

MILOCARIAN ATHLETIC CLUB

Established 1930

President: Maj Gen K Spacie, CB, OBE.

CHAIRMAN'S REPORT ON THE 2015/16 SEASON.

Introduction.

1. Milocarian AC embarked on its 86th year buoyed by a successful previous season in terms of both results and recruiting
2. The cross country secretary had again organised a challenging programme of matches against clubs in the London area, starting with the home match, held at Sandhurst. The fixture list, while confined to 7 races and the Runnymede Relays, held in the summer, was a little more varied than before, recent form allowing the club to take on stronger teams, such as Thames Hare and Hounds.
3. Five club members contested marathons during the year, one achieving a sub-3 hour time for London and another managing to run 10 marathons in 10 days, around Lake Windermere, in spite of a catalogue of injuries and natural hazards.
4. Sandhurst and London UOTC again provided support for the club whenever commitments allowed and the help and co-operation of the permanent staff were much appreciated.
5. Milocarian trophies have continued to be awarded for prominent schools' athletics championships.
6. Recruiting has continued steadily. The need to fill several Milocarian teams for the Runnymede Relays is a great incentive to bring in new blood although, this year, the event clashed with training commitments at both Sandhurst and London UOTC.

The Committee.

7. During the year the following members served on the club committee:

Neil Wood, late Army – Chairman.

Paul French, late Army – Cross Country Secretary.

John McCarthy, late RAF – Treasurer.

Mike Sumpter, late RAF – Website Manager.

The Fixture List.

8. The club contested the following fixtures:

4 Jul 15	Runnymede Runners, The Runnymede Relays.
17 Oct 15	Milocarian Home Match, 6 miles. The Terry Lewins Trophy.
21 Nov 15	Kingston & Polytechnic Harriers 7 miles.
5 Dec 15	Hercules Wimbledon 5 miles.
23 Jan 15	Bank of England, 5 miles.

14 Feb 16 Thames Hare and Hounds, 5 miles.
5 Mar 16 Ranelagh AC 5.5 miles. The Ellis Trophy and Dysart Cup.
20 Mar 16 British Airways, 5 miles.

9. Notable Results.

a. General. Although the club did not emulate last year's outstanding results, it did turn out competitive teams in all its matches and raised both a male and a female team for Ranelagh's annual trophy races. A reflection of the depth now available was the fielding of 4 teams for the 2015 Runnymede Relays with runners aged in every decade between 20 and 70; Milocarian 'A' finished second overall. Of the inter-club matches, Milocarrians won three, were second twice, third once and fourth once. Training commitments meant that Officer Cadets were rarely available to run, but it was satisfying that the club could score well from within its regular membership. The home match was again very successful with a further increase in the number and standard of the competitors.

b. Highlights.

i. The Home Match: the fixture is now well-established, with a good reputation for a tough course and effective organisation. Six clubs contested the Terry Lewins trophy and Thames Hare and Hounds made a determined effort to take the cup from the Milocarrians; they took all the podium places but strength in depth ensured that the team trophy in stayed in Milocarian hands for a third successive year.

ii. The Ellis Trophy and Dysart Cup: nobody could remember when the club last turned out a male and female team on the same day, but a strong female contingent from London UOTC contributed to a good second place in the Dysart Cup with Hannah Jarvis, the club's outstanding female runner, winning the race overall. The male team was also runner up in the Ellis Trophy, unable to hold off a strong Ranelagh team intent on wresting back its trophy which the Milocarrians had won last year.

c. The Runnymede Relays.

i. Held in Windsor Park, for teams of 6, this event suits the club's membership profile as it offers opportunities for male and female runners of all ages and is a regular in the club calendar.

ii. In 2015, after a total distance of just over a marathon, the Milocarrians' 4 entries finished second, eleventh, thirteenth and nineteenth out of over 60 teams having won in the previous year. The competition, taking place against the backdrop of Windsor Castle, attracts a wide range of runners. The winners, Datchett Dashers, are regular competitors in the upper echelons of the county leagues, but the Milocarian first team ran them close and the remaining three entries all finished well in the top half of the field, a tribute to the club's increasing membership.

Stop Press: the club entered 3 teams in the 2016 Runnymede Relays and the 'A' team took second place, for a second year, out of nearly 60 entries.

d. Individual Exploits.

i. Tom Rann continued his progress from last year's Paris marathon and completed the 2016 London Marathon in 2:57 and he was followed home by Rob Poole, in 3:07 and Dan Brierly in 3:29.

ii. Gabi Shanahan also entered the 2016 London Marathon, her first and completed it in 3:58.

iii. Making all other efforts seem insignificant, Jack Swannick completed 10 marathons in 10 days around Lake Windermere, an amazing example of fitness, stamina and determination that left the whole club in a state of stunned admiration. He also raised a considerable sum for the Brathay Trust.

