

MiloNews

The newsletter of the Milocarian Athletic Club
Issue Number 26 - Christmas Edition - December 1996

On behalf of the Club's Committee, I like to wish you a very

Merry Christmas

and a

Happy New Year

EDITORIAL COMMENT

I hope this "Christmas" Edition of Milonews reaches you all before Christmas, and you can sit back and read all about the latest 'antics' of the Wood family. Seriously though, I am grateful to the Woods for their continued contributions, as it provides material to keep Milonews going. I am sure that many of you reading this 'mag' have news of note that would interest the rest of our members. Some of you, I know still get out and 'run' from time to time. Well let us all know, where you ran, how you did and 'stuff' like that. It needn't be a literary epic (like some we know produce) but a short paragraph will suffice. It's another way of keeping in touch. Even if you have hung up your 'spikes' and are enjoying your retirement (from work or sport) you could still let us know how you are.

One of my biggest headaches, as Honorary Secretary, is keeping track of you all. I send out this publication, 3 or 4 times a year, only hoping that it reaches some of you. When it gets returned, undelivered, I stop sending it, but that doesn't solve the problem of where you've disappeared to! Some of you, do remember to let either the Cross Country Secretary, or Treasurer know you're changing address, and I might find out eventually, but it's me you should be informing in the first instance. Enough! I'll get off my hobby horse, and wish you all a Happy Christmas and a prosperous New Year. If you are still in contact with any lapsed Milos, give them a nudge and persuade them to let me/us know how they're doing.

Yours in Sport,
Mike Sumpter

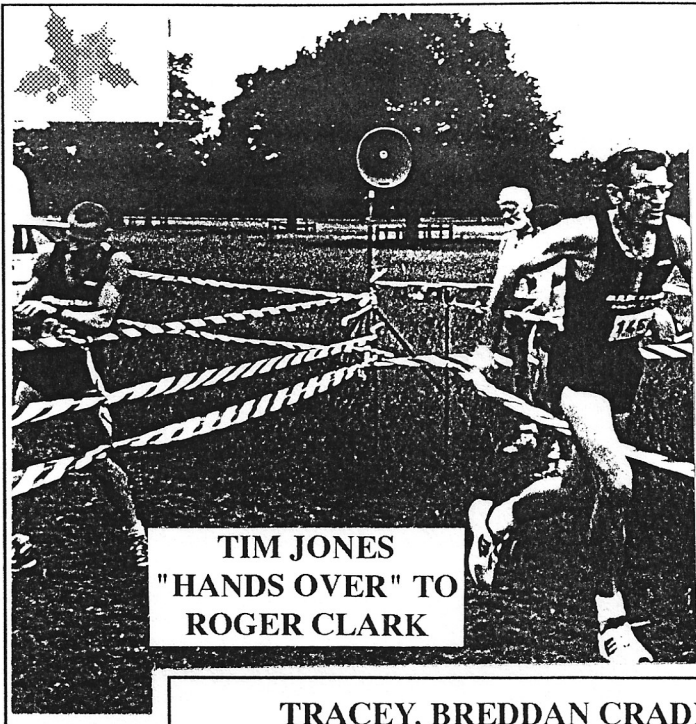
NEW MEMBERS SLOT

The club would like to welcome the following new members

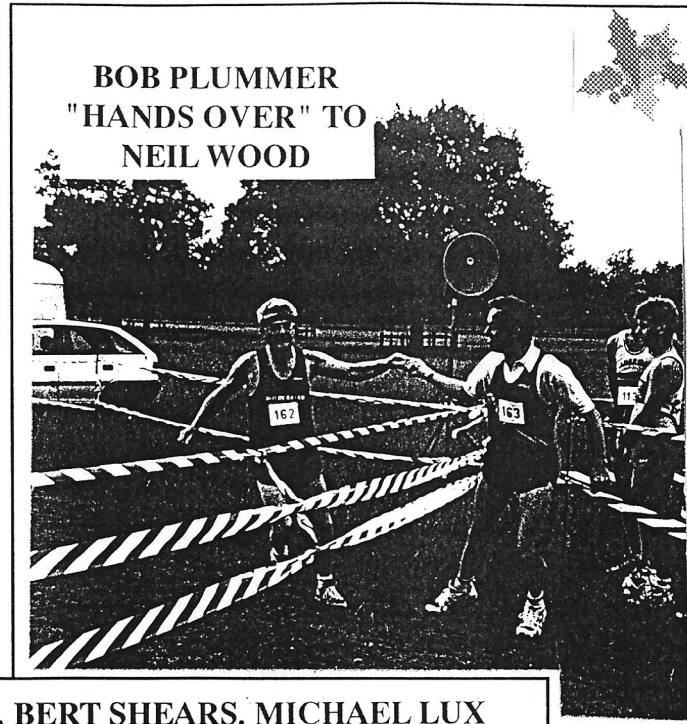
Christopher Nash (September 1996)
Paul Greeves (September 1996)

