Just a dummy file so that the builder runs the Makefile.win in inst/doc. If you try to build the manual, you will need symono.cls installed (in the misc folder). Since symono.cls or the other TeX packages for building the manual might be absent on the CRAN machines, the Makefile is renamed xxMakefile so it won't run. If you install symono.cls on your own machine, then you can build the manual by renaming xxMakefile to Makefile.