

MILONEWS

The Newsletter of the
Milocarian Athletic Club

Issue Number 31
September 2000

THE TERRY LEWINS TROPHY

Milocarian Athletic Club's Home Fixture

It's that time of year again, when we make our annual appeal for ALL members, active and even those, like me, not so active – to make an effort and support your club's home fixture at RMA Sandhurst on 30th September 2000, either as a runner or 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

And
Afterwards

**The Milocarian Athletic
Club AGM**

Within the Old Academy

Approx 1600hrs

**Saturday 30th September
2000**

1999/00 RACE REPORT

Last season was something of a roller-coaster ride for the Club, have I used that phrase before? I rather think I have and it seems to be almost a tradition for the Milos to plunge from peak to trough, triumph to tragedy, season after season. Never mind; we may go up and down, but we are not yet down and out. That is perhaps the significant thing and what compensates for any number of downs. The Club is still going, still attracting new members (some of them quite young!) and occasionally achieving some of those "peaks", and "triumphs" or just plain "ups", surprising our competitors and delighting - and let's be honest - surprising ourselves.

And as I indicated at the beginning, last season was no exception.

For a start, the home match was not that well-supported; Milo numbers were down and we were well down the finish order too: that cup that had looked very handsome on my sideboard for 3 years was handed over to Thames Hare and Hounds. Never mind, even without the cadets, the race itself attracted a good turn out of competing clubs and was very hard-fought; Sandhurst laid on first-class facilities and as usual, the whole thing was rounded off with a memorable tea.

The home match tea is becoming something of a Milo tradition, as is producing a poor turn out at the opening league race, thereby making the whole of the rest of the league campaign an uphill struggle. And nothing illustrated our up and down form better than our league's season. In the first race the men were last out of 16-teams, in race 3 they were first out of 19 and in the remaining 3 races

they hovered around the bottom of the top, 7th or 9th, finishing the season in an encouraging 8th place. In races 2 to 5 the Club fielded a full team of men and benefited accordingly: had there been a full 8 in race 1, they could have finished about 4th in the final rankings. The ladies - Sylvia Fenwick mainly - but with help from Suzanne Lea and Penny Shanahan, finished a very creditable 13th and could well win a race should we ever have the 4 ladies to make a full team in the same place at the same time. Anyway, the Club's first league win was a great boost and achieved solely with fully paid-up members, none of the ringers and bandits that I used to recruit when in (wholly unsuccessful) pursuit of league glory in years past.

Four good league showings gave us a significant presence in the individual rankings too. Kevin Dyer and Steve Finch were 8th and 9th respectively in the men's overall order of merit and Steve Robinson was 19th. Steve was pipped at the post in the male vets' category and had to settle for 2nd, having led until the last race: Ian Jebson was 21st in what is a very competitive division. In the over-50s Brendan was 7th and the Cross Country Secretary, 8th, the order being decided on their positions in the last race. Sylvia Fenwick had to surrender her senior lady vet's title this year, but still managed a very competitive 3rd for the season.

In the friendly matches there was a degree of consistency provided by Kevin Dyer and Steve Finch in that, whenever they competed they finished in the top 10 and usually within a couple of places of one another. Unfortunately, we seldom had the strength in depth to

capitalise on their performances; nevertheless, Jim Choi was a regular and promising competitor who helped Howard Long, Steve Robinson and Nick Wood to fill the gap between the front runners and the old warhorses, further back. With the help of newcomers, such as Andrew Yarker and Alex Swanson; a come-back, now and then, from Nick and Penny Shanahan, the Club managed to stay respectable against most of the regular opposition. Kevin Dyer scored wins against Kingston and Poly and BA - Individual wins always help our credibility. The only disappointing matches were at the end of the season when numbers were well down against the Bank and at the Ranelagh dash. In common with recent years, the Ellis Trophy clashed with one of our league races and we had to give it a bye - a pity, because it is another event that has brought out the best in us in the past. Alright, so roller-coasters are meant to be fun and the last season of the 20th century was sometimes exhilarating, sometimes encouraging, sometimes frustrating but always worth doing. Let's see if we can do it even better next time and have more fun, starting on 30 September, at Sandhurst.

THE RUNNYMEDE RELAYS

2000

It was the year 2000 event, we were on a hat-trick, we turned out more runners than ever before and almost all our teams did better than ever before but, after nearly 25 miles of running our first team was just 41 seconds adrift of the winners. Who came first? The host team and if we had to be beaten by anybody, I think we would all pick Runnymede Runners, the club that puts so much effort into such an enjoyable event.

