

## **MILOCARIAN ATHLETIC CLUB**

**Patron: HRH The Duke of Edinburgh KG, KT.**

Established 1930

President: Maj Gen K Spacie, CB, OBE.

### **CHAIRMAN'S REPORT ON THE 2017/18 SEASON.**

Introduction.

1. Milocarian AC made solid progress during its 88<sup>th</sup> season in attracting new members, increasing participation and raising its performance.

2. The cross country programme opened with the home match, held at Sandhurst and was planned to encompass a further 6 races against south London clubs, however, snow wiped out the annual Ellis Trophy, hosted by Ranelagh. As usual, interest had been maintained between seasons by the club entering several teams in the annual Runnymede Relays, held in the summer.

3. Members completed marathons in London, Boston and Bhutan and the club champion won the Magna Carta half marathon, held on the banks of the Thames.

4. Milocarian trophies have continued to be awarded for prominent schools athletics championships.

The Committee.

5. 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.

6. The 2017/18 Fixture List.

1 Jul 17	Runnymede Runners, The Runnymede Relays.
28 Oct 17	Milocarian Home Match, 6 miles. The Terry Lewins Trophy.
25 Nov 17	Kingston & Polytechnic Harriers 7 miles.
9 Dec 17	Hercules Wimbledon 5 miles.
20 Jan 18	Bank of England, 5 miles.
28 Jan 18	British Airways, 4.5 miles
11 Feb 18	Thames Hare and Hounds, 5 miles.
3 Mar 18	Ranelagh AC 5.5 miles. The Ellis Trophy and Dysart Cup. Cancelled – weather.
13 May 18	Thames Hare and Hounds, 5 miles. Additional fixture.

7. Significant Results.

a. General. The season was notable for an increase in both the quality and quantity of opposition faced by the club, but it was never over-matched and managed some individual and team winning performances.

## b. Highlights.

i. The Home Match. As seems to be customary, Thames Hare and Hounds cornered the individual honours but Milocarians took the team trophy. James McMullan was in a realm of his own, bestriding the 10km course in 29:16:37, the best part of a minute ahead of his team mate, Jim Allchin whose time of 30:07:36 would have won the previous year's race by a minute and a half. The first Milo was Andrew Reeves, in fourth, but the rest of the club's 6 runners to count were home by 11<sup>th</sup> place, giving the club a close but clear margin of 6 points over Thames. Sandhurst Runners A team was third, but well adrift of the first two: seventy-one runners and 11 teams contested the race. The visiting clubs look forward to the event and they are never disappointed, the race is challenging, the organisation exemplary and the surroundings spectacular. It is all rather special and without the cheerful and professional support given by the Academy staff it could not happen.

ii. Hercules Wimbledon. Hercules includes the Milocarians as guests in a round of the East Surrey League that they host; fields are large and the quality at the front of the field very impressive. The winner covered a muddy and hilly 5 mile course in 29:26 and Philip Bray was the first Milo home, in 13<sup>th</sup> three minutes down, closely followed by Toby Payne, a first year UOTC runner, who had beaten Bray in the club's previous fixture against Kingston & Polytechnic Harriers. The Milocarians packed particularly well and finished second in the team competition, beating several notable clubs and Katie Olding, London UOTC, picked up a prize for second fastest lady.

iii. Thames Hare and Hounds. The Milocarian team, led by Hamish Waring, in second, placed all their six scoring runners in the first 17 finishers out of a field of 92 and scored a satisfying win against Thames. The conditions on Wimbledon Common were very heavy, but the winner achieved an impressive 31:05 for five miles and Waring was just 20 seconds adrift.

## c. The 2017 Runnymede Relays.

i. This event always draws a strong turn out from the club, the weather is usually good and the picnic atmosphere in Windsor Park encourages supporters. Teams of 6 are obliged to field some veteran or lady runners which suits the club's membership and adds to the interest.

ii. Three teams are usually entered for this event and the A team regularly challenges for a place on the podium. In 2017 it held second place for much of the race, but slipped to a close third during the final leg, four minutes behind the winners after 25 miles of racing. The B team finished a strong 11<sup>th</sup> and the C team, boasting an aggregate age of in excess of 350, was 24<sup>th</sup> out of 54 teams.

