

Hello Milos,

The match hosted by Ranelagh AC for the Ellis Trophy and Dysart Trophy was held in damp, cold conditions which included a strong northerly wind. Milocarian AC had a good turnout for both trophy events. It was the first time that Milocarian AC had entered for the ladies Dysart Trophy match. Congratulations to Hannah Jarvis on her outstanding win in the Ladies race. Many of the Milos runners in this event, in which the team were runners up, were running for the club for the first time. Our men's team also ran well to achieve second place in a field that included some strong runners from Ranelagh AC and Serpentine AC. Capt Jack Stamp of Milos, is congratulated on his excellent run in finishing 4th. Capt Stamp and two other members of Kings Troop RHA were running for Milocarian AC for the first time. I hope that this will be the first of many Milos races for Kings Tp RHA members and the other 'first time' runners. Well done to all the team; it was a most encouraging event. Milocarian AC, was again given excellent support by Wyvern club members. This was much appreciated.

Paul French

**Ranalagh AC Match on 5th March 2016 over 5.55 miles in Richmond Park  
INTER-CLUB RACE (Inc. Ellis Trophy and Dysart Cup)**

1	Eirin McDaid	Ranelagh Harriers	30.47	SM
2	Mohammed Ismail	Serpentine RC	31.56	SM
3	Andrew Reeves	Serpentine RC	32.04	M45+
4	Jack Stamp	Milocarian AC	32.32	SM
5	Nick Twomey	Ranelagh Harriers	32.33	SM
6	Dave Lawley	Ranelagh Harriers	32.37	SM
7	Simon Ford	Stragglers RC	32.40	SM
8	Jonathan Smith	Ranelagh Harriers	33.11	SM
9	Nick Impey	Ranelagh Harriers	33.20	SM
10	Ryan Fisher	Ranelagh Harriers	33.28	SM
11	Mark Herbert	Ranelagh Harriers	33.38	SM
12	Hannah Jarvis	(L) Milocarian AC	33.52	SL
13	David Scrimshaw	Hercules Wimbledon	33.56	SM
14	David Ready	Ranelagh Harriers	34.10	SM
15	Peter Williams	Milocarian AC	34.18	SM
16	Angus Beaumont	Serpentine RC	34.25	M45+
17	Edward Charlesworth	Hercules Wimbledon	34.47	SM
18	Nick Wood	Milocarian AC	34.49	V
19	Felix Keating	Milocarian AC	34.53	SM
20	Ian Davies	Stragglers RC	34.55	M40+
21	Crispin Aikin	Stragglers RC	35.01	M40+
22	Sarah Pemberton	(L) Serpentine RC	35.10	SL
23	D Duffy	Stragglers RC	35.13	M40+
24	Rob Poole	Milocarian AC	35.18	SM
25	James Kelly	Milocarian AC	35.46	SM
26	Colin Brett	Ranelagh Harriers	35.47	M50+
27	James Hancock	Serpentine RC	35.54	SM
28	Nick Shanahan	Milocarian AC	36.32	SM
29	Stewart Anderson	Ranelagh Harriers	36.35	M45+
30	Mark Kencroft	Ealing Southall & M	36.52	M45+
31	Dan Greenslade	Stragglers RC	37.55	
32	Tod Ledwith	Milocarian AC	38.01	SM
33	Llewellyn Davies	Ranelagh Harriers	38.02	SM
34	Suzy Whatmough	(L) Ranelagh Harriers	38.16	SL
35	Mark Pattinson	Stragglers RC	38.28	M55+
36	Dee Smale	Stragglers RC	38.37	L55+
37	Mal Fletcher	Stragglers RC	38.53	M55+
38	Marie Synnott-Wells	(L) Ranelagh Harriers	39.04	L50+
39	Rebecca Northmore	(L) Ranelagh Harriers	39.15	SL
40	Simon Hedger	Ranelagh Harriers	39.35	M55+
41	Neil Browning	Stragglers RC	40.36	M40+
42	Paul Ogden	Serpentine RC	41.30	M50+

43	Ian Ward		Milocarian AC	41.35	V
44	Bonnie Morgan	(L)	Ranelagh Harriers	41.41	L35+
45	Stephen Aikin		Ranelagh Harriers	41.43	M50+
46	Helen Blaney	(L)	Milocarian AC	41.48	SL
47	Carol Jones	(L)	Ealing Southall & M	42.28	L55+
48	Ellen Clague	(L)	Ranelagh Harriers	43.00	L45+
49	Cheryl Sachs	(L)	Serpentine RC	43.12	L35+
50	Chris Read		Ranelagh Harriers	43.18	M50+
51	Sophia Davis	(L)	Milocarian AC	43.29	SL
52	A.Other		Stragglers RC	44.37	
53	Martin Miller		Hercules Wimbledon	44.58	M65+
54	Rosie Stamp	(L)	Milocarian AC	45.22	SL
55	Alex Dunne-Gundry		Hercules Wimbledon	45.43	SM
56	John Falvey		Ealing Southall & M	45.52	M55+
57	Kierston Harper	(L)	Milocarian AC	46.16	SL
58	Alistair Sinclair		Ranelagh Harriers	47.21	M45+
59	Rob Howells		Ealing Southall & M	48.24	M60+
60	Carol Aikin	(L)	Ranelagh Harriers	48.35	L50+
61	Marion Rayner	(L)	Ranelagh Harriers	48.47	L65+
62	Mark Roper		Ranelagh Harriers	49.44	M40+
63	Gapi Shanahan	(L)	Milocarian AC	51.04	SL
64	Ann Bath	(L)	Serpentine RC	51.56	L65+
65	A.Other		Stragglers RC	52.18	
66	A.Other		Stragglers RC	53.05	
67	Dennis Williams		Hercules Wimbledon	53.17	M70+
68	Chris Glew		Stragglers RC	53.30	L60+
69	Miwa Tonaki	(L)	Serpentine RC	55.00	L45+
70	A.Other		Stragglers RC	57.51	
71	Allan Lang		Ranelagh Harriers	59.45	M75+

**ELLIS TROPHY (Men scoring 6 a side)      DYSART CUP (Ladies scoring 6 a side)**

1. Ranelagh Harriers	39	1. Ranelagh Harriers	32
2. Milocarrians AC	63	2. Milocarrians AC	46
3. Stragglers RC	79		



**The Start**  
Photograph taken by Tony Ling