

MilOnews

Issue Number 9: Christmas 1988

The NewsLetter
of
Milocarrian AC

The minutes of the AGM are attached. We would be very pleased to receive comments on any issues raised at this meeting. We have also re-instituted the practice of convening committee meetings to discuss proposals, ideas problems etc. If you have a favourite race that you think the rest of us would enjoy, or a notion that could encourage new members or make it easier for current members to turn out for races please contact:

John Gilroy
7 Wimpole Road
Yiewsley
West Drayton
Middlesex
UB7 7RJ Tel: 0895 421086

ASAP!

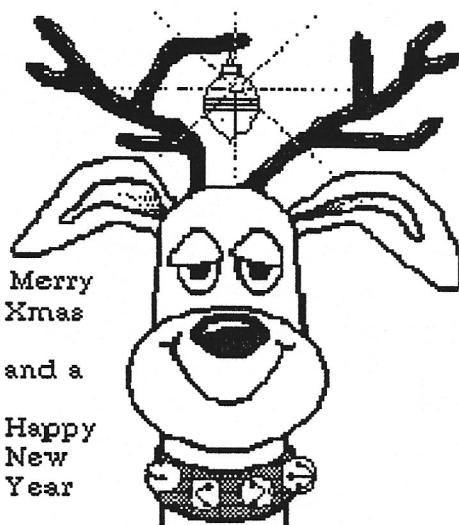
Run off some of Christmas and get geared up for the rigours of New Year!!! Now, you know that what you will

really need and enjoy is a nice gentle six mile cross country race in the scenic (if somewhat undulating) grounds of Cliveden House. There will be refreshments in The Orangery and it is a lovely place for your family to wander while they wait for their Hero to finish the race. This race has a limit of 500 so we have applied for 8 places and the club will cover the entrance fees. If you would like to have one of these places, please contact John Gilroy at the address opposite.

A Refreshing change for the Winter Months

Cross country has a history which stretches back before road races, marathons and ultra races had begun to be formally arranged. Despite this it has never caught the public interest in the same way. It does however constitute a unique competitive and recreational activity.

Support has been somewhat sparse for the first six races of the season and there is a need to attract active members outdoors to run on a Saturday afternoon. New members are always welcome so if you are coming, why not put a hammerlock on a likely victim (sorry, prospect) and drag them along. They might even like it and thank you! We have completed the first six races of the season and a short resume of the performances and results follows.



8 Oct 88. The season opened with the annual fixture against Thames Hare and Hounds. On this course, an undulating 5 miles over Wimbledon Common, John Gilroy led home our 6 representatives, followed by Gordon Howard and Frank Boland as our second and third men respectively.

15 Oct 88. The race roadshow moved to Sandhurst for our home fixture and the contest for the 'Terry Lewins Memorial Trophy'. In this its' inaugural year the Milos were victorious and the trophy will shortly be displayed at Sandhurst awaiting the fresh challenge next season. Doug Cowie (Oakhanger) led home the field in fine style, followed closely by Eric Thomas (Northolt) who was 3rd overall and in 4th place Roger "I'll jog at the back 'cos of my injury" Clark (Oakhanger). 14 runners made the start line for the Milos, a very good turnout.

12 Nov 88. For this race we were hosted by Kingston and Polytechnic AC and this saw our first visit to the tracks and trails of Richmond Park. Five teams were represented and although we lacked somewhat in depth there was no lack of commitment and the team achieved a creditable 3rd place overall. The familiar pairing of John Gilroy and Gordon Howard led home the 8 club members present.

19 Nov 88. The Bank of England proved, once again, to be noble hosts (a favourite race with the bag-carriers this, good teas) to a sadly depleted team that came a gallant fifth of five. Individually, however, John Gilroy recorded his 3rd victory increasing his lead over Gordon Howard in the Club Championship and yours truly recorded his fastest time over 5 miles for two seasons. More importantly, I don't finish last anymore!