Please send all articles, news and reports (for this publication), change of address and any other club business to:

Flt Sgt M S Sumpter ,
Database Management Section, No.1 AIDU
RAF NORTHOLT
WEST END ROAD
RUISLIP
MIDDLESEX HA4 6NG

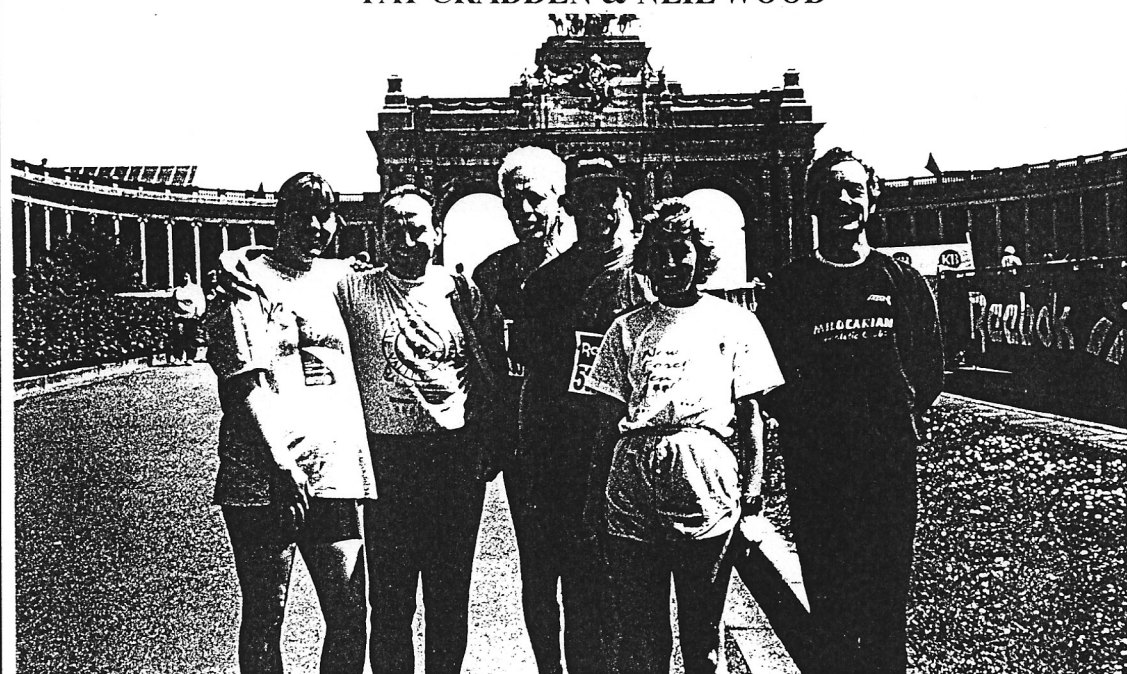


**TIM JONES
"HANDS OVER" TO
ROGER CLARK**



**BOB PLUMMER
"HANDS OVER" TO
NEIL WOOD**

**TRACEY, BREDDAN CRADDEN, BERT SHEARS, MICHAEL LUX
PAT CRADDEN & NEIL WOOD**

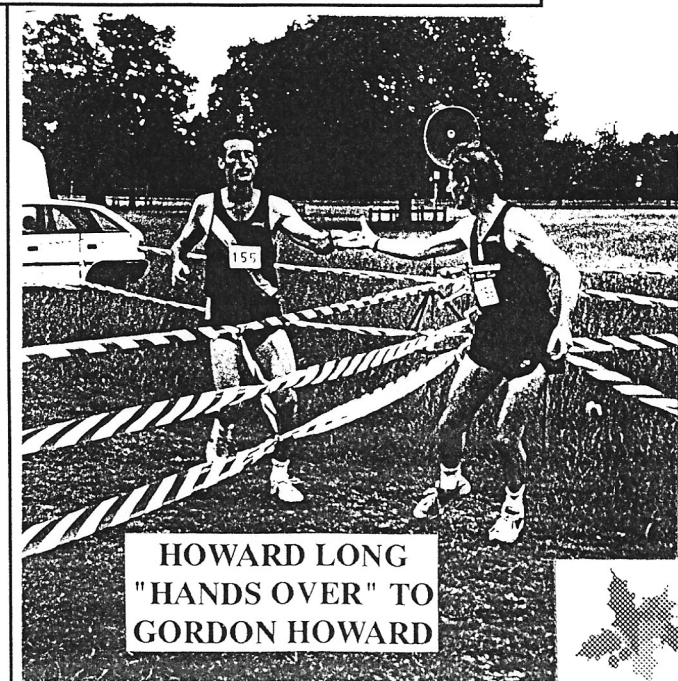


**RUNNYMEDE
RELAYS**

THE BRUSSELS EXPEDITION



**BREDDAN CRADDEN
"HANDS OVER" TO
PAT CRADDEN**



**HOWARD LONG
"HANDS OVER" TO
GORDON HOWARD**



RESULTS ROUND UP

By Neil Wood



Well, the first month's racing of the 1996/97 season produced a high, a low and some solid, middling stuff too. Every bit as pleasurable as the high was the reappearance of absent friends who, pretty well without exception, had not been neglecting their training while they had been away.

1. Home Match - 28 Sep 1996. Alright, you all know that we won; however, the result was just icing on a rich confection of good weather, a demanding course, strong competition, a heartening turn out and then that tea. The whole thing was done in style and having to use the academy's green and white striped marquees, because the Round Ground Pavilion was being renovated, just added to the garden party atmosphere.

