

MILOCARIAN ATHLETIC CLUB

Established 1930

President: Maj Gen K Spacie, CB, OBE.

CHAIRMAN'S REPORT ON THE 2020/21 SEASON.

Introduction.

1. Milocarian AC's 91th year was overshadowed by the death of our long-serving patron, HRH Prince Philip who always took a lively interest in the club's activities; he will be much missed.

2. The virus curtailed all hope of competition, but other means were found of sustaining momentum and a nucleus of runners has been maintained that looks forward to 2021/22 in anticipation of getting wet, muddy and winded in good company again.

General.

3. Although club competition was impossible, much individual running took place and this was consolidated into a series of 'virtual' races over 5km and 10km with members logging their times on 'Strava', a website that aggregates subscribers' performances and the chairman and website manager compiling the results on the club's website. Courses ranged from the flat lands of East Anglia to the hills around Edinburgh.

4. Long periods of lock down also encouraged members to devote their energies to pursuits other than running

5. The Committee, 2020/21.

Neil Wood, late Army – Chairman.

Paul French, late Army – Cross Country Secretary.

John McCarthy, late RAF – Treasurer.

Mike Sumpter, late RAF – Website Manager.

Achievements.

6. Virtual Running.

a. A total of 55 runners contested the club's first virtual competition consisting of 6 fortnightly 5km runs. The field was boosted by competitors from Birmingham UOTC, under command of Milo Philip Bray and awards of club sweatshirts were made to the fastest runners as follows:

First Overall:	Rory Jordan.
Fastest Individual:	Max Walker (14min 50sec)
Fastest OTC (F)	Juliet Stevenson (9 th overall)
Fastest OTC (M)	Henry Cox. (3 rd overall)

b. A further series of virtual races is in session with alternating fortnightly 5km and 10km contests.

c. The club is very grateful to the staff of Birmingham UOTC for encouraging cadets to participate in the virtual competition and for handling the dissemination of instructions and results.

7. International Achievement: Guinness World Record. The Cross Country Secretary, Paul French and his grandsons, Tom and James – both Milos – had their aggregate time of 13hrs, 20min, 44sec for a grandfather and two grandsons completing a marathon together at the 2010 London marathon ratified as a world record by The Guinness Book of Records. And they have a certificate to prove it.

8. National Achievement Dr. Rob Poole was awarded a military OBE in the October 2020 honours.

9. County Level Result. David Branfoot was second V40 in the 2021 Essex country cross country championships.

10. Army Level Results. Max Walker became the 2021 Army 3,000m steeplechase and 5,000m champion.

11. Local Level Result. Tom Rann won the Loseley Park 10km time trial, Andrew Reeves was third overall and first V50 and Sarah Pemberton was eighth overall and first lady.

12. Family Level Results. Hamish and Celia Waring found time for the following:

a. The birth of Marsaili Waring, the club's next generation, on 28 Oct 20

b. To complete the 2021 Original Mountain Marathon, in The Lake District on 29/30 May; they were second pair overall, out of 91 and second mixed pair. In completing the event they covered 76km and a total of roughly 3,500m in height in 11hr, 49min, 42sec over two days.

c. To complete the Kong Mini-Mountain Marathon, in Dovedale, also in May and to finish in under two hours as the first mixed pair.

Membership.

13. Membership is open to members of the regular and reserve forces, male and female, serving and retired and their dependants. In spite of the reduced club activity, due to the virus, retention of members has been good and the club is confident of being competitive again when events resume.

14. The committee has decided that club subs should increase to £20 for new members for the first year, which includes the cost of the member's club vest and £10 a year thereafter, payable by direct debit.

15. Non-running members' subs have been held at £7.50 a year which entitles them to be circulated with race details and invitations to attend events, including the home match.

16. Officer Cadets and undergraduates in OTCs and equivalents are signed up and given a vest on the understanding that their direct debits will not be activated until commissioning or graduation.

17. Although a tri-service club, currently Milocarian AC is 'Army heavy' and it would be appreciated if the RN and RAF sports boards would encourage participation by their runners when possible.

Trophies.

18. General. All Milocarian trophies are in abeyance at the moment, but it is intended that awards will resume once the relevant events are resurrected.

19. Awards to External Competitions.

a. The Milocarian Cup. The club's memorial trophy is pledged to the Youth Sport Trust to be awarded to the winning regional athletics team at the national schools' games. The British Olympic team usually contains a large proportion of graduates of the schools' games, but the combination of the covid virus and the regressive move of the games from annual to biennial will undoubtedly impact the results in Tokyo.

b. The Milocarian Trophy. This was adopted by Achilles AC for their annual inter-schools relay championships, to be awarded to the outstanding girls' team. The event has usually taken place in May, at Iffley Road, Oxford, but has been vetoed by the virus for the last two years. The club will continue to support the Achilles relays once conditions allow.

20. Club Trophies.

a. The Terry Lewins Trophy. Inaugurated in 1988, this cup has been awarded to the winning team in the club's annual home match, usually held at Sandhurst, in October. Milocarian AC hosts the clubs against which it will compete during the rest of the season. Last year's race could not take place, but it is hoped that it will be resurrected in October 2021.

b. The Ploen Trophy. Named after the location of King Alfred's School, in Germany, the perennial winner of the The Milocarian Cup in the 1950s, it is presented annually to the club's best runner over the course of the cross country season.

c. The Wyvern Cup. Donated by the Wyvern Club, the association of former pupils of King Alfred's School, it is awarded to the club's leading lady runner each season.

d. Milocarian Medals. The annual home match takes place in conjunction with the Sandhurst cadets' inter-company cross country competition and the club awards medals for the fastest male and female cadets in the race.

Acknowledgements.

21. The club looks forward to renewing its associations with the staff of HQ RMA Sandhurst and of the gym to help to resurrect the home match and with the Army Sports Control Board for its support in recruiting runners.

22. It has been a pleasure to work with the staff of Birmingham UOTC and to channel the enthusiasm of the cadets into the club's virtual running competitions.

23. The club would not function without the dedicated work of the cross country secretary, the treasurer and the website manager; it is a tribute to them that the club looks forward to emerging from the pandemic with confidence.

24. Keeping the Club Alive. The club is still looking for potential committee members, either serving or retired. Age is not a barrier, however, the current committee members are in their late sixties and their seventies and it would be good were any applicants to be a bit younger. Anybody who is interested or anybody who knows anybody who might be interested should contact the chairman on 01622 718665 or the match secretary on 01264 710623.

25. The club's website is accessible on www.milocarianac.info and will contain the 2021/22 race calendar, results and details of club activities in due course.