

MILONEWS

The newsletter of the Milocarian Athletic Club
Issue Number 28 - September 1997

WHAT IT'S ALL ABOUT

The Milocarian Athletic Club was formed in the 1930, and its name taken from Milo, a 6th century BC Italian strong man and Icarus who, according to myth, soared too near the sun on his wings of wax and feathers and crashed to earth for his folly. Perhaps the seeds of the Milocarrians' subsequent and recurrent flowering and fading were sown by Icarus.

The inauspicious performances of Icarus were glossed over because the two Army officers who founded the club wanted to include the RAF. The declared aim of the club was to encourage graduates of the service colleges to continue active athletics when they joined their units. This philosophy worked well and between 1931 and 1939 there were notable successes in the AAA Championships, the Kinnaird Trophy and the News of the World Whit Monday games. Leading the way was Donald Finlay who held the AAA high hurdles title from 1932 to 1939 and represented Britain at the Olympics in 1932 and again in 1936, when he was team captain. War put an end to all that and to over 100 club members too; the Milocarian Trophy was presented to the AAA in 1946 to commemorate the club's casualties.

The club came back in 1948, providing 5 members of the Olympic team, 1500m, pole vault, javelin, discus and Finlay, for the third time, in the 110m hurdles. But then Korea and the last rites of the Empire, performed around the world, meant that much of the club's strength was overseas for much of the time. Nevertheless, the Milocarrians won the 1955 Annual Waddilove Cup, seeing off Birchfield, London AC, Coventry Godiva and sundry other talented teams. The early '60s saw another resurrection, with strong performances at club level on track and country, but then Ireland took away the Army athletes and decline set in again, despite membership being thrown open to all ranks. However, our 1970 home match, at Sandhurst, was won by Kip Keino, so the Milocarrians were still keeping fast company.

In 1978 the decision was taken to suspend temporarily the club's track activities and to concentrate on Cross Country and Road Running. Since then Service numbers have been further reduced and commitments increased, so the prospects of resurrecting the track team have receded but the Club has campaigned to good effect "on the country", with recent successes in the Ellis Trophy, the Runnymede Relays and the recovery of our own Terry Lewins Trophy, all of which has helped to keep the Milocarian spirit alive. Nevertheless, the best means of ensuring the Club's future health is by recruiting new (and preferably young) blood: so, whether you are an active member or you just look forward to your copies of Milonews **recruiting is what it's all about!**

NEW MEMBERS SLOT

The club would like to welcome the following new members

Mick Pinkney (April 1997)

Nic Amy (July 1997)

Sylvia Fenwick (July 1997)

Lindi Marson (June 1997)

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

Milocarian Athletic Club Hon Secretary

Flt Sgt M S Sumpter

Database Management Section, No.1 AIDU

RAF NORTHOLT

WEST END ROAD

RUISLIP

MIDDLESEX HA4 6NG

The BRUSSELS 20km Road Race

By Neil Wood

Until recently it has been pretty routine for the British to be in the minority of one in Europe, so when I discovered that I was the only Milocarian taking part in this year's Brussels 20km race I felt that I was carrying not just the Club's expectations, but those of the whole nation too. I made sure I had some spare union flags and copies of the Sun front page with the headline "Up yours Delors" - well, nothing much rhymes with Jacques Santer - before heading for the tunnel train.

Treason! Sabotage! It was obviously a Europlot: I was double-booked! Then I recalled that the European Transport Commissioner is one Neil Kinnock, who never had enough seats when it really mattered; obviously, he had somehow inflicted his failings on Eurostar. Never mind; like Kinnock, I fetched up in Brussels in the end.

But, what of the race? Well, in Eurospeak, the field had been both widened and deepened - there were more competitors than last year from even more motley and forgotten corners of the continent and beyond. However, the course has been neither shortened nor flattened; obviously the harmonised, Eurocourse is still some way off.

