

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 2018/19 SEASON.

Introduction.

1. Milocarian AC's 89th season was very encouraging with strong team and individual performances produced by a widening base of active runners, the largest available to the match secretary since 2000.

2. General.

a. The cross country programme opened, as usual, with the home match, held at Sandhurst which included a ladies team event for the first time and was planned to encompass a further 5 races against south London clubs. Unfortunately, Hercules AC had to cancel their Christmas match at a late stage and it proved impossible to agree a mutually suitable date with the BA running club.

b. The Runnymede Relays, held in Windsor Great Park, are an annual highlight of the close season and the club raised two very competitive teams for the event.

c. Encouraged by Milocarian AC, runners from London University OTC, wearing club colours, competed in the London District cross country championships and qualified for the Army championships. Milocarian runners won medals in all categories of the Army championships and in the Masters and Ladies races at the Joint Services event.

d. The club fielded a full-strength team to qualify and had a top three finisher at every match.

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

3. The Committee, 2018/19.

Neil Wood, late Army – Chairman.

Paul French, late Army – Cross Country Secretary.

John McCarthy, late RAF – Treasurer.

Mike Sumpter, late RAF – Website Manager.

4. The 2018/19 Fixture List.

27 Oct 18	Milocarian Home Match, 6 miles. The Terry Lewins Trophy.
24 Nov 18	Kingston & Polytechnic Harriers 7 miles.
01 Dec 18	Hercules Wimbledon 5 miles. Cancelled.
19 Jan 19	Bank of England, 5 miles.
10 Feb 19	Thames Hare and Hounds, 5 miles.
30 Mar 19	Ranelagh AC 5.5 miles. The Ellis Trophy and Dysart Cup.
06 Jul 19	The Runnymede Relays.

Achievements.

5. Club Matches.

a. General. The club was never able to field all its strongest runners at once, owing to members' service commitments, but it was satisfying that there was sufficient depth in the membership to allow the Milocarians always to give good account of themselves.

b. The Home Match.

i. The fixture was held in conjunction with the cadets' inter-company race and attracted five other clubs for a field of over 200 with the Milocarian contest providing 84 runners. Ady Whitwam took first place overall, in 30:40, for the Milocarians and Thames Hare & Hounds were second and third, however, Milocarians packed their 6 to count into the first 8 places and took the team prize convincingly.

ii. Jessie Lutwyche of the Milocarians won the ladies race and finished a remarkable 11th overall, in 34:26 and the rest of the ladies team provided strong support to take the newly-established ladies' trophy by a large margin from Sandhurst Runners.

iii. Although Milocarian AC has had an unbroken run of success for the Terry Lewins Trophy, over recent years, competition had invariably been close. This year the club's winning team's nearest rival was the Milocarian B team who beat Thames into third place by a respectable 10 points.

iv. Notwithstanding the club's dominance this year, the visiting clubs all expressed a determination to come back for more in 2019, they appreciate the effort put into the event by the academy staff and being able to enjoy the organisation, the facilities and surroundings makes the fixture one of the highlights of their calendar. The academy unfailingly shows the Army in a professional and attractive light and all the competitors are the beneficiaries.

c. Kingston and Polytechnic Harriers 7. The club packed its 6 to count into the first 10 finishers, led by Ady Whitwam in first place in 38:40, nearly two minutes ahead of his nearest challenger, Tom Rann, also of Milocarian AC. The club won the team contest by 29 points to 54 for the hosts with runners from London UOTC providing particularly strong support.

d. Bank of England. Ranelagh turned out in strength for this fixture and Milocarian AC was the only other club of 6 able to challenge them. Rory Jordon was second overall and Milocarian vests were prominent among the Ranelagh runners, but the club was 20 points adrift of the winning team, but 40 points ahead of Thames, in third.

e. Thames Hare and Hounds. For a second year, Hamish Waring led the Milocarian team to a win over Thames, and improved his position by one to finish first, in a time of 32:12 from fellow Milo, Rory Jordon. The club's 8 to count packed into the first 21 places out of a field of 85, adding a team win to Hamish's individual victory.

f. Ranelagh. Owing to leading runners being unavailable, the club could not mount strong enough challenges in the Ellis Trophy and Dysart Cup races; nevertheless, Rory Jordan was second overall in the men's race and Kelley Haniver won the ladies. It was gratifying that, in the absence of some of the stronger competitors, the club was still able to turn out full teams and win medals.

