

MILONEWS

The newsletter of the Milocarian Athletic Club
Issue Number 30 - December 1998

NEWS.....NEWS.....NEWS.....

At the last committee meeting, held in September, the Treasurer made some recommendations regarding an increase to the initial club joining fee and members' annual subscription. He explained that the Club had an approximate annual deficit between income and expenditure of about £200 and if this was to continue the Club would be bankrupt in about five years. His proposals were brought to the AGM and a vote taken. All proposal were accepted unanimously. The outcome was that the initial joining fee would be increased to £15 which includes the issue of a Club Vest (costing £12). Annual subscription will be increased to £7.50. All existing Club members would be invited to increase their current annual subscription to £7.50 to bring them in line with all new members. (A new Banker's Order is enclosed - please photocopy and use). Another proposal was also voted on and agreed at the AGM was to increase travelling expenses from 6p per mile to 8p per mile. We hope that this might encourage those Club members who would turn out for the Club but for the distance they might have to travel, by compensating them a little for the efforts.....

DID YOU KNOW YOU COULD CLAIM TRAVELLING EXPENSES?

End of season trophies were also presented at the AGM by the Club's President General Sir Charles Harrington. Congratulations go to:

- The Individual Cross Country Champion - Nick Wood (A glass decanter)**
- The Individual Cross Country Runner-up - Mike Wilson (A glass goblet)**
- The 1997 Marathon Champion (Claimed) - Bert Shears (A glass goblet)**
- The 1997 Half Marathon Champion (Fleet) - Dave Edwards (A glass goblet)**
- The John Reeves Trophy (for service to the Club) - Mike Sumpter (A glass decanter)**

Finally.....

On behalf of the Committee of the Milocarian Athletic Club, I would like to wish all our Club members, both active and not so active a very

MERRY CHRISTMAS AND A HAPPY NEW YEAR

NEW MEMBERS SLOT

The club would like to welcome the following new members

Steve Boyd (October 1998)
Steve Robinson (October 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
Database Management Section, No.1 AIDU
RAF NORTHOLT
WEST END ROAD
RUISLIP
MIDDLESEX HA4 6NG

TRI, MILO TRI!

By Another Wood (Nick no less)

What does a runner do at the end of the Cross Country season. Running on roads fails to inspire - the pain is too pure and there is no mud on which to blame poor performances - and the London Marathon (when I was overtaken by Batman at 25 miles) had dimmed my competitive edge. I needed something new.

Before I knew it I was swapping, my skimpy running shorts for even skimpier 'Speedo's' and a pair of goggles in an attempt to change my scrawny post marathon self into an Adonis suitable for taking on a triathlon. In the less than ideal training environment of Balham pool, I gradually dispensed with my armbands and Milocarians-sponsored rubber ring and slowly developed into Mark Spitz (at least in my vivid imagination). Running continued as part of my training but as a virtual non-swimmer, swimming had top billing. Cycling preparation was somewhat less than perfect as I only had my flatmate Emma's mountain bike to use. Made from ex-Soviet tanks and equipped with tractor tyres and a saddle suitable for a 5' 4" girl intensive road work was out of the question. In the event, I decided to put my trust in blind optimism, carb-loading and a new pair of three-in-one triathlon pants!

A September dawn broke over London Docklands with me stuck on a bus in rural Brixton enroute. Arriving flustered, my mood was not helped by the sight of lycra clad muscles as far as the eye could see. Pre-race preparation consisted of going to the loo every 5 minutes and smearing every available body part with Vaseline - I was copying everybody else but could not repress the thought that I had unwittingly turned up at a perverts convention..... There were certainly plenty of masochists present! Fear mounted as I put my borrowed wetsuit on and felt my breath constricted in its neoprene coils.

Crunch time! Called to the start feeling a muscular minnow compared to the human canary wharves surrounding me, my breath was short and my pigeon chest tight. On the command, we flung, ourselves into the murky (very murky) depths of the Victoria Dock. Panic threatened to overwhelm as I realised that even with goggles I could see no more than two inches from my nose.

We had five minutes to the start, I swam - or tried to swim - to the start line but could hardly lift my arms in constricting wetsuit above my head. As i had intended to swim crawl this was alarming! The start was worse. Water was splashed in my face - I had assumed with my muscular triathlon physique no one would be so rash - water rushed up my nose, in my goggles, down my throat, in fact everywhere except behind me. I tried to swim, but ended up with feet in my mouth and my arms in other peoples crotches. I was unhappy. I contemplated giving up, realised it wasn't as bad as the Ellis Trophy and valiantly strove on. After swimming on my back like an otter, trying to solve my goggle problem, I got a rhythm and started to make progress - until I swam into a bridge and then a safety diver - both were surprised! Confidence was growing steadily and I started to overhaul my less aquatically adept competitors. By the second lap, some of the Mark Spitz -dolphin cross breed from swimming pool was beginning to re-emerge and I treated myself to stripping off the top of my wetsuit - mandatory to show off muscles - as I emerged from the dock. A quick backward glance reassured me that I was ahead of the sick, lame, wheelchair bound and those with pony tails. Back on dry land. Phew!