There was not a lot of scope to improve on 1999's performance: then we fielded 3 full-strength teams and ran away with the race; nevertheless, come race day 2000, we had 4 full-strength teams and it was very difficult to choose teams A and B, because there was such a

depth of talent available: when you find yourself asking Howard Long, Andrew Yarker and Clive Wintrip if they would mind very much running in the B team, you know you have a problem to die for. As it turned out, nobody in the B team did a faster leg than anybody in the A team, something I can only put down to the skilled and experienced team selection of Mike Sumpter who is even now inked in as the team manager for 2001 when I propose to enter 5 teams!

Down to the race: after the first long leg Steve Finch had the A team in 3rd with the B team 7th, Howard Long having put in a very strong performance; significantly, the C team was in the top 10 while the D team was saving itself for a late surge. Alex Swanson's fastest short leg of the day, in 16.04, put the A team into the lead and the B team was pushed into 4th by Andrew Yarker's time of 17.16. Lena Gazani kept the C team in contention while the D team was still playing a waiting game. A very quick leg by the Runnymede third leg runner brought them within sight of us and we were 20 sec down by the end of leg 4, a gap that had grown by a further 20-odd seconds by the end of leg 5. With just a short leg of 2.75 miles to go, Nick Wood had 1 min 49 sec to make up on the leader and it was too much over the distance.

At the tape Runnymede had taken the trophy back by 41 seconds. Incidentally, our time in second place would have won last year's event by 48 seconds. The B team's time of 2.40.41 was 8 minutes faster than last year and must be the closest the second team has ever come to the first: the C team would have beaten last year's B team and the D team would have beaten the C team of a year ago. I reckon everybody gave everything, but perhaps Runnymede wanted their shield back too badly. Anyway, here are a few of those fascinating comparisons.

	Team A	Team B
2000	2.32.05	2.40.41
1999	2.32.53	2.48.28
1998	2.34.37	2.57.13
1997	2.33.06	2.58.24
1996	2.25.34	2.52.47
1995	2.36.40	2.57.52
	Team C	Team D
2000	2.47.48	3.17.34
1999	3.22.35	
1998	3.03.50	
1997	3.18.09	
1996	2.54.42	

I had not realised until compiling that table that our 2000 time was our second fastest ever - '96 was quite a year - and that the rest of this year's comparable times were also significantly better than in previous years.

	2000	1999	1998
Steve	32.46	33.24	17.10
Tim	-	30.41	31.01
Roger	16.51	17.04	-
Nick	16.45	17.20	32.48
Brendan	20.59	-	38.05
Neil	39.33	19.20	37.47
Keith	36.46	36.30	-
Howard	34.47	38.57	34.59
	1997	1996	1995
Steve	-	30.59	30.52
Tim	29.19	29.58	-
Roger	-	15.53	-
Nick	-	-	-
Brendan	41.31	-	38.10
Neil	37.18	39.16	18.00
Keith	35.09	17.50	34.25
Howard	17.40	32.47	-

	Team A	Team B
Finch	32.46	Yarker 34.47
Swanson	16.04	Yarker 17.16
Dyer	33.12	Spacie 36.46
Lea	19.33	Shanahan 20.54
Harrison	33.45	Wintrip 34.07
Wood	16.45	Clark 16.51
	2nd	5 th

	Team C	Team D
Jebson	37.12	Reilly 44.39
Gazani	21.10	Cradden 24.27
Shanahan	33.48	Wood 39.33
Amy	17.48	Henderson 22.13
Choi	36.41	Ward 39.10
Cradden	20.59	Couchman 27.32
	8th	23rd
	out of 34	

The Terry Lewins Trophy - RMA Sandhurst - 25 Sep 99

Pos.	Name	Time	Club Pts.
1st	?	34:41	-
4th	Kevin Dyer	36:08	20
10th	Steve Finch	36:58	19
17th	Nick Wood	38:25	18
50th	Neil Wood	42:58	17
59th	Suzanne Lea (F)	44:39	16
71st	Mike Wilson	47:03	15
72nd	Keith Henderson	47:19	14
83rd	John McCarthy	49:51	13
85th	Silvia Fenwick(F)	50:13	12
86th	Fred Watt	50:31	11
91st	Ray Couchman	55:22	10

There were 100 runners.

