

MILONEWS

The newsletter of the Milocarian Athletic Club

Issue Number 25 - September 1996

John Reeve - Milocarian 1958 to 1996

At last year's home fixture and AGM John announced his retirement from competitive running, six days after his sixtieth birthday, but promised the club his continued support. That regrettably was not to be for long. We were all shocked and saddened to hear of his sudden death in July this year.

John epitomised the spirit of the Milocarrians in giving far more to the club, and to running generally, than he ever got out of it.

Not many current club members are aware that he won the all England School's Cross Country Championships in 1953. He captained the RAF athletics team during his three years service in the late 50's and was persuaded to join the Milos at the Inter-Services meeting in 1958. He was also a member of the Polytechnic Harriers and ran 10 times for them in the London to Brighton relays.

It is not, however, for his athletic achievements that I remember John, but for his constant friendship and unstinting support for our club. Over the years, and out of the blue, our phone would ring and a quiet voice would say "It's John here". He would ring up just for a chat and an update on Milocarian matters. When I hosted a Milo's trip to Germany in 1984, it was John who drove the bus (and also ran well). In recent years, although not running quite as fast or as often, he was still well known in athletics circles; commenting at the English Cross Country championships up to last winter.

In his last letter to me he was kind enough to write "Milos have been good to me - made me a lot of friends - even chatting in the Guard room, waiting on Saturday. I'll stay in touch". The Guard room reference was to the year before when he arrived late and would not wait to book-in in case he missed the start. Hence his wait for me to give him a lift. He was banned from driving in Sandhurst for a year!

I would say that it was John Reeve who was good to us and not the other way round. He was a true Milocarian and a good friend. We will all miss him.

Gordon Howard
Chairman
Milocarian Athletic Club

The Brussels 20km, 2nd June 1996

By Neil Wood

Last year's venture to Brussels turned out to be a more free-wheeling and free-spirited occasion than any of the Eurosceptic Milocarian contingent anticipated, so a second visit was planned to the race that, for a day, clogs up the arteries at the heart of Europe. In typically British fashion, we were quite unable to harmonise our transport arrangements, the Craddens and Bert Shears going by ferry and the Woods taking a train through the Chunnel.

Like last year, Tracy was in charge of the social chapter and had arranged accommodation with Michael and Uli Lux again. Tracy, now married to Vincent, has been expanding the membership of the European Community and is the proud mother of Georges who, if I can get him signed up, could be a millennium.

The race weekend coincided with a large jazz festival that offered bands in every square. The evening before the race was spent strolling in the sunshine, listening to the music and taking on fuel for the exertions to follow. By nightfall the idea of running 20km the next day was looking increasingly like a bad attack of British sporting endeavour (BSE) which we hoped Brussels would ban. No such luck; the import of Milocarrians was not going to be prohibited nor was there to be a cull of British competitors - there was nothing for it but to run.

Last year it rained on the race day and a Belgian won; this year it was hot and a trio of Kenyans felt thoroughly at home and ran away with the race. Behind them 19,000 competitors set off and about 4,000 of them fell out, not surprisingly considering the heat. The course was well-supplied with water stops and booths offering sports drinks; I now know better than to try to open a tube of fizzy, sticky, rocket-fuel-in-a-tin on the move. I was sprayed head to foot with tacky tonic and had to use the next 3 water stops to hose myself down; every bug seemed to stick to me and I was sticking to the road.

The other lesson was how important it is to have form in this event. Without it you start at the back of the pack and can add 10 minutes to your time for breaking out of the crowd. Brendan and I started in the first box, on the basis of our performances last year, and Brendan in particular knocked about 10 minutes and 2,000 places of his 1995 results, finishing in 1hr 22min, 1780th. Behind Brendan I managed 1hr 30min, Pat and Bert 1hr 45min and Tracy just inside 2 hours.

Highlight of last year's event was the post-race pasta party, but, sadly, it was discontinued this year - probably to stop Milocarrians entering the food chain. Nevertheless, the weekend as a whole and the race in particular were well worth the journey and I shall certainly be back next year.

NEW MEMBERS SLOT

The club would like to welcome the following new members

Stephen Kilpatrick (May 1996)

David Marshall (June 1996)

The Runnymede Relays 29th June 1996

by Neil Wood

Our previous 2 entries in the Runnymede Relays were encouraging, but we did not quite fulfil our potential. However, this year we turned out both quality and quantity - a powerful A team supported by a further 2 entries. In fact, it is an indication of the Club's hidden depth that Howard Long was adding youth and vigour to the B team!

Just to recap on the Runnymede rules; a team of 6 has to include 2 vets and a lady and the race consists of alternating laps of 5.5 and 2.75 miles; obviously, tactics have a bearing on who runs which leg.

