

# Milonews

The Newsletter of Milocarian AC



Issue No:6

July 1987

MILOCARIAN  
ATHLETIC CLUB

## Letter to the Editor of Milonews

Thank you for your latest informative Milonews. Perhaps Terry called me "?" in his home fixture report because I beat him, or maybe it was to spare my embarrassment at not defeating the 'old bloke'. Anyway it was a very enjoyable run for us all.

On a serious note can I use Milonews to say how honoured I have been to serve as the chairman over these past few years. My resignation was the inevitable result of the nomadic service life that has so adversely effected our club's support in the last decade. My thanks to the committee and club members for the backing they gave me. Particularly, John, can I thank you and Terry for providing the administrative and organisational back-bone without which no club can survive let alone grow as ours now is.

May the resurgence continue.

From: Lieutenant Colonel A F S Ling

## Cross Country Report 1986-87

As I sat in my office in late June and listened to Wimbledon and the Test Match being rained off, on the radio, my thoughts immediately turned to the Cross Country Season. The last one in particular, and I thought it was about time I stopped ignoring Gordon Howards' and John Gilroys' pleas and put out the report on last years activities.

It is interesting to note that any one of about 8 runners could have been victorious in the Clubs overall championship had they been able to turn out as often as the Champion, for the second year running, Eric Thomas. This is not to take anything away from Eric, on the contrary, the championship was designed to reward the person who turns out regularly. This Eric did and, of course, ran well into the bargain. Congratulations Eric - yes, your goblet has been engraved and I may get it to you before 1988! (Do'nt hold your breath, Eric. Editor.)

It was encouraging to see 22 runners contest the overall championship during the season. A word of thanks must go to the members who supported us from afar such as Andy Law who travelled from Kings Lynn for 5 fixtures not counting the Orion 15 where his recent detachment to Las Vegas caught up with him. It's only pain Andy!!

I am putting together the fixtures list for 1987-88 at the moment and I will circulate a complete list to our active members as soon as it is ready. Let us hope that we can increase the number of active runners (myself included) during the next Season which would perhaps allow us to improve our already very fair showing in a competitive field.

Milocarian Athletic Club

### Overall Cross Country Championship

	<u>Name</u>	<u>Races Attended</u>	<u>Points</u>
1.	Thomas	6	62
2.	Law	5	57
3.	Howard	6	52
4.	Malmstrom	5	50
5.	Moody	3	39
6.	McCarthy	6	38
7.	Gilroy	3	30
8.	Lawrence	5	29
9.	Reilly	4	27
10.	Shew	2	26
11.	Morris	2	17
12.	Sumpter	3	15
13.	Vaughton	1	12
13.	Pool	1	12
15.	Boland	2	11
16.	Fiddes	3	10
17.	Coyne	1	4
18.	Ling	1	3
18.	Fulbrook	1	3
18.	Lewins	1	3
18.	Pierce	1	3
18.	Cook	1	3

### New Members

We are always in need of new recruits so attached to this newsletter is a recruiting blurb please photocopy and spread about your unit.

The Athletic Club of The Three Services

**Cross Country Results 1986-87**

**Sandhurst - 18 Oct**

2	Shew	29.20
21	Vaughton	31.53
29	Malmstrom	31.59
32	Morris	32.09
34	Gilroy	32.11
42	Howard	32.55
50	Thomas	33.20
56	Reilly	33.36
63	McCarthy	34.06

66	Lawrence	34.41
67	Ling	34.40
69	Fullbrook	34.42
73	Lewins	35.01
89	Pierce	37.14
93	Fiddes	40.52
94	Cook	40.54
96	Sumpter	41.19

**Teams (6 to score)**

RMAS A	110
Met Police A	205
Ranelagh A	206
Kingston AC	219
Milocarians	266
RMAS B	331
Bank of England	367
Ranelagh B	563
Orion A	592
Milocarians B	614

Field - 103 Runners

**Ranelagh - 25 Oct**

4	Shew	29.33
28	Poole	31.53
35	Gilroy	32.11
43	Thomas	32.47
44	Malmstrom	32.48
53	Law	33.27

59	Howard	33.46
67	McCarthy	34.14
72	Reilly	34.33
76	Coyne	34.44
83	Lawrence	35.04
113	Fiddes	37.50

**Teams (10 to score)**

Ranelagh	171
Barnet & Dist	385
Milocarians	470
Met Police	479
Ealing & Southall	547
Bank of England	646
Serpentine	686
Chessington & B	858
Tadworth	971