Enough of that; the race day was warmish and dry, so both runners and crowds were out in force. There was the inevitable box-hopping, at the start, which meant that I had to start in the 8-10,000 enclosure because the 6-8,000 one I should have been in was full. Truth to tell, my performance in 1996 entitled me to a place in the 2-4,000 box, but I had put my entry in too late to qualify.

I really should have known better. This was my third Brussels 20km and if nothing else sticks in my mind from the first one, it is the stuttering start. The elites are given a clear run and then the remaining 20,000 - odd competitors are squeezed through the centre span of the Cinqcentenaire - Brussels' equivalent of the Admiralty Arch - and then up a long, narrow boulevard. There is little chance for the field to shake out and for runners to develop a bit of rhythm until somewhere beyond the 3km marker. As it was, I passed 3km in about 17 minutes. However, away from the centre of town the roads get wider and although there are a couple of noticable inclines, surfaces are smooth, the route pleasantly shaded by trees and conditions generally good.

Well, they cannot have been too bad because Simon Bor, the Kenyan winner, clocked 56 minutes and was followed by a further 7 Africans who were obviously well at home in the warmth. I enjoyed it too, running my fastest time yet of 1hr 29.41 and managing a sub 40 minute 10km somewhere along the way, something I have not achieved in a 10km race in years!

The Brussels 20km is not one of those "never again" races; after each one I want to go back the next year and do it again. The annual reunion with Tracy and her husband, Vincent and with Michael Lux and his family, who so generously offer to host any Milos who want to go over is fun, Brussels itself is a pleasant, small city, with good restaurants and plenty to do and see and the race itself is an event - race and street party rolled into one.

Don't miss it next year; I certainly won't.

It is always a pleasure to welcome new members into the Club, but when they include a couple of spritely Ladies - the pleasure is even greater. It seems that recruitment is rife at the RAF College Cranwell, and a couple of ladies, on advice from their coach Bill Taylor, have joined our numbers, and I must tell all our readers, these two ladies are keen, and I mean keen. Lindi Marson wrote "The other day I ran my first race for Milocarian - Great Eastern 10k. I've enclosed a copy of the results for you to see. I was a bit overwhelmed by the amount of people there (about 2000!) and I had a slow start 'cos I started too far back, however it's only the second BAF accurately measured 10k I've run so I've gained valuable experience and will try and do better next time! I'm running another 10k and then a 10 mile for Milocarian this month (July), so I'll send you the results once I receive them."

Great Eastern 10k result	Winner	Paul Larkins	Newham & Essex	29m 41s
	31st	1st lady	Tracey Swindell	Benfleet AC
	109th	7th lady	Lindi Marson	Milocarian AC
	There were 718 finishers			