Tim Jones and Jerry greeves led home the field in a splendid Milo one, two; they were backed up strongly by Steve Finch in fourth, Wood junior in eighth and a very useful combination of new member Mark Westbrooke fourteenth and the club's conscience, Ian Greenhalgh, making a welcome return in fifteenth. Further down the field Howard Long and Eric Thomas were competing to see who had made the longest journey to the race. Catterick might just win over Newquay, but there cannot be much in it; nevertheless, this is the sort of commitment that keeps the club going. Somewhere between Howard and Eric, Paul Greeves, dragooned into action by brother Jerry, made an impressive first appearance for the club in 31st. There were 23 Milos running - 24 if you count the Chairman who probably covered more miles than any of the rest of us while rushing around organising the scoring and results.

Significantly, despite the cadets' youth and fitness and in many cases, real athletic ability, the first 12 finishers in the combined field were all from the Milos race, so the quality of the opposition had not been diluted that much by the Southern relays being on the same day.

Finishers 76

Winner 37:35

Pos	Name	Time	Points
1	Tim Jones	37 : 35	20
2	Jerry Greeves	37 : 41	19
3	Steve Finch	38 : 42	18
8	Nick Wood	38 : 59	17
14	Mark Westbrooke	41 : 00	16
15	Ian Greenhalgh	41 : 28	15
18	Howard Long	42 : 16	14
31	Paul Greeves	44 : 25	Guest
34	Neil Wood	44 : 43	13
37	Eric Thomas	45 : 00	12
42	Simon Appleton	45 : 30	11
46	Stephen Kilpatrick	46 : 06	10
48	Bredden Cradden	46 : 15	9
54	Keith Henderson	47 : 45	8
55	Chris Nash	47 : 54	7
57	Tudor Fox	48 : 14	6
61	John McCarthy	49 : 45	5
69	Bill Reilly	54 : 44	5
70	Mike Wilson	56 : 52	5
73	Bert Shears	57 : 19	5
74	Pat Cradden	58 : 11	5
75	Mike Sumpter	58 : 14	5