Once the Milo's vest was on and a pair of trainers were on my feet I was back in my element. Luckily, I had managed to borrow Nick Amy's bike for the day - razor sharp addle, thin wheels, light frame - and soon found myself at light speed on the by-passes of east London. Reunited with my energy drink and dry land the miles started to click under my wheels and I started to work my way up the field. 40k's seemed to pass remarkably easily and in no time I was once again a true Milo - although wearing triathlon pants.

However, my confidence rapidly evaporated as I was introduced to the unique rubber-legged feeling induced by transition from bike to running. A baby giraffe had nothing on me as I careened out onto the run with little control of speed or direction. It passed and others had it worse than me. Now I was on homeground and scores of people wearing triathlon club vests started to go pass me - backwards! As the three laps progressed my grin grew and on the third lap I even attempted to plant a kiss on Jo as I passed - and missed! By this time, my support team had turned up and the impetus of having support on the course added to the spring in my step as I realised that I would complete the event. As I neared the finish, I could feel the tears of satisfaction welling - as they had at the London Marathon - and I laughed my way over the final couple of hundred metres and finished wreathed in smiles.

My time was a 2 hours 22 minutes 05 seconds and a placing within the top 10% overall. I am a total convert and will be back next year. I've bought a bike, deflated my armbands and am looking forward to pulling on my three-in-one trunks as soon as I finish this year's marathon. I said it at the time, and I hope to say it again in the future: it's a great sport. Watch out Simon Lessing, you only beat me by 35 minutes!

The Runnymede Relays - 1998

By Neil Wood

I don't want to put anybody off, but each year we have taken part in the Runnymede relays the weather has become progressively worse: this year we had rain throughout the whole race, so heaven knows what 1999 will be like.

Never mind, we shall be there, next year, to defend our title, having carried off the winners' shield for the second time in 3 years. It was by no means a foregone conclusion; in fact, when our A team was nearly 7 minutes down on the leaders after 3 legs, we were beginning to doubt that we could pull it off.

As in previous years, we entered 3 teams for the relays, team A going for glory and the others there for the fun of it. The A team was particularly strong this year, probably the equal of any of its predecessors and we were optimistic of doing well. Nick Wood got us off to a good start, finishing his leg in 3rd place, and Sylvia Fenwick, having got up at dawn and driven down from Cranwell, put in a strong short leg in 20.48 to keep us in touch in 4th place, but the gap to the leaders was beginning to yawn mighty wide. We maintained our position by virtue of Ian Greenhalgh putting in a competitive 36.51 on the 3rd leg, however, by this time the Datchet Dashers A team was nearly 7 minutes clear of us.

Leg 4 saw the tide start to turn in our favour. It became evident that Datchet had played all its aces early, but did not have the depth of talent to defend the lead that had been built up. After Steve Finch's 17.10 short leg the lead had been reduced to 3 minutes, but we were becoming uncomfortably aware that both Wimbledon B and Runnymede A teams were consistently showing very competitive times and were just ahead and just behind us. Tim is always our secret weapon in this race and this time he had the added surprise value of qualifying as one of our vets! It made no difference: as in every other year that he has competed at Windsor, he made fastest long leg, in 31.01 and propped us into the lead by 2 minutes: all Nick Amy had to do was stroll the last short lap, which he did in 17.02 to give us an overall time of 2.34.37 and a winning margin of just short of 3 minutes. From their seemingly impregnable 7 minute lead, Datchet faded to 5 minutes behind us in 4th proving, I suppose, that it's not over 'til it's over!

The B and C teams excelled themselves in finishing 9th and 10th, helped, it has to be said, by some second helpings served up by Nick Wood and Nick Amy. In the individual results, for Ian Johnston, in Team B insert Bert Shears and in Team C, for Gordon Howard insert Nick Wood and for Bert Shears insert Nick Amy.

Finally, it was a pleasure to be able to welcome Sylvia Fenwick and Suzanne Lea to their first fixtures, particularly as we were winning: we look forward to seeing more of them in the forthcoming season. Well done everybody!

Team results were :
1st Milocarian AC 'A' in 2 hours 34 minutes 37 seconds
9th Milocarian AC 'A' in 2 hours 57 minutes 13 seconds
10th Milocarian AC 'A' in 3 hours 03 minutes 50 seconds

There were 29 teams.

