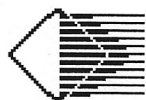


MiloneWS

Issue Number 11 January 1990

The Newsletter
of
Milocarian AC



Diamond Jubilee Year



Better Trophy !!

For those of you in contention for the Club Cross Country Title we have some good news. The Committee had decided to mark the upsurge in numbers at our fixtures by upgrading the Trophies. The Cross Country Champion will now be the recipient of an engraved decanter whilst the runner up will receive an engraved wine goblet.

New Points System

Also associated with the upsurge in numbers a cross country fixtures your committee has revised the points scoring system for the cross country championships. The first Milocarian home at each race will receive 15 points, the second 14 points and so on down to the 15th home who will receive 1 point. In addition each member turning out will get 5 points.

Chiltern League

As an experiment the Club is applying to join the Chiltern Cross Country League for the 1990/91 season. This league has 4 fixtures per season so it will not interfere with our traditional inter-club fixtures. Hopefully this will give an added dimension to our racing calendar.

Contact Address

A problem that has dogged the Club for the last 10 to 20 years is the problem of members losing contact with us and not having a central address to write to if they wish to contact us again. To resolve this problem RMA Sandhurst have kindly agreed to act as a dead letter box for the Club. Any correspondence for the Club will be redirected to the current secretary. The address is on the last page of this news letter.

Henlow 10

A sunny but brisk Wednesday afternoon in November saw 10 Milos line up amongst the 650 starters in the shadows of the Cardington balloons and hangers. The race, run from Cardington to RAF Henlow, seems to be more popular than ever. The Milos participating were, unfortunately, not running for the Club but for their individual units. However it was a worthwhile race as we raised 2 new members.

Doug Cowie, wearing his Milo mesh vest, was the leading Milo finishing in 16th position in a time of 53:08. Eric Thomas was next home in 82nd position and in a time of 56:53. The rest of us drifted in after this but Mike Wilson proved that he's getting fitter and fitter by finishing in 65:57. Next year we'll try to enter a Milos team !!!



Frank Boland - Cross Country Report

Turn-out Upsurge *****

Two factors have been noteworthy at the beginning of the 1989/90 Cross Country Season - the very dry weather and the greatly improved turnout at fixtures. Let's hope that both continue.

Our first fixture, the home match at Sandhurst on 14 October where we hoped to retain the Terry Lewins Trophy, produced a record 22 Milos at the start line out of 142 competitors. In the event, despite some very good individual performances, we could only manage fifth out of eight teams overall, the Trophy being won by a very strong Metropolitan Police team. It is a measure of how much our guests enjoy the fixture (and the excellent refreshments afterwards) that they make such efforts to field strong teams when they come to visit us.

The fixture against Polytechnic/Kingston AC over a 5 mile course in Richmond Park on 11 November also produced a good turnout with 15 members participating and three Milos in the first 10 giving us second place in the team event. Orions 10km home fixture on 25 November in Epping forest had not attracted a large field of Milos in previous years but 13 starters in November over a remarkably dry course gave us second place in the team event. Steve Finch was the first Milo home in third place overall.

The weather was against us on 2nd December for the Elliott Trophy Race in Richmond Park, hosted by Ranalagh. Thick fog created chaos on the roads and three milos missed the start. Two of them ran nonetheless, and Steve Finch managed to come in well before the last runner despite starting 14 minutes after the field.

Finally as mentioned above the scoring system for the Cross Country Championship has changed. With 3 races in hand the

the leaders in the championship are:

John Gilroy	- 35 points
Steve Finch	- 49
Gordon Howard	- 48
Frank Boland	- 42
Gary Adams	- 34
Mike Wilson	- 32
Bill Reilly	- 30

Diamond Jubilee



This year is the Clubs 60th Anniversary and the Committee is actively arranging some form of celebration. We anticipate that we will hold some form of dinner/dance to which all members past and present will be invited. We have not sorted out dates yet but it will probably be at the beginning of the 1990/1991 cross country season. We will also be commissioning an engraved decanter and glasses for purchase by members. More details in a special news letter later this year. If any one has any ideas on celebrating this notable year please let the committee know.



Race Report by Rod Parker

NOS GALAN

Risky Road Running in the Dark.....