2. Kingston & Poly 5 - 5 Oct 1996

From 23 runners at Sandhurst, we declined to 6 at Kingston: well, I suppose I only have myself to blame; I did not make it sound very appealing when I wrote an article about it for Milonews. Nevertheless, 'the few' gave good account of themselves with Steve Finch taking a second from Wood junior in third, 40 seconds behind. Of course a good old 'un will always beat a good young 'un. Following in the wake of the good 'uns were the Treasurer and Chairman, but as the Secretary was absent, they could not form a quorum, although they could have co-opted Ray Couchman who was in close support. As for Bert; well, should we give him

half or double points for competing in two events from a single start.

Finishers 20

Winner 27:35

Pos	Name	Time	Points
2	Steve Finch	28 : 24	20
3	Nick Wood	29 : 10	19
15	John McCarthy	35 : 34	18
18	Gordon Howard	36 : 41	17
20	Ray Couchman	38 : 22	16
DNF	Bert Shears	--- : ---	5





3. Chiltern League 1 - 12 oct 1996

As I recall, I was not very polite about Gadebridge's course either. Three laps of a park three hills per lap, it is demanding in a rather characterless sort of fashion. Never mind, 7 Milos braved the Hemel Hempstead traffic system to compete, with Clive Wintrip dusting off his club vest and providing the competitive edge for the team. In a field of over 150 runners, anybody in the first 50 places is harvesting 100 points plus and Clive in 18th and Mark Westbrooke packing in 45th gave the Milos a sound base for a respectable score. Good packing around the 100 mark by Brendan Cradden, Keith Henderson and Nick Barton added to the tally and they were supported by Paul Brown and the Treasurer, further back. Overall, the team was 11th out of 17; had there been a full 10 runners to score, we probably would have gained another 3 or 4 places. Never mind, it is worth being back in the league for the quality of the competition and it is particularly good to see Clive and Paul back in Milo colours.

Finishers 157

Winner 37:35

<u>Pos</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
18	Clive Wintrip	31 : 39	20
45	Mark Westbrooke	34 : 00	19
94	Brendan Cradden	36 : 44	18
108	Keith Henderson	37 : 48	17
119	Nick Barton	38 : 23	16
121	Paul Brown	38 : 36	15
131	John McCarthy	39 : 36	14

Team Position: 11th out of 17, Vets 12th out of 17.

4. Chiltern League 2 - 26 Oct 1996


Well, in the second league race we had a full complement of 10 runners and what a difference it made. From 470 points and 11th at Gadebridge we rose to 770 points and 8th at Little Chalfont: we now stand 10th overall out of 17 teams. Clive set the pace for us again and improved his position to 16th on a dry, yielding route comprising grass, plough, and undulating woodland tracks. This is something of a Jekyll and Hyde course, because in the wet it can be a mudbath, however, on this occasion conditions were excellent and the pace quick, but we managed a good spread of runners throughout the field, all contributing useful points. Mark westbrooke is establishing himself well up the order in the league and was 41st this time; Ted Hamilton made his comeback in 60th and Ted Leath and Brendan Cradden strode into 70s and 90s respectively. Further back, the Secretary found Keith Henderson in close attendance in the 110s; Paul Brown made another steady; but valuable contribution in 120, ahead of Tudor Fox and the Treasurer. It was an encouraging performance spiced with a warm air of reunion and revival: well done everybody!

Finishers 164

Winner 26 : 31

<u>Pos</u>	<u>Name</u>	<u>Time</u>	<u>Points</u>
16	Clive Wintrip	29 : 41	20
41	Mark Westbrooke	31 : 41	19
60	Ted Hamilton	33 : 02	18
70	Ted Leath	33 : 36	17
96	Brendan Cradden	34 : 57	16
104	Neil Wood	35 : 13	15
110	Keith Henderson	35 : 46	14
120	Paul Brown	36 : 19	13
124	Tudor Fox	36 : 36	12
132	John McCarthy	37 : 15	11

Team Position: 8th out of 17, Vets 6th out of 17.



COURSES OF ACTION THE LASKARINA CUP COURSE

By Neil Wood

I can hear it now; the what course? Where on earth is that? Well, to take the "where" first; Symi, a small island down in the bottom right-hand corner of the Dodecanese, assuming you are holding the map the right way up. Of course, if the map is annotated in Greek it may be difficult to be sure.

