

Milonews:

The Newsletter of Milocarian AC



Issue No 4

The 1987 Mars London Marathon

Once again I have made a bid for places in the 1987 London Marathon. Last year we were allocated 5 places so we must assume that the same will apply this year. As soon as I have firm places I will advise everyone.

To be allocated one of the places you **MUST** be a first claim member of the Club. If I receive more than 5 bids for the places they will be allocated using the following criteria, in order of importance:

To those with a rejection slip from the 1986 Marathon.

To those who have been rejected the most number of times.

To those who, in the opinion of the Committee have done the most amount on the Clubs behalf.

Volunteers Required

Volunteers are required to fill the following posts on the Club Committee:

Hon Secretary. This can be an occasionally onerous task and must be filled by a serving member of the services. Apart from the normal duties of a club secretary he will also have to publish the Milonews. As agreed at the last AGM the present secretary will retain the responsibility for the membership lists.

Treasurer. This job would ideally suit a retired member of the club who wishes to remain involved with the club activities.

In addition to the above we require a volunteer to organise the fixture with 13th Signal Regiment in Germany. Both the Cross Country Secretary and myself will not be able to attend the fixture or have time to organise it for this season.

For further gen on the above contact me. Address and telephone number on the last page of the milonews.

Club Marathon Championships

Once again the club marathon championship will be held in conjunction with the RAF Swinderby Marathon on the 8th October 1986. Any members participating please advise myself before the day or make yourself known to Terry Lewins on the day. On the subject of Swinderby Bob Shields (Club champion for the last 2 years) has written the following account of last years race.

The Athletic Club of The Three Services

The RAF Swinderby Marathon

Once again, I spent 3 months of lunch-breaks and Sunday mornings pounding the roads. Once again, on the day of reckoning, the most prominent spectator was a white goat on the verge. Once again the prize giving went on so long I missed the London train. Once again I had run the Swinderby Marathon

So why do I bother? Well, the Swinderby Marathon has become my personal challenge. And each year I have improved on my personal best; even this year in which I graduated (or depreciated) to being a Veteran. For the record:

1982	-	2:44:48
1983	-	2:35:45
1984	-	2:35:14
1985	-	2:30:22

At this rate I shall be the World Best before am 50!

In trying to record impressions of the 1985 Swinderby Marathon I face the same difficulties as every runner. The initial friendliness, the awareness, the enjoyment of running gradually giving way to an introverted perspective of the race. The competition degenerates into a personal struggle for survival in which the body dominates the mind. I remember on the final hill pushing ahead of my small group, not to beat them to the finish, but to prove to myself that I had something left to give.

The weather was perfect. Cool, dry and a light breeze refreshing rather than hindering. The course, as always, fairly flat, fast, but lonely. If you thrive on crowds and encouragement then steer clear of Swinderby. The first 2 miles round the airfield allow us to settle down to our own pace. We stare back at the goat at the 5 mile point. We negotiate the farm machinery blocking the road. We pass through quiet hamlets with strange names, struggle accross the bare landscape over the last 5 miles and fight our way up that last hill. As the ultimate task for a demented mind and shattered body, we try to steer the correct course round the roundabout a 100 yards from the finish.

It is, of course, quite unjust of me to complain this time about the duration of the prize-giving. As a relatively speedy veteran I was guilty myself of collecting 6 trophies. I hope the Swinderby Marathon survives the falling interest amongst average runners and the counter-distractions faced by the elite, it is, after all, for many service runners in small units across the country, the first opportunity (and sometimes the last!) of being encouraged to train for the most gruelling, but exhilarating, sporting event of their lives.

Bob Shields

Club Ties

Club ties are available from Terry Lewins at the ridiculously low price of £7.00 (inc p&p). Terry also has a supply of club vests and ribbon.

Cross Country Report 1985-86

Yet another cold and wet winter season has been completed and we are all still awaiting our deserved repeat of the summer of 1976 (some hope!).

The Athletic Club of The Three Services

Yet again the competition for the Club Cross Country Champion has proved very keen and although the winner was undoubtedly our best runner, consistency and 'appearing on the day' had a major effect on all the placings.

