

## **Kingston & Poly AC 7-mile Cross Country Richmond Park 1400hrs 26th November 2016**

Hello Milos,

Below are the individual and team results of the above event. The race was run in ideal conditions. The race proved to be an excellent and exciting match, run over an undulating course of some 7 miles. The result was very close between all three clubs taking part, with just a few points separating the teams. Milocarian AC again packed very well to have five runners in the first ten places. Nick Bennett and William Clamp are congratulated on finishing 4th and 5th respectively. Beth Belin of ULOTC, is congratulated in being first of the female runners.

It was good to see such a strong representation of ULOTC runners. Many officer cadets, were running for Milos for the first time. We very much welcome this strong OTC participation.

Well done to all Milocarian AC members!

Our next match is a 5-mile event on Wimbledon Common hosted by Hercules AC on 10 December at 1100 hrs. I will issue an instruction for this in the next few days.

Keep running!

Regards

Paul

<b>Position</b>	<b>Name</b>	<b>Time</b>	<b>Club</b>
1	Gordon Pearce	37.33	THH
2	Matt Atkins	38.15	K&P
3	Michael Huntley	40.42	K&P
4	Nick Bennett	41.03	MILO
5	William Clamp	41.16	MILO
6	Anthony Dolittle	41.34	THH
7	Brian Thursby-Pelham	41.39	THH
8	Rory Jordan	41.41	MILO
9	Hamish Waring	41.47	MILO
10	Nick Wood	41.49	MILO
11	? Sheridan	41.59	THH
12	Alex Mackula	42.33	THH
13	Chris Gibbons	42.36	K&P
14	Andy Arbour	42.43	K&P
15	Richard Adamson	43.14	MILO
16	David Crowther	43.33	THH
17	Stuart Dickson	45.05	K&P
18	Joe Chang	46.07	THH
19	Paul Galgey	47.48	MILO
20	Matt Beaney	48.13	THH
21	Ben Grabowski	48.30	MILO
22	Ian Ward	51.32	MILO
23	Jaime Whitehouse	51.56	MILO
24	Martin Miller	52.16	HW
25	Oli Brembridge	52.31	MILO
26	Beth Belin	52.53	MILO
27	Pete Drew	54.15	MILO

28	? Iley	1.05.52	MILO
29	Emily Raison	1.42.07	MILO

Shanelle Matto (MILO)

Richard Weston (1 lap) - 44.47 (THH)

TEAMS (3 to score)

- 1- THH- 1, 6, 7 = 14
- 2- MILO- 4, 5, 8 = 17
- 3- K&P- 2, 3, 13 = 18