Field - 144 Runners

**Orion - 29 Nov**

1	Moody	29.33
6	Law	40.55
7	Thomas	41.07
8	Gilroy	41.09
34	Reilly	44.35

35	Howard	44.44
36	Morris	44.49
39	Lawrence	44.59
41	McCarthy	45.22
72	Sumpter	51.31

**Teams (8 to score)**

Orion	71
Lea Valley	149
Milocarians	166
Eton Manor	294

Field - 84 Runners

**Kingston/Poly - 6 Dec**

4	Law	39.48
8	Thomas	40.52
17	Howard	42.29

21	Malmstrom	42.53
25	McCarthy	43.42
39	Sumpter	48.19

**Teams (10 to score) ??**

Bank of England	28
Kingston/Poly	95
Milocarians	114
South London	12

Field - 42 Runners

**Met Police - 17 Jan 87**

Cancelled due to bad weather.

## The Athletic Club of The Three Services

### Bank of England - 31 Jan

5	Moody	33.18
15	Law	34.34
19	Thomas	35.00
27	Malmstrom	35.36
52	Howard	38.00
55	Lawrence	38.11

56	Unknown	38.12
61	Reilly	38.31
64	McCarthy	39.08
70	Boland	39.35
87	Fiddes	42.16

### Teams (8 to score)

Massey Ferguson	46
Ranelagh	149
Bank of England	199
Milocarians	274

Field - 90 Runners

### Ranelagh Harr - 14 Feb

14	Moody	33.18
16	Law	34.34
19	Thomas	21.40
21	Malmstrom	21.48

32	Howard	22.52
35	Lawrence	23.20
40	McCarthy	23.49
52	Boland	25.34

Milocarians were 3rd team out of 5.

### Orion 15 - 21 Mar

79	Shew	1.47.26
145	Reilly	1.54.51
156	Lawrence	1.56.15

191	Law	2.00.49
223	Wilson	2.05.49

Milocarians 9th team out of 32.

## Road Races 1987

The Club will be entering the final race of the Yateley (near Sandhurst) 10K road race Grand Prix on Wednesday 29th July starting at 19.30. Anyone interested in competing contact me ASAP.

Another race well worth considering is the Garden City 10 on Sunday 6th September. An entry form is enclosed.

### Orion Anniversary Relay

The Club has been invited to celebrate the 75th Anniversary of Orion Harriers by taking part in their Celebration 10 x 1 mile relay to be held on Tuesday 4th August starting at 19.15. The venue is Chingford plain. We need bodies on the day, if you can run ONE MILE and want to take part please contact me ASAP. It would be impolite to our hosts if we could not make up a full team.

## Club Marathon Championships

Up to the present time I have only received the results of the R.A.F. Section of the Inter Service marathon held at R.A.F. Swinderby on the 8th October 1986. It would appear, from those results that the first Club member to cross the finish line was Bill Reilly in a time of 3hrs 15min 08sec. If anyone knows of another member who beat this time you have until 1st September to advise me. In anticipation - well done Bill. Incidentally his station team member Paul Lawrence was only 2 places behind him in 3hrs 20min 55sec.

The 1987 Club marathon championships will be held at Swinderby on Friday 2nd October 1987.

Milocarian Athletic Club

## New Style Club Vest

It has been suggested that we change the design of the Club vest. It would still be navy blue with Club ribbon down the centre. However, we would have 'MILOCARIAN AC' written across the front in white. The Club would subsidise the price to members. Any comments please to

Terry Lewins  
14 Warrington Spur  
Old Windsor  
Berks  
SL4 2NF

Terry still has a supply of original style vests at Four Pounds apiece. Each one coming complete with FREE ribbon. He also has Club Ties available at the ridiculously low price of Seven Pounds (p&p inc)

## Maidenhead 10

Looking through the results of the Maidenhead 10 held on Good Friday, 17th April 1987, it was interesting to note that Club members Roger Clark and Doug Cowie finished 2nd and 8th respectively. If we were able to field just one other team member who could run 62 minutes for 10 miles we could have finished 2nd of 24 teams in an open team race!!

If we do not take part we cannot win - why not plan to run the Maidenhead 10 in 1988!

## Volunteers Required

Volunteers are required to fill the following post 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.