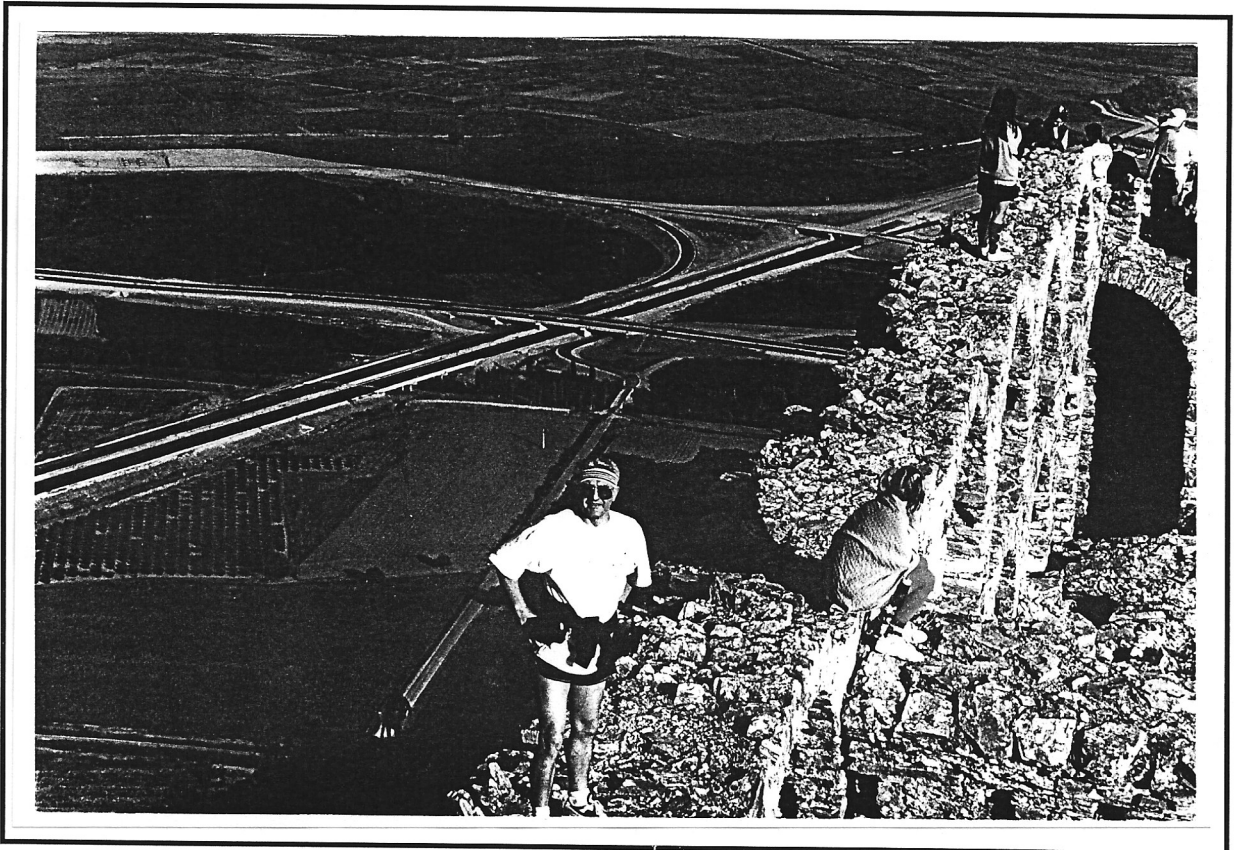
TURKISH BATH *

By Bob Plummer

Posted to Izmir, Turkey. Wonderful! The ancient city of Smyrna, and modern Turkey covering the area that used to be known as Asia Minor; packed with historical sites. But in the months prior to this news, I had been running with the Milos: at least until that fateful Saturday when we ran in a local park at Hemel Hempstead. I remember that run, the park was long and narrow, and sloped significantly towards the main road. The course was a figure of eight and a three-lapper. This involved quite a bit of running, tracking across the slope. During the run, I felt as usual: though I was dying; resolved never to do it again, hated the chap who passed me, felt better when I overtook the one in front. Afterwards: the mild euphoria that I had survived yet again, wondered why I hadn't done better, decided I hadn't done better, decided it wasn't so bad after all, and convinced myself that I would train harder and do better next time. It wasn't until a couple of days afterwards that the left knee pain became truly apparent. To cut a long story short, a visit to the specialist, hospital, arthroscopy (knee-hole surgery), worn cartilage, incipient arthritis, yes you can run a little but not if it hurts; it hurt. What can I do for sport? You can swim, but not the breast stroke, only the crawl (knee goes up and down in a straight line); hate the crawl. Great!

So, we arrived in Izmir, and I set about a new job, seeing the sights, enjoying life, but no running. Someone mentioned the Hash, but that was not for me. Anyway, what with a generally warm to very hot climate (except for the winter months), beaches within thirty minutes drive, and the Hilton hotel pool on our doorstep, I got into swimming. With practice, I actually became quite good at the crawl - building up some strength there. Then, started playing squash. Court on the NATO garrison, generally only used by the Brits (though we had one or two useful Americans and an enthusiastic Frenchman), and two courts at the Hilton. Getting fitter, and the knee seemed to be holding up nicely.