As Greek islands go, Symi is just like a Greek island should be; clear, blue sky; clear, blue sea; a bit short on long, golden beaches, but otherwise well set up with sunshine and scenery, as advertised in the brochure. In cross country terms Symi would be characterised as open, undulating and unsuitable for spikes. However, this would do less than justice to the way the rugged, rocky, partly scrub-covered interior of the island rears up virtually straight out of the sea - there again, course setters are not subject to the conventions of the Trades Descriptions Act.

The principal towns straggles from top to bottom of the hillside above its harbour. There is a road from bottom to top which eases the gradient into a succession of zig-zags: the other way up is the Laskarina Cup Course.

Laskarina? It is a holiday firm, specialising in - no, not run in the sun holidays, but good, old-fashioned hire a villa and sit on the terrace with a book and a drink holidays; virtual training, I call it.

The company's rep in Symi is called Jill and as reps go, is just like a rep should be; clear, blue eyes, a bit short on long, golden hair, but otherwise well set up with - sorry, I digress. Anyway, Jill's main office is in the lower town, just off the water front, but she has another at the top of the town; the 2 are the start and finish of the Laskarina cup Course and between them are 375 steps. Straight up? No, in flights of anything from 5 to 10 steps, usually separated by inclined landings, although the last 60-odd steps are all in a single flight. Overall, the climb is about 300 feet on an average gradient of 1 in 4.

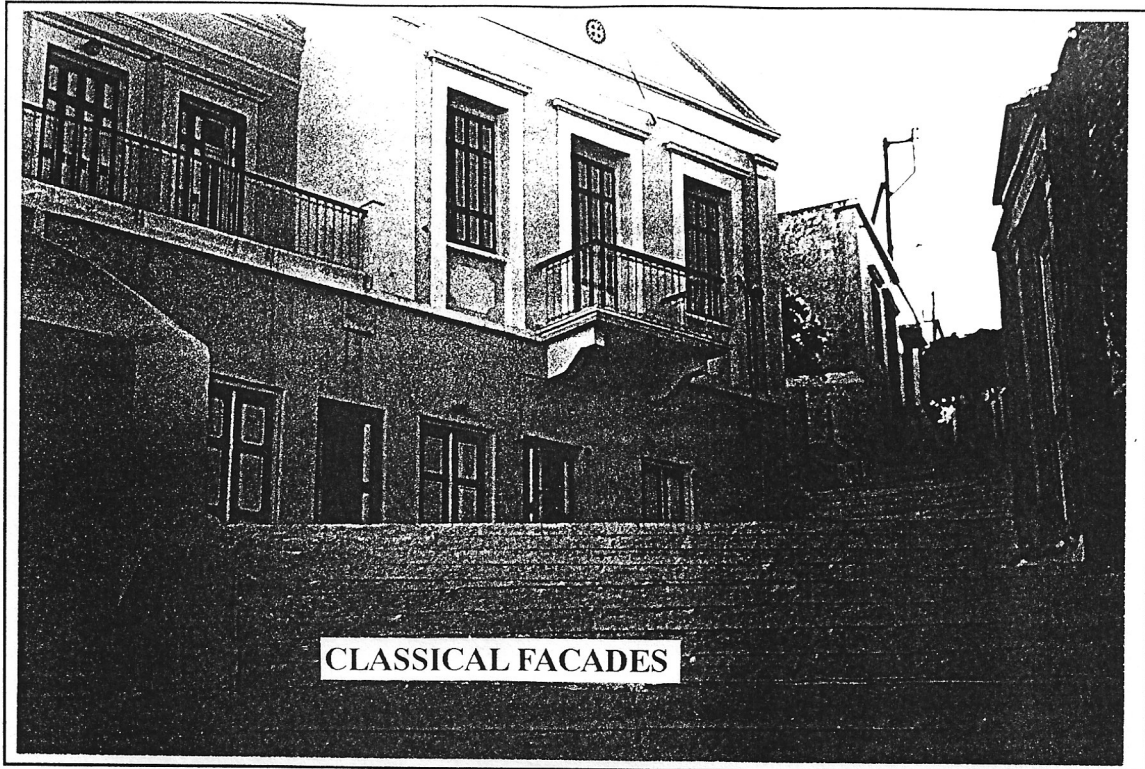


Jill reckoned that she went up and down the steps at least twice a day and having developed into a specialist stair runner, challenged each successive influx of happy holiday-makers to a race, bottom to top. When we got there she was unbeaten and her PB for the course was 4 minutes.

