

MILONEWS

The newsletter of the Milocarian Athletic Club
Issue Number 29 - September 1998

Message From The Chairman

Last Season we did very well on the big occasions We won our own fixture and the Terry Lewins' Trophy, came second to Serpentine's first team in the Ellis Trophy at Ranelagh in December and convincingly won the Runnymede Relays in June. Each occasion saw excellent runs from Tim Jones, now a veteran. Well done Tim.

The run of the mill fixtures saw some mixed results. Whilst some 26 runners turned out during the year, only 12 managed 5 or more fixtures. With a bit more regular support some average results could have been good.

All is relative, however. In the early eighties six runners was a good turnout and quite often we were only 3 or 4. So thank you all for your support and I hope you enjoy some good running in the coming year.

Please keep on the lookout for new members. By the very nature of our club membership can be transient. It behoves us all to recruit when we can. The committee will be recommending slight increases in subscriptions at the AGM; the first for ten years. Affiliation fees, postage and the like keep going up and we have now run at a loss for several years. We are not broke, but do not want to be either. So please come to the AGM and have your say.

Finally, a thank you to our stalwarts on the committee. Without our Club Secretary, Mike Sumpter, Cross Country Secretary, Neil Wood, and Treasurer, John McArthy, the club could not function. They have all agreed to serve on and I am most grateful to them.

Help make the coming season a successful one for the Milocarrians. Please turn out whenever you can and if you cannot run come and give support

Gordon Howard
Chairman

NEW MEMBERS SLOT

The club would like to welcome the following new members

Simon Wheeler (October 1997)
Dave Edwards (December 1997)
Suzanne Lea (May 1998)

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
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HALF TERM REPORT

By Neil Wood

The first half of the season was a fairly typical Milo mixture; some familiar faces were absent, some returned and there were some new arrivals too. The year began and ended with success, but was patchy in between, nevertheless, turn outs were encouraging and the league performance saw us with sufficient points after two rounds to be in touch with the top 10, which is about where we belong. On balance, we made progress and finished 1997 by turning out the strongest side in recent memory, at Ranelagh.

Undoubtedly, the highlight of the first half was retaining "our" Terry Lewins trophy, in the opening race of the season: outstanding individual performances were produced by Tim Jones at both Sandhurst and Ranelagh. In the home match he left the field standing and won by over 90 seconds, whereas in the Ellis Trophy he had to be content with a close second, but that was not bad for a vet! Every bit as exciting as Tim's run at Ranelagh was the depth and quality of our 20-strong side: it was virtually the dream team, lacking only Jerry Greeves (abroad) and Roger Clark (injured) to have made it full strength. It was still not strong enough to beat Serpentine, who packed their 10 to score into the first 18 places; nevertheless, we were second, ahead of Stragglers, Hercules, Ranelagh and others, our last qualifier being 72nd out of 170 runners. We did very well in fast company.

Other club matches were not quite so successful, but produced some heartening individual performances. Nick Wood took his first win for the club, against Kingston and Poly and was well backed up by Nick Amy in 4th and Howard Long 8th: sadly the senior citizens could not keep up and we lost that one. Whenever Kevin Dyer turns out for us he is highly competitive and he completed a 4, 5, 6 finish, at Orion, behind Nicks Wood and Amy. By forming a composite team with East London Triathletes, who had some pretty nifty runners themselves, we managed to come second to Orion out of 5 clubs, so the young ones' efforts were not entirely diluted by the 4 father-figures puffing round at the back.

At last. After an eternity during which Orion's tea room was next to the Showers and the changing rooms up a flight of stairs and at the far end of the building, alterations have been made to bring changing and showering next door to each other: this is progress!

Only 4 of us at Thames represented a forlorn hope against the host club's battalions, nevertheless, Nick Amy salvaged some Milo honour by coming 7th and the rest of us took good advantage of the opportunity to grab some club points while the real runners were missing: Thames won that one.

