. Hillingdon - 20 Jan 96.

Finishers : 70		Winner : 31:20	
<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
6	Nick Wood	33 : 12	20
9	Clive Wintrip	33 : 27	19
10	Steve Finch	33 : 28	18
39	Neil Wood	38 : 53	17
44	Brendan Cradden	39 : 43	16
50	Keith Henderson	40 : 36	15
54	Gordon Howard	41 : 25	14
55	Rory McShane	41 : 32	13
56	Steve Driver	42 : 30	12
61	Mike Wilson	46 : 38	11
62	Pat Cradden	47 : 01	10 (F)
63	Bertram Shears	47 : 16	09
64	Nicki Robinson	48 : 37	08 (F)
65	Harriet Wood	51 : 38	07 (F)
66	Carol Snedden	51 : 38	06 (F)
67	Mike Sumpter	52 : 38	05

8. Bank of England - 3 Feb 96.

Finishers : ?		Winner : 30 : 30	
<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
6	Nick Wood	32 : 47	20
9	Steve Finch	33 : 21	19
10	Howard Long	33 : 22	18
36	Neil Wood	38 : 03	17
39	Brendan Cradden	39 : 05	16
45	Gordon Howard	39 : 55	15
46	Keith Henderson	40 : 00	14
51	John McCarthy	40 : 21	13
55	Ian Barker	42 : 39	12
60	Mike Wilson	44 : 51	11
65	Carol Snedden	47 : 13	10 (F)
69	Bertram Shears	47 : 54	09
71	Harriet Wood	48 : 12	08 (F)
72	Pat Cradden	51 : 09	07 (F)
DNF	Ray Couchman		05

9. British Airways - 4 Feb 96.

Finishers : 56		Winner : 33 : 17	
<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
36	Niel Wood	43 : 59	20
40	Keith Henderson	44 : 55	19
42	John Listman	46 : 20	18
43	Brendan Cradden	46 : 53	17
44	Tudor Fox	48 : 01	16
47	Norman Niblock	49 : 44	15
55	Bertram Shears	54 : 39	14

Ladies Race

12	Julia Niblock	48 : 17	5
DNF	Pat Cradden		5

MILOCARIAN ATHLETIC CLUB

END OF SEASON SOCIAL

SATURDAY 30th MARCH 1996

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
42 ISIS CLOSE
HAWKSLADE
AYLESBURY
BUCKINGHAMSHIRE
HP21 9LY

BY 23rd MARCH 1996

.....
I SHALL/SHALL NOT ATTEND THE CLUB HANDICAP

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

CHEQUE FOR £.....ENCLOSED

SIGNED.....

FROM.....