

# MILONEWS

The News Letter of Milocarian AC

Issue 13 - January 1991

Once again we are here with the news and views of the Milocarian Athletic Club. This is your newsletter, why not write a few lines. It would be nice to read about how our members, away from the London area are doing, especially overseas. Whether you are still running or not, the newsletter is away of keeping in touch. So why not write and let us know where you are now

Mike Sumpter

## ANNUAL GENERAL MEETING

The Club's 1990 Annual General Meeting was held on Saturday 1st December 1990, following the Randalagh "Ellis Trophy" fixture in Richmond Park. The Meeting was attended by the President General Sir Charles Harington, the committee and 9 other members. Apologies were received from 5 members. A copy of the minutes from that meeting is included with this newsletter. A copy of the financial report is also attached. Please take the time to read them and pass on any comments to either myself or the Chairman. Thank you.

Mike Sumpter

## THE FRANKFURT MARATHON

Five members were among a party of ten who travelled to Germany on the 29th October 1990 to take part in the FRANKFURT MARATHON. The Club made a donation of £150 towards travel costs. Sgt Doug Cowie, the organiser writes.....

Will you please, on my behalf say a couple of thankyou's.

First of all to the Club for the generous donation towards travel costs.....

To Ian Greenhalgh for organing the transport and to Ruben Zamara (USAF) for organising our accommodation.

All team members enjoyed their "overseas trip" and it is hoped it can be repeated again in the future and give other members the opportunity to compete abroad in a top international event.

Thanks to our American friend Ruben, the team enjoyed first class food and accommodation. Ruben is posted to Berlin in June 1991 for 13 months. Could a Milo's team make it to the 1991 Berlin Marathon.....

Food for thought!

A report of the trip made Royal Air Force News dated 23 Nov 1990.

## **Frankfurt marathon**

THE MILOCARIANS, the athletic team of the three 'Services' was represented in the Frankfurt International Marathon on Sunday 29 Oct.

On this occasion the team selected consisted of nine RAF runners and one runner from the

USAF base at Greenham Common.

The team enjoyed the hospitality of Lindsay Air Station at Wiesbaden during their stay in Germany.

Over 9000 runners toed the line and the race started in favourable weather conditions. Unfortunately these conditions changed drastically after about an hour. The breeze turned to a strong wind, the drizzle turned to steady rain and there was a severe drop in temperature.

First home for the Milocarians was *Sgt Doug Cowie*, NATO Oakhanger in 65th position in a time of 2.32.07. Other team members were:

Fly off. *Damian McCay*, Strike Command 2.39.01, *Flt. Sgt. John Mackie*, Valley, 2.45.31, *SqnLdr Ian Greenhaugh*, Halton, 2.47.55, *Sgt. Eric Thomas*, St Mawgan, 2.52.07, *Sgt. Bill Reilly*, Benson, 3.02.23, *S/Sgt Ruben Zamara* USAF G'ham Common, 3.08.29, *Sgt Ian Jebson*, Northolt, 3.10.12, *SAC, Neil Cochrane*, Coningsby, 3.25.03, *Flt Lt Carl Lane*, Coningsby, 3.48.26.

The Chairman also found another clip, this time, from the National Press, The Daily Telegraph, no less. It was a report from last season concerning one of our inter-club fixtures on Wimbledon Common, where, it is said, Veterans AC won the team competition by some cunning juggling of the number of runners to count. Anyway our own Tim Jones won the race in a time of 25m 24s.

**INTER-CLUB 5 miles (Wimbledon Common): T Jones (Milocarians) 25m 24s. Team: Veterans AC 37pts.**

Tim also did well, I hear, in the Nottingham Marathon, recently, wearing his Milo vest. His time was a creditable 2 hours 25 minutes. WELL DONE TIM!

## CROSS COUNTRY

The season so far has been busy with some 11 fixtures already under our belt. Four of those have been in the Chiltern League, which we joined this season. These events are of a high standard, but we haven't been daunted and the Club has managed to field at least 8 runners. Here are a few results that we have to hand.