Among the club excursions was the serious business of league racing. We are habitually slow starters in this arena, obliging ourselves to catch up during the remainder of the season. As we always seem to finish comfortably in the top half of the rankings, it is intriguing to speculate how well we might do were we to give ourselves a better start. Of course the league is all about numbers, the 10 to score and the scores they make and this year we fielded our 10 in both of the 1997 races. At a rain swept Gadebridge round Nick Wood scored his best league finish in 7th and some good packing in the middle of the field produced a respectable score, placing us 13th and keeping us in touch with the pack. In mild weather, at Kingsbury, we got into our stride and were 5th; we lacked a front runner, but 4 scorers in the first 50 and 7 within the hundred piled up the points. Bob Green, a new face, was a strong 19th on a course for the sprinters and Nick Amy finished 52nd having started late as the field disappeared from view. By the end of the year our league position had improved to 11th out of 19 and 3 teams ahead of us were all within reach.

In the Club Championship there is all to play for in the second half: Nick Amy and the secretary have 113 points, Nick Wood 97 and Mike Wilson 92 and those 4 are by no means out of sight. Good luck in '98.

(Editor's note: I'm sorry if this article seems a bit dated but it was ment for a March edition of Milonews - and that edition did not get produced for various resons - which I will not bore you with now!)

1997/1998 SEASON, THE SECOND HALF

By Neil Wood

Of late, our cross-country seasons seem to have faded away, after Christmas with fewer fixtures, fewer faces appearing and that yawning gap, in March, when everything seems to go quiet, before one final bash at the Bank. And 97/98 was no exception, so useful suggestions would be welcome as to what we can do to ginger up the second half, in future. Perhaps, for a start, we could revive the handicap.

The new year started encouragingly enough with the 3rd round of the league, a welcome appearance from Gerry Greeves, who took 3rd overall and 8 runners who, between them, claimed 8th place. And things looked to be improving when we raised a full team of 10 and 2 extra for round 4: getting 7 of the side into the first 100 helped us to 792 points and 8th place again. Nick Wood led the team in 12th and Nick Amy in 32nd only just saw off Ian Greenhalgh in 36th.

Another dozen turned out at the Bank and it was good to see Ian Jebson back and Simon Wheeler, both of whom ran very well. Ian Greenhalgh was first Milo, in 10th and he was well backed up by Dave Edwards, Simon Wheeler, Ian Jebson, Ted Leath and Ian Johnston, in the first half of the field. Sadly, the senior citizens could not provide the support to capitalise on the youngsters' efforts and we were beaten into 3rd place by strong Hercules and Ranelagh teams - but we beat the Bank.

Only Simon, Bert and I went to BA, the day after the Bank race and racked up some Club points while nobody was looking. Simon took away the prize for first guest runner and seemed none the worse for races on consecutive days: Bert and I suffered on his behalf.

Then it was the short one at Ranelagh which seemed to suit Dave Edwards who managed a storming 5th and was closely followed, in 7th, by Howard Long making (yet another) welcome comeback. He can't sing like Sinatra, but Sinatra was probably no runner. Again, the remaining 5 of us fought among ourselves for the Club points but did not cause Hercules, Ranelagh and Ealing much concern. Nevertheless, we beat the Bank again.

League 5 is always at Banbury - the longer the season goes on the further away the league fixtures seem to be. We could only raise 6 runners and alright, I didn't run because of some pathetic excuse about a damaged finger, but some of the other teams seemed less than enthused too and the field, at just over 100, was about half its normal size. Nick Wood rounded off a successful league season with 14th place and Howard Long and Simon Wheeler backed him strongly in 23rd and 55th. The senior citizens, Brendan and Mikes Wilson and Sumpter all contributed to the cause and proved the necessity for numbers rather than talent, in league races: if you finish you score points, which you cannot do if you are not there on the day. At the end of this year's league campaign we finished 10th in the seniors and 12th in the vets, out of 19 teams and Nick Wood was 6th overall in the senior men's rankings. To my chargin, had I not whimped out of the Banbury race with my finger, I would probably have been 3rd in the over 50s. I know; 'serves me right'.

And finally, it was back to the Bank where 7 stalwarts, led by Nick in 2nd and Howard Long in 6th, took on Blackheath, Waverley and the Bank and once again the Bank got the sticky end of it. It is always reassuring to know that there is somebody worse off than yourself.

Well that should have been the end of it, but next day Nick won the Tough 10: what it is to be young! Had there been a father and son category, we would have won that too and it was good to see Andrew and Deborah Reynolds, Ted Leath and Brendan and Pat Cradden there flying the Milocarian colours. Well done everybody!

