

# MILONEWS

The Newsletter of Milocarian AC

Issue 17 - December 1992

Comments and contributions to:

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## AN INVITATION TO TEA

(but there's a catch)

### The Chairman's Message

The Autumn of 1992 has seen the start of possibly the club's most successful season for a while. Let's fulfil that promise! Well done those amongst you who have supported us so far, but we need to keep it up. Having done reasonably well in our Chiltern League races, we were then successful against both the Bank of England and Kingston AC & Polytechnic Harriers. It only took a few of the faster members to choose the same day off, however, to see us lose the match against a strong Thames Hare and Hounds the week after. We are showing that the Milocarrians can do well. Speaking for the committee, it makes our efforts worthwhile.

Elizabeth and I would be happy to see those of you who can make the Gade Valley race on the 19th December for tea at our home afterwards (the runners are welcome to shower here!)

Gordon Howard

## THE SEASONS GREETINGS TO ALL OUR READERS!

IF THIS MILONEWS REACHES YOU BY A CIRCUITOUS ROUTE  
PLEASE LET ME (MIKE SUMPTER) KNOW  
YOUR NEW ADDRESS

KEEP YOUR CLUB INFORMED OF YOUR GLOBE TROTTING!

## MILO'S OWN STRIP SHOW

At the last AGM it was suggested that the design of our club running vest might be changed by doing away with the current logo which, as any regular runner will know, creates rough edges on the inside of the vest that are very hard on the nipples and substituting stripes in the Milocarian colours. The vest itself would remain navy blue. Our kit suppliers confirm that they can provide three colour stripes horizontally, vertically or diagonally: there are 2 main cost factors; firstly, the greater the number of stripes the greater the expense and secondly, stripes back and front are more costly than stripes on the front only. It is possible also to have stripes on the front and the logo on the back; again, this costs, but not a lot. Prices are likely to be in the region of the following :

- |    |   |        |
|----|---|--------|
| a. | Three bands, front only                             | £9.50  |
| b. | Three bands, back and front                         | £9.95  |
| c. | Three bands, front only and<br>the logo on the back | £10.50 |

The orientation of the stripes does not affect the price.

Please think about the choices and then let any member of the committee have your opinion and do not forget that no change is also an option. Once we know how the majority feel we will make the necessary arrangements with a view to introducing the "new look" for the 1993/94 season. If the cross-country secretary can persuade Fastrax to produce a sample, he may model it at some of this season's fixtures.

# WHOSE LOCARIANS

By Neil Wood

It was my elder son - the photographer, not the runner - who asked me if Milocarian was one or two words. As you would imagine, I immediately launched into an explanation of the derivation of our club name; a combination of the early Olympian, Milo, and Icarus, the birdman, symbolising together our Army and RAF origins.

I was warming to my theme when I became aware that I was getting "the look". Any parent of a teenager will recognise it; half pity, half exasperation, it says softly but clearly "Oh dear, he doesn't understand". Normally it is provoked by some unguarded remark on the tunelessness of modern music or the tastelessness of modern clothes, however, on this occasion I obviously had not caught the significance of his question. He repeated it: "Is Milocarian one word or two?" and then explained patiently, as if to a particularly dense child, that he sometimes suspected that it was really called the Locarians and that I regarded it as mine.

Well, as you can imagine, that set me thinking. My first reaction was that the club in no way was mine but, rather, I belonged to it. After all, I am the club's cross-country secretary, doing my bit in the club's name. I have to admit to bandying the Milocarian name around rather freely, which might be construed as acting as if I owned it, but I prefer to regard that as giving the club exposure, all in the cause of recruiting - keeping the Milos in the public eye you could call it. I wonder if I could get David Mellor into Milocarian strip?

Nevertheless, there is no doubt that the relationship between club and secretary changes as the season gets under way. Beforehand the secretary is arranging the club's fixtures, speaking on its behalf to other clubs and associations and pledging it to dates and places. It is a nice, academic exercise and can be undertaken with a degree of detachment. Commitments are farmed and massaged to balance fun and competition, to maintain links with friendly clubs and to ensure a good geographical distribution of races, so loyal members don't end up doing 4 hours driving for 40 minutes racing every time they turn out.