Eric (my doctor/surgeon/masseuse/hynotherapist says my leg/back/stomach/head is getting worse so I wont run well today) Thomas, overcame all his setbacks and came out ahead of John Gilroy to take the Club Trophy in his first season in club colours.

Unfortunately I have lost one set of the results from the winter, but I had already computed the overall championships and these are shown below.

Terry Lewins

19 Sep 85

Ranalagh Harriers

5 Davison	<u>Teams</u>
6 Thomas	1 Ranalagh
9 Lloyd	2 Milo's
11 Gilroy	3 Met Police
26 Hamilton	4 Bank of England
51 Malmstrom	
67 Lewins	
76 Sumpter	

86 ran

19 Oct 85

RMA Sandhurst

1 Clark	<u>Teams</u>
2 Lennon	1 Milo A
4 Shields	12 Milo B
5 Adams	
6 Thomas	16 Teams
31 Hart	
37 Gilroy	
60 Malmstrom	
79 Lewins	
94 Wilson	
96 Ling	
101 Marsh	
102 Pierce	

112 ran

30 Nov 85

Orion Harriers

3 Thomas	<u>Teams</u>
10 Gilroy	1 Orion
19 McCarthy	2 Lea Valley
22 Lewins	3 Eton Manor
	4 Milo's

57 ran

14 Dec 85

Poly/Kingston AC

10 Thomas	<u>Teams</u>
19 Gilroy	1 Ealing
40 Gordon	2 Thames Valley
65 Breen	3 Kingston/Poly
	4 Shaftesbury
	5 Milo's

72 ran

18 Jan 86

Thames H&H

3 Lennon	<u>Teams</u>
5 Thomas	4 Milo's
14 Gilroy	
22 McCarthy	
28 Malmstrom	
59 Sumpter	
60 Wilson	

85 ran

15 Feb 86

Bank of England

No results

The Athletic Club of The Three Services

22 Feb 86
Met Police

Milo Placings

Thomas
Malmstrom
Lewins
Niblock
Sumpter

8 Mar 86
Ranalagh

6 Thomas
9 Law
11 Gilroy
12 Spacie
26 Malmstrom
27 McCarthy
52 Sumpter
60 Wilson

78 ran

Overall Cross Country Championship

1	Eric Thomas	98pts	8=	Mike Wilson	13pts
2	John Gilroy	66pts	11	Tim Lloyd	11pts
3	Gary Malmstrom	47pts	12=	Norman Niblock	10pts
4	John McCarthy	38pts	12=	Gary Adams	
5	Wilf Lewins	33pts	13	Tony Ling	4pts
6	Mike Sumpter	30pts	14=	John Marsh	3pts
7	John Lennon	25pts	14=	Colin Pierce	
8=	Roger Clark	13pts			
8=	Ian Davison	13pts			

Cross Country - 1986/87 Season

The fixture list for this coming season is at the back of the newsletter. Please retain one copy and return the other to Terry asap. At the moment we have some 400 members on our books but a small number of those appear at the Cross Country fixtures. As a widely dispersed Club these winter fixtures are the only method, apart from the AGM when we can get together and meet face to face. So please try to attend at least one meeting this season so that we do not have to cancel fixtures from lack of support.

Annual General Meeting

The AGM will be held after our home fixture at RMA Sandhurst, the time will be dependant on the finishing time of the fixture. Items for the agenda should be sent to the Hon Secretary not later than 5 days before the AGM.

Members should use the Cross Country Fixture List to indicate attendance or not.

AAA Newsletter

I am now receiving regular copies of the AAA Newsletter and as an experiment I will be reprinting them in the Milonews. The first one follows.

Articles

To stop this Newsletter becoming a one man journal I am always in urgent need of articles. Items such as Bob Shields about interesting races or items about the past history of the Club would be more than welcome.



AAA Newsletter

ISSUE NUMBER 7 JULY 1986

Restructuring of General Committee

Following the excellent debate at the Annual General Meeting and from various reports from Area Associations and from Clubs, the Officers of the Association put forward the following changes to Law 3.

- 1) The AAA General Committee will be increased to permit Club representation.
- 2) The "new" representatives so elected will be members of their Executive Committees.
- 3) Each Area Association will decide at an AGM or EEM on the method to be adopted for the election of Club Representatives.