6. The 2019 Runnymede Relays.

a. 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. The rules had been amended for this year; all

legs were of 4.5 miles, rather than alternating long and short laps and teams of 6 were obliged to field at least one lady and two vets or another lady and a vet; the latter change had been at the suggestion of Milocarian AC in an effort to allow lady runners a chance of winning prizes.

b. Military training commitments, particularly affecting London UOTC, meant that only two teams could be entered, however, they were both very strong and finished the first of the 6 laps in fourth and 6th places. By the end of lap three the Blue team had taken over the lead which it then held to the finish, while the Red team reached a high of fourth, on lap five, but eventually had to settle for fifth overall. Separating the two Milocarian teams were the club's perennial rivals at Runnymede, Reading Roadrunners, Datchet Dashers and Watford Joggers, but it was a tribute to the strength of the Red team that it was the first club second string team to finish.

c. Thirty-seven teams contested the relays and Milocarian Blue won in 2:07:59, beating the runners-up by nearly two minutes and ahead of Milocarian Red by just under 10 minutes.

7. Service Championships.

a. London District. OCdts Rowson and Sadiq, from London UOTC won the ladies' and men's under 23 races and came second overall in both senior events to qualify for the Army championships.

b. Army Team Championships. The London UOTC male and female teams, running in Milocarian colours, were both second in their respective under 23 inter unit competitions.

c. Army Individual Placings. Milocarian runners took second overall in the senior ladies' race - Lauren Hall - and in the senior men's race - Ady Whitwam - and he also won the Masters' classification.

d. Inter-Services Championships. A well-organised event in very nice weather saw Milocarrians Lauren Hall win the inter-services ladies' title and Jessie Lutwyche come fourth. Ady Whitwam was second in the Masters' category and the ladies and Masters teams won the inter-service titles. We have to acknowledge that the RAF did run away with the senior men's championship.

Membership.

8. Membership is open to members of the regular and reserve forces, male and female, serving and retired and their dependants. Thirty-seven active members contested the Ploen Trophy in 2018/19, of which 10 were female; the total was marginally down 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, 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. Recruitment was encouraging this year and it is hoped that the increasing involvement of RMAS and of members of UOTCs will continue the trend.

14. 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.

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

Milocarian Trophies.

16. 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 individual cups to be awarded annually to the club's leading male and female runners.

b. Additions. The Terry Lewins Trophy has been awarded to the winning club at the home match with men and women contributing towards the team scores, but individual medals being awarded to the first three male and female finishers. In 2018 a ladies team cup was introduced, to be scored in parallel with the Terry Lewins Trophy: fittingly, Milocarian AC ladies were the first winners.

17. 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 2018 the England South region took the trophy, at Loughborough where future Schools Games will also take place.

b. Sadly, the Schools Games have diminished in scale since the club first became involved, largely due to lack of financial support. Compounding the situation is the recent decision to make the meeting biennial which will further reduce opportunity for young athletes, although funds are being spread more widely to encourage sport generally at the level of individual schools. The timing could not be worse, with the Tokyo Olympics looming next year. In Rio, in 2016, graduates of the Schools Games won a significant proportion of Britain's athletics medals; the figure for Tokyo will be interesting.

18. 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 takes place annually in May, at Iffley Road, Oxford, where Roger Bannister broke the four minute mile and Millfield's girls open 3x800m squad won the cup in 2019 while breaking the record that they had set the year before.

19. 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 fifth successive win, in 2018.

20. 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 2019 by Rory Jordon who, in the process of training for an Iron Man, improved his running remarkably, from being a dependable middle order finisher, to becoming a challenger for a top three place wherever the club competed. He was undoubtedly the club's most improved runner during the season.

21. 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.

22. 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 who were respectively OCdts Reedman and Cater in 2018.

Acknowledgements.

23. Particular thanks are due to Maj (MAA) Sean Semple of HQ RMA Sandhurst for being unfailingly helpful and a pleasure to work with and to Majs Richard Adamson and Hamish Waring who have both now moved on from Sandhurst, but left a legacy of co-operation that the club has been able to build on. 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. .

24. WOs David Brandfoot and Kelley Haniver have used their contacts with the Army teams to encourage runners to turn out for the club and have competed themselves to good effect; their cheerful support and involvement have lent pace and fun to proceedings.

25. The Secretary of the Army Sports Control Board has been a valued point of reference 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.

26. 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.

27. 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.

28. The club's website is accessible on www.milocarianac.info and will contain the 2019/20 race calendar, results and details of club activities.