### HOME FIXTURE - RMC SANDHURST on 6th October 1990.

A cold, wet and windy day greeted our home fixture at Sandhurst. It rained on and off for most of the afternoon.

Individual Results	Winner:	Hicken	Metropolitan Police
	6th	D Cowie	
	13th	I Greenhalgh	
	18th	S Finch	
	26th	G Adams	
	31st	T Hamilton	
	33rd	J Gilroy	
	34th	James	
	38th	Hopkins	
	41st	W Reilly	
	47th	I Jebson	
	57th	T Fox	
	62nd	J McCarthy	
	68th	F Boland	
	72nd	M Wilson	
	73rd	R Parker	
	79th	N Niblock	
	DNR	M Sumpter	

There were 81 runners, of which 16 were Milocarian AC.

Team Results (scoring 7 aside):	1st	Ranalagh A
	3rd	Milocarian A
	9th	Milocarian B

There were 9 teams.

### CHILTERN LEAGUE FIXTURE - BANBURY on 13th October 1990.

A long drive for most of us, being someway outside the London area. The weather was pleasant, and the sun was shining. In fact parts of the course were quite dusty. The course was partly over school playing fields and partly over undulating pastureland.

continued.....

Individual results:	Winner:	C	Addison	Vale of Aylesbury	28m 54s
	21st	I	Greenhalgh		32m 09s
	55th	T	Hamilton		34m 35s
	73rd	I	Jebson		35m 36s
	113rd	W	Reilly		37m 41s
	114th	F	Boland		37m 42s
	116th	J	McCarthy		37m 48s
	139th	M	Wilson		39m 48s
	152nd	M	Sumpter		42m 25s
	163rd	L	McMahon		45m 11s

There were 171 runners, of which 9 were Milocarian AC.

Team Results:	1st	Vale of Aylesbury
	13th	Milocarian AC

There were 17 teams.

### CHILTERN LEAGUE FIXTURE - HIGH WYCOMBE on 27th October 1990

This fixture was spoilt only by the excessive long walk, up hill, from the car park to the start. Those that ignored the parking instructions and looked at a map of the area, saw that they could park considerably nearer the start and finish area. The Cross Country Secretary, following his own instructions, almost didn't make the start. The course was mainly over rough pastureland with some steep wooded slopes thrown in for good measure.

Individual Results:	Winner:	C	Addison	Vale of Aylesbury	34m 12s
	6th	T	Jones		35m 50s
	23rd	S	Finch		37m 55s
	63rd	J	Gilroy		41m 05s
	111th	M	Wood		43m 45s
	133rd	T	Fox		44m 56s
	147th	F	Boland		46m 32s
	166th	R	Parker		49m 11s
	171st	M	Sumpter		50m 21s

There were 191 runners, of which 8 were Milocarian AC.

Team Results:	1st	Vale of Aylesbury
	15th	Milocarian AC

There were 17 teams.

### ORION HARRIERS FIXTURE - CHINGFORD on 24th November 1990.

This race was over the usual Orion 7 mile course in Epping Forest. It was just as muddy as it always is and the hills were just as steep.

continued.....

Individual results:	Winner:	J	Wallis	Orion Harriers	37m 38s
	4th	S	Finch		39m 08s
	19th	T	Hamilton		44m 13s
	24th	I	Jebson		45m 12s
	38th	F	Boland		47m 00s
	40th	G	Howard		47m 42s
	49th	H	Van Arem		50m 02s
	55th	J	Iqbal		52m 04s
	64th	M	Sumpter		54m 11s
	67th	J	Carroll		56m 05s
	DNF	N	Niblock		

There were 72 runners, of which 9 were Milocarian AC.

Team Results (scoring 7 aside):	1st	Orion Harriers
	5th	Milocarian AC

There were 6 teams.

### **RANALAGH AC FIXTURE (THE ELLIS TROPHY) RICHMOND on 1st December 1990**

Again, the usual 6 mile course over the familiar Richmond Park. The ground was fairly dry and the going was fast.