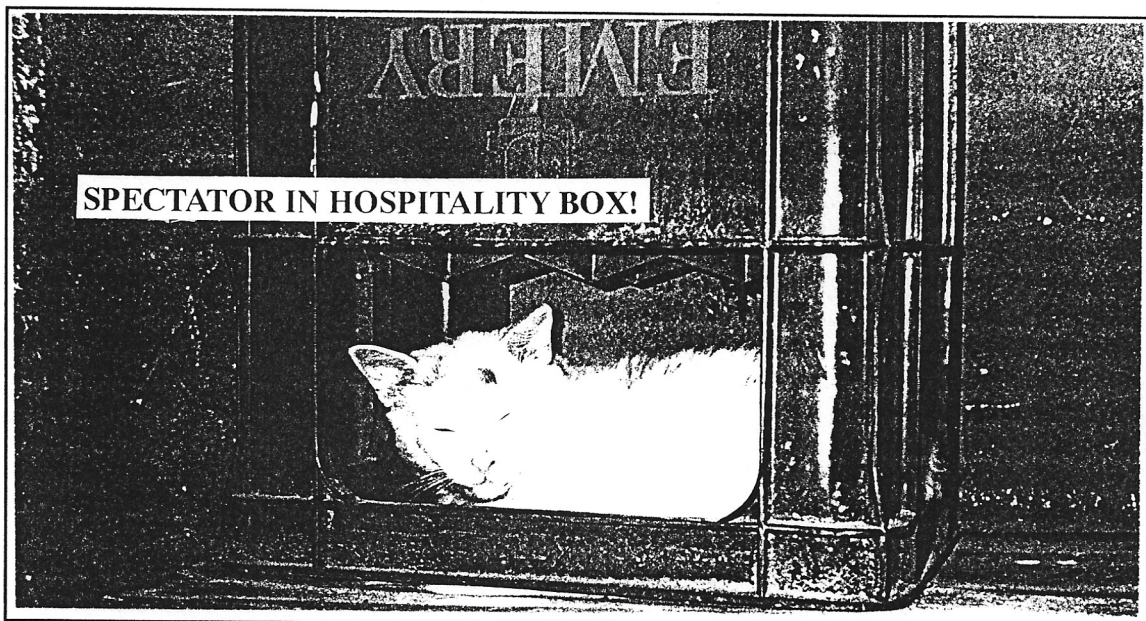
The start is flat, narrow, paved and rather gloomy because the event takes place at 8pm on a Tuesday and Symi's street lighting leaves something to be desired. There is a 5m dash before the first flight of steps, but watch out for the sandwich board advertising the picture gallery, on the left. At the top of the first flight of steps, there is a sharp left turn and then two more flights followed by a sharp right. A trap for the unwary here, because it looks as though you can go straight on, but you fetch up in a derelict building, ankle deep in cats - well, it is a scratch race.

Tear yourself away from the cats and it is onward and upward, short flights, short landings, getting steeper until you reach a large tree, on the left, with a seat beneath. the seat is

emphatically for the spectators, not competitors, pass it reluctantly and swing left where the incline eases, the landings get longer and the course widens out: it passes between some very elegant buildings with classical facades and perfect proportions, but you cannot see them because the street lights do not work at all on this stretch.




The steps themselves are light-coloured stone so you can just about pick them out, albeit the shadows play tricks here-and-there. Problems underfoot are compounded by sundry bits of Greek plumbing that trail across the steps.



You are now approaching half-way and you hear voices chanting off to your right. Is it your fan club? A group of enthusiasts urging you on? No, sorry; it is the local English evening class trying to get their tongues round the subtleties of pronunciation of through, trough and bough.