Individual times :

A team - leg 1	Nick Wood	32 minutes 46 seconds
B team - leg 1	Brenden Cradded	38 minutes 08 seconds
C team - leg 1	Ray Couchman	47 minutes 13 seconds
A team - leg 2	Sylvia Fenwick	20 minutes 48 seconds
B team - leg 2	Bill Reilly	20 minutes 31 seconds
C team - leg 2	Keith Henderson	20 minutes 53 seconds
A team - leg 3	Ian Greenhalgh	36 minutes 35 seconds
B team - leg 3	Ian Jebson	37 minutes 59 seconds
C team - leg 3	Neil Wood	37 minutes 47 seconds
A team - leg 4	Steve Finch	17 minutes 10 seconds
B team - leg 4	Suzanne Lea	20 minutes 02 seconds
C team - leg 4	Pat Cradden	25 minutes 07 seconds
A team - leg 5	Tim Jones	31 minutes 01 seconds
B team - leg 5	Howard Long	34 minutes 59 seconds
C team - leg 5	Gordon Howard	34 minutes 44 seconds
A team - leg 6	Nick Amy	17 minutes 02 seconds
B team - leg 6	Ian Johnston	25 minutes 37 seconds
C team - leg 6	Bert Shears	18 minutes 06 seconds

MILONEWS FROM LINCOLNSHIRE

By Lindi Marson

I am pleased to say we (Sylvia Fenwick and myself) have both seen an improvement in our times as the season has progressed. I have found it a long haul back from the glandular fever I had, however as you will see from the results my 43.35 10k time early in the season has improved to 40.39 (results not yet received) for the Sleaford 10k which Sylvia and I ran last weekend (15/11/98?). It was competitive and I didn't run fast enough to pick up a prize, however Sylvia won a lovely plaque for her category so we didn't come away empty handed! We also did well in the 10k County Championships this year. I came second and won a Silver and some gift vouchers, and Sylvia also won some gift vouchers and a silver, coming second in her category, so it was a good (and hot!) day for us both. I also ran the Calne 10k with the RAF team on the 6th September this year where we won 1st Ladies team prize and I got 3rd Individual.

Cross-country wise whilst Sylvia was running Chiltern league 2 on 7th November (Watford), I ran at Cambridge for Eastern Counties and managed to finish in the top ten. Being splattered in mud and other unmentionables (the course included running through a field of livestock!) I was also one of the first ten to hit the showers afterwards. They sat mud is good for the complexion, but I can think of alternative ways I would rather improve mine! I also had a race, running as a guest with the RAF at Oxford (25th October) a few weeks earlier, whilst Sylvia ran Chiltern League 1(Kingsbury).

In between this I am running the local Lincs Services League and doing lots of hill training with Sylvia. We are both running the County Champs on 13th December 1998.

Well I think that's all for now. It's freezing here in deepest Lincolnshire - roll on the summer!

Some results :

Eurosure Sports 5 mile Road Race - 28th June 1998

1st	N Overton	NVH (Male)	27 minutes 15 seconds
10th	L Turner	Birmingham (1st Female)	31 minutes 07 seconds
36th	L Marson	Milocarian AC (2nd Female)	35 minutes 08 seconds

There were 87 runners.

Thurlby 10k Road Race - 5th July 1998

1st	S Bell	RAF Cranwell (Male)	33 minutes 35 seconds
14th	L Day	Grantham AC (1st Female/Vet)	39 minutes 01 seconds
29th	D Jones	Volcano Club (2nd Female/Vet)	43 minutes 23 seconds
32nd	L Marson	Milocarian AC (3rd Female/1st Sen)	43 minutes 35 seconds
62nd	S Fenwick	Milocarian AC (10th Female/8th Vet)	47 minutes 29 seconds

There were 114 runners (8 Female Seniors/23 Female Vets)

Thorney 5 mile Road Race - 16th August 1998

1st	T Graham	Tipton Harriers (Male)	25 minutes 21 seconds
14th	M Sutton	Westbury Harriers (1st Female/ Sen)	27 minutes 38 seconds
88th	L Marson	Milocarian AC (8th Female/4th Sen)	34 minutes 06 seconds
158th	S Fenwick	Milocarian AC (19th Female/4th V45)	37 minutes 59 seconds

There were 258 runners.

(53 Females of which 11 were LV35, 15 were LV40, 5 were LV45, 6 were LV50, 2 were LV55 and 2 were LV60)

□ Timberland woman Lindi Marson won silver in the 10k county championships and came second in the open race with a time of 42mins 23secs. Marson, who could not compete in last year's championships as she had glandular fever, said: "I was really thrilled to win silver, although my times aren't as good as they were before I was ill. They are slowly improving, though."