26 Nov 88. With many regular/sensible runners finding extremely pressing reasons not to attend (I still think going to Scotland was a bit excessive, Gilroy) we could only field a team of 4 brave souls. Talk leading up to the race had been all about the Chingford Mud. Having never run in Epping Forest before I wondered why, after all October and November had been mild, not unduly wet and, overall, quite pleasant. Where could mud come from?? Frank Boland was first Milo home, followed by a proud Mike Wilson with his best result for as long as records have been maintained. A special mention goes to Mick Sumpter who, having started some 3 minutes late, managed to finish 50th out of 66 starters. One thing is clear.....I now know ALL about the Chingford Mud!! Rumour has it that Orion import it specially.

3 Dec 88. We returned to the more normal going of Richmond Park, this time hosted by Ranelagh Harriers, to compete for the 'Ellis Trophy'. Some 10 teams fielded 204 runners, a vast herd for a cross country event. At the time of going to press we still await the team results. The Milo victory rostrum was graced by a new winner in the guise of Ted Hamilton. John Gilroy and Gordon Howard chased Ted home in that order thus maintaining their private battle for the Championship trophy.

In the club championship, at the mid-season break, John Gilroy with 61 points leads, hotly pursued by Gordon Howard who is second with 54 points. Regular runners Dave Davies, 42 points, Mick Sumpter, 41 points and Frank Boland, 38 points contest third place.

The London to Brighton

The traditional classic fifty three and half mile race from London to Brighton, held each October, is not for the faint hearted or the fool hardy still less the unprepared. It is a gruelling test of fitness and stamina, the completion of which is always an occasion of great satisfaction and personal pride. To the expert and novice alike the first thirty miles are all about running and racing. The latter twenty miles are an exercise in survival and determination. The arrival on foot in Brighton within the stipulated eight and a quarter hours after leaving Westminster Bridge is the primary objective, to most the placings are a secondary bonus.

The race begins on the first stroke of seven o'clock beneath Big Ben and

follows the A23 out of London through Brixton, Streatham and Croydon. The traffic is reasonable at this time on a Sunday morning which lends itself to a pleasant run through the urban outskirts of the capital. Except for this year when there was a ceaseless torrential downpour until after one o'clock. The route leaves the, now much busier, A23 at Farthing Down and the remainder of the race is through delightfully rural home counties and charming Sussex villages, though last year you could see very little off the road due to fog for much of the morning. From thirty miles onwards the road constantly either climbs or drops steeply down. The South Downs feel like a mini Everest to weary legs. After forty miles there is the added delight of a South Westerly head wind, which this year was gusting

to thirty knots. The unkindest cut of all is to pass the "Welcome to Brighton" sign only to be told there is still five miles to go. But the misery and the pain are forgotten on the run in past the famous Brighton Pavilion and onto the finish in front of the Aquarium.

The best distance runners in the world have run and won this famous race, but every finisher is a champion to himself.

Milocarians have been represented

on the London to Brighton in the past by Mike Morris, Norman Niblock and I among others, but as far as I know the club has never entered a team. Interest has already been shown by Mick Sumpter and Bill Riley to join me in next years' race. We need a fourth. How about you? A nice day out to the coast, followed by a very pleasant tea and a couple of pints on the way home. "Speed Merchants" need not apply, but no reasonable offer will be refused. Remember to the real "Hard Case" the Marathon is merely a gentle warm-up!

On the 18th to the 19th of February there is a special 24 hour race being held inside the shopping precinct at Milton Keynes. This is an international invitation race with only 25 runners representing the cream of long distance specialists from 10 countries. One of the British representatives, wearing a Milocarian vest and representing our Club as well as his Country, is John McCarthy.

Amongst the other runners are Yiannis Kouros from Greece who holds every mens world record between 24 hours and six days. Also there will be the three ladies who between them hold all the womens' world records between 50 and 1000 miles. They are Mary Hanudel from America and, from Britain, Eleanor Adams and Hilary Walker.

John is running in some very distinguished company and we wish him the very best of luck.

Chairmans Letter

The Milocarians are alive and well but, as can be seen from Dave Davies' Cross Country Report, not all that active. I have been delighted to see the continued improvement of Mick Sumpter and Dave Davies and the welcome return of Mike Wilson. Regrettably however support has gradually declined as the season has gone on.

At the AGM, after a most successful meeting at Sandhurst, everyone was keen to see the Club do well; If only to show that Terry's effort over the years had borne fruit. Dave has finalised and added to Terry's fixture list and we have the best programme for years. I do not think that we are giving him the support he deserves after he stepped into the breach at very short notice. Please look into your diaries and see if you can join us at a few fixtures in the New Year.