But it is when the racing starts that things become more personal and perhaps more possessive. The regular Milo must come to dread the Friday night 'phone call, the runner's equivalent of unexpected visit by the KGB. And frankly, I do not enjoy making the calls and this is where the personal aspect arises: I can never avoid the feeling that I am pressuring runners to turn out for me, rather than for themselves. I know this does not stand up to even cursory analysis; after all, you join the club voluntarily to enjoy some running and all the secretary does is to lay on the opportunities. I should not feel possessive, I know, but I have to confess that, when the club turns out in strength and gives good account of itself, as in the Chiltern League last year, then it's My Locarians and nobody else's: similarly, if we have a poor showing I am very disappointed. Just now and then the odd thing makes me want to renounce ownership - usually it is the sight of Barry Rickard's shorts!

## OCTOBER RACE REPORT

By Neil Wood

The Club's performance during October seems to have been on a steadily rising curve; from our opening race at Sandhurst, where we were rather underpowered, to the match at the Bank of England in which the opposition was overwhelmed.

Our home match attracted a good turn out of Milocarians and teams from other clubs. This year Ranelagh left its storm troopers at home and allowed the Metropolitan Police to take custody of the Terry Lewins Trophy, their leading runners getting the first 3 places. As ever, Steve Finch was first Milo to finish, in 10th place and Peter Johnson, making a welcome return in a Milos' vest, was 15th. However, there were runners missing who could have swung the match in our direction, but that reflects the main drawback of our scattered membership. Nevertheless, it was a thoroughly enjoyable event made possible by Sandhurst's generous support for which we are eternally grateful. We must also say a warm thank you to Keith Henderson who, helped by the committee's wives, produced a splendid tea.

Two Chiltern league races followed, the first a flat out steeplechase around the outskirts of Silverstone racing circuit and by contrast, the second introduced some proper hills, mud and cow pats at Wycombe. We turned out a promising team at Silverstone and came 10th out of 17 teams with 1,205 points. Interestingly, we were also 10th in the first league race, last year, in a similar sized field, with only 800 points. So, the good teams are getting better and the rest worse. Steve Finch carried on where he left off last year and came a stirring 9th. Ian Barker, a new recruit, finished in 30th place with a very promising run. As usual, the vets did well; led by Fred Watt in 57th place, they finished 9th out of 17 teams.

Wycombe attracted the club's true masochists to take on another 200 strong league field. This time Steve Finch improved a place on his previous run and took a tremendous 8th and another new recruit, Glyn James, boosted the team's spirits by finishing strongly in 21st, just ahead of Phil Carr in 25th. The team packed well and a score of 1,341 points propelled the Milos into 6th place: the golden oldies came 2nd. After 2 races we are 8th in the senior ranking and 3rd in the vets out of 17 teams.

Just to finish off October on a high note, the strongest team the cross-country secretary has yet seen went to Roehampton and turned over the Bank of England and Kingston & Poly AC. Four out of the first five finishers were Milos with Steve Finch and Alan Turnbull sharing the lead. It was good to see Doug Cowie making a comeback in 4th place, Ian Barker close behind in 5th and the rest of our 8 to count well packed into the first 15 places. The cross-country secretary felt that Christmas had come early and the satisfaction was complete when he saw the result in the Daily Telegraph on the following Monday - fame at last!

**TURN OVER FOR RACE RESULT PRECIS  
AND  
CLUB POINTS**

# OUR HOME FIXTURE

Sandhurst, on 3rd October 1992

							Club Points
Individual Results:	Winner	E	Thomas	Met Police	30m	48s	---
	10th	S	Finch		32m	36s	20
	15th	P	Johnson		33m	14s	19
	23rd	N C	Wood		34m	34s	guest
	26th	F	Watt		34m	49s	18
	31st	B	Reilly		35m	25s	17
	35th	N	Wood		36m	25s	16
	40th	I	Jebson		37m	12s	15
	41st	C	Pratley		37m	16s	14
	43rd	P	Stunt		37m	26s	13
	47th	S	Bennison		37m	40s	12
	52nd	K	Henderson		37m	54s	11
	71st	J	McCarthy		40m	07s	10
	78th	N	Niblock		41m	33s	9
	80th	J	Reeve		42m	14s	8
	81st	D	Spouge		42m	51s	7
	85th	M	Sumpter		46m	41s	6

There were 86 runners, of which 16 were Milocarian AC.