The steps steepen again before you cross the terrace of a cafe opposite which is a gap in the houses offering a magnificent view of the harbour. Strangely, although the cafe has seats and tables outside, it never seems to be open during the day when not only the view would be appreciated, but so too would a drink. It is open now, but do not get distracted.

Swing sharp right round the cafe and up several more wide flights, shops on one side, houses on the other; a carpenter works in one of these buildings. He has the unfortunate tendency to emerge without warning carrying long planks on his shoulder which project across the course at head height, but, by this time you are bent double with exhaustion and can easily duck underneath. One



more right turn and you are nearly there, apart from those last 60-odd steps, all in one flight. Driving you on is the knowledge that opposite the finish is a taverna, called George's that serves cold beer. The trouble is, you are puffing and gasping so much that it is going to be impossible to take a swig without choking yourself. You totter across the finish in front of George's incredulous customers, all chaps with big moustaches, also called George, only to discover that the timekeeper has been unaccountably detained in the taverna and when found, confesses to have forgotten to start the watch!

Nevertheless, I was given an estimated time of 3 min 15 sec and the cup was mine. Cup? Yes, earthenware, white, glazed with a handle on one side and Laskarina painted on the other; alright, it's a mug really. Well. I would never have got a silver one through the airport metal detectors!

"FAMILY FORTUNES"

By Nick Wood

After the introduction of tennis, synchronised swimming and beach volleyball, surely it is only a matter of time before the ancient and traditional sport of the "FATHER AND SON RACE" is raised to Olympic Status. The prospect opens new horizons for the Milocarians and introduces a plethora of options to the TV moghuls who control sport. Not only could us "Woods" hope to pose a serious challenge to be Milocarians' first Olympic Champions after our historic achievements at the annual prize giving (if you've got a trumpet, blow it!); but a whole new era of family entertainment would be ushered in with an Olympic torch.



Imagine the possibilities; the obvious format is the standard school sports day 100m with the whipper-snapper using his sharper reflexes and initial power surge to secure a good start before handing over to the tactically superior father to anchor the race. In an equal opportunities world such as ours, and with a former royal princess who has demonstrated such aptitude for the event, it could not be restricted to men; and womens, and indeed, mixed races would be staged.

The beauty of the idea lies in its flexibility. For example, the 4 x 100m (or indeed the 4 x 400m for those with more stamina than speed) family races which hinges on the crucial tactical section of age and gender for each leg. Protests have, however, been lodged by the Chinese authorities who claim to be disadvantaged in these events due to their severe breeding restrictions and have asked for the 100m relay to be run on a 300m track. Unofficial sources, suggest that enough "live turtles blood and frog soup can work wonders. Ask their runners and swimmers!

