

MILONEWS

The newsletter of the Milocarian Athletic Club
Issue Number 31 - September 1999

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 25th September 1999, 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 sandy tracks through the woods behind the Military Academy. 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

**Within the Old Academy, Approx 1600hrs
Saturday 25th September 1999
BE THERE OR BE.....**

NEW MEMBERS SLOT

The club would like to welcome the following new members

Nicholas & Penny Shanahan (January 1999)

Valerie Lomas (March 1999)

Amanda Metcalfe (March 1999)

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

Quality Manager, No.1 AIDU

RAF NORTHOLT

WEST END ROAD

RUISLIP

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RUNNYMEDE RELAYS REPORT

by Neil Wood

1. As usual the Runnymede Relays took place in Windsor Park and in the wet: the weather was better than last year and there was very little rain during the race itself, nevertheless, the dismal cloud-scape did dampen the garden party atmosphere a bit. However, enthusiasm was undimmed and 41 teams turned out of which 3 were Milocarians: this was our 5th appearance at the event and as usual we had the makings of a very strong first team, a second team that would be well up the field but - quite unprecedented, this - a complete third team that could look after itself without the help of members of teams 1 and 2 running second legs for it.

2. We had won this event twice in the last 3 years but the manner of our doing it had varied from dominance to snatching victory by virtue of consistency: the A team that was led off by Steve Finch on 5 June 1999 was very strong indeed and was seeking a return to dominance. Steve handed over in 5th position to Roger Clark whose 17.04 short leg was 4th fastest of the day and put us in the lead; Kevin Dyer kept us in touch with a 35.10 long leg and handed over in 3rd place to Suzanne Lea, our fast lady. Suzanne retained our position by running 19.14, making the A team's cumulative time 1.44.22; by this time only 6 teams were inside 1.50.00. Next up was Tim Jones who continued a personal tradition of setting the fastest long leg time of the day and returning us to the lead. All Nick Wood had to do was to put one foot in front of the other to take us to victory and in spite of some doubts being expressed over his capacity to achieve this, he managed it and the A team won in 2.32.53.

3. Further back, down the field, the B team was holding its own and producing times that would have been respectable among the A teams. Lindi Marson did a 18.45 short leg to be fastest lady of the day and Ian Jebson's 35.57 put him in the top third of runners doing a long leg: they were ably supported by Keith Spacie - undoubtedly the fastest super vet of the day - Amanda Metcalfe, Mark Appleton and the Secretary. All this effort saw the B team deservedly beating all the other second-string teams and finishing 11th overall. Meanwhile, the C team had been given a promising start by Howard Long who handed over in the top 20. Pat Cradden, Bill Reilly, Sandra Appleton, Ray Couchman and John McCarthy all ably backed up Howard's performance to bring the C team home in 29th place, well up among its rival third-string teams and firmly in the body of the field.

4. Well, what can one say about a club that produces 3 full-strength teams, wins overall, heads the B team list and whose third team provides strong backing for the other two? 'Sounds like strength in depth to me, but where does it all go when the league matches come round? Our Runnymede result was splendid - well done everybody: let us try and extend that effort and performance into the cross-country season.

And now the results in detail:

A Team, 1st Overall		B Team, 11th Overall		C Team, 29th, Overall	
Steve Finch	33m24s	Keith Spacie	36m30s	Howard Long	38m57s
Roger Clark	17m04s	Lindi Marson	18m45s	Pat Cradden	24m45s
Kevin Dyer	35m10s	Ian Jebson	35m57s	Bill Reilly	41m55s
Suzanne Lea	19m14s	Amanda Metcalfe	20m48s	Sandra Appleton	26m20s
Tim Jones	30m41s	Mark Appleton	37m14s	Ray Couchman	49m31s
Nick Wood	17m20s	Neil Wood	19m20s	John McCarthy	21m33s
Total Time	2h 32m 53s	Total Time	2h 48m 28s	Total Time	3h 22m 35s

Comparisons are always interesting

	1999	1998	1997	1996	1995
Team A	2.32.53	2.34.37	2.33.06	2.25.34	2.36.40
Team B	2.48.28	2.57.13	2.58.24	2.52.47	2.57.52
Team C	3.22.35	3.03.50	3.18.09	2.54.42	————

So, 1999 was the A team's second fastest time: 1996 was a stunner! The B team did its best time yet and it is interesting how consistent the B team has been over the years. Don't be fooled by the C team's time; in previous years it had been boosted by runners from the A and B teams, to make up the numbers.

And some individual times achieved over the last 5 years - how does Tim do it?

