

# Milonews

The Newsletter of Milocarian AC



Issue Number: 7

December 87

## Milocarian Marathon Championships - 1987

The Marathon championships were held at RAF Swinderby on 2nd October. If you ran please advise Terry Lewins on 07538 62527 of your time. You never know, you may have won the championship. Call as soon as possible, you have until the 15th of January to register your time.



Pictured are two of the runners that I know of, Paul Lawrence and Bill Reilly. These two gallant souls will be in charge of the Road Racing section next year.

### Club Kit

The club vests are now in stock. Other kit is available, overprinted with the club name, as follows;

Navy Tee Shirts	3.80
Navy Long Sleeve Vests	5.80
Navy Sweat Shirts	7.55
Strider Polyester Training Bottoms Name Down Side	8.40
White Polyester Top With Navy Band	14.30

Please add 50p per item for p & p. All the above items can be obtained from;

**TERRY LONERGAN SPORTS  
HOLMSTEAD HOUSE  
LEEDS ROAD  
ILKLEY  
WEST YORKS.**

### Additional Fixtures

**CONFIRMED: 16th January 1988 v  
Polytechnic Harriers, 9 miles, Richmond Park**

**CONFIRMED: 9th January 1988 v Thames  
Hare and Hounds, 6 miles, Richmond Park.**

## Germany Trip

At the moment it would appear that the proposed trip to 13 sigs in Germany will not go ahead this season. However, I have written to one of our members across the channel to see if he can arrange an alternative venue in Germany in the New Year.



## AGM

The Minutes of the AGM are attached to this newsletter.

## Change of Address

Please, Please let the Hon Sec know any change of address using the membership forms attached to the newsletters.

## Letters Page

Dear Members

*We have published two of the letters that we have received in this issue as we feel that they may be of interest to many of the members.*

*We would like to hear from anyone who has views on the subject of re-starting a Track and Field section (particularly from anyone prepared to run such a section). Indeed we would be very pleased to hear from anyone with views on any subject that they would like to put forward for discussion in this column.*

**Major General Sir Roy Redgrave  
KBE. MC.**

I am sorry not to be able to attend your AGM on 17 Oct 87. I have been a member since 1951 when I used to run 400m & 800m

I wonder whether young athletes in the Services can still join the club, if they are keen on track and field events. From your 'news letters' it seems that all the club does is, Cross Country running - which, unless you are an enthusiast, or masochist, is hell to take part in and not much fun to watch either! (Purely personal view)

I realise that you have not got enough members to produce a 'team' for each event in an athletics meeting - but it would be great to see a few talented individuals encouraged to carry the club colours in events other than Marathon, Cross Country etc.

You cant go on giving "service turbulence" as a reason for not letting individuals wear our club colours in any field and track event around the world. The publicity would do us good and probably bring new members.

With best wishes to you all

Roy Redgrave

**Sgt. John Lennon**

A few lines from the sharp end here at Aldergrove. I am now in receipt of the Milo Fixture list for the Winter. Unfortunately I am posted to Belize in November and can only say that after six years here it will come as a welcome break.

These past two years have been a total disaster as far as the running is concerned. First it was my back and then I had a bad calf injury. I am slowly getting it together. I have only raced a few times this year 72.14 half (I won the race and wasn't under pressure) and I ran what I thought was a good performance when I recorded 25.18 for an over distance five finishing a close second to Tommy Hughes (2.17 Marathon man). My next race is in Coventry on 12 Sep and I have penciled one in for October. My main aim is to get through the winter as I have been provisionally marked down to go to Dulman in April. I look forward to that as they have a very strong team and I think thats what I need to rekindle the motivation I feel has been lacking these past few months

I came across Roger Clarke at Fleet again this year. What an incredible man. Hes like a good wine 'getting better as he gets older'. It was good to see him.

Anyway I must go. I will carry on plugging the club in all corners of the globe and will wear the vest with pride where ever possible. Good running and a succesful season to all at Milo's

Yours in sport

John

**MINUTES OF THE ANNUAL GENERAL MEETING OF THE MILOCARIAN ATHLETIC CLUB HELD AT RMA SANDHURST ON SATURDAY 17th OCTOBER 1987.**

**Present:**

Lt. Col.	G Howard	Chairman
Mr.	J McCarthy	Treasurer
Mr.	T Lewins	Cross Country Sec.
Mr.	J Gilroy	Hon. Sec.

Plus 14 Members

1. The Chairman welcomed those present and passed on the Presidents apologies; he was currently in Australia.

**Apologies for Absence**

2. The Secretary reported that he had received some 14 apologies for absence.

**Minutes of Last Meeting**

3. The Secretary stated that the minutes of the last meeting had been published in the November 1986 issue of the Milonews and proposed that they be accepted as a true record of the meeting.

Seconded: Mr Lewins  
Carried unanimously

**Matters Arising from the Previous Minutes**

4. Sgt Morris, the Club Historian, was progressing with the Club's History but there was a large gap in the records for the period 1956-77. The Secretary was asked to publicise this in Milonews in the hope that someone knows where the missing records are.

5. The Milonews continued to be published successfully. Mr Gilroy and Mr Lewins stated that they would, once again, pay the printing costs of one issue each.

6. The post of Treasurer has been taken on by Mr John McCarthy for which he was thanked by the Chairman.

**Action**

Secretary

Mr Lewins  
Mr Gilroy

### Financial Report

7. The Treasurer presented the balance sheet for 1986 to the meeting, copy attached, and reported that the club was financially sound. The accounts had once again been audited by the RAPC, however Mr McCarthy stated he would try to find someone more convenient to audit them.