After consultation with the Association's legal advisers the following amendment to Law 3 will be framed for submission to the AGM in December:

	Present Reps	New Reps from Clubs	Total Area Reps
MCAAA	4	3	7
NCAAA	5	3	8
SCAAA	7	3	10
WELSH			
AAA	3	1	4

This structure was approved at the last General Committee Meeting by a majority vote.

Overseas Invitation

ROAD RACING INVITATIONS TO OVERSEAS ATHLETES

Clubs are reminded that invitations to overseas athletes must be processed via the Association. This will hopefully avoid the recent difficulties experienced by the Association.

INSIDE THIS ISSUE

- Bob Allen Reports from The Midlands.
- What happened 25 years ago & 50 years ago?
- Minolta cash for clubs
- 1987 Provisional Major Fixtures.

New Southern Counties Secretary

At their AGM last month Southern Counties appointed 46 year old Miki Ison as their Honorary Secretary. Ex-schools Javelin thrower Mike Ison became involved with athletics administration 4 years ago when he joined Luton United Harriers. As their Team Manager he has taken them from Division Three to Division One of the British Athletics League in successive seasons. He has also served as County Secretary for Bedfordshire and the Eastern Counties and is on the British Athletics League Promotions Committee. He also serves as a Southern Counties representative on AAA General Committee.

Development Officers

Advertisements have appeared for two further Development Officers for the South and North, to follow Bob Allen's appointment in the Midlands. The AAA and the Area Associations recognise more and more the vital necessity of good communications with clubs, officials and athletes. Development Officers are the key to success in this department.

In Wales there will be a full time administrative staff shortly.



Winner of Mumm Champagne Award at 1986 Kodak AAA Championships — John Regis (Belgrave Harriers)

Bob Allen Reports

from the Midlands

My first two months in office have been spent discovering the administrative organisation of the Midland Counties AAA and in introducing myself to many of the County Organisations and Clubs within the area. I have visited many of the major stadiums and made contact with Managers and Local Authority Officials.

In conjunction with Roy Mitchell, M.C. Secretary, I have drawn up an interim development plan entitled 'Bringing athletes into Clubs' which aims for improved co-operation between clubs and schools both locally and at county level helping to ease the transition from a child's first taste of athletics at school to the local club.

Having attended the AAA Forum for clubs accessible to Bath it became obvious that there could be a demand for an Athletics Conference for clubs administrators. Cy Knibb, Chairman of Bristol AC was thinking along the same lines and we hope to jointly promote such a conference in the Autumn. It will be aimed at Club Chairmen, Secretaries, Treasurers and Press Officers and topics to be discussed include; Attracting new members, Developing a youth policy; Achieving

financial security and Club Management. We hope to attract speakers of national importance and if successful see this Conference as a pilot scheme for elsewhere in the country.

On my travels in the Midlands two interesting projects have come to light. The first aimed across the whole range of athletics ability is a comprehensive coaching scheme organised by Northwood Centre Management in Stoke-on-Trent financed by the Local Authority.

The second project centred on the Prince of Wales Stadium, Cheltenham is a four day athletics holiday Play Scheme. Using 5 Star as the motivator, this scheme is aimed at the grassroot beginners in the sport, but does allow local children to use an expensive facility under adult supervision. It promotes community use and is based on a belief that athletics is fun and enjoyable. Already other authorities have shown interest in the scheme and I would be willing to pass on further details of either project to anyone interested. Lastly on a personal note may I record the help and friendship I have already experienced since taking up my appointment.

(Bob Allen is the AAA's first Development Officer.)

NEWS SNIPPETS

Southern Counties AAA have a new president in 50 year old Phil Johnson.

Johnson has for many years been AAA Indoor Development Secretary.....A successful AAA forum was held in Bath in April and brought up many points of interest to west county clubs. A follow on will be the club administrators conference to be held in October.....A major meeting in aid of the Prince's Trust (Prince Charles' Charity) will be staged at Crystal Palace in July or August of 1987.....Dairy Crest have been pumping more support into Junior Athletics with sponsorship of the junior indoor championships and every area championships.....Athletics mourned the passing of two of its stalwarts in recent months, Lt. Cdr. Cyril Sinfield, probably one of the greatest experts the Association has ever had on the laws and rules governing our sport and Kathy Dale, wife of former team manager Cecil Dale.