I am pleased to report that a committee meeting has been held to look at ways of encouraging more support from active members, better ways to recruit new blood and to start organising road races for next summer. More meetings will be held at regular intervals to try to give you, our members, a better service.

Please help with the recruiting if you can. I look forward to running with, or preferably behind, you in the new year.

Good running and a prosperous 1989
Gordon Howard

New Members:

Tudor Fox: Mod(PE), Andy Moore: MOD(RAF), Barry LeGrys: RMA Sandhurst,
Rod Parker RAF Retd, Norbert Hemmings: RAF Lossiemouth

Club Kit

Frank Boland has kindly agreed to act as the Clubs' contact with Terry Lonergan Sports. Frank now has a supply of Club vests, including the mesh type. In addition he has had Sweat shirts and trackster style bottoms produced with the Club Name which are incredibly smart as well as being very competitively priced. Running vests will cost five pounds each as the cost is subsidised by the club.

To obtain club kit from Terry Lonergan at discount prices the kit must be ordered through Frank. He can be contacted at:

Home: 0474 874904
Work: 01 218 7914

Travelling Expenses:

With the upheaval at the beginning of the season the issue of travel expenses has become somewhat neglected. An oversight for which the committee offer their apologies.

In order to avoid the Treasurer and/or Cross Country secretary carrying large amounts of cash to each meeting and the consequent security problems we have decided to rationalise the payment of travelling expenses.

Beginning in the New Year, Dave Davies will send every active member an expenses claim form along with the next race instructions. The idea is to fill in the form and send it direct to the Treasurer who will in return send you a cheque or arrange to recompense you at the next convenient race. Whether you return the form after each meeting or save up for Christmas (a little bonus for your lady as a thank you for all those Sundays alone or braving the elements to watch you run?) is entirely up to you.

Recruiting

Attached to this newsletter is the latest update of the Clubs recruiting leaflet. Please feel free to copy it and we would be very pleased if you would distribute it to any likely recruits. Also, when you've finished with this newsletter, please don't just throw it away. Instead, why not leave it in the Gymnasium or ante room where it can be read by others so they too can be made aware of the Clubs existence.

In addition if you have a unit magazine please give them the first two pages and ask the editor to publish it as an article.

Road Running

Early in the new year the committee will be compiling a fixture list of road races. The idea, depending on the support, will perhaps be to institute an overall Road Race championship similar to the Cross Country one. If sufficient members would like to extend their competitive season in this way then the club will either pay the entry fees to the selected race or travelling expenses to those competing. So how about adding to the interest of your summer season by competing for a Milos' trophy?

If you have a good local race which you think should be included on such a fixture list then please tell the Hon Sec.

Contributors:

London to Brighton: John McCarthy
Cross Country Report: Dave Davies

MINUTES OF THE ANNUAL GENERAL MEETING OF THE MILOCARIAN ATHLETIC CLUB HELD AT
RMA SANDHURST ON SATURDAY 15 OCTOBER 1988

Present:

General Sir Charles Harrington		President
Lt Col(Retd)	G Howard	Chairman
WOII	D Davies	Cross Country Sec
Sgt	B Reilly	Joint Road Running Sec
Sgt	P Lawrence	Joint Road Running Sec
Wg Cdr	R Clark	
Sgt	M Sumpter	
Sgt	D Cowie	
Mr	M Wilson	
Mr	F Boland	
Mr	J Reeve	
Mr	J Gilroy	Hon Secretary

1. The Club President opened the meeting by asking all present to stand and observe 1 minutes silence in memory of the Clubs' late Cross Country Secretary, Terry Lewins.

Apologies for Absence

2. The Chairman passed on the Treasurers' apologies for his absence and the Hon Secretary reported that he had received some 13 other apologies.

Matters Arising from the Previous Minutes

3. The Chairman stated that the previous minutes had been published in the December 1987 issue of the Milonews and that there were three items still outstanding:

Item 4. There appeared to have been little progress in updating the Club History and the Chairman undertook to pursue the matter with Sgt Morris the Club Historian.