8. The Chairman thanked Gp. Capt. Pierce for his valuable services as Treasurer.

9. The Accounts were accepted as a true record of the Clubs financial position.

Proposed: Sgt Morris  
Seconded: Sgt Lawrence  
Carried unanimously

### Committee Members

10. The Secretary stated that, as Mr Gilroy is no longer Serving, the Committee required an RAF Member. Sgt Andy Law was asked to take on this job to which he agreed.

11. The positions of Army and Navy Members were still vacant and the Chairman stated he was pursuing the matter.

12. The Chairman then proposed that Mr McCarthy and Sgt Law be elected to the Committee as Treasurer and RAF Member respectively.

Seconded: Hon Secretary  
Carried unanimously

### Cross Country Secretary Report

13. Mr Lewins told the meeting that his report had already appeared in Milonews and summarised the salient points.

14. Two other fixtures for this season were being arranged with Thames Hare and Hounds and the Metropolitan Police. The Birgelen fixture was still in the air and was being progressed by the Chairman and it was hoped to arrange it before Christmas came along. If no fixture could be arranged some thought would be given to trying some other venue in Germany.

15. Cpl Eric Thomas was thanked by the Chairman for his efforts in organising last years Germany trip. Cpl Thomas agreed to organise this seasons trip once details were confirmed.

Mr Lewins

Chairman

### Presentation of Trophies

16. The Chairman presented Cpl Eric Thomas with his Trophy for winning the Club Cross Country Championship for 1986/87.

17. The Marathon Trophy for 1986 had been won by Sgt Gary Mitchell of CIO Leicester. The results from this years Swinderby Marathon were still awaited.

### Hon Secretary's Report

18. The Hon Secretary informed the meeting that new Club Posters had been produced and were being distributed. Also, through the good auspices of Sgt Mike Sumpter, the constitution was being reprinted and would, hopefully, be distributed within the next few months.

19. A general tightening up in the military postal services meant that the Club was no longer able to use these channels and as a result postal charges would figure in the Club's budget. Consequently members mail would gradually be sent to them via their banks. This would also reduce the likelihood of losing track of members as they are posted.

### Any Other Business

20. Mr Lewins stated that the new club vest had been ordered and all of the first batch had been sold. They had not, unfortunately, been delivered in time for the pre-AGM fixture. The vests cost nine Pounds each and Mr Lewins proposed that the Club subsidise this by four Pounds per vest. The Treasurer asked that the proposal be amended to state that the amount of subsidy should be reviewed annually.

Seconded: Cpl Thomas  
Carried unanimously

21. The Hon Secretary stated that as the vests figured the Club name in a prominent fashion it was in the Clubs interest to ensure that members bought and wore them. He therefore proposed that the initial subscription should be ten Pounds to cover the provision of a Club vest as well as the first years membership. Membership should stay at Five Pounds for subsequent years.

Seconded: Sgt Sumpter  
Carried unanimously

22. There was a stock of 5 old vests on the club's books and the Treasurer proposed that these be written off.

Seconded: Mr Lewins  
Carried unanimously

**Road Running**

22. Sgts B O'Reilly and P Lawrence expressed an interest in promoting road running in the Club by entering teams in selected events and said they were prepared to organise this.

23. Mr Lewins proposed that several road races be selected as club events and that the club would meet travel expenses but not entry fees.

Seconded: Mr Wilson  
Carried unanimously

24. There being no further business the Chairman declared the meeting to be closed at 1755 hrs.



Mr J Gilroy  
Hon. Secretary

MILLOCARIAN ATHLETIC CLUB  
INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31 DECEMBER 1986

	<u>1985</u>	<u>1986</u>	<u>1986</u>	<u>1985</u>
	54.28	20.04	532.35	503.35
Postage and Admin	85.57	213.20	62.19	97.52
Travel	79.00	34.50	116.87	32.40
Affiliation Fees	117.30	7.50	71.72	18.48
Entertainment	96.04	75.46	29.28	7.92
Opening Stock of Ties	617.42	710.45	150.00	150.00
Excess of Income Over			Grant	22.00
Expenditure			Donations	21.00
			Sale of Ties	75.46
			Stock of Ties at Cost	
			Investment Profit and	
			Addition to Investment	119.48
			NIL	
1049.61	1061.15	1061.15	1049.61	1049.61

MILLOCARIAN ATHLETIC CLUB  
BALANCE SHEET AS AT 1 JANUARY 1987

	<u>1985</u>	<u>1986</u>	<u>1985</u>
2431.23	Accumulated Fund as at 1 Jan 86	3048.65	35.04
617.42	Add Excess of Income over Expenditure	910.45	12.24
3048.65		3759.10	999.86
NIL	Sundry Creditors	NIL	999.86
		<u>Cash at Bank</u>	
		Natwest Bank PLC	
		132 High St, Southend-on-Sea	
		a. Current A/c	245.91
		b. Deposit A/c	110.37
		<u>National Savings Bank</u>	1257.28
		<u>Cash in Hand</u>	739.89
		<u>Stock of Ties</u>	1159.27
3048.65		3759.10	1042.40
			NIL
			68.43
			61.74
			<u>75.46</u>
		3759.10	3048.65

Auditor's Certificate I certify that I have inspected the books of account and supporting vouchers of Millocarian Athletic Club for the twelve months ending 31 December 1986. I believe that the Income and Expenditure Account and the Balance Sheet represent an accurate statement of the club's activities and assets.

*11 Roberts*

March 1987 ..... Colonel, Commander Finance