The Nos Galan has been dogged with danger ever since its most famous son, Guto Nythbran, collapsed and died after winning a 12 mile race against an English Army Officer back in 1737, his over exuberent girlfriend clapping him too heartily on his back. Little did John Gilroy, Frank Boland and myself realise how true this was to be as we lined up with 800 other brave souls in Mountain Ash on the cold saturday night before New Years Eve.

The starter finally gave up trying to sort out the overspill at the startline and disappeared, ominously, for his gun leaving a dangerous cocktail of fun-runners and serious racers jostling for position at the front.

As the gun went off I was elbowed unceremoniously to one side by a nobbly youth who thought he was in the 100 yards dash. In fact he was one of the many who zoomed past me with elbows

flying. I cut my losses and drifted to a safer route at the outer edge. The race took a turn for the worst at the end of the first straight when John, in trying to negotiate the unfenced hairpin bend leading to the first hill, kicked the pavements edge in frustration at all the sharp elbows about him. Unfortunately it kicked back, harder, dislocating his ankle joint.

Two laps on and the end in sight I joined the long queue of sweating finishers patiently waiting in the true Brit tradition to give their numbers to the sole official at the finish line.

Twenty minutes later it was my turn, I was through and went to collect my medal. But where? A dispirited soul vaguely pointed down a darkened alley and muttered something about a car and a chap with a cardboard box. I didn't bother and went in search of the others.

The bright lights of the sports centre welcomed us and John hobbled off in search of first aid. After being sent in several different directions by an indifferent official he gave up and decided to drown his pain with a pint.

Membership Cards

Many sports shops offer members of athletic clubs affiliated to the AAA a substantial discount when purchasing sports kit. However most of these shops also, reasonably, demand proof of membership of such a club. To enable members of the club to take advantage of these discounts the Committee intends to issue members with a membership card.

Club Half Marathon Championships

Once again the Club Half Marathon Championship were held in conjunction with the Windsor Great Park Half Marathon. Eight Milocarians lined up at the start on the Long Walk. At the finish, also on the long walk, our first runner home was Doug Cowie in a time of 1:12.21 and in 6th position overall. The others:

Chris Hopkins	-	1:27.18
Gordon Howard	-	1:28.17
Nigel Gallier	-	1:29.06
Ian Jebson	-	1:32.14
Tudor Fox	-	1:35.58
Mike Sumpter	-	1:38.38
Rod Parker	-	1:41.05

We joined Frank in the presentation hall and, finally, decided to call it a day (it was 2 o'clock in the morning then) after hearing the ladies results had been lost and their prizes awarded to the wrong runners. What fate awaited the men, we dared not stay to see.

At least our hotel in Merthyr was better organised and we spent an excellent New Years Eve on the dance floor.

Club Kit

The following kit, emblazoned with the Club name can be obtained through Frank Boland:

Vest	-	£5
Mesh Vest	-	£5
Shorts	-	£6
Sweat Shirt	-	£9
T Shirt	-	£4
Tracksters	-	£9

Frank can be contacted on:
01-218-2837 (Work)
0474 874904 (Home)

MINUTES OF THE ANNUAL GENERAL MEETING OF THE MILOCARIAN ATHLETIC CLUB HELD AT RMA SANDHURST ON SATURDAY 14 OCTOBER 1989

Present:

General	Sir Charles Harington	President
Lt Col(retd)	G Howard	Chairman
Mr	F Boland	Cross Country Sec
FS	M Morris	Historian
Wg Cdr	TM Gibson	
WO	AC Hopkins	
Sgt	P Lawrence	
Sgt	W Reilly	
Sgt	M Sumpter	
Sgt	K Henderson	
Cpl	S Finch	
Mr	R Parker	
Mr	J Reeve	
Mr	M Wilson	
Mr	J Gilroy	Hon Secretary

1. The Club Chairman opened the meeting by thanking all those present for attending. He then went on to express his personal regret over the loss of WO Dave Davies; who would be missed for the effort he put in over the short period he was the Clubs' Cross Country Secretary as well as for his sterling efforts in turning out so regularly for the club.