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

### Club Officials

President:	General Sir Charles Harrington GCB DSO MC
Chairman:	Lt Col G Howard
Hon Secretary:	Mr J W Gilroy
Treasurer:	Gp Capt C pierce RAF(Retd)
Cross Country Sec:	Mr T W Lewins
Road Running Sec:	S/Sgt J M Robertson



## The Milocarian Athletic Club

Many runners within the Three Services appear to be unaware that an Athletic Club, affiliated to both the AAA and the SCAA, exists whose membership is open to all servicemen. The club fills a vital gap in service running today by providing competition for all classes of athlete. A major advantage to the serviceman is that once they join the Club they are members for life or for as long as they continue to pay their subscription. There is no need to change club with every posting. You are not limited to forming teams for competitions from within your own unit, you can use other Milocarrians based at other units. Club policy is to allow members to enter whatever races within the UK that they wish and allow them to co-opt other club members in order to form a team. Finally membership of the Club usually means reduced entry fees because of our affiliation to the AAA.

### The Club History

The Milocarian Athletic Club was formed in 1930 to encourage athletics among the officers of the three armed services. The first match took place, early in 1931, against the Royal Military College at Sandhurst over a five and a half mile cross country course. Between 1931 and 1939 the Club had many successes on the track, in the AAA Championships, the Kinnaird Trophy and the News of the World Whit Monday Games and was also represented in the Olympic Games of 1932 and 1936. During the 1939-45 War many Milocarrians were killed in action and they are remembered by the 'Milocarian Trophy' which was purchased in 1946, and presented by the Club to the AAA for athletic competition amongst schools throughout the United Kingdom.

Since the war the Club has generally performed well at cross country but on the track its fortunes have varied considerably, from 1964 when it won 8 out of 9 fixtures, to years when it was difficult to even raise a team. The Club was opened to all ranks of the three Armed Services and membership gradually increased. Nevertheless at the AGM of 1978, it was decided to suspend temporarily the Clubs track activities and concentrate on cross country and road racing, until a period of lesser service turbulence permits the resumption of full activities.

### The Present and the Future

During the 1986/87 cross country season the Club team, the standard of which varies from near the head of most service cross country leagues to athletes who normally feature in the last third of the leagues, took part in 6 inter-club matches as well as the Southern and National Cross Country Championships. A similar number of road races also featured on the club calender. In addition members are free to enter any race they wish specifying their club as Milocarian AC, saving them money and race fees as well as keeping them clear of the unattached runner rules. The only races for which selection to run for the Club is required are the two Championships mentioned above. For all other races whoever wants to run can. The Club holds its marathon championships in conjunction with the Inter-Services RAF Marathon at Swinderby each year.

At the moment, because of personnel movement, the club is short of active members, although its actual membership is high, and is finding it difficult to raise teams for inter-club competition. It would be a sad loss to see an old and established club like the Milocarrians being disbanded due to lack of support from the very people whose needs it was formed to meet, but at the moment the danger is there. If you are a runner and are a serviceman or ex-serviceman (including the Reserves), fancy running in a competitive but

## The Athletic Club of the Three Services

enjoyable atmosphere, would like the opportunity to run in major championships and can easily attend matches in and around the London area then fill in the attached membership form and Standing Order Mandate (alternatively enclose a cheque for Five Pounds, or contact:

John Gilroy  
Hon Secretary  
Milocarian Athletic Club  
7 Wimpole Road  
Yiewsley  
Middlesex  
UB7 7RJ

Tel: 0895 421086

Any standard of runner is more than welcome and our subscriptions are only Five Pounds per annum. In addition reasonable travel expenses are paid.

### Club Ties and Colours

Club ties are available from the Cross Country Secretary, Terry Lewins at the ridiculously low price of Seven Pounds (inc p&p). Terrys' address is:

14 Warrington Spur  
Old Windsor  
Berks

Terry also has a supply of Club vests and ribbons. Club colours are dark blue vest and shorts with 4" of club ribbon on centre top of vest. Vests are Four Pounds each and the ribbon is free.

### Club Officials:

President:	General Sir Charles Harrington GCB DSO MC
Chairman:	Lt Col G Howard
Hon Secretary:	Mr J W Gilroy
Treasurer:	Gp Capt C Pierce RAF(Retd)
Cross Country Sec:	Mr T W Lewins
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