In the meantime, we managed lots of sightseeing, and drove round most of the parts of Turkey that we were allowed to visit. Unfortunately, much of Eastern Turkey was out of bounds. Probably the highlight (amongst many), was a coach trip that we took to the Black Sea coast. This was a Turkish organised trip, and we were the only foreigners on it, so our rudimentary Turkish was put to very good use. On the trip, we not only saw wonderful historical sites, such as the Rumela Monastery, but also the tea plantations, and the Yayla, or upper pastures in the area known as "Little Switzerland". Unforgettable!



Bob Plummer on Goat Mountain

Towards the end of the tour, I was again invited to join the Hash, and this time I did. Wow, what an experience! Firstly, Turkey, outside of the cities, has very wild and rugged countryside. So there was no shortage of interesting venues. Secondly, I found that Hash running could be great fun, and that you could choose your own pace. It could be quite exciting to be a FRB (Front Running B*****d), following up all the false trails. Finally, I found that Hash people are great fun. The Izmir Hash comprised Brits, Americans, and Turks - Service and Civilian, male and female, adults and children. The Americans tended to dominate, and organise in their usual way, so each run was usually followed by a barbecue and iced beers. The city Turks are progressive, and the girls very enthusiastic.

I enjoyed many happy experiences with the Izmir Hash, but a few particularly stand out: a Hash run with one leg that ended up with a swim in the warm Aegean sea, a meeting with a Turkish shepherd on a remote hill who lived in Chicago, a "circle up" when we were surrounded by the Turkish Jandarma (Gendarmes), who assumed that we were holding a political rally, and being waved on by veiled Turkish ladies (whilst running with Turkish girls in skimpy running kit). But the most memorable must be the run up Goat mountain. For this run, the number of false trails were few, because everyone knew that eventually you had to get up the mountain. And when you eventually did, there was a fantastic ruined castle, and a splendid view over the surrounding countryside and the new motorway being built to link Izmir and Aydin - and eventually Ankara. (Travelling by road to Ankara is another story). Then, the "On on, in" was a run straight down the mountain, to the waiting vehicles and a welcome drink. Except, in my eagerness, I parted company with the side of the mountain, briefly, and then regained company, heavily, so ended up considerably bruised and shaken.

Now, back from Izmir, I hope to rejoin the Milos, but in a different sort of running.

* Editors Title

GIRLS ON THE RUN

As promised, Lindi has written again with more encouraging results - this time Sylvia Fenwick and Lindi Marson took part in the Hecklington 10, a ten mile road race held on 26th July 1997. Lindi proudly reports that she achieved a PB of 1 hour 6 minutes and 17 seconds, having previously run the Henlow 10 in a time of 1 hour 8 minutes something. Sylvia also achieved a PB with 1 hour 11 minutes 19 seconds (although I do not know what time she has run for this distance before).