BRUSSELS 20KM - 17 MAY 1998

By Neil Wood

Like most big city races, nothing much changes in the Brussels 20km, except the weather. This year was my fourth race and we were due a hot one, which was what we got.

Start positions for the race go on past form and with a sub 2,000 number out of 14,000 entrants I was well up with the club runners. This has the advantage of allowing a quick getaway, but the downside is less sense of progress against the field, because you are running among people of a very similar standard. There was further evidence of the front of the field knowing what it was about in that, despite the heat, there were few casualties to be seen; further back the dropout rate was fairly high.

The organisers managed to cock-up the start, surprising everybody by letting off the "go-banger" while the Belgian National Anthem was still playing. It made no difference overall; the elites got away in front and returned in what seemed to be an indecently short time later, led by the usual gaggle of wraith like Africans. Odoro Osoro (who he?) won in 55:15 and imagine what the winning time would have been if one of the well known Kenyans had entered!

For the rest of us, further back, there was the novelty of having plenty of supportive spectators around the route and the stimulus provide by a large competitive field. Also, there were the inevitable small incidents that stick in the mind. This year's favourite was the sight of a trio of smartly dressed elderly women trying to cross the main route of the race on a pedestrian crossing and obviously very indignant that the field would not stop for them! Also, I felt very sorry for the pipe band, in full regalia and all that heat and wondered whether they would melt before they exploded.

Normally, I feel that running on roads is unnatural and attempting anything beyond about 6 miles, rash beyond reason, however, the Brussels 20km is a race I always enjoy - particularly as each year I have been quicker than the last. But, this year I think I overdid it and improved by nearly 4 minutes which means that lowering my time further, next year, is going to present something of a challenge; but I shall be there, nevertheless and more of you should join Margaret and I and Pat and Brendan for what is always an enjoyable mixture of reunion, running and relaxation.

MILONEWS FROM LINCOLNSHIRE

By Sylvia Fenwick

First of all, Happy New Year to everyone! This time Sylvia Fenwick has decided to drop you a few lines (don't get too excited) - from a somewhat soggy Lincolnshire. Thank you to those concerned for keeping Lindi and myself informed of what's going on and the outcome of events. As you are now probably aware Lindi is a bit poorly, but is progressing slowly but surely. It'll be a little while yet I suspect before she's back on top form so until then I'll have to continue running my long Sunday runs on my own - I miss her company and our chit chat along the way, helps to pass the time!

So, onto events. We have both been running in the Lincolnshire Services Cross Country League and there are still quite a few races yet to run - the first race for this year is on Jan 21 and the league finishes on Mar 4. So far things haven't been too bad but it's still early days and as I said there are still six more races to face - so anything could happen! One of us will let you know the outcome.

I joined Eastern Veterans' Athletic Club (EVAC) in December '97 (Milocarian AC being first claim) and subsequently entered the EVAC Cross Country Championships held on 4 Jan 98, at Arrington near Cambridge, in which I came 7th overall but 2nd in my age group and was therefore awarded a medal for my achievement - a good start to the new year and I hope it will continue (she says, crossing everything that can be crossed)!

As to future events/targets for this year, well I certainly haven't given it a great deal of thought really other than an EVAC race in April - I tend to wait and see whether I survive the cross country season first before making future plans. As for Lindi, I guess she just wants to be very fit again and I'm sure you would all join me in wishing her a speedy recovery. So, on that note I bid you farewell and wish you all the best for '98 - and, yes, Lindi and I will do our best to meet up with some of you in '98.

The Tery Lewins Trophy - 27 Sep 97

Pos.	Name	Time	Cpts
1st	Tim Jones	37:38	20
3rd	Nick Wood	40:26	19
5th	Nick Amy	41:42	18
6th	? Pointet	41:51	G
16th	K Dyer	43:32	G
23rd	Howard Long	44:05	17
39th	Stephen Kilpatrick	46:37	16
43rd	Neil Wood	47:40	15
45th	Paul Greeves	48:38	14
59th	John McCarthy	50:17	13
64th	Bill Reilly	51:25	12
72nd	Keith Henderson	54:03	11
77th	Mike Wilson	55:21	10
83rd	Bert Shears	58:01	9
86th	Mike Sumpter	61:36	8
88th	Pat Cradden (F)	64:22	7