## CHILTERN LEAGUE FIXTURE- RACE 1

Silverstone, on 10th October 1992 (SILSON AC)

							Club Points
Individual Results:	Winner	C	Wood	Gade Valley H	31m	02s	---
	9th	S	Finch		33m	01s	20
	30th	I	Barker		33m	57s	19
	57th	F	Watt		35m	29s	18
	93rd	B	Reilly		36m	44s	17
	117th	J	Gilroy		37m	32s	16
	125th	N	Wood		38m	02s	15
	149th	P	Brown		38m	58s	14
	161st	K	Henderson		39m	25s	13
	4169th	P	Thompson		40m	04s	12
	171st	T	Fox		40m	10s	11
	189th	B	Plummer		41m	20s	10

There were 228 runners, of which 11 were Milocarian AC.

Team Results:	Senior	1st	Vauxhall AC	
		10th	Milocarian AC	There were 17 teams.
	Veterans	1st	Vauxhall AC	
		9th	Milocarian AC	There were 17 teams.

**CHILTERN LEAGUE FIXTURE - RACE 2**

High Wycombe, on 24th October 1992 (WYCOMBE AC)

Individual Results:	Winner	C	Wood	Gade Valley H	35m	28s	Club Points
	8th	S	Finch		37m	26s	20
	21st	G	James		38m	55s	19
	25th	P	Carr		39m	12s	18
	54th	F	Watt		41m	00s	17
	83rd	I	Jebson		42m	33s	16
	86th	B	Reilly		42m	42s	15
	105th	N	Wood		43m	41s	14
	111st	P	Brown		44m	00s	13
	136th	K	Henderson		45m	14s	12
	150th	T	Fox		46m	09s	11
	205th	M	Sumpter		56m	20s	10

There were 211 runners, of which 11 were Milocarian AC.

Team Results:	Senior	1st	Burnham Joggers	
		6th	Milocarian AC	There were 17 teams.
	Veterans	1st	Vauxhall AC	
		2nd	Milocarian AC	There were 17 teams.

**BANK of ENGLAND FIXTURE**

Richmond Park, Roehampton, on 31st October 1992

Individual Results:	Winner	S	Finch	Milocarian AC	25m	28s	Club Points
	Winner	A	Turnbull	Milocarian AC	25m	28s	20
	4th	D	Cowie		26m	38s	18
	5th	I	Barker		26m	53s	17
	9th	B	Reilly		28m	32s	16
	11th	J	Gilroy		28m	52s	15
	12th	I	Turnbull		29m	12s	guest
	24th	N	Wood		35m	00s	14
	18th	C	Rose		30m	01s	13
	20th	K	Henderson		30m	15s	12
	25th	G	Howard		32m	16s	11
	26th	P	Thompson		32m	22s	10
	32nd	M	Sumpter		38m	17s	9

There were 34 runners, of which 13 were Milocarian AC.

Team Results:	1st	Milocarian AC	59 pts	There were 3 teams.
(8 to count)	2nd	Kingston & Poly	123 pts	
	3rd	Bank of England	137 pts	

**KINGSTON & POLY AC FIXTURE**

Richmond Park, on 7th November 1992

						Club Points
Individual Results:	Winner	S	Finch	Milocarian AC	26m 43s	20
	2nd	D	Cowie		27m 57s	19
	3rd	I	Barker		28m 10s	18
	7th	J	Gilroy		29m 35s	17
	8th	I	Jebson		29m 42s	16
	9th	B	Reilly		30m 02s	15
	12th	N	Wood		30m 50s	14
	17th	K	Henderson		31m 35s	13
	18th	T	Fox		31m 40s	12
	21st	G	Howard		32m 56s	11
	23rd	P	Thompson		33m 38s	10
	27th	B	Plummer		34m 46s	9
	31st	M	Sumpter		40m 22s	8

There were 31 runners, of which 13 were Milocarian AC.