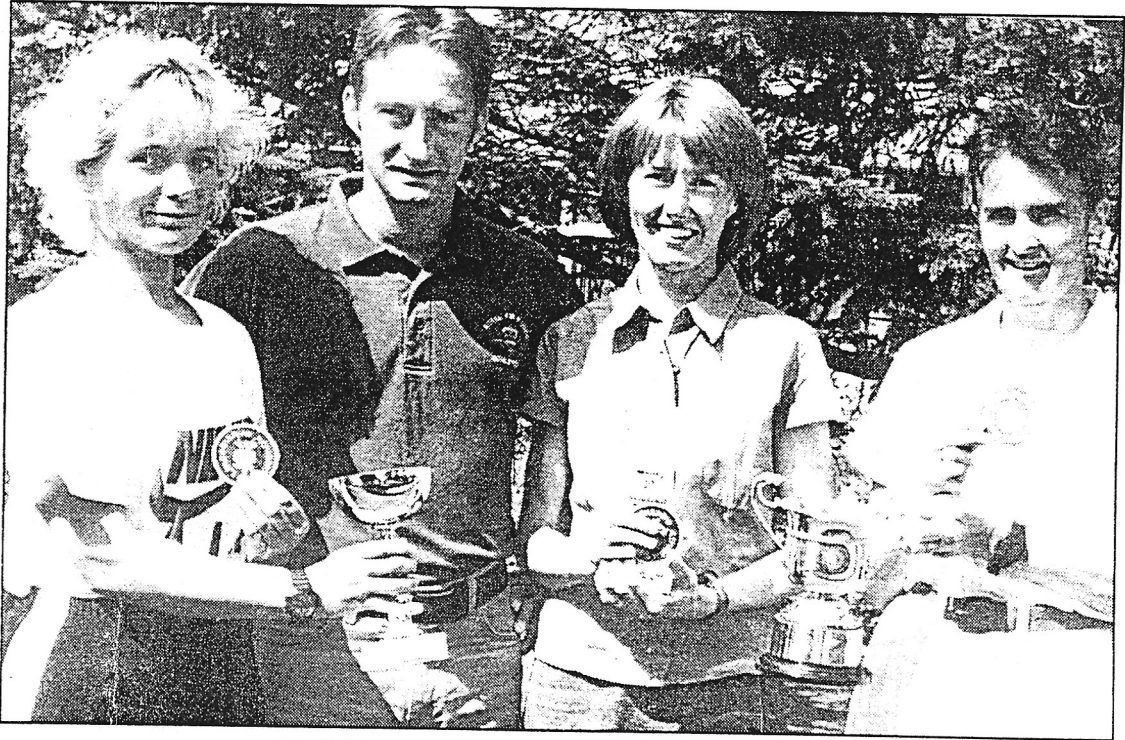
Hecklington 10 Results:		Winner	Mark Sands	Holbeach	54m 57s
	11th	1st lady	Marilyn Kitching	Wrexham	60m 26s
	30th	3rd lady	Lindi Marson	Milocarian AC	66m 17s
	47th	5th lady	Sylvia Fenwick	Milocarian AC	71m 19s
There were 95 finishers.					

Six days before on 20th July 1997, they both took part in the 5th West Lindsey 10k which incorporated the Lincolnshire County 10k Championship, and again did very well. Lindi, running in her 3rd accurately measured 10k, achieved another PB with a time of 39m 51s and finished as 2nd lady. Sylvia finished 5th lady, with a time of 44m 20s. Both girls along with Marilyn Kitching were featured in several local papers and the cuttings appear on the next page.

West Lindsey 10k results:		Winner	Adrian Clark	Chesterfield & District	31m 25s
	20th	1st lady	Marilyn Kitching	Wrexham AC	36m 49s
	41st	2nd lady	Lindi Marson	Milocarian AC	39m 51s
	71st	5th lady	Sylvia Fenwick	Milocarian AC	44m 20s
There were 122 finishers.					

Well Done Lindi and Sylvia!

It's silver for Lindi



Lindi, Marilyn and Sylvia with their coach Bill Taylor.

A TIMBERLAND housewife was one of three athletes who travelled to Gainsborough recently to take part in the 10K County Championships, who between them took all three county places for the women. Marilyn Kitching (Wrexham AC), Lindi Marson (Milocarian AC) and Sylvia Fenwick (Milocarian AC) won a gold, silver and bronze respectively, in times of 36.47, 39.51 and 44.20. All three also won prizes in the open competition.

The three ladies, who are all married, train regularly together and all share the same mid-

dle distance track and road athletics coach, Bill Taylor.

Lindi Marson from Timberland said: "We are all firm friends and operate as a team. We offer each other a lot of support, as well as receiving a lot from our coach. In this way we can achieve things we might not be able to achieve on our own. It is the first time we have entered the County Champs, which we did on the advice of our coach, and we are thrilled that we all achieved success. I put this down to hard training, having a good coach, and helping each other in training and offering support."