Apologies For Absence

2. The Chairman passed on the Treasurers apologies for his absence on business. The Hon Secretary and Cross Country Secretary had received 12 other apologies.

Matters Arising From Previous Minutes

3. There were no matters arising from the previous minutes.

Sgt Sumpter proposed that the previous minutes be accepted as a true record of the previous meeting.

Seconded: Mr J Reeve
Carried unanimously.

Financial Report

4. In the absence of the treasurer, the Chairman presented the financial report to the meeting. The Club was still financially very sound with an excess of income over expenditure. Despite this the meeting felt that the club should continue to ask for a grant from the Services Sports Board to ensure that the Club does not slip out of their view.

ACTION: Club Chairman

5. Members were encouraged to claim their travel expenses and to facilitate this the Treasurer would soon be circulating a expenses claim form to all active members.

ACTION: Club Treasurer

6. The Chairman stated that Mr McCarthy had volunteered to continue as Treasurer for another year at least. This offer was unanimously accepted by the meeting.
7. Sgt Lawrence proposed that the accounts be accepted as a true record of the clubs financial position.

Seconded: Mr Parker
Carried unanimously.

Hon Secretary's Report

8. The Hon Secretary opened by stating that he was still worried about recruitment but that that topic would be dealt with under item 16. He also stated that as he was no longer an active serviceman it was perhaps time that he relinquished the post but was willing to leave this topic also until item 16 was discussed. Other than that he had nothing to report.

Cross Country Secretary's Report

9. The Cross Country Secretary started by thanking the Club for the excellent turnout at the fixture preceding the AGM and hoped it would continue throughout the season. He then gave a revised date, the 11th November, for the match against Kingston/Polytechnic. In addition to the fixtures on the recently published list he was pursuing two other fixtures, one against British Airways and the other against Thames Hare and Hounds. The trip to Nos Galan would only take place if enough members indicated interest. The Chairman then stated that the Club would be prepared to subsidise travel costs. The Chairman went on to thank Mr Boland for taking over as Cross Country Secretary at very short notice and for getting the season off to a good start.
10. Mr Boland was also Kit member and he gave a resumé of the club kit available through him:

Solid and mesh vest,
Traksters,
Tee Shirts,
Sweat Shirts.
11. There was a shortage of the Club flash and the name of the original supplier had been lost. It was hoped that the details could be ascertained from an old invoice and the flash ribbon re-ordered.

ACTION: Hon Secretary, Treasurer

Presentations

12. Unfortunately the glasses that were due to be presented as trophies had been lost in the post and had been re-ordered. The President agreed to present the Trophies at a later date.
13. The winners of the three annual trophy competitions were:

Cross Country: John Gilroy
Half Marathon: Douglas Cowie

Full Marathon:

Yet to be ascertained.

Committee

14. The make up of the present committee was reiterated by the Chairman:

President	General Sir Charles Harington
Chairman	Lt Col G Howard
Treasurer	Mr J McArthy
Hon Secretary	Mr J W Gilroy
Cross Country Sec	Mr Frank Boland
Road Running Secs	Sgts' Lawrence and Reilly
Historian	FS M Morris

15. He stated that the Club had had no active service members for some years and suggested that discussion on this topic should take place under the next item.

The Way Ahead

16. The Chairman re-stated the concerns that he had over the Clubs future which had already been set out in a letter to all active members. In essence the Committee were concerned that the Club was getting away from its roots as none of the main committee were active servicemen. The Club had had a lean period in the early 80's but was now much better. The committee were now losing touch with the Services and as a result future recruitment is likely to suffer, although current interest was still high.
17. The Committee felt that the Hon Secretary and Cross country Secretary should be active serviceman to ensure contact with the clubs' roots.
18. Sgt Lawrence stated that while the committee had cause for concern he felt that the continuity and stability given to the Club, over the past few difficult years, by having retired members in the focal roles of the committee was of a greater advantage. It was suggested that the solution lay in the roles of the service members and, after discussion, the meeting agreed with this view.
19. Discussion then moved to the roles of the Service Members, of which there could be 2 from each service. The consensus was that service members should be responsible for recruitment within their particular service and that this responsibility should be lifted from the Chairman and Hon Secretary. The President suggested that the Committee target specific members for these roles and approach them rather than ask for volunteers.
20. Before this could be discussed Wg Cdr Gibson and FS Morris both volunteered to take on the RAF posts. These offers were accepted by the Meeting.
21. The Navy members were felt to be a much more difficult problem as the Club has had no active RN members since the the advent of the RNAC. It was felt that the RN problem should be left to a later date and further investigation.
22. On the subject of Army members the Chairman stated that he would study the current membership list and approach individuals direct.