Individual Results:	Winner:	J	Barnard	Ranalagh AC	28m 15s
	22nd	I	Greenhalgh		30m 41s
	28th	G	Adams		31m 07s
	68th	W	Reilly		33m 14s
	75th	I	Jebson		33m 36s
	91st	G	Howard		34m 28s
	100th	T	Fox		34m 58s
	106th	F	Boland		35m 15s
	115th	J	Kennedy		37m 35s
	144th	M	Van Arem		37m 36s
	150th	M	Wilson		38m 13s
	155th	R	Parker		38m 59s
	161st	M	Gibson		39m 45s
	174th	M	Sumpter		41m 37s
	186th	K	McMahon		44m 28s
	188th	J	Carroll		45m 27s

There were 196 runners, of which 15 were Milocarian AC.

Team Results (scoring 10 aside):	1st	Ranalagh
	7th	Milocarian AC

There were 11 teams.

MINUTES OF THE ANNUAL GENERAL MEETING OF THE MILOCARIAN ATHLETIC CLUB  
HELD AT ANCASTER HOUSE, THE ROYAL STAR AND GARTER HOME, RICHMOND ON  
SATURDAY 1st DECEMBER 1990

Present:

General Sir Charles Harington		President
Lt Col(Retd)	G Howard	Chairman
FS	M Sumpter	Secretary
Mr	J McCarthy	Treasurer
Mr	F Boland	Cross Country Secretary
Wg Cdr	M Gibson	
Sqn Ldr	I Greenhaigh	
Maj	G Adams	
Sgt	W Reilly	
Sgt	I Jebson	
Mr	M Wilson	
Mr	J Gilroy	
Mr	R Parker	
Mr	I Green	

Apologies for Absence

ACTION

1. The Hon Secretary reported that he had received the following apologies:

Tim Jones  
Doug Cowie  
John Reeve  
Harvey Stephan  
Tudor Fox

Matters arising from the previous minutes

2. The Chairman stated that the previous minutes had been published in Milonews No.11 and as there were no matters arising from them, it was proposed that the previous minutes be accepted as a true record.

Proposed: John Gilroy  
Carried unanimously.

Chairmans Review

3. Welcome to you all, especially our president who I am delighted to see in his usual robust good health, and thank you for attending. I really have little to add to my comments in the first of Mike sumpter's MILONEWS. only that Mike has settled in well and Frank Boland is continuing to do stirling work as the Cross Country Secretary. Support in numbers for our meetings continues to give satisfaction and it is nice to see Milos coming near the front again. I have been informed that the Duke of Edinburgh is our patron, a fact which lay fallow for some 27 years. I have updated the palace and we propose to keep him informed of our activities on an annual or bi-annual basis. Before getting down to business, I thank General Sir Charles for using his influence to arrange this venue for us.

## Financial Report

4. The Treasurer circulated copies of the audited and approved Balance Sheet. He reported that the Club's finances were still healthy and members are encouraged to claim travelling expenses. It was agreed that the rate should remain at 6p per mile.

Mr John Gilroy proposed that the accounts be accepted as a true record of the Club's financial position.

Seconded: Wg Cdr Mike Gibson  
Carried unanimously

## Hon Secretarys' Report

5. The Secretary reported that he was still trying to find his feet as secretary and there was little to report. Issue No 12 of Milonews was produced in early October, but was not fully distributed till mid November whilst waiting for confirmation of the AGM location etc. He informed the meeting that Milonews costs about 25 per edition to produce and distribute (120 copies). The next edition is planned for mid January 1991.

## Cross Country Secretarys' Report

6. The Cross Country Secretary reported that fixture attendance had been quite good. There has been between 13 and 22 runners at the fixtures so far. Joining the Chiltern League had increased the number of fixtures by 5, but one or two have clashed with our traditional fixtures like the Ranalagh 3.9 mile race. Members are encouraged to make maximum effort to attend these league fixtures to make joining the league worthwhile. He advised the meeting of a new league fixture for the 12th January 1991 and of the change in the Bank of England fixture from the 26th January 1991 to a date, not yet fixed - Feb 91? Further fixtures with Thames Hare and Hounds and British Airways were still a possibility.
7. It was agreed that the Sandhurst fixture, our 'home' fixture should return to its usual date, the second saturday in October, next season. The possibility of the club entering a team in the Southern and National Cross Country Championships would be looked at for next year.