## d. The 2018 Runnymede Relays.

i. A tremendously hot day did not slow down the field, the winners shaving 20 seconds off the very quick time of the previous year in 2:20:04 and the runners up were only 50 seconds behind.

Milocarian A was third again, but some way adrift at 2:25:43, although the team had shown considerable grit, having lost third place in mid-race, it wrested it back in over the final two legs.

ii. Both supporting teams improved on their previous year's times and placings, the B team coming 7<sup>th</sup> in 2:38:28 and the C team 22<sup>nd</sup> in 3:08:07 out of 50 entries.

## Membership.

8. Membership is open to members of the regular and reserve forces, male and female, serving and retired and their dependants. Forty-nine active members contested the Ploen Trophy in 2017/18, which was a small increase on the previous year.

9.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.

10.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.

11.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.

12.A race programme is arranged every year and published on the website, [www.milocarianac.info](http://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.

13.The club suffers a small net loss of strength, each year, owing to the age of its long-standing members, however, it is hoped that the increasing involvement of members of London UOTC will eventually reverse the trend.

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

Milocarian Trophies.

15.General.

a.Current Trophies. 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.

b.Additions. As the individual trophy would always go to a male runner, a further cup, the Wyvern Trophy, was awarded for the first time in 2017 to the season's leading lady runner. Medals for the leading male and female runners in the RMA Sandhurst inter-company race were also inaugurated in 2016.

16.The Milocarian Cup.

a.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 2017 the North Region took the trophy, at Loughborough and the 2018 Schools Games will be held there again.

b.Sadly, the Schools Games has diminished in scale since the club first became involved, largely due to lack of financial support. The chairman raised the matter with Tracey Crouch, the minister for sport and civil society, whose response was not encouraging. Although Sport England will continue to support the games with lottery funds, the minister asserted that the organisers, The Youth Sport Trust, needed to raise commercial sponsorship to pay for any growth in participation. It is rather surprising that, given the international success of graduates of the Schools Games and the publicity they generate, sponsors are so reluctant to get involved.

17. 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 Southend High School for Girls open 4x100m hurdles squad won the cup for a record-breaking performance.

18. 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 achieved a fourth successive win, in 2017.

19. The Ploen Trophy.

a. A former Milocarian 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 2018 by Matt Nunn who turned out in all weathers and contributed significantly to the team's success throughout the winter programme. In the process, he steadily improved his performance and finished the season challenging the club's leading runners. He will receive the trophy at the 2018 home match, in October.

20. The Wyvern Cup. In 2017, The Wyvern Club, the association of former pupils and staff of King Alfred's School donated a cup, to be awarded for each season's leading lady runner. It will be presented to Celia Waring, at the home match, for a season of consistent performances.

21. Milocarian Medals.

The annual home match takes place in conjunction with the Sandhurst cadets' inter-company cross country competition and in 2016 the club instituted medals for the fastest male and female cadets in the hope that they will turn out for the Milocarrians in the future. The 2017 winners were O Cdt's Rebecca Brooks and Philip Burkett; however, it should be noted that the overall leaders in the race invariably come from the Milocarian field.

Acknowledgements.

22. 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 and wish them well in their new postings. The club looks forward to establishing a successful working relationship with their successors.

23. Maj (Retd) Andy Chappel of HQ LonDist and WO1(RSM) Spiers King of London UOTC have also continued to provide help and encouragement as has Maj Darren Rudd of 3RSME.

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, John Killoran and Mrs Claire Murton, secretary and assistant secretary Army athletics respectively are thanked for their help and advice.

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](http://www.milocarianac.info) and will contain the 2018/19 race calendar, results and details of club activities.

The club's first fixture, Sandhurst 1930