Jones	30.41	31.01	29.19	29.58	————
Finch	33.24	17.10	————	30.59	30.52
Clark	17.04	————	————	15.53	————
Spacie	36.30	————	35.09	17.50	34.25
Long	38.57	34.59	17.40	32.47	————
Cradden	————	38.05	41.31	————	38.10
Wood N	19.20	37.47	37.18	39.16	18.00

THE OTHER HALF

So, what did happen to the second half of the season? Alright, so I was not there for every race, but that does not mean that the rest of you should not run. Well, there were good turn outs at Thames and the Bank, a surprising number of masochists at the Kingston & Poly 9, but too few in the last league race and we barely bothered the scorers at BA and the Ranelagh 3.9. Generally, when we were out in strength we lacked the front runners to give us a chance of success as a team, but produced good performances in the mid-field from the stalwarts. Perhaps the biggest and best development was the competitiveness of our lady runners. Should we ever get our leading 4 together in a Chiltern League race, we would win and there would probably be a stewards' inquiry, but it would be worth it. Sylvia, Suzanne, Penny Shanahan and Lindi Marson would create quite a stir: perhaps we can manage it this year.

Although we only appeared in 3 of the 4 league races and were under-strength on each occasion, the men's team managed to come 14th out of 19, with the vets scrambling up a further 2 places to 12th. However, perhaps the best club performance was by the veteran ladies' team which was 6th out of 13 solely on the efforts of Sylvia Fenwick. Not only was Sylvia the most successful Milocarian "team", but she also achieved our best individual result by winning the senior vets' category. Had there been a prize for distance travelled to races, she certainly would have taken that too, having come down from Cranwell to contest all 4 rounds of the league programme. In the overall scheme of things the ladies' team was 11th out of 15 while other individual placings saw Ian Jebson 20th in the Over 40s and the Secretary and Brendan Cradden 11th and 13th respectively among the Over 50s.

I always regard the Tough 10 as a fitting finale to the season: I have waxed lyrical about it frequently and it would be superfluous to go on about it again, but I still cannot understand why more of you do not enter. This year's event was well up to the standard of its predecessors, with the usual challenging course, a good-sized field and wide spread of competitive talent. Ian Jebson capped what I reckon is his best season with the Milos yet by coming 40th, the Secretary was 49th and was very pleased to have beaten Brendan into 55th, Bill Reilly was 143rd (the Secretary can remember the days when Bill used to beat him on this course) and Pat Cradden found the going hard but still managed 258th. Well, all of you who were not there this year will have another chance, next March: don't miss it.

FIXTURE LIST FOR 1999/2000

Well, here it is; the millennium fixture list. It is the usual combination of old favourites and league races - 'sorry, but I don't really have the time to hunt out and organise new fixtures.

As you can see, we are back at Sandhurst again, for the home match, so please do all you can to be there and give us a good turn out.

Sadly, once again the Ellis Trophy coincides with league 3: as with last year, we will contest the Trophy with the men's team and rely on the ladies to fly the club flag at the league race. Incidentally, for the first time the club's ladies' will have a team entry in the league in their own right; before, they were stowaways but, fortunately, nobody in the league seemed to mind.

As usual, I do not have firm dates for some of the races, however, I will pass on the details the moment I have them. Again, the information will be passed through the branch system and I will publish the composition of the network in due course.

The races marked N/Q do not carry points towards the club championship and require you to pay for your own entries - I will normally circulate entry forms. They are included in the programme because they are particularly challenging events and well-worth the entry fee.

And one enduring, perpetual plea: remember we must recruit to keep the Club alive. Spread the word about the Milos and encourage people to join and keep on encouraging them until they do - we want to be there for the millennium and beyond!

Date/Time	Opposition	Location	Time
25 Sep	Various, the Home Match (The Terry Lewins Trophy)	Sandhurst	1430
16 Oct	Chiltern League 1	Kingsbury	1430
23 Oct	Bank of England	Roehampton	1500
30 Oct	Kingston & Poly 5	Richmond Park	1500
06 Nov	Chiltern League 2	TBN	1430
20 Nov	Orion	Chingford	1430
28 Nov (TBC)	Bearbrook (N/Q)	Hardwick	1100
04 Dec	Ranelagh (Ellis Trophy) Chiltern League 3	Petersham Hardwick	1430 1400
27 Dec (TBC)	SGT Boxing Day (ish) (N/Q)	Cliveden	TBC
15 Jan 00	Chiltern League 4	Berkhampsted	1430
06 Feb (TBC)	BA	Hounslow	1100
19 Feb	Chiltern League 5	Banbury	1430
26 Feb (TBC)	Thames Hare & Hounds	Wimbledon Common	1500
11 Mar	Ranelagh 3.9	Petersham	1500
12 Mar (TBC)	The Tough 10 (N/Q)	Bracknell	1100
18 Mar	Bank of England	Roehampton	1500

Results: Lincolnshire Cross Country County Champs, MOD Cross Country Champs, British Vets Cross Country Champs, Hull Open Track Meet, Puma Cell 5 Mile Road and Lincoln 10K.

By Sylvia Fenwick, Lindi Marson and Amanda Metcalfe.