We have come to rely on Steve Finch to give us a flying start and he duly delivered a 30.59 first lap - only 7 seconds slower than last year - and handed over to Keith Spacie in 3rd place. The vagaries of the rules forced Keith into running a short leg for which he was not best suited, but his 17.50 ensured that we were in sight of 2nd when he handed over to Jerry Greeves. A long leg allowed him to get well into his stride and his time was 40 seconds quicker than his nearest challenger and sufficient to put us into the lead.

It is always an invidious position to be the lone lady in a team, but Lena Grazzani produced a strong run in 20.32 to keep us in comfortable touch with the leading group. Her lap put Tim Jones in a position to close up to 2nd place, within sight of the leaders, after the race's fastest lap - a scorching 29.58. So, Roger Clark started the final leg with a 50 second deficit on the front runner and a lead of 45 seconds over a fast and determined BA runner in 3rd. He paced his run superbly: he rapidly seized the lead and then comfortably fended off his BA pursuer to bring the Milocarians home winners by 25 seconds, a pretty small margin after 2hrs 25mins 34sec of racing. Roger's 15.53 lap was second fastest short leg time of the day, bettered in 15.22 only by the BA anchor man and one of only 3 sub-16 minute short laps.

Meanwhile, the B and C teams were battling for pride in the middle of the field. For much of the time the C team was upsetting form, largely due to a stirring first lap from new member Stephen Kilpatrick, however, Howard Long put things straight for the B's with a quick 5th lap in 32.47 and Gordon Howard rounded things off for the B team to finish 13th in 2hrs 52min 47sec, followed by the C's, 2 minutes behind. The C team, it has to be said, owed much to Steve Finch and Pat Cradden each running second laps to make up the numbers.

So, what a day! We had a good turn out and success to warm the spirits against some cold and blustery weather. Not only did we win, but the B and C teams improved on last year's second string performance by over 4 and 2 minutes respectively. Helping to make it all possible, Linda and Margaret were calm and efficient team managers and the Club is very grateful for their hard work, Well done everybody!

The times:

	<u>Leg 1</u>	<u>Leg 2</u>	<u>Leg 3</u>	<u>Leg 4</u>	<u>Leg 5</u>	<u>Leg 6</u>	
A	Steve Finch 30 : 59	Keith Spacie 17 : 50	Jerry Greeves 30 : 31	Lena Grazzani 20 : 23	Tim Jones 29 : 58	Roger Clark 15 : 53	1st
B	Brendan Cradden 38 : 04	Pat Cradden 23 : 44	Tudor Fox 38 : 00	John McCarthy 19 : 56	Howard Long 32 : 47	Gordon Howard 20 : 16	13th
C	Stephen Kilpatrick 36 : 05	Bob Plummer 21 : 47	Neil Wood 39 : 16	Keith Henderson 21 : 03	Steve Finch 33 : 14	Pat Cradden 24 : 18	14th

Fastest Lap Times Were :

30 : 28 16 : 28 30 : 31 16 : 42 29 : 58 15 : 22

34 teams took part.