Cross  
Country  
Secretary

## Presentation of Trophies

8. The Hon Secretary announced the results of the annual trophy competitions.

Cross Country Champion.	Gordon Howard
Cross Country Runner-up.	Frank Boland
Full Marathon Champion.	
1989	Bill Reilly
1990	Yet to be ascertained.
Half Marathon Champion.	
1989	Doug Cowie
1990	Not yet competed for.

9. The new trophies had not yet arrived but were on there way. Due to the increase in the numbers of members competeing it was decided to introduce an extra cross country trophy. The champion will now receive a engraved wine decanter and the usual glass will be presented to the runner-up. A further trophy was discussed and agreed. It would be presented to the seasons' most improved runner, as decided by the committee. The perpetual trophy has turned up and its presentation would be discussed at the next committee meeting.

Committee

### Committee Members

10. All committee members agreed to continue in post and there were no new proposals. A vote of thanks were passed to the President, who was also happy to continue in post.

### Any other business

11. The Dead Letter box at Sandhurst was discussed and the President asked who actually did the redirection of mail whenever it appeared, and perhaps some small gift be made. The Chairman undertook to deal with this topic.
12. A letter of thanks was read out from Doug Cowie concerning the financial support the Club made towards the trip to the Frankfurt Marathon (a sum of 150). It was a successful outing and there was general agreement that further such ventures involving members should be encouraged. It was suggested that a shorter race venue would attract more responce. The 'Bruggen 10' was thought to be a suitable venue. Gary Adams undertook to contact 13 Signal Regiment to see if accommadation could be found for the fixture, before any final plans could be made.
13. A venue for the Club's half marathon championship was discussed as the Watford date fell awkward for the Services major competitions. The Cross Country Secretary would look at other venues in March 1991 period.
14. There being no other business the Chairmen closed the meeting at 1745 hours.

Chairman

G Adams

Cross  
Country  
Secretary



MILOCARIANS ATHLETIC CLUB

BALANCE SHEET AS AT 1ST JANUARY 1990

	<u>1988</u>	<u>1989</u>	<u>1988</u>
	4082.02	4354.25	
Accumulated Fund as at 1st January 1989			24.24
			24.24
	272.23	278.54	
ADD Excess of Income over Expenditure			999.86
			999.86
	NIL	NIL	
Sundry Creditors			
			999.86
			999.86
			24.24
			24.24
			1466.79
			1466.79
			1553.50
			1553.50
			1401.17
			1401.17
			NIL
			NIL
			4354.25
			4354.25
			4632.79
			4632.79
			4354.25
			4354.25

*Audited and approved*

*Pauline FCA  
1st October 1990.*

MILOCARIANS ATHLETIC CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31ST DEC. 1989

	<u>1988</u>		<u>1989</u>		<u>1989</u>	<u>1988</u>
	43.09	Postage and Admin	64.23 ✓	Subscriptions	703.85	482.85
	161.50	Travel	272.40 ✓	Deposit Interest	89.32	63.04
	34.50	Affiliation Fees	34.50 ✓	National Savings Bank	152.33	119.83
	103.93	Entertainment	95.87 ✓	Dividends	100.00	100.00
	89.25	Stock Purchases	262.00 ✓	Grant	NIL	150.00
	141.38	Stock Written Off (Less Club Subsidy on Sales)		Donations	NIL	
	-	Donations	35.50 ✓	Sales	81.00	80.00
	149.84	Trophy	83.46 ✓	Stock	-	NIL
	272.23	Excess Income Over Expenditure	278.54			
	<u>995.72</u>		<u>1126.50</u>		<u>1126.50</u>	<u>995.72</u>