ACTION: Chairman

23. Further discussion then took place on method by which the club could maintain a high profile and improve recruitment. The following summarises the discussion.

24. Extra fixtures should be organised at Dartmouth and Cranwell to act as recruiting vehicles. Also the possibility of an end of season fixture at Sandhurst should be investigated.

ACTION: Cross Country Secretary

25. RMA Sandhurst should be approached to provide a PO Box type facility to ensure that members and would be members could always gain contact with the Club.

ACTION: Chairman

26. Mr Boland stated that he was happy to continue as Cross Country Secretary until the end of the season but was then due for posting. Sgt Sumpter volunteered to take over from Mr Boland for the 1990/91 Season. This offer was wholeheartedly accepted by the meeting.

27. Mr Gilroy stated that as the responsibility for recruitment had been lifted from the Hon Secretary's shoulders he was happy to continue if the meeting so wished. The meeting was unanimous that Mr Gilroy should remain in post.

Any Other Business

28. History. FS Morris told the meeting that he had progressed well but had hit a large gap which he was unable to fill. The history was continuous from the formation until 1956 and from 1966 up to date. However he was finding difficulty in filling the 9 year gap between 1956 and 1966. He appealed for any member with data from those dates to contact the committee. In addition all photograph from the last ten years would be more than welcome.

29. Road Racing. The Hon Secretary informed the meeting that, despite the efforts of Sgts Lawrence and Reilly the Road Racing season had not been a success. As a result the committee were going to review the matter over Xmas, once the cross country season was well under way.

30. Committee Meetings. Three of these had now been held since the last AGM and the committee intended to continue meeting regularly to further the clubs interests.

31. Thanks. The President expressed his thanks to the Chairman, on the behalf of the Club for the effort he had put in on the Clubs behalf.

32. There being no further business the Chairman closed the meeting at 1820 hours.



JW Gilroy
Hon Secretary

MILOCARIANS ATHLETIC CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31ST DEC. 1988

	<u>1988</u>		<u>1988</u>		<u>1987</u>
150.13	Postage and Admin	65.14	Subscriptions	472.85	527.85
225.40	Travel	161.50	Deposit Interest	63.04	69.56
34.50	Affiliation Fees	34.50	National Savings Bank	119.83	122.07
87.53	Entertainment	81.88	Dividends Less Tax	75.76	73.74
61.74	Opening Stock	141.38	Tax On Dividends	27.26	27.26
94.64	Purchase Of Stock	89.25	Grant	150.00	NIL
	(Less Club Subsidy On Sales)	9.25	Donations	NIL	NIL
322.92	Excess Of Income Over Expenditure	274.50	Sales	80.00	15.00
			Stock	NIL	141.38
<u>976.86</u>		<u>988.74</u>		<u>988.74</u>	<u>976.86</u>

MILOCARIANS ATHLETIC CLUB

BALANCE SHEET AS AT 1ST JANUARY 1989

	<u>1987</u>	<u>1988</u>	<u>1987</u>
3759.10	3759.10	4082.02	27.26
Accumulated Fund As At 1st January 1988		Sundry Debtors (Inland Revenue)	
322.99	322.99	25.24	999.86
ADD Excess Of Income Over Expenditure		274.50	999.86
NIL	NIL	Treasury 10% Convertible Stock Due 1990	999.86
Sundry Creditors		NIL	NIL
		CASH AT BANK	
		Nat. West Bank PLC	
		132 High Street	
		Southend On Sea	
		A. Current A/C	462.19
		B. Deposit A/C	1466.79
		NATIONAL SAVINGS BANK	1401.17
		CASH IN BANK	NIL
		STOCK	141.38
4082.02	<u>4082.02</u>	<u>4355.25</u>	<u>4082.02</u>
		4355.25	