Lindi, Marilyn and Sylvia took part in the Heckington 10 mile road race at Heckington Show when they all achieved a personal best. Marilyn won the race with the second fastest recorded time on course events - Top 50 UK ranking for distance. Lindi came third and Sylvia fifth.

All the athletes and their coach recently took part in a sponsored walk through the villages of Timberland and Martin, which raised £259.70 in aid of Libearty, the campaign run by the World Society for the Protection of Animals, to help the thousands of bears living miserable lives in captivity.



Taylor's trio on medal parade

RUSKINGTON athletics coach Bill Taylor (left) produced three winners at the county 10k championships at Gainsborough, his athletes taking first, second and third in the women's race.

Marilyn Kitching (Wrexham AC), Lindi Marson (Milocarian AC) and Sylvia Fenwick (Milocarian AC) won gold, silver and bronze in times of 36.47, 39.51 and 44.20 at the championships, which were held on a hot summer's day. All three also won prizes in the open competition.

Bill, who is married to Jane and has a 13-year-old daughter, Sarah, is a sergeant at RAF Digby.

He is a middle-distance track and road coach who trains most of the RAF women's team, as well as many local athletes.

As well as his full-time RAF job, he is a business

management NVQ assessor at Digby, and in his spare time he helps autistic adults - when he is not busy coaching! Sgt Taylor is also in his third year of studying for an Open University degree.

Timberland housewife Lindi Marson said: "Anything we achieve is due to hard training and having the best middle-distance coach in the county. Bill is a dedicated coach who also requires dedication from his athletes. We all appreciate the many hours he puts in helping us to train, writing our schedules and travelling to races with us."

Marilyn, Lindi and Sylvia also achieved success in the Heckington Show ten-mile road race, and Bill and his wife went to support them. Marilyn was the first lady home and Lindi was third. All three recorded personal best times.

Pos	Surname	Forename
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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 27th September 1997, 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 halves 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 27th September 1997

BE THERE OR BE.....

**NB: ALL YOU MARATHON RUNNERS - YOUR
CLAIM FOR THE MARATHON TROPHY MUST
BE IN BY THE AGM - PLEASE SEND A COPY
OF THE RACE RESULT TO THE SECRETARY
(MIKE SUMPTER) ASAP.**

CROSS COUNTRY FIXTURES 1997/98

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

1997

27 SEP 97(1430)	RMA Sandhurst (Home Fixture)Terry Lewins Trophy	Yes/Maybe/No
04 OCT 97	Kingston & Poly 5 miles (Richmond Park)	Yes/Maybe/No
11 OCT 97(1445)	Chiltern League 1 - Gadebridge	Yes/Maybe/No
25 OCT 97(1445)	Chiltern League 2 - Kingsbury	Yes/Maybe/No
22 NOV 97	Orion (Chingford)	Yes/Maybe/No
29 NOV 97	Thames Hare & Hounds (Wimbledon Common)	Yes/Maybe/No
06 DEC 97	Ranelagh 5 miles (Petersham) Ellis Trophy	Yes/Maybe/No
27 DEC 97 (TBC)	Cliveden (Self Entry - Fee payable)	Yes/Maybe/No

1998

03 JAN 98(1445)	Chiltern League 3 - Berkhamstead	Yes/Maybe/No
24 JAN 98(1445)	Chiltern League 4 - Milton Keynes	Yes/Maybe/No
01 FEB 98(SUN)	British Airways (Cranford - Time TBC)	Yes/Maybe/No
07 FEB 98	Bank of England (Roehampton)	Yes/Maybe/No
21 FEB 98	Ranalagh - Dysart Dash (3.9 miles) (Petersham)	Yes/Maybe/No
28 FEB 98(1400)	Chiltern League 5 - Banbury	Yes/Maybe/No
15 MAR 98	Tough 10 (Bracknell)	Yes/Maybe/No
21 MAR 98	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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