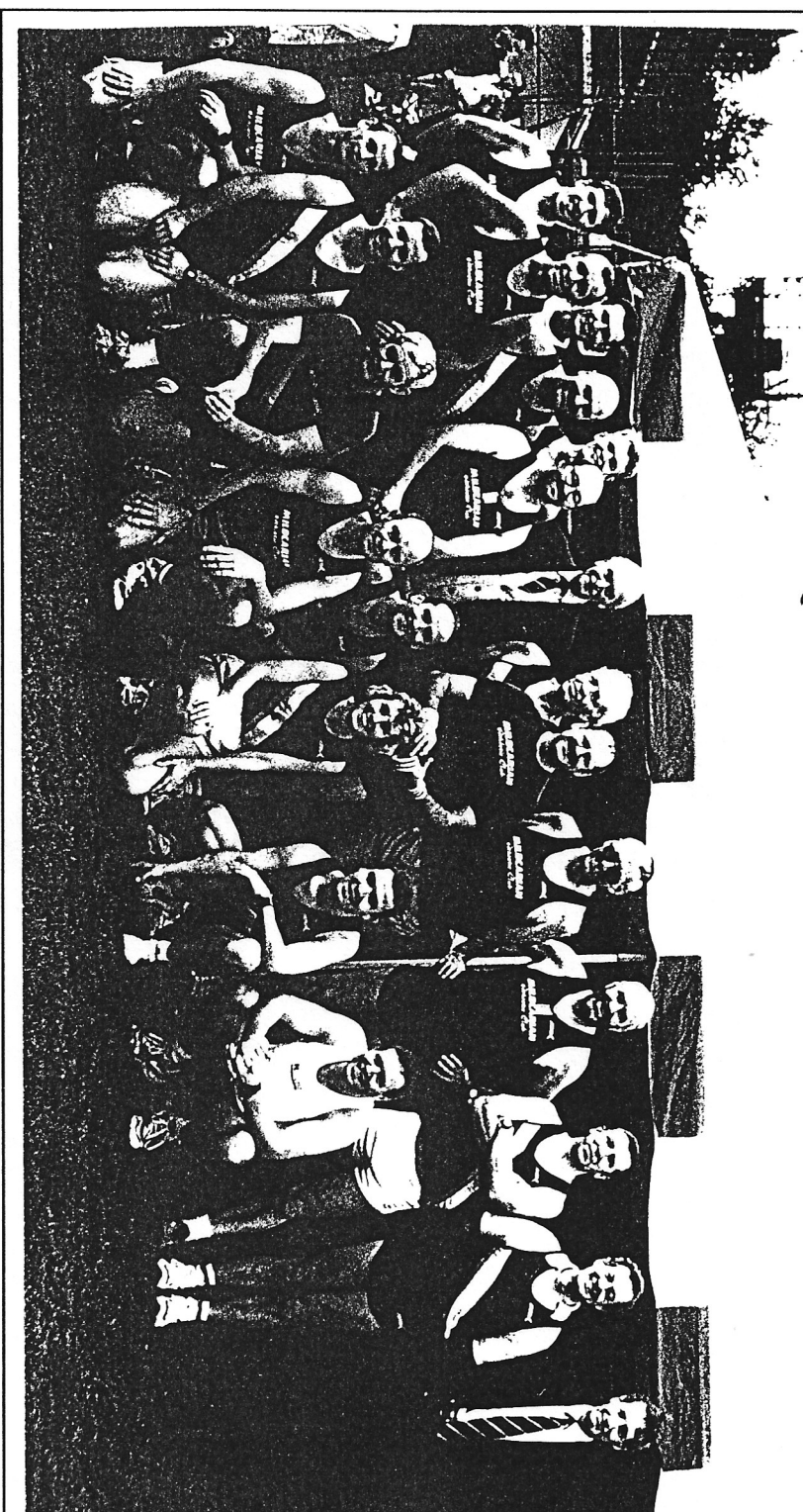
As with all modern sports, administration rears its ugly head as the spectre of qualification appears. Would parents be able to compete with their step children? With half brothers and half sisters be able to run in the same relay team? Will two half brothers qualify as one biological son? Will single parent families be able to compete with the Chinese? And, what of the policy on adoption? If the ruling is that only biological relationships are acceptable, will athletes be subject to DNA testing as well as drugs testing? We need to know..

With the bright future of family athletics lighting the horizon it must be a pity to all patriots that Princess Anne and Captain Mark Philips are divorced as they, surely, would have been favourites for the "3 Day Eventing" Gold in Sydney in tandem with daughter Zara. (But who would have been the horse?) It is also a shame that the heir to the throne has seen fit to pursue state duties rather than follow up the family's remarkable school sports day successes of the past years. However, Camilla has already shown she has the legs to outlast Diana, so perhaps a move to longer distances is afoot! (But surely, marriage would be a prerequisite for any family qualification?!) And what of the "Addams family"? What will their event be? Hopefully not Beach Volleyball!

Anyway back to basics; if the golden age of family Olympics materialises, then the Milocarians will be well placed to embrace the opportunities presented as the Club thrives on its family atmosphere, has proved its success in relays and would certainly win the Running and Refreshments Gold in Sydney as we did at Sandhurst! (If you've got a trumpet.....)



SANDHURST "OUR HOME FIXTURE" 28th September 1996



Back Row (roughly)

Chris Nash Howard Long Nick Wood General Sir Charles Harington Bert Shears Simon Appleton Mike Wilson

Middle Row (more or less)

Ian Greenhalgh Keith Henderson Tudor Fox Mike Sumpter Bill Reilly Neil Wood Gordon Howard

Front Row (kneeling)

Tim Jones Steve Finch John McCarthy Eric Thomas Breddan & Pat Cradden Gerry Greeves Paul Greeves