Team Results: (10 to count)	1st	Milocarian AC	98 pts	There were 2 teams.
	2nd	Kingston & Poly	147 pts	

**THAMES HARE & HOUNDS FIXTURE**

Wimbledon, on 14th November 1992

						Club Points
Individual Results:	Winner	?			28m 41s	---
	4th	S	Finch		29m 00s	20
	12th	F	Watt		31m 26s	19
	14th	B	Reilly		32m 25s	18
	16th	I	Jebson		32m 48s	17
	22nd	P	Stunt		33m 46s	16
	26th	K	Henderson		34m 27s	15
	28th	T	Fox		34m 45s	14
	30th	N	Wood		35m 27s	13
	32nd	G	Howard		36m 15s	12
	35th	P	Thompson		37m 17s	11
	38th	M	Sumpter		44m 31s	10
		J	Gilroy	(DNF-Injury)		5

There were 38 runners, of which 11 were Milocarian AC.

Team Results: (8 to count)	1st	Thames Hare & Hounds	79 pts	There were 3 teams.
	2nd	Met Police	87 pts	
	3rd	Milocarian AC	150 pts	

# LETTER FROM AMERICA

(Well not quite that far West - Cornwall really!)

September 13th 1992

By Eric Thomas

Just a few lines to let you know that there is life this far west and yes! I am still running and no! I haven't got any injuries at the moment. (Added by the Editor!).....

I rang last week and missed you. You were off Volcano hopping was the description. Initially I phoned to give you some race results for the Milo Magazine. I now have another because I ran the Ivybridge Beacon Race on the 12th September.

Results as follows (Running in a Milos Vest):

Lanherne 5.25 mile Cross Country & Road, Watagate to St Columb Major, 17th August 1992  
Finished 8th overall, 1st Vet overall & 1st Vet (45) Time 30m 55s

Two Counties 10 miles Road, Holsworthy to Bude, 23rd August 1992  
Finished 11th overall, 1st Vet (45) Time 58m 20s (Six miles uphill!)

The Dartmouth Carnival Race, 5.25 miles Road 29th August 1992  
Finished 10th overall, 2nd Vet overall & 2nd Vet (45), Time 30m 20s (Very Hilly)  
I won a very nice engraved pot!

The Ivybridge Beacon Race, 6.5 miles

Finished 11th overall, 2nd Vet overall & 1st Vet (45) Time 37m 50s (Very Pleased!)  
Uphill start to 3 miles, 2.5 miles downhill then 1mile flat. Lost several places going uphill (from 4th to 16th) up the river bed and onto the moor up to the Beacon. Made up five places on the maniac downhill run.

I intend to run at the Benson 7 and maybe one more road race plus one cross country before I run the Truro Half marathon on the 18th October to raise money for the Newquay Hospital Physiotherapy Department. Just a thought - no pressure - would anyone consider a sponsor form?

See you at Benson, maybe!

Eric

Editors Note!

Sorry Eric, too late to publish your letter in Milonews 16, so it's been left for Milonews 17 but thanks anyway for letting us all know how you are running - keep wearing the vest and put the Club on the map!

## STOP PRESS

# MILOS WIN ELLIS TROPHY

A Strong team led by Alan Turnball and Steve Finch delighted us all (and especially the Cross Country Secretary) by holding off such auspicious competition as the Met Police, Hercules AC and the host club Ranelagh AC.

A bright dry day in Richmond Park saw a strong team of 15 Milocarians put in a stirring performance and snatch the Ellis Trophy that has for many years eluded us - perhaps this might be a sign that come next October we may be able to win back our own Terry Lewins Trophy

**MINUTES OF THE ANNUAL GENERAL MEETING OF  
THE MILOCARIAN ATHLETIC CLUB**

**HELD AT RMA SANDHURST ON SATURDAY 3rd OCTOBER 1992**

Present:

General Sir Charles Harington	President
Gordon Howard	Chairman
Mike Sumpter	Secretary
John McCarthy	Treasurer
Neil Wood	Cross Country Secretary
Steve Finch	
Ian Goldsmith	
Keith Henderson	
Ian Jebson	
Peter Johnson	
Norman Niblock	
John Reeve	
Bill Reilly	
Dave Spouge	
Paul Stuart	
Fred Watt	

Apologies for Absence

1. The following apologies were received :

Simon Appleton	Roger Clark
Doug Cowie	Ted Hamilton
Paul Lawrence	Eric Thomas
Peter Thompson	Mike Wilson

Matters arising from the previous minutes.

2. The minutes were published in Milonews 16. There were no matters arising.

Previous Minutes.