Kathy represented Great Britain at the 1936 Olympics in Berlin and was coached by that marvellous old miler W.G. George.....Public liability insurance now covers clubs which are only affiliated to county associations.....English runners, thanks to their success in appearing in the top eight (men) and top six (women) at the World X-country, will represent Great Britain later this year at the IAAF International Road Relays in Hiroshima.

A PIECE OF HISTORY

50 YEARS AGO (1936)

The Berlin Olympics.....AAA vote against boycott..... Aubrey Reeve wins Southern Counties mile and defeats Lovelock and Wooderson Godfrey Brown wins AAA 440 yards and Olympic SilverWooderson wins AAA Mile and is then injured.....Finlay wins fifth AAA title in succession and Olympic SilverBill Eaton outstanding athlete of the year.....Birchfield won English X-country team title.....Britain strike gold in Berlin with 4 x 400 metre relay.

25 YEARS AGO (1961)

Harry Jerome (Canada) wins AAA 100 yards.....Adrian Metcalfe (Channel 4 sport) wins the 440.....Gordon Pirie wins 3 miles.....Maurice Herriott starts an AAA title streak of seven consecutive wins (eight in all).....Arthur Rowe completes a streak of five AAA wins.....his coach and AAA chief coach Geoff Dyson resigns.....Southern Counties formed.....first sponsored AAA championships held in pouring rain.....Adrian Metcalfe athlete of the yearBasil Heatley wins National for second year running, as do Derby and County and the team title.....Lynn Davies wins AAA Junior Triple Jump title.....



Great Britain Junior Team at Swansea

More Cash for Clubs from Minolta

A further nine athletics clubs from all over Britain have scooped up to £1000 apiece with the latest set of BAAB/Minolta Zoom Copier Coaching Awards.

The nine Award winners include the first Northern Ireland club, Antrim's Omega AC who receive £630 towards their plans to increase junior membership from all schools within the club's catchment area.

Other successful schemes (see full list attached) include North Derbyshire's project to develop facilities for the mentally and physically handicapped and Milton Keynes AC's plans to invite top international athletes to host a series of coaching clinics.

To date, over 170 clubs from throughout Great Britain have applied for Minolta awards with the successful 23 receiving cash grants totalling over £19,000.

Director of Coaching, Frank Dick, commented:

"I am very impressed with the imagination and initiative of all the clubs submitting applications and delighted to see so many clubs taking advantage of this excellent scheme."

Richard Rosser, Marketing Services Manager for Minolta (UK) Ltd., added:

"I'm delighted with the response so far and would like to remind

clubs who haven't already submitted applications, that as the scheme is ongoing, they can still do so. I would also like to point out that it's better for clubs to submit two or three separate applications for various projects rather than one which is rejected because one of its many factors does not fall within the criteria of these Coaching Awards."

In addition to these Coaching Awards, Minolta Copiers are sponsoring a series of coaching clinics where top international coaches and athletes exchange ideas with Britain's own coaches and athletes. Both the Award Scheme and the clinic series form part of Britain's National Coaching and Performance Plan to produce athletics success for Britain in the next decade.

BAAB/MINOLTA ZOOM COPIERS CLUB COACHING AWARDS WINNERS

Bromsgrove & Redditch AC

Award £650

To fund various projects aimed at strengthening links between the club and local schools as well as subsidising coaching course fees for the club's potential coaches.

Cambridge Harriers (Bexley, SE London)

Award: £770

To recruit more members to train as coaches and to improve communication with the local community by setting up coaching courses, appointing a coaching officer to liaise with local schools and establishing a library of coaching literature.

Crawley AC

Award: £1000

To increase the number of qualified coaches and develop areas of event weaknesses within the club by subsidising fees for the club's coaches to attend coaching courses.

Durham City Harriers & AC

Award: £1000

To attract more coaches, particularly female, fund their training, further educate the club's present coaches and publicise the club's facilities locally.