Orion - 22 Nov 97

Pos.	Name	Time	Cpts
4th	Nick Wood	40:09	20
5th	Nick Amy	40:20	19
6th	K Dyer	40:39	G
44th	Neil Wood	46:05	18
74th	Bill Reilly	50:09	17
83rd	Keith Henderson	50:84	16
101th	Mike Wilson	54:53	15
1st Orion		219pts	
2nd Milos + others		412pts	

Chiltern League Race 4 - 24 Jan 98

Pos.	Name	Time	Cpts
12th	Nick Wood	36:20	20
32nd	Nick Amy	38:50	19
36th	Ian Greenhalgh	39:09	18
60th	Dave Edwards	40:44	17
70th	? Johnston	41:21	G
95th	Neil Wood	43:13	16
97th	Ted Leath	43:24	15
101st	Paul Brown	43:52	14
126th	Brendan Cradden	45:28	13
139th	Bill Reilly	47:16	12
148th	Mike Wilson	48:50	11
154th	Mike Sumpter	51:46	10
Team 8th out of 17 & Vets 8th out of 17			

Thames Hare and Hounds - 29 Nov 97

Pos.	Name	Time	Cpts
7th	Nick Amy	27:45	20
31st	Neil Wood	31:39	19
44th	Mike Wilson	35:00	18
50th	Ray Crouchman	40:24	17
Thames Won!			

Bank of England - 7 Feb 98

Pos.	Name	Time	Cpts
10th	Ian Greenhalgh	35:25	20
16th	Dave Edwards	36:29	19
17th	Simon Wheeler	36:35	18
23rd	Ian Jebson	37:30	17
26th	Ted Leath	38:03	16
27th	? Johnston	38:12	G
31st	Neil Wood	38:34	15
39th	Bill Reilly	41:53	14
45th	Mike Wilson	45:40	13
50th	Ray Crouchman	47:23	12
51st	Mike Sumpter	47:42	11
53rd	Bert Shears	52:36	10
1st Hercules		66pts	
3rd Milos		189pts	

Kingston & Poly - 4 Oct 97

Pos.	Name	Time	Cpts
1st	Nick Wood	28:08	20
4th	Nick Amy	28:56	19
8th	Howard Long	29:57	18
15th	Neil Wood	33:03	17
18th	Bill Reilly	35:48	16
19th	Ray Crouchman	36:48	15
20th	Keith Henderson	36:58	14
22nd	Mike Wilson	37:36	13
25th	John McCarthy	41:59	12
27th	Bert Shears	43:37	11
28th	Mike Sumpter	43:53	10
1st Kingston & Poly		53pts	
2nd Milocarian AC		107pts	

The Ellis Trophy - 6 Dec 97

Pos.	Name	Time	Cpts
2nd	Tim Jones	29:53	20
20th	K Dyer	31:33	G
22nd	Steve Finch	31:37	19
36th	Nick Wood	32:49	18
40th	Bob Green	33:04	G
44th	Dave Edwards	33:19	17
51st	Ian Greenhalgh	33:58	16
57th	Howard Long	34:20	15
66th	Ted Hamilton	34:52	14
72nd	Keith Spacie	35:44	13
73rd	Simon Wheeler	35:45	12
79th	Ian Jebson	35:57	11
90th	Neil Wood	36:39	10
121st	Bill Reilly	39:26	9
139th	Mike Wilson	41:14	8
140th	Brendan Cradden	41:15	7
144th	John McCarthy	42:31	6
162th	Mike Sumpter	47:34	5
168th	Bert Shears	50:56	5
168th	Pat Cradden	52:16	5
1st Serpentine		83pts	
2nd Milos		302pts	

British Airways - 8 Feb 98

Pos.	Name	Time	Cpts
12th	Simon Wheeler	NK	20
NK	Neil Wood	NK	19
NK	Bert Shears	NK	18

Chiltern League Race 1 - 11 Oct 97

Pos.	Name	Time	Cpts
7th	Nick Wood	35:42	20
61st	Ian Greenhalgh	41:13	19
62nd	Nick Amy	41:14	18
87th	Ian Jebson	42:59	17
88th	Neil Wood	43:07	16
138th	Brendan Cradden	48:11	15
140th	Keith Henderson	48:33	14
153rd	Mike Wilson	51:47	13
159th	Bert Shears	57:05	12
160th	Mike Sumpter	57:26	11
Team 565pts 13th out of 17			
Vets 274pts 12th out of 17			

