

A low key race in a very cold and windswept Cranford Park, fifteen men runners in all and poor directions resulted in four Milo runners going off course in the first lap. However all of our five runners performed splendidly. There was no team competition (hosts choice) but without doubt we won any unofficial contest.

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|------------|------------------------|--------------|
| 1st | Nick Bennett | 30.51 |
| 2nd | Felix Keating | 30.56 |
| 5th | Matt Ainsworth | 31.41 |
| 6th | Eric Cunningham | 32.41 |
| 9th | Neil Wood | 39.09 |

Well done to all our runners.

John McCarthy