Hull Springhead Harriers

Award: £1000

To develop the club's coaching education programme, paying particular attention to field events, by financing a series of clinics with acknowledged experts and assisting in meeting course fees for the club's coaches.

Middlesbrough & Cleveland Harriers

Award: £1000

To generate an interest and increase knowledge through practical demonstration in a number

of technical events by engaging specialist coaches for a series of courses for the club's coaches and athletes.

Milton Keynes AC

Award: £925

To increase the number of coaches and quality of coaching through various schemes including inviting top athletes to run coaching clinics and funding a five day summer school.

North Derbyshire Running Club (Chesterfield)

Award: £400

To expand the club to cater more fully for mentally and physically disabled endurance athletes by establishing and promoting a coaching programme, funding course fees and hiring training venues for wheelchair athletes.

Omega AC (Carrickfergus)

Award: £630

To increase the club's junior membership by creating a Schools' Liaison Officer, setting up school coaching sessions with club coaches and introducing inter-school activities.

LATEST AWARDS

Lewes AC £1000

Bridgend AC £1000

Middlesex Ladies AC £500

Black Isle £1000

Dartford £730

Doncaster £740

Jersey Spartan AC £1000

Swindon Road Runners £370

(More details next issue).

Coaching Awards Cheque



Members of Tower Hamlets AC at the presentation of their BAAB/Minolta Zoom Copiers Coaching Awards cheque. Joining the group are James Evans, London Area Sales Manager for Minolta (UK) Ltd (far left) and John Pope, Managing Director of Ideal Reprographics, the local Minolta dealer (back row in tie). In addition, the club received another cheque for £250 from Ideal Reprographics.

Road Race Measurement

Accurate measurement of Road Race courses is now a prime requirement for organisers. A number of seminars have been held (one to come in the North at Catterick) and the following is a list of Grade 1 and 2 course measurements. Full details from your Area offices:

By the end of 1987, the AAA plan to measure every race applying for a permit.

MIDLANDS AAA

GRADE 1 (to National events)

Peter Blunden (also RRC)
Stuart Holdeworth (also RRC)
Ian Macintosh (also RRC)
Jack Selby (also Aims/RRC)
John Walker

GRADE 2 (to area events)

Eddie Adley
Trevor Beal
Bob Bradley
Brian Markham
David Smith
Stan Tingle

NORTHERN AAA

GRADE 1

Max Coleby
Max McNally (also RRC)
Jack Roughley (also RRC)
Alan Ritchie
Harry Smith (also RRC)

GRADE 2

Graham Brumnitt (also RRC)

SOUTHERN COUNTIES AAA

GRADE 1

Edwin Bartlett (also RRC)
Dave Bendy (also Aims/RRC)
John Disley (also Aims/RRC)
Colin Goater (also RRC)
John Jewell (also RRC)
Derek McCormack (also RRC)
Dr Mac Spearke (also RRC)
Mike Tomlins (also RRC)

GRADE 2

Ron Chalk (also RRC)
Robert Everett (also RRC)
Richard Smith (also RRC)
John Trowell (also RRC)
Will Champman
Andy Ripler
Mike Horwood

WELSH AAA

GRADE 1

Dave Dodwell (also RRC)
Peter Bunden (Grade 1)
can also cover Mid-Wales area
(see Midlands)

GRADE 2

Dafydd Ellis
T.C. Woods

For full RRC list contact John Jewell (0734 - 780306)

TOTAL TO DATE:—

GRADE 1 - 19

GRADE 2 - 16

PROVISIONAL MAJOR FIXTURES 1987

JANUARY

9/10	Cosford Games	Cosford
10/11	Area Cross Country Champs.	
23/24	AAA/WAAA Indoor Champs.	Cosford
31	CAU Inter-Counties X Country	Derby

FEBRUARY

7	GB Indoor Match	Cosford
21	National X Country Champs.	Luton
21/22	European Indoor Champs.	Levin, France

MARCH

6/7/8	World Indoor Champs.	Indianapolis
7	Womens X Country Champs.	
7	AAA ½ Decathlon & AAA/WAA Indoor Relays	Cosford
13	England vs USA	Cosford
15	Indoor International	Cosford
21/21	WAA/AAA U20 Champs.	Cosford
22	World Cross Country	Warsaw
28	Vets Indoor	Cosford
28 or 29	Area 12 Stage Relay	