Proposed : Gordon Howard    Seconded : Bill Reilly    Passed Unanimously

Chairman's Review

3. The Chairman welcomed everybody to the meeting and thanked all for turning out. He reiterated his comments in Milonews 16 regarding the need for serving members on the committee, as only one, the secretary is still serving. He also requested a vote of thanks to the Ladies who, with Keith Henderson, provided the super tea. The Club's thanks were duly recorded to both Keith and the Ladies.

Vote of thanks to Keith and the Ladies.

Proposed : Mike Sumpter    Seconded : John McCarthy    Passed Unanimously

## Committee members

4. The Chairman asked if there were any volunteers and as none were forthcoming asked if the present committee were prepared to remain in office. It was pointed out that although the Cross Country Secretary would be prepared to continue for this season, a replacement would be necessary by the end of the season. It is important that this post is filled by a serving member. A vote of thanks was recorded for the on-going committee.

Committee Members reinstated.

Proposed : Norman Niblock    Seconded : Ian Jebson    Passed Unanimously

## Financial Report

5. The Treasurer circulated copies of the audited and approved Balance Sheet. The Club's finances are still healthy despite increased costs, not least, the addition of bank charges, which we were fortunately exempt from in the past. Alternate saving or cost cutting methods have been looked at but it is felt that the upheaval of changing banks would probably result in some loss of income from those 'forgotten' standing orders. A copy of the financial statement is attached. The President asked whether the Club still approached the Combined Services for a grant. The Chairman replied that as the Club's finances were extremely healthy, it was felt that the grant could be better utilised by those who had more need. The President suggested that the Combined Services be reminded that the Club was once granted an annual donation and that in the past few years have waived that grant; in case, some time in the future we might have need to renew that annual grant.

Action :    Chairman

## Financial Report.

Proposed : Neil Wood    Seconded : Ian Jebson    Passed Unanimously

## Hon Secretary's Report

6. The Secretary had little to report except to tell the meeting that the next Milonews would be published just before Christmas. He also asked for reports from the members about their running exploits during the summer or whenever - so that the rest of the Club can see that there is life after the end of the cross country season. He would like the Milonews to be more informative than just a results round up. The Secretary also reminded the Treasurer that he still awaited the information he needs to update the Club's membership directory.

Action :    Treasurer

## Cross Country Secretary's Report

7. I will divide this into 3 parts and cover last season, the summer and the fixture list for the coming winter, in that order.

So, last season; we contested 15 races and the Fleet Half marathon, over 50 runners represented us and we managed to turn out at least 8 for every fixture - this was perhaps the most pleasing aspect from my point of view. Our most notable achievement was, I'm sure you will agree, our performance in the Chiltern League. We hauled ourselves up to 6th position overall,

We won the veterans' category and Steve Finch took 3rd Individual - a richly deserved reward for a loyal and able athlete. It was apparent that we were in no way out of our depth in our division and our success was quite obviously a spur to recruitment and participation. In our friendly matches we gathered a win at Chiltern and Chalfont and seconds at Bank of England and Ranelagh with some impressive running from Alan Turnbull and Clive Wintrip, in particular.

By contrast, the summer was a disappointment; the enthusiasm at the end of last season was not translated into appearances, however, we did manage a 5th place in the Provident Mutual 10km: again, Alan Turnbull was well to the fore in 3rd overall.

I don't know whether the Ron Hill Relays meeting was the last fixture of the summer or the first of the winter. Anyway, our Senior and V40 teams put up sterling performances on a very hot day against some formidable opposition. We were well down the field but it was worth the effort to experience that level of competition: some of the leaders were quite stunning. Incidentally, the fastest time put up by an over 60 was 21m 46s!

The coming winter's schedule is again a combination of league and friendly races. I think it is a good mixture because geographically it gives a good balance between north and south of the river as well as between the serious stuff and the more social fixtures. Most of the venues are familiar, but we have added Croydon on 20 Mar. I apologise for the rather hectic first couple of months; I'm afraid it's down to the Chiltern League programme.

Finally, the first league race is next week, at Silverstone motoring circuit, hosted by Silson AC. So, all you aspiring Sennas and Mansells, make sure you are on the grid at 3pm.