ACTION: Chairman

Item 6. The Milonews had been subsidised by Terry Lewins and the Hon Secretary. The Secretary would continue to pay for one issue but it might now have to be restricted to 2 issues per year.

ACTION: Hon Secretary

Item 18. A print out of the bank sorting codes of all Club Members had now been obtained and the Hon Secretary would now attempt to regain contact with those who had been out of touch for several years.

ACTION: Hon Secretary

The Chairman proposed that the previous minutes be accepted as a true record.

Seconded: Mr J Reeve
Carried unanimously.

Terry Lewins

3. The Milocarian AC Terry Lewins Memorial Trophy had been competed for at the home fixture prior to the AGM. The Committees intention was that the Trophy, and a replica, be presented annually to the winning team at the clubs home fixture. The Chairman informed the meeting that the Trophy had been presented to the Club by Terry Lewins widow, Ann, and his close friends Phil Baker and John Gilroy. Ann Lewins had presented the Trophy which had fortuitously been won by the Milocarrians and, as a token of thanks, the Committee proposed to present her with a framed photograph of the trophy presentation.

Financial Report

4. In the absence of the Treasurer, the Chairman presented the financial report to the meeting. Once again the Club was in a healthy financial state with an excess of income over expenditure. A copy of the auditors report is attached to the minutes. Last year the Chairman had not asked for a grant from the Services Athletic Board and wondered if we should re-initiate the request. Wg Cdr Clark stated the Services Athletic Board did not enjoy the same healthy state as the Club as they were totally dependent on grants whilst the Club had income from subscriptions. The Chairman asked Wg Cdr Clark, who would be present at the next board meeting to use his judgement whether to raise the matter of the grant or not. The Chairman in the meantime would investigate the long term issue of the grant.

ACTION: Wg Cdr Clark
Chairman

5. Although the Chairman had stated that the Clubs Financial position was healthy the general tightening up on the use of service postal resources meant that the Clubs postal costs looked likely to rise sharply in the near future.
6. Sgt M Sumpter then proposed that the Accounts be accepted as a true record of the Clubs financial position.

Seconded: Mr F Boland
Carried Unanimously

Committee Members

7. WOII Dave Davies had volunteered to take over as Cross Country Secretary and had done an excellent job in finishing of the work started by Terry Lewins. The Chairman stated that the composition of the Committee was being revised to reflect the Clubs reduced commitments and size.
8. Sgt's Bill Reilly and Paul Lawrence had been disappointed at the poor response at the races they had selected during the summer but were prepared to persevere for another season at least.
9. The Chairman pointed out that both he and the Hon Secretary were both 'retired' and he was worried that the Club might lose contact with its grass roots. However the President pointed out that the Club Constitution did not preclude this and felt that the overriding consideration should be the willingness to give service to the Club and as both the Chairman and Secretary were willing to continue they should.

10. The President also announced that although he was happy to continue he would not feel insulted if he was asked to step down to allow a younger man to take the post. However it was pointed out to the President that one of the more frequent remarks from other Clubs and spectators was that it was nice to see a Club with a President who turned out to support. All members present joined the Chairman in expressing the wish that the President would continue to give the club this support and guidance.

Hon Secretarys' Report

11. The Secretary started his report by saying that he was concerned with the drop in recruitment of new members over the past year and felt that this was in a way caused by the fact that no one was actively recruiting at the traditional Wednesday league fixtures. He was also concerned with the fact that so many Servicemen seemed unaware of the Club and stated that he was looking into ways to increase the awareness of the Club by spreading the distribution of the Milonews.
12. Wg Cdr Clark had written an article on the Club, its history and aims which would be published in the next edition of Athlete. Sgt Lawrence then suggested that similar articles should be published in unit magazines or orders as a means of publicising the Club. The meeting was in favour of this approach. Sgt Cowie pointed out that such articles should also list who ran for us, especially our more able runners.

ACTION: Hon Secretary

13. The meeting in general felt that copies of the Clubs potted history and membership application forms should be more readily available for members to distribute. Up till now this information had been reproduced piecemeal but if the meeting felt it was a good idea the Hon Secretary proposed that up to £100 be allocated to print 500 such hand-outs.