Pos	Surname	Forename	Race	Race	Race	Race	Race	Race	Race	Race	Race	Race	Race	Race	Total
			30 Sep	21 Oct	4 Nov	18 Nov	2 Dec	16 Dec	13 Jan	20 Jan	3 Feb	4 Feb	24 Feb	16 Mar	
			SAND	BoFE	THH	ORION	RANA	WIMB	CROY	HILL	BoFE	BA	CROY	RANA	
			1	2	3	4	5	6	7	8	9	10	11	12	
1	Wood	Neil	14	17	20	16	17	0	18	17	17	20	19	0	175
2	Wood	Nick (Junior)	18	0	0	0	20	0	20	20	20	0	20	0	118
3	Henderson	Keith	8	15	0	0	0	0	17	15	14	19	18	0	106
4	Shears	Bertram	5	0	0	12	11	0	15	9	9	14	16	0	91
5	Sumpter	Mike	0	0	12	13	0	20	14	5	0	0	17	0	81
6	Cradden	Brendon	12	18	0	0	0	0	0	16	16	17	0	0	79
7	Fox	Tudor	11	16	19	0	15	0	0	0	0	16	0	0	77
8	Howard	Gordon	0	13	18	0	0	0	16	14	15	0	0	0	76
9	Finch	Steve	0	19	0	19	0	0	0	18	19	0	0	0	75
10	Wilson	Mike	0	11	13	0	12	0	0	11	11	0	0	0	58
11	Spacie	Keith	17	0	0	0	18	20	0	0	0	0	0	0	55
12	Jones	Tim	20	20	0	0	0	0	0	0	0	0	0	0	40
13	Greaves	Jerry	19	0	0	20	0	0	0	0	0	0	0	0	39
14	Driver	Stephen	6	0	0	0	14	0	5	12	0	0	0	0	37
15	Niblock	Norman	7	0	15	0	0	0	0	0	0	15	0	0	37
16	Leath	Ted	0	0	0	17	0	0	19	0	0	0	0	0	36
17	Couchman	Ray	0	12	14	0	0	0	0	0	5	0	0	0	31
18	Barker	Ian	16	0	0	0	0	0	0	0	12	0	0	0	28
19	McCarthy	John	0	14	0	0	0	0	0	0	13	0	0	0	27
20	Amy	Nick	0	0	0	0	19	0	5	0	0	0	0	0	24
21	Barton	Nick	0	0	0	0	16	0	0	0	0	0	0	0	21
22	Hendry	Mick	5	0	16	0	0	0	0	0	0	0	0	0	21
23	Wintrip	Clive	0	0	0	0	0	0	0	19	0	0	0	0	19
24	Dyer	?	0	0	0	18	0	0	0	0	0	0	0	0	18
25	Long	Howard	0	0	0	0	0	0	0	0	18	0	0	0	18
26	Listman	John	0	0	0	0	0	0	0	0	0	18	0	0	18
27	Banks	?	0	0	17	0	0	0	0	0	0	0	0	0	17
28	Hamilton	Ted	15	0	0	0	0	0	0	0	0	0	0	0	15
29	Ward	Ian	0	0	0	0	13	0	0	0	0	0	0	0	13
30	Jenkins	Huw	13	0	0	0	0	0	0	0	0	0	0	0	13
31	McShane	Rory	0	0	0	0	0	0	0	13	0	0	0	0	13
32	Jebson	Ian	10	0	0	0	0	0	0	0	0	0	0	0	10
33	Sleeman	?	9	0	0	0	0	0	0	0	0	0	0	0	9
34	Reeve	John	5	0	0	0	0	0	0	0	0	0	0	0	5
Lady Runners															
1	Cradden	Pat	0	10	0	15	0	0	0	10	7	5	0	0	47
2	Robinson	Nicki	0	0	0	14	0	0	0	8	0	0	0	0	22
3	Wood	Harriet	0	0	0	0	0	0	0	7	8	0	0	0	15
4	Snedden	Carol	0	0	0	0	0	0	0	6	10	0	0	0	16
5	Niblock	Julia	0	0	0	0	0	0	0	0	0	5	0	0	5

THE TERRY LEWINS TROPHY

Milocarian Athletic Club's Home Fixture

Calling all members, active and even those, like me, not so active - make an effort and support your club's home fixture at RMA Sandhurst on 28th September 1996, either as a runner or even as a supporter - its worth it just for the tea! Prepared and served by the Ladies (the committee's other half and those press-ganged into helping).

Come along and enjoy a pleasant run out in picturesque parkland and heath. You never know, it might be just the spur you need to get you going for the rest of the season. If you are coming, bring your copy of this Milonews as proof of being a member when booking-in at the Guard room.

Race starts at 1430hrs

Afterwards.....

AGM

**RMA Sandhurst, Approx 1600hrs
Saturday 28th September 1996
BE THERE OR BE.....**

CROSS COUNTRY FIXTURES 1996/97

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

1996

28 SEP 96(1430)	RMA Sandhurst (Home Fixture)Terry Lewins Trophy	Yes/Maybe/No
05 OCT 96	Kingston & Poly 5 miles (Richmond Park)	Yes/Maybe/No
12 OCT 96	Chiltern League 1 - Gadebridge	Yes/Maybe/No
26 OCT 96	Chiltern League 2 - Amersham	Yes/Maybe/No
09 NOV 96	Kingston & Poly 7 miles (Richmond Park)	Yes/Maybe/No
23 NOV 96	Orion (Chingford)	Yes/Maybe/No
02 DEC 96	Ranelagh 5 miles (Petersham) Ellis Trophy	Yes/Maybe/No
21 DEC 96	Chiltern League 3 - Wing	Yes/Maybe/No
29 DEC 96	Cliveden (Self Entry - Fee payable)	Yes/Maybe/No

1997

04 JAN 97	Chiltern League 4 - Berkhamstead	Yes/Maybe/No
11 JAN 97	Thames Hare & Hounds (Wimbledon Common)	Yes/Maybe/No
18 JAN 97	Bank of England (Roehampton)	Yes/maybe/No
02 FEB 97(SUN)	British Airways (Cranford)	Yes/Maybe/No
15 FEB 97	Met Police (Sparrows Den) TBC	Yes/Maybe/No
22 FEB 97	Chiltern League 5 - Banbury	Yes/Maybe/No
01 MAR 97	Ranalagh - Dysart Dash (3.9 miles)	Yes/Maybe/No
29 MAR 97	Bank of England (Roehampton)	Yes/maybe/No

Note : 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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