Team:

1st Thames H & H A	159pts.
2nd Orion A	173pts.
3rd British Airways	201 pts.
4th Kingston & Poly	238pts.
5th Bank of England	350pts.
6th Milocarain AC	366pts.
7th Thames B, 8th Orion B 9th Finch Coasters	

Chiltern League Race 1 - Kingsbury - 16 Oct 99

Pos.	Name	Time	Club Pts.
1st	?	25:42	-
56th	Ian Jebson	31:43	20
76th	Neil Wood	33:03	19
115th	Mike Wilson	36:55	18
133rd	Bert Shears	44:46	17

There were 134 runners.

Team:

Seniors 16th out of 16
Veterans 11th out of 14.

Ladies

14th	Sylvia Fenwick	21:07	20
------	----------------	-------	----

There were 45 runners.

Team: 16th out of 17, Veterans 10th out of 13.

Bank of England - Roehampton - 23 Oct 99

Pos.	Name	Time	Club Pts.
1st	?	24:48	-
5th	Kevin Dyer	26:54	20
6th	Steve Finch	26:57	19
16th	Howard Long	29:33	18
19th	Jim Choi	30:03	17
35st	Suzanne Lea (F)	32:02	16
36th	Neil Wood	32:20	15
44th	Mike Wilson	34:44	14
48th	Keith Henderson	35:32	13
49th	Bill Reilly	35:42	12
61st	Bert Shears	48:19	11

Team:

1st Thames H&H	44pts.
2nd Bank of England	56pts
3rd Milocarain AC	110pts.
4th Kingston & Poly	190pts.

Kingston & Poly - Richmond - 30 Oct 99

Pos.	Name	Time	Club Pts.
1st	Steve Finch	28:58	20
2nd	Kevin Dyer	29:09	19
6th	Howard Long	30:46	18
8th	Jim Choi	31:07	17
24th	Mike Wilson	46:10	16
26th	Bert Shears	47:55	15
27th	Mike Sumpter	48:01	14

There were 27 runners.

Team:

1st Bank of England	48pts.
2nd Milocarain AC 'A'	67pts.
3rd Kingston & Poly	73pts.

Chiltern League Race 2 - Banbury - 06 Nov 99

Pos.	Name	Time	Club Pts.
1st	?	24:59	-
8th	Steve Finch	35:16	20
9th	Kevin Dyer	35:16	19
25th	Howard Long	36:49	18
90th	Steve Robinson	41:10	17
91st	Ian Jebson	41:13	16
94th	Brenden Cradden	41:22	15
128th	Bill Reilly	46:14	14
131st	Mike Wilson	46:28	13
134th	Keith Henderson	46:35	12

There were 146 runners.

Team:

seniors 9th out of 19.
veterans 9th out of 16.

Ladies

13th	Sylvia Fenwick	27:23	20
------	----------------	-------	----

Team:

seniors 14th out of 16.
veterans 9th out of 12.

Orion - Chingford - 20 Nov 99

Pos.	Name	Time	Club Pts.
1st	?	39:42	-
3rd	Kevin Dyer	40:17	20
4th	Steve Finch	40:27	19
12th	Nick Wood	42:55	18
17th	Steve Robinson	45:16	17
25th	Ian Jebson	47:37	16
31st	Bredden Cradden	49:12	15
34th	Neil Wood	50:00	14
39th	Bill Reilly	51:44	13
42nd	Keith Henderson	53:37	12
58th	Pat Cradden (F)	61:59	11

Team:

1st Orion	46pts.
2nd Milocarain AC	126pts
3rd Bank of England	143pts.
4th Lea Valley	DNQ

Chiltern League Race 3 - Hardwick - 04 Dec 99

Pos.	Name	Time	Club Pts.
1st	?	35:58	-
6th	Kevin Dyer	38:00	20
8th	Steve Finch	38:21	19
22nd	Andrew Yarker	40:55	18
23rd	Nick Wood	41:13	17
31st	Nick Shanahan	41:55	16
40th	Steve Robinson	43:07	15
76th	Brenden Cradden	46:34	14
89th	Neil Wood	39:02	13

There were 127 Runners

Team: seniors 1st out of 18.
veterans 8th out of 16.

Ladies

5th	Suzanne Lea	18:52	20
11th	Penny Shanahan	19:55	19

Team: seniors 8th out of 17.
veterans 9th out of 14.