Seconded Sgt Sumpter
Carried unanimously

Cross Country Secretarys Report

14. WO11 Davies reported that he had arranged four extra fixture for the coming season and would be circulating members with the details. He was endeavouring to reach a balance to give members enough races without overloading them but not so few that people would lose interest between fixtures. The Sandhurst fixture had once again been a great success thanks to the efforts of the College Staff and the Cross Country Secretary and Chairman would be writing to The Commandant to express the Clubs' thanks.

Presentation of Trophies

15. The Hon Secretary announced the results of the 3 annual trophy competitions:

Cross Country Champion:	Gordon Howard
Full Marathon Champion:	Yet to be ascertained
Half Marathon Champion:	Eric Thomas

Eric Thomas had already been presented with his Trophy as he could not attend the AGM, the Swinderby marathon had been held the previous Friday and a set of results had not yet been received. However Gordon Howard was presented with his trophy by the President.

16. Some discussion then took place on the date and venue of the Half Marathon and Full Marathon Championships as some felt that they were too close together (a week apart). It was agreed that the Road Running Secretaries should look for any other possible venues, however it had to be borne in mind that the advantage of using the Windsor was that entries could be guaranteed, the setting was magnificent and the Club could have facilities to entertain waiting relatives.

ACTION: Road Running Secretaries

Any Other Business

17. Dave Davies made a plea for all concerned to let him know whether or not they are turning up to fixtures.
18. Doug Cowie asked if a summer race could be organised, perhaps in conjunction with a barbecue, mainly as a family event to allow the Club to get together. The meeting felt that this was an excellent idea and should be pursued.

ACTION: Road Running Secretaries

19. John Reeve asked that Ann Lewins should be kept in touch with the Clubs' progress and the Hon Secretary agreed to ensure this.
20. Their being no further business the Chairman closed the meeting at 1810 hours.



Hon Sec

MILOCARIANS ATHLETIC CLUB

BALANCE SHEET AS AT 1ST JANUARY 1988

<u>1986</u>		<u>1987</u>	<u>1987</u>	<u>1986</u>
3048.65	Accumulated Fund As At 1st January 1988	3759.10	Sundry Debtors (Inland Revenue)	35.04
901.45	ADD Excess of Income over Expenditure	322.99	Treasury 10% Convertible Stock due 1990	999.86
NIL	Sundry Creditors	NIL	CASH AT BANK	
			Nat. West Bank PLC 132 High Street Southend On Sea	
			A. Current A/C	228.43
			b. Deposit A/C	1403.75
			NATIONAL SAVINGS BANK	1281.34
3759.10		4082.02	CASH IN BANK	NIL
			STOCK	141.38
				4082.02
				3759.10

APR 1988
J.P.A. MCCARTHY
HON. TREASURER

MILOCARIANS ATHLETIC CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31ST DEC. 1987

<u>1986</u>		<u>1987</u>		<u>1987</u>	<u>1986</u>
20.04	Postage and Admin	150.13	Subscriptions	527.85	532.35
213.20	Travel	225.40	Deposit Interest	69.56	62.19
34.50	Affiliation Fees	34.50	National Savings Bank	122.07	116.87
7.50	Entertainment	87.53	Dividends Less Tax	73.74	71.72
75.40	Opening Stock	61.74	Tax On Dividends	27.26	29.28
	Purchase of Stock	94.64	Grant	NIL	150.00
710.45	Excess of Income Over Expenditure	322.92	Donations	NIL	23.00
			Sales	15.00	14.00
			Stock	141.38	61.74
<u>1061.15</u>		<u>976.86</u>		<u>976.86</u>	<u>1049.61</u>