APRIL

4	AAA Kodak 10km Road Race	
11/12	World Marathon Cup	Seoul
18	AAA 12 Stage Road Relay	

MAY

9	British Athletics League 1	
9/10	UK Womens League	
10	BAL WP Round 1	
10	London Marathon	
15/16/16	County Championships	
23/24	UK Championships	Edinburgh
31	World Race Walking Cup	New York

JUNE

6	British Athletics League 2	
13	GB vs GDR	Gateshead
19/20	Scottish Championships	Edinburgh
20	England International	Birmingham
20/21	Welsh Senior Championships	Cwmbran
22	Ulster Games	Belfast
27/28	European Cup of Combined Events	
27/28	Area Senior Championships	
27/28	UK Womens League	
27/28	European Cup Final	Edinburgh/Prague

JULY

4	BAL 3	
8 - 19	World Student Games	
10	Peugeot-Talbot Games	Crystal Palace
11/12	English Schools Championships	
12	Welsh Games	
17	England vs USA	Birmingham
18/19	AAA v 20 Championships	
24/25	WAA Championships	
25	BAL 4	
26	International Invitational Meeting	
31/1 August	AAA Championships	Crystal Palace

AUGUST

2	GRE BAL Cup Semi-Final	
6/9	European Junior Champs.	Birmingham
7 or 14	Invitational Meeting	Crystal Palace
14	IAC International Meeting	Edinburgh
15/16 or 22/23	GRE BAL Cup Final	
22	Invitational Meeting	Crystal Palace
29 -		
6 September	World Championships	Rome

SEPTEMBER

11	Grand Prix Final	Brussels
13	McVitie's International Meeting	Crystal Palace
19	Glasgow Marathon	Glasgow
19	Area 6 Stage Road Relays	

OCTOBER

17	National 6 Stage Road Relay	
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NOVEMBER

28	International X Country	Gateshead
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DECEMBER

5	Kelvin Hall Opening, Indoor Meeting	
		Glasgow
12	Counties Cross-Country Championships	
12	Open Meeting	Cosford
20	IAC X Country	



Jon Solly (Bingley Harriers)

The Athletic Club of The Three Services

CROSS COUNTRY FIXTURES - 1985-86 SEASON

PLEASE COMPLETE AND RETURN 1 COPY ASAP

All Saturdays - normally 1500hrs starts

Sep 86	Possible Fixture - TBD	YES/MAYBE/NO
18 Oct 86	RMA Sanhurst - Home fixture	<u>YES</u> /MAYBE/NO
	Followed by the AGM Please try to attend	YES/ <u>MAYBE</u> /NO
Nov or Dec	13th Sig Regt at Birgelen (Fri to Mon)	YES/MAYBE/NO
25 Oct 86	Ranalagh Harriers - Petersham	YES/MAYBE/NO
22 Nov 86	Bank of England - 6m at Roehampton	YES/MAYBE/NO
29 Nov 86	Orion Harriers - 7m at Chingford	YES/MAYBE/NO
06 Dec 86	Kingston/Poly Harriers - 6m at Chiswick	YES/MAYBE/NO
10 Jan 87	Southern Counties - Parliament Hills	YES/MAYBE/NO
17 Jan 86	Met Police - West Wickham	YES/MAYBE/NO
14 Feb 86	Ranalagh Harriers - Petersham	YES/MAYBE/NO
15 Mar 86	Orion 15 Cross Country Race - Epping Forest (We enter individually for this one, I will send out forms later and it does not count towards the Club Championship)	

NB The National Championships will also take place during February or March, due to poor turnouts over previous years we will not enter teams unless the response justifies it.

Southern Counties and Nationals

YES/MAYBE/NO

Please retain one copy of this letter for your own diary and return the other completed as appropriate to me, Terry Lewins, at:

14 Warrington Spur
Old Windsor
Berks
SL4 2NF Tel: Windsor 0753 862527

Enter your name etc below:

Name: Address:

Tel No: (Home) (Work)

DOB

Milocarian Athletic Club