Chiltern League Race 4 - Berkhamstead - 15 Jan 00

Pos.	Name	Time	Club Pts.
1st	?	29:23	-
9th	Steve Finch	31:40	20
12th	Kevin Dyer	32:00	19
45th	Steve Robinson	34:46	18
69th	Jim Choi	36:32	17
91st	Ian Jebson	37:51	16
92nd	Brenden Cradden	37:52	15
96th	Neil Wood	38:12	14
124th	Bill Reilly	42:11	13

There were 144 Runners

Team: seniors 7th out of 18.
veterans 7th out of 18.

Ladies

23rd	Sylvia Fenwick	22:06	20
------	----------------	-------	----

Team: seniors 15th out of 17.
veterans 10th out of 15.

British Airways - Cranford - 13 Feb 00

Pos.	Name	Time	Club Pts.
1st	Kevin Dyer	38:50	20
5th	Steve Finch	39:21	19
6th	Howard Long	42:27	18
16th	Jim Choi	42:59	17
19th	Nick Wood	43:25	16
4th	Simon Appleton	43:41	15
18th	Ian Ward	46:31	14
24th	Brenden Cradden	47:22	13
32nd	Neil Wood	51:02	12
35th	Nick Amy	51:48	11

There were 35 runners.

Ladies

1st	?	30:30	
2nd	Suzanne Lea	31:04	20
8th	Pat Cradden	38:19	19

Chiltern League Race 5 - Banbury - 19 Feb 00

Pos.	Name	Time	Club Pts.
1st	?	32:01	-
11th	Kevin Dyer	33:43	20
13th	Steve Finch	33:56	19
26th	Howard Long	35:55	18
46th	Steve Robinson	37:11	17
47th	Jim Choi	37:11	16
71st	Ian Jebson	39:24	15
86th	Brenden Cradden	41:21	14
97h	Neil Wood	42:36	13
120th	Bill Reilly	45:44	12

There were 130 Runners

Team: seniors 6th out of 16.
veterans 7th out of 16.

Ladies

There were 54 Runners

1st	?	22:37	-
8th	Suzanne Lea	24:12	20
11th	Sylvia Fenwick	26:18	19

Team: seniors 7th out of 16.
veterans 5th out of 16.

Thames Hare & Hounds - Charterhouse - 26 Feb 00

Pos.	Name	Time	Club Pts.
1st	?	28:05	-
5th	Steve Finch	29:38	20
6th	Alex Swanson	29:57	19
7th	Nick Wood	30:43	18
11th	Howard Long	31:03	17
57th	Suzanne Lea (F)	36:17	16
60th	Neil Wood	36:43	15
58th	Bill Reilly	40:29	14

There were 78 runners.

Ranelagh - Dysart Dash - Richmond - 11 Mar 00

Pos.	Name	Time	Club Pts.
1st	?	21:09	-
9th	Howard Long	22:59	20
24th	Keith Spacie	24:50	19
28th	Suzanne Lea (F)	26:00	18
29th	Ian Ward	26:02	17
34th	Neil Wood	27:04	16
39th	Bill Reilly	28:04	15
57th	John McCarthy	31:17	14

There were 60 runners.

Bank of England - Roehampton - 18 Mar 00

Pos.	Name	Time	Club Pts.
1st	?	24:48	-
9th	Steve Finch	27:05	20
24th	Keith Spacie	29:39	19
28th	Rob Lea	30:44	Guest
28th	Suzanne Lea (F)	33:19	18
29th	Ray Couchman	41:25	17

Team: 1st Bank Of England A
2nd Waverley
3rd Milocarian AC
4th Bank Of England B

FIXTURE LIST
2000/2001

<u>Date</u>	<u>Opposition</u>	<u>Location</u>	<u>Time</u>
30 Sep 00	Various, The Home Match (The Terry Lewins Trophy)	Sandhurst	1430
14 Oct	Chiltern League I	Kingsbury	1330
07 Oct	Bank of England	Roehampton	1500
28 Oct	Kingston & Poly	Sheen	1430
04 Nov	Chiltern League 2	TBN	1330
18 Nov	Orion	Chingford	1500
02 Dec	League 3/Ellis Trophy	TBN/Petersham	1330
27 Dec TBN	SGT Boxing Day-ish (N/Q)	Cliveden	1100
13 Jan 01	Chiltern League 4	TBN	1330
10 Feb	Kingston & Poly 9	Sheen	1430
11 Feb TBN	BA	Hounslow	1100
17 Feb	Chiltern League 5	Banbury	1330
03 Mar	Thames Hare & Hounds	Wimbledon	1500
10 Mar	Bank of England	Roehampton	1500
11 Mar TBN	The Tough 10 (N/Q)	Bracknell	1100