HISTORY OF THE MILOCARIAN ATHLETIC CLUB

1. Before the world war of 1914-18 , the important athletic event of the Service Colleges was the annual match between the Royal Military College Sandhurst and The Royal Military Academy Woolwich. On the formation of The Air Force College Cranwell, the match became a triangular contest and was first held as such in 1927.
2. It was after this contest in 1930 when Woolwich won by 2 points from Sandhurst, who in turn were second by 2 points from Cranwell, that the Milocarian Athletic Club was formed. Major the Hon W S P Alexander, DSO, of the Irish Guards, and the late Captain I E F Campbell, of the Duke of Cornwall's Light Infantry, had for some time past hoped for such a club to be formed in order to encourage cadets to continue with athletics after they had joined their Regiments, and it was on 10th May 1930 that the officers i/c Athletics of the three Service Colleges met in the South West Wing, RMA Woolwich, and decided to form the Club.
3. The Club when formed was open for membership to Blues and half Blues from the three Services Colleges. From its formation it was always hoped to open the Club to the Royal Navy, but at that time it was not possible to incorporate the Royal Naval College Dartmouth, owing to the difference of the age of the cadets.
4. The name of the Club is derived from a combination of MILO and ICARUS. Milo was a strong man from Croton in Southern Italy in the 6th century BC. His prowess at wrestling, running, long jumping, throwing the discobolus and javelin made him winner of the ancient Olympic games no less than six times. He could hold a pomegranate in his hand so tightly that no one could wrest it from him yet so lightly that it was not crushed. Icarus was the son of Daedalus and according to classical mythology fled with his father out of Crete to avoid the wrath of King Minos. They escaped by attaching wings to their bodies. Unfortunately for Icarus, he ignored his father's warning not to fly too close to the sun with the result that the wax used to attach his wings melted and he plunged to his death into the Icarian sea, which was also named after him.
5. The Club Colours - dark blue for the Royal Navy, red for Sandhurst, yellow for Woolwich, and light blue for Cranwell, were designed by Capt R H B Longland, RE.
6. The first match that took place was a cross country race against the Royal Military College at Sandhurst over a five and half mile course early in 1931. On the occasions the Club suffered its first defeat. The race was started by Mr W H Roberts, OBE, MC the senior mathematical professor at Woolwich. He was the first Hon Member of the Club, and was elected for his enthusiasm and interest in athletics over a period of many years.
7. Between, 1931 and 1939 the Club won many successes on the track, notably in the AAA Championships, the Kinnaird trophy, and the "News of the World" Whit-Monday Games, besides having representatives in the Olympic Games of 1932 and 1936.

8. During the war 1939-1945 over a hundred Milocarians were killed in action. In 1946 the Milocarian Trophy was purchased and presented by the Club to the Amateur Athletic Association, for competition among schools as a memorial to the Milocarian fallen.
9. For obvious reasons a purely Services Club such as the Milocarians was unable to function during the war. It was not until 1948 that the Club found itself in a position to embark on a full track season programme. Owing to lack of recruiting during the war years the number of active athletes was limited. However, no less than five Milocarians represented Great Britain in the Olympic Games in 1948.
10. Between 1948 and 1962 the troubled state of the world greatly handicapped the revival of the club, and our successes did not reach pre-war standards. The maintenance at Strength of overseas garrisons and the constant movements of units about the world meant that a large percentage of our active athletes were serving abroad. However, branches of the Club were formed overseas and members were often prominent among winners of events in all overseas stations.
11. In 1960 a re-formed Committee set about the task of rebuilding the Club. This proved to be an arduous and difficult task and it was not until 1964 that the Club showed signs of returning to its former strength. In that year after a successful cross country season, the club won eight of its matches, including the Gosport Trophy and lost only one, thanks to good support from all three Services and sound organisation.
13. The dominant feature of the late sixties and early seventies was the effect the Northern Ireland commitments had on the availability of Army strength. This led to the Club being unable to field balanced teams of a reasonable size. The result was that our performance in the athletics arena was badly hit, despite membership of the club being made available to all members of the three Services and to MOD civilians. The advent of the league system in English Athletics led to the eventual demise of the Milocarian track and field effort, but the Milocarian flag was kept flying in cross country running by a small number of dedicated members.
14. Where are we now? The start of the 1988/89 cross country running season sees the Milocarians with more active members than for many seasons. Our fixture list, mainly on Saturday afternoons against friendly, well established, clubs in the London area, includes a dozen or so meetings. In summary, the club is fit and well but could, as ever, use new blood.

If you enjoy running and the friendly company of like minded people then join the Milocarians Athletic Club, the cross country running club of the Services. It is your club and membership of it will give you active enjoyment long after you have left the Services. Whilst we like to win, we run for enjoyment; without the pressure of having to win. You may need us as much as we need you. Interested? Then send in your application to join the club now.