#### Presentation of trophies

8. Fortunately the Secretary was alert this season and the trophies were ordered and received in time to be presented at the Club's end of season Handicap race and social. The following were presented:

Half Marathon Championship 1992	Alan Turnbull (Fleet 1992)
Full Marathon Championship 1991	Ted Hamilton (Swinderby 1991)*
The Cross Country Champion 1991/92	Neil Wood
The Cross Country Runner-up 1991/92	Bill Reilly
The Most Improved Runner 1990/91	Keith Henderson

NB : \* Trophy not presented as yet.

#### Any other business

9. The annual subject of a Road Running Secretary and an organised road racing season was discussed yet again and, as the Cross Country Secretary has mentioned, attempts this season were unsuccessful. It was felt that the position will remain vacant and members will be left to do 'their own thing'.

10. The Dead Letter Box. The dead letter box is alive and well but unused. The Chairman had spoken to Sandhurst and the girls in the mail room were prepared to continue to redirect any mail. Peter Johnson (joined 1973) is newly posted in to Sandhurst and offered to keep his eye on it for the club. The Secretary is to send some membership forms and club history leaflets to him so he can tout for members at the RMA.

Action : Secretary.

11. The Tea. The tea was a success and a rather large financial saving. It was felt that if we still have the contact (i.e. Keith) and the Ladies were prepared - we should try it again next year.

12. Overseas Trip. As yet an overseas trip has not been planned. The club agreed in principle that the sum of £150 would be made available to any such trip, provided the participants were paid up members of the club. So anybody willing to organise?

13. Vests. The committee discussed the subject of a new club vest. The subject was brought before the meeting to sound the members out, and a favourable response was muted. The complaint about the existing vest was voiced by several members. They stated that the lettering across the chest irritated and rubbed the upper torso causing severe discomfort. The new vest would have 3 stripes in the clubs colours incorporated as part of the navy blue background. The Cross Country Secretary said he would investigate the design and cost and report back at the next committee meeting, hopefully with a vest made up. The meeting agreed in principle that if the cost of the new vest was around £10 - £12 the Cross Country Secretary should go ahead and purchase the minimum amount as members would willing purchase the new vest.

Action : Cross Country Secretary.

14. The meeting expressed their thanks to Sandhurst, once again, for their hospitality, especially the use of the pavilion for our tea, the conference room for the AGM and the coffee and the lounge kindly provided for the Ladies. The Cross country Secretary to pass on our thanks.

15. A vote of thanks was also taken (lead by the President) from the members for the committee. In an aside, the President was heard to say that Gordon would not be allowed to resign as chairman.

There being no other business the meeting closed at 1735hrs.

MILOCARIANS ATHLETIC CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31ST DECEMBER 1991

<u>1990</u>		<u>1991</u>	<u>1991</u>	<u>1990</u>
178.02	Postage and Admin.	88.08	Subscriptions	645.63
421.76	Travel	294.53	Deposit Interest	18.47
49.50	Affiliation Fees	115.00	National Savings Bank	195.28
737.16	Entertainment	326.45	Dividends	37.88
720.65	Stock Purchases	304.20	Grant	NIL
439.65	Stock Written Off (Incl. Initial Subs) (Less Club Subsidy on Sales)	24.24	Donations	NIL
40.00	Donations	150.00	Sales	136.90
144.26	Trophies	154.10	Stock	137.25
NIL	Bank Charges	112.76	Reunion Subs.	NIL
<u>1090.39</u>	Expenditure Over Income	<u>397.95</u>		<u>470.00</u>
1640.61		1171.41		1171.41
				1640.61

MILOCARIANS ATHLETIC CLUB

BALANCE SHEET AS AT 1ST JANUARY 1992

<u>1990</u>		<u>1991</u>	<u>1991</u>	<u>1990</u>
4632.79	Accumulated Fund as at 1st January 1990	3748.29	Sundry Debtors (Inland Revenue)	NIL
884.50	Less Excess of Expenditure over Income	397.95		
NIL	Add Excess of Income			
NIL	Over Expenditure	NIL		
NIL	Sundry Creditors	NIL		
			<u>CASH AT BANK</u>	
			Nat. West Bank Plc	
			132 High Street	
			Southend On Sea	
			Essex	
			A. Current A/C	538.25
			B. Deposit A/c	732.47
			<u>NATIONAL SAVINGS BANK</u>	
				1942.87
			<u>CASH IN HAND</u>	
				NIL
			<u>STOCK</u>	
				137.25
3748.29		3350.84		
				3748.29