

MILOCARIAN ATHLETIC CLUB

Established 1930

President: Maj Gen K Spacie, CB, OBE.

CHAIRMAN'S REPORT ON THE 2016/17 SEASON.

Introduction.

1. Milocarian AC embarked on its 87th year supported by a broader base of runners than it had enjoyed for quite some time.
2. The cross-country programme opened with the home match, held at Sandhurst and involved a further 6 races hosted by clubs in the London area, throughout the winter. As usual, interest had been maintained between seasons by the club entering several teams in the annual Runnymede Relays, held in the summer.
3. Three club members contested marathons during the year, two achieving a sub-3 hour times and another completing his 150th marathon on the Isle of Wight.
4. RMA 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 the event's timing, in early July, means that it often clashes with training commitments at both RMA 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:

2 Jul 16	Runnymede Runners, The Runnymede Relays.
29 Oct 16	Milocarian Home Match, 6 miles. The Terry Lewins Trophy.
26 Nov 16	Kingston & Polytechnic Harriers 7 miles.
10 Dec 16	Hercules Wimbledon 5 miles.
21 Jan 17	Bank of England, 5 miles.
12 Feb 17	Thames Hare and Hounds, 5 miles.
4 Mar 17	Ranelagh AC 5.5 miles. The Ellis Trophy and Dysart Cup.
2 Apr 17	British Airways, 5 miles.

9. Notable Results.

a. General. The season's results showed remarkable consistency, the home match and the last of the season being Milocarian victories which bookended a sequence of five second places and the Milocarian A team came second in the Runnymede Relays too. The number of runners contesting the club's individual championship increased by a third compared with the previous season, an encouraging reflection of the growth in the club's strength and leading Milocarrians proved consistently able to hold their own against the best of competing clubs .

b. Highlights.

i. The Home Match. Once again, the match became a struggle between the Milocarrians and Thames Hare and Hounds, with the other four clubs scrapping for the minor placings. Thames took the individual honours, J Hoad storming the 6 mile course in 31:41 and winning by nearly a minute and a half, but second place by D Branfoot and a further five Milocarrians inside 12th place secured the team trophy for a third, consecutive year. The home match has continued to attract increasing fields, visiting clubs appreciating a demanding course, splendid setting, good organisation and a memorable tea; the race has now become a 'not-to-be-missed' fixture in several club calendars. The event could not be staged without the help of RMA Sandhurst and the club is deeply grateful for the good-natured and generous support it receives.

ii. Hercules Wimbledon. This match was combined with a round of the East Surrey League and was perhaps the most serious and challenging race of the season. A reflection of the quality of the field was that the leading Milocarian, Philip Bray, was 14th overall, out of a field of 150, over three minutes down on the winner, but good packing by the remainder of the team secured a satisfying second place. O Cdt. Beth Belin did sterling work in raising a strong contingent from London UOTC to supplement the club's regular runners.

c. The 2016 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 2016 the club raised three teams to contest this event and the A team led the first four legs from Datchet Dashers' first string but, after nearly two and a half hours, finished a bare two and a half minutes adrift. The B and C teams followed up in 15th and 20th places out of 57 teams, so the club demonstrated both strength and depth.

iii. Individual runners distinguished themselves, David Branfoot was second fastest male runner overall on the long leg, Tom Rann was third fastest on the short leg and Sarah Pemberton second fastest lady on the short leg.

Stop Press: the club entered three teams in the 2017 Runnymede Relays and the 'A' team took third place out of 54 entries.

Membership.

10. Membership is open to members of the regular and reserve forces, male and female, serving and retired and their dependants. Forty-five active members contested the Ploen Trophy in 2016/17, a 30% increase on the previous year.

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. A further 10% of long-standing members agreed to an increase to their subs, during the year, but inquiries have indicated that the missing proportion of the membership has hung up its running shoes for good.

16. Publicity.

a. Posters have been circulated to units and headquarters around the London area, for displays in gymnasia and HQ Londist, Sandhurst and London UOTC have been generous in publicising the Milocarians' race programme.

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

Milocarian Trophies.

17. General.

a. Current Trophies. The club had 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.

b. Additions. As the individual trophy would always go to a male runner, a further cup has been acquired to be awarded to the season's leading lady runner. An award of medals to the leading male and female runners in the RMA Sandhurst inter-company race was also started in 2016.

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 2016 the South East Region took the trophy, at Loughborough and the 2017 Schools Games will be held there again.

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 4 minute mile and the Millfield School under-16 3x800m squad won the cup for the third successive year, smashing their own record in the process.

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 2016.

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 Ploen Trophy was won in 2017 by Tom Rann who demonstrated convincingly the level of commitment and performance which the trophy was intended to reward. He featured well up the field in all the club's matches and in all conditions. He will be presented with the cup at the next home match, to be held at Sandhurst on 28 October 2017.

22. The Wyvern Cup.

This year, The Wyvern Club, the association of former pupils and staff of King Alfred's School has donated a cup, to be presented annually for the season's leading lady runner. It has been won, for the first time, by O Cdt. Beth Belin, of London UOTC and she will be presented with it at the 2017 home match.

23. Milocarian Medals.

The annual home match takes place in conjunction with the cadets' inter-company cross country competition and the club has instituted medals for the fastest male and female cadets in the hope that they will turn out for the Milocarrians in the future. The first winners were O Cdts Rosie Wild and Tom Shepherd; however, it should be noted that the overall leaders in the race invariably come from the Milocarian field.

Acknowledgements.

24. Particular thanks are due to Maj (MAA) Bob Whittaker, Maj Richard Adamson and Capt Hamish Waring, at RMA 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.

25. 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 has Maj Darren Rudd of 3RSME.

26. 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 and Mrs Claire Murton, assistant secretary Army athletics is thanked for her help and advice.

27. 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.

28. 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.

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