Lincolnshire Advertiser
25th September 1998

Lincolnshire Echo
25th September 1998

10km win makes it a great day for Day

Athletics

LOUISE Day has been crowned the Lincolnshire women's road race champion after claiming the 10km title in Woodhall Spa.

The Grantham runner came home two minutes ahead of Timberland's Lindi Marson, who clocked 42min 30 sec on the course based around Jubilee Park.

The pair also took first and second in the open race which was run at the same time with a field in excess of 100 athletes from around the country.

The Terry Lewins Trophy - RAF Halton - 03 Oct 98

Pos.	Name	Time	Club Pts.
1st	Dave Cole	40:28	Guest
3rd	Tim Jones	40:51	20
6th	Clive wintrip	45:09	19
7th	Steve Finch	45:17	18
9th	Nick Wood	46:10	17
19th	Ian Greenhalgh	47:55	16
20th	Ted Hamilton	48:01	15
28th	S. Lindsay	48:42	Guest
30th	Ian Johnston	49:01	14
38th	M. Appleton	51:08	Guest
41st	Neil Wood	51:54	13
49th	Suzanne Lea (F)	54:35	12
53rd	Bill Reilly	56:31	11
57th	Keith Henderson	57:17	10
58th	John McCarthy	57:28	9
67th	Bert Shears	69:35	8

There were 69 runners.

Team:	1st Milocarain AC 'A'	45pts.
	2nd Kingston & Poly	97pts.
	3rd Thames H & H	123 pts.

Chiltern League Race 1 - Kingsbury - 17 Oct 98

Pos.	Name	Time	Club Pts.
1st	J Critchlow	24:59	-
78th	Ian Greenhalgh	31:48	20
89th	Ian Jebson	32:18	19
110th	Neil Wood	33:38	18
115th	Brenden Cradden	34:24	17
134th	Bill Reilly	36:15	16

There were 154 runners.

Team: seniors 15th out of 18.
veterans 8th out of 18.

Ladies

13th	Sylvia Fenwick	20:53	20
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There were 45 runners.

Team: seniors 11th out of 13.
veterans 8th out of 10.

Kingston & Poly - Richmond - 31 Oct 98

Pos.	Name	Time	Club Pts.
1st	?	26:46	-
5th	Nick Wood	28:42	20
7th	Howard Long	29:54	19
15th	Ian Greenhalgh	32:28	18
20th	Neil Wood	33:50	17
21st	Suzanne Lea (F)	34:04	16
32nd	Bert Shears	41:03	15
35th	Mike Sumpter	48:40	14

Team:	1st Kingston & Poly	45pts.
	2nd Bank of England	118pts
	3rd Milocarain AC	135pts.

Chiltern League Race 2 - Watford - 07 Nov 98

Pos.	Name	Time	Club Pts.
1st	?	29:56	-
12th	Nick Wood	33:03	20
25th	Howard Long	33:57	19
76th	Ian Jebson	37:13	18
106th	Neil Wood	39:02	17
114th	Brenden Cradden	40:05	16
158th	Bert Shears	47:43	15
159th	Steve Boyd	47:57	14
162nd	Mike Sumpter	54:16	13

Team: seniors 12th out of 18.
veterans 11th out of 18.

Ladies

11th	Sylvia Fenwick	30:43	20
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Team: seniors 12th out of 13.
veterans 10th out of 11.

Orion - Chingford - 21 Nov 98

Pos.	Name	Time	Club Pts.
1st	?	39.13	-
4th	Nick Wood	40.38	20
18th	Steve Robinson	44.02	19
24th	Ian Greenhalgh	45.30	18
32nd	Ian Jebson	47.05	17
35th	Neil Wood	47.29	16
39th	Suzanne Lea (F)	48.14	15
58th	Brenden Cradden	51.48	14
76th	Bill Reilly	56.06	13
86th	Bert Shears	63.14	12
88th	Pat Cradden (F)	65.10	11

There were 91 runners.

Team: 1st Orion
2nd Bank of England
3rd Milocarain AC.

The Ellis Trophy - Richmond Park - 05 Dec 98

Pos.	Name	Time	Club Pts.
1st	?	29.38	-
15th	Nick Wood	32.09	20
41st	Ian Greenhalgh	34.49	19
54th	Keith Spacie	36.03	18
65th	Neil Wood	36.58	17
92nd	Bill Reilly	40.37	16
93rd	Ian Jebson	40.47	15
99th	John McCarthy	41.38	14
115th	Bert Shears	47.34	13
116th	Ray Couchman	48.42	12
117th	Mike Sumpter	53.37	11

There were 117 runners.

Team: 1st Serpentine 167pts.
6th Milocarain AC 455pts