Chiltern League Race 3 - 3 Jan 98

Pos.	Name	Time	Cpts
2nd	Gerry Greeves	27:34	20
9th	Nick Wood	29:37	19
31st	Nick Amy	32:00	18
47th	Ian Greenhalgh	33:35	17
96th	Paul Brown	37:39	16
108th	Keith Henderson	39:24	15
121th	Mike Wilson	42:27	14
127th	Mike Sumpter	45:52	13
Team 498pts 8th out of 17			
Vets 148pts 13th out of 17			

Ranelagh 3.9m - 21 Feb 98

Pos.	Name	Time	Cpts
5th	Dave Edwards	22:40	20
7th	Howard Long	23:01	19
16th	? Johnston	24:04	G
28th	Neil Wood	25:12	18
43rd	Sean Simmons	27:58	G
53rd	Mike Sumpter	31:17	17
56th	Bert Shears	34:00	16
1st Hercules		81pts	
4th Milos		153pts	

Chiltern League Race 2 - 25 Oct 97

Pos.	Name	Time	Cpts
19th	Bob Green	27:29	G
26th	Sean Green	28:21	G
32nd	Howard Long	28:51	20
40th	Steve Robinson2	9:09	G
52nd	Nick Amy	29:45	19
61st	Ian Jebson	29:58	18
96th	Neil Wood	31:27	17
113rd	Bill Reilly	33:05	16
122nd	Keith Henderson	34:16	15
130th	Mike Wilson	35:20	14
143rd	Bert Shears	41:16	13
Team 769pts 5th out of 17			
Vets 123pts 15th out of 17			

Chiltern League Race 5 - 28 Feb 98

Pos.	Name	Time	Cpts
14th	Nick Wood	NK	20
23rd	Howard Long	NK	19
55th	Simon Wheeler	NK	18
89th	Brendan Cradden	NK	17
107th	Mike Wilson	42:27	16
113th	Mike Sumpter	45:52	15

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 RAF Halton on 3rd October 1998, either as a runner or even as a supporter - it's 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 on new turf - the sports fields, airfield and woods of RAF Halton. You never know, it might be just the spur you need to get you going for the rest of the season.

RACE STARTS at 1430hrs

Afterwards.....

AGM

**In the Nuffield Pavilion, Approx 1600hrs
Saturday 3rd October 1998
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 except the BA fixture.

1998

26 SEP (1500)	Bank of England & others (Roehampton) TBC	Yes/Maybe/No
03 OCT (1430)	The Terry Lewins Trophy (RAF Halton) HOME FIXTURE	Yes/Maybe/No
17 OCT (1445)	Chiltern League 1 - Kingsbury	Yes/Maybe/No
31 OCT (1500)	Kingston & Poly 5 (Richmond Park)	Yes/Maybe/No
07 NOV (1445)	Chiltern League 2 - Watford	Yes/Maybe/No
21 NOV (1430)	Orion (Chingford)	Yes/Maybe/No
05 DEC (1430)	Ranelagh 5 miles (Petersham) Ellis Trophy (Clashes with Chiltern League 3)	Yes/Maybe/No
27 DEC (TBC)	Cliveden (Self Entry - Fee payable)	Yes/Maybe/No

1999

09 NOV (1500)	Thames Hare & Hounds (Wimbledon Common)	Yes/Maybe/No
16 JAN (1445)	Chiltern League 4 - TBN	Yes/Maybe/No
23 JAN (1500)	Kingston & Poly 9 (Richmond Park)	Yes/Maybe/No
07 FEB (TBC)	British Airways (Cranford - Sunday Time TBC)	Yes/Maybe/No
13 FEB (1445)	Chiltern League 5 - Banbury	Yes/Maybe/No
20 FEB (1500)	Thames Hare & Hounds (Wimbledon Common)	Yes/Maybe/No
27 FEB (1500)	Bank of England & Others (Roehampton)	Yes/Maybe/No
06 MAR (1500)	Ranalagh - Dysart Dash (3.9 miles) (Petersham)	Yes/Maybe/No
14 MAR (TBC)	Tough 10 (Bracknell)	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.

Neil Wood
 The Gate House
 Tottington Court
 Rochester Road
 Aylesford
 Kent ME20 7ED

From

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TEL: (HOME) 01622-718665
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