As you can see, the intrepid trio, alias the 'Ladies of Lincolnshire' have been busy! On 13th December 98, Sylvia and Lindi ran the Cross Country County Champs at South Elkington. The course was tough, notorious for its' hills and there was mud up to the armpits (Lindi is not very tall). Sylvia, having just recovered from an awful cold and harbouring another which turned out to be a nasty bout of 'flu, had an outstanding run (34.20) finishing in the top ten. Lindi, devastated by the loss of her 14 year old Bearded Collie the week before, did not feel much like competing, however loads of support and encouragement from both Sylvia and her coach Bill Taylor in the days preceding saw her there on the day. Only one lady finished in front of her, but as that lady was a vet Lindi was declared County Champion and received a gold badge (31.20). Nice because it was also her last race before she herself became a vet!

On 10th February 99 Sylvia travelled to Farnborough to compete in the MOD Cross Country Champs. She came 4th overall, was 2nd vet and won a well deserved silver medal.

On 27th March 'Sylvia the Swift' continued in good form when she took part in the British Veterans Cross Country Champs at Norwich. On a tough and strength sapping course and running against British Internationals such as Ann Ford, she came 13th out of 19 in a high quality field.

On 4th April Lindi travelled with training partner and new Milocarian member Amanda Metcalfe to Hull for an open track meet. Competing in the 3000m, Amanda ran a brilliant race in 11.17, coming 2nd overall and winning another medal to add to her fast growing collection. Lindi's first time on the track, she overcooked the first lap and then had to hang on. She finished 5th in 11.40, put it down to good experience and will be wiser next time!

The very next day Sylvia, Lindi and Amanda entered a Milocarian ladies team at Welwyn Garden City for the Puma Cell 5 mile road race. Sylvia had a brilliant run in 36.18 and came 6th out of 14 in her category. Lindi, back on form, got a new PB (32.03) and Amanda, our track specialist, used it as a training run and not racing still achieved 33.26. Unfortunately we didn't get a team prize as running against athletes such as Angie Joiner and Kenyan Martha Mugo stronger teams existed, but we still felt we put in a good team effort! We also had a brilliant 'team day out', the atmosphere at Welwyn was wonderful, and many thanks go to Sylvia's husband, Frank, for doing all the driving.

The following Sunday 11th April Lindi achieved a second PB (39.04) on a slow and windy course at the Lincoln 10K. After 3 races in 8 days, and only 11 weeks after suffering an acute hamstring tear, she was pleased with her result.

Our races were followed by a superb squad training weekend in Lincolnshire, one of many organised by Bill Taylor, who coaches all of us. As Bill is also the RAF Ladies Team Coach, we were joined by Mandy who travelled from Brize Norton and Jenny from Lynham. As usual on Bill's training weekends, a good time was had by all, we got some hard squad training in as well as some hard socialising (Lindi vaguely recalls being somewhere in Lincoln at 4am Sunday morning, with lots of loud music. Another PB for her, as she's usually in bed for 9pm!). We are now planning our next training weekend, which we hope will be soon, in the meantime we all have some more races planned.

PS Lindi, Amanda and yet another new Milo member, Val Lomas, have just returned from RAF Cosford (24th April), where Amanda (running for the RAF) produced another stunning result coming 2nd in the 1500m on a warm and humid day. Lindi and Val provided additional support as our driver (Val!) and with Lindi providing Sports Massage to the RAF team.

Ps Her first 1500m race since school days, Amanda got a PB (5:18) on a humid day against stiff competition & after a long car journey - watch this space !!

Results:

13/12/98

Lincolnshire Cross Country Championships

South Elkington

Senior Women 6.4km

1st	Louise day	29m 53s	
2nd	Lindi Marson	31m 20s	
10th	Sylvia Fenwick	34m 20s	(22 Finishers)

27/03/99

British Veterans Athletic Federation – Open Cross County Championships

Earlham Park, Norwich

Class W45-49	1st	Ann Ford	Redhill RR	20m 16s
	13th	Sylvia Fenwick	Milocarian AC	24m 23s

05/04/99

Welwyn Garden City 5 Mile Road Race

Sen. Women	1st	A Joiner	Shaftesbry Harriers	27m 07s
	29th	Amanda Metcalfe	Milocarian AC	33m 26s (36 finishers)
Vet Women	1st	A Tooby-Smith	Karesmere	29m 02s
Over 35	9th	Lindi Marson	Milocarian AC	32m 03s (26 finishers)
Vet Women	1st	Z Marchant	City of Bath	30m 15s
Over 45	6th	Sylvia Fenwick	Milocarian AC	36m 18s (14 finishers)

Milocarian AC were 7th Women's Team

11/04/99

Lincoln 10k	1st	B Farquharson (male)	Mansfield Harriers	31m 49s
	115th	Lindi Marson	Milocarian AC	39m 34s (10th Lady)