Membership.

10. Membership is open to members of the regular and reserve forces, male and female, serving and retired and their dependants. Thirty-three active members contested the Ploen Trophy in 2015/16.

11. The committee has decided that club subs should continue to be £15 for the first year, which includes the cost of the member's club vest and £10 a year thereafter, payable by direct debit.

12. Non-running members' subs have been raised to £7.50 a year which will entitle them to be circulated with race details and invitations to attend events, including the home match.

13. Officer Cadets and undergraduates in OTCs are signed up and given a vest on the understanding that their direct debits will not be activated until they are commissioned or they graduate.

14. A race programme is arranged every year and published on the website, www.milocarianac.info, so that opportunities to run are available to members whenever their commitments allow. It is hoped that members, particularly those recruited as Officer Cadets and members of the OTC, will get into the habit of keeping in touch and turning up to run when they can.

15. Last year's effort to persuade long-standing members to raise their subs to £7.50 a year achieved a 60% response rate and another attempt will be made this year to contact the remainder.

16. Publicity.

a. The club is grateful to The Pennant, The Wagonner and The Wish Stream for giving it space and some contacts with former members have resulted. Correspondents always express delight (and a certain amount of surprise) that the club is still going.

b. Posters have been circulated to units and headquarters around the London area, for displays in gymnasias and HQ Londist has been generous in publicising the Milocarians' race programme.

c. The club would be grateful for this report to be circulated as widely as possible.

Milocarian Trophies.

17. General. The club has two trophies that are pledged to schools athletics competitions, a further one that is the team trophy for the home match and an individual cup to be awarded annually to the club's leading runner.

18. The Milocarian Cup. A George III silver urn was bought in 1946 to commemorate the club's war dead and was pledged to the then AAA for youth sport. In May 2012 it was presented to the winning SE Region athletics team at the national Sainsbury's Schools Games, held in the Olympic Stadium and has the distinction of being the first athletics trophy to be presented there. In 2015 the South West Region took the trophy, at the Etihad Stadium, in Manchester and in 2016 the Schools Games will take place at Loughborough.

19. The Milocarian Trophy. This was adopted by Achilles AC for their annual inter-schools relay championships and awarded to the outstanding girls team. The event takes place annually in May, at

Iffley Road, Oxford, where Roger Bannister broke the four minute mile and the Millfield School under-16 3x800m squad won the cup for the second successive year with a record breaking run.

20. The Terry Lewins Trophy. This trophy was inaugurated in memory of a long-standing member of the club, in 1988 and has since been competed for by the clubs running in the Milocarian's home match, held at RMA Sandhurst. The Milocarrians are the current holders, having completed a hat-trick of wins in October 2015.

21. The Ploen Trophy.

a. A former member and international triple jumper, Derrick Frost, very kindly donated funds for a cup to be awarded annually to the member scoring the highest number of points, based on races run and finish positions over the course of each season's race programme. The name of the trophy commemorates the town in north Germany where King Alfred's School for service children was based which won the Milocarian Cup 6 times in 7 years, between 1952 and 1958.

b. The current holder of the Ploen Trophy, Capt. Felix Keating, Int Corps, won again in 2015/16 with a consistent display of competitive and committed running throughout the season. He will be presented with the cup at the next home match, to be held at Sandhurst in October 2016.

Acknowledgements.

22. Particular thanks are due to Maj Richard Grieves, Maj (MAA) Bob Whittaker and Capt Jack Swannick, at Sandhurst. The continuity of contact willingly provided by busy officers has been fundamental to the recent success of the club, particularly in relation to the organisation of the home match and the President and committee extend their warmest appreciation to them.

23. Maj (Retd) Andy Chappel of HQ LonDist and WO1(RSM) Spiers King of London UOTC have also continued to provide help and encouragement while Capt Jack Stamp has provided close support from The King's Troop RHA as have SSIs Burt and Loder RAPTIC respectively of HQ Household Cavalry and 1 Coldstream Guards and the club is grateful for their willing assistance.

24. The Secretary of the Army Sports Control Board has been a consistent source of advice and support and the club is much indebted to him.

25. Finally, the club would not function without the dedicated work of the cross country secretary, the treasurer and the website manager; their energy and enthusiasm are exemplary and it is satisfying that their efforts have been seen to pay off in terms of more runners taking part in club events and such encouraging results being achieved.

26. 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.

27. The club's website is accessible on www.milocarianac.info and contains the race calendar, results and details of club activities.