

Dear Milos,

Below, are the results of the 5 mile, Cross Country Match hosted by Bank AC, in Richmond Park on Sat 21st Jan 2017. The event which started at 1430 hrs, was run in ideal conditions of bright sunshine over an undulating course. There was a good field of some 70 runners which included four London teams plus Milocarian AC. Due to military commitments, Milocarian AC were fielding a smaller team than of late, however they ran well to produce a good team result in finishing second of the clubs involved. The Milos team members packed well to have five runners placed in the first eleven places. Tom Rann and Nick Wood are congratulated on their individual podium positions of 2nd and 3rd respectively. We were delighted to have Jo Wood running for us again after such prolonged absence, due to her injury. The result and performances by our runners was most encouraging. We are due to run against both Ranelagh AC and Hercules AC again in the Ellis Trophy and Dysart Trophy (Ladies) on 4th March in Richmond Park. The match of last weekend, was an excellent build up prior to these key fixtures ahead of us. After the match the team, was able to enjoy the excellent hospitality which was provided by our hosts, Bank of England AC.

The support of General and Mrs Keith Spacie and Brigadier and Mrs Tony Ling was much appreciated.

Well done to all our team members.

Keep running.

Paul French

Bank of England Athletic Club Cross Country Result Sheet

**Bank of England Vs Ranelagh Vs Milocarians Vs DPR Vs Hercules/Wimbledon Vs Ealing
At Roehampton on Saturday 21st January 2017 over 4.9 miles, 14:30 start
8 runners to score**

Position	No	Name:	Time	BoE	Ranelagh	Milo's	H/W	DPR	Ealing
1	280	Ben Anderson	27 44		1				
2	45	Tom Rann	28 11			2			
3	49	Nick Wood	28 28			3			
4	274	Dave Lawley	28 44		4				
5	48	Rory Jordon	28 50			5			
6	286	Alan Whatmough	28 55		6				
7	72	Santosh Rai	29 01						7
8	47	Will Clamp	29 17			8			
9	294	Mark Whatmough	29 41		9				
10	14	Chris Coles	29 49				10		
11	50	Richard Adamson	30 03			11			
12	5	Giles Clifford	30 09	12					
13	15	Richard Evans	30 14				13		

14	295	John Shaw	30 19		14				
15	77	Krishna Rai	30 30						15
16	17	Stuart Bond	31 25				16		
17	273	Bruce McLaren	32 18		17				
18	71	Sarah Gerrie (L)	32 35						18
19	21	Francesca Clarke (L)	32 41				19		
20	85	Johnny Brook	32 49		20				
21	65	Richard Gurd	32 59		21				
22	283	Julian Sampson	33 30		22				
23	84	Chris Brook	33 45		23				
24	19	Ian MacDonald	34 12				24		
25	70	Fiona Kennedy (L)	34 24						25
26	13	Simon Riley	34 30				26		
27	46	Jamie Kelly	34 48			27			
28	18	Charles Hampden-Smith	34 58				28		
29	52	Ian Ward	35 31			29			
30	43	Dave Mililaney	35 46					30	
31	275	Stewart Anderson	35 50		31				
32	87	Daniel Chiechi	35 55		32				
33	9	Jamie Barber	36 00	33					

34	22	Jolyon Parsons	36 12				34		
35	271	Jo Peace	36 45		35				
36	287?	D Santos?	36 50		36?				
37	51	Jo Wood (L)	36 51			37			
38	64	Chris Read	36 53		38				
39	88	Chris Hunton	36 59		39				
40	16	John Krause	37 03				40		
41	74	Andy Leung	37 15						41
42	272	Mike Peace	38 03		42				
43	20	Graig Howard	38 25				43		
44	282	Amrut Sharma	38 31		44				
45	68	Catherine Gunnewight (L)	38 48						45
46	73	Govina Rai (L)	39 30						46
47	69	Stuart Turrell	39 57						47
48	36	Susan Smith (L)	41 00					48	
49	23	Rowena Hornshaw (L)	41 55				49		
50	28	Dave Harris	42 13					50	
51	82	Jarryd Hillhouse	42 30		51				
52	81	Gavin Hillhouse	42 31		52				
53	83	Rob Hillhouse	42 32		53				
54	284	Lloyd Camp	42 36		54				

55	42	Paul Croasdale	42 50					55	
56	40	Emma Dyer (L)	43 00					56	
57	38	Anna Gregorouski (L)	43 16					57	
58	37	Gillian Cavell (L)	43 18					58	
59	12	Louise Fernandez (L)	43 20					59	
60	29	Bernard Simmons	43 23					60	
61	10	Gareth Hepworth	44 27					61	
62	67	Alison Turrell (L)	45 06						62
63	66	Annette Galloway (L)	45 08						63
64	41	Laura Griffin (L)	45 22					64	
65	76	Pringla Awcle Rai (L)	45 56					65	
66	30	Paula McMahon (L)	47 49					66	
67	86	Prelini Chiechi	47 49		67				
68		Corinne Bishop (L)	50 40				68		
69	63	Allan Lang	51 32		69				
70	75	Sangnam Rai (L)	53 16						70
71	39	Katherine McCulloch (L)	55 01					71	
72	11	Jo Hepworm (L)	55 01					72	

Team Result - 8 to score

Position:	Club:	Points:	Total:
1st	Ranelagh	1,4,6,9,14,17,20, 21	92
2nd	Milocarians	2,3,5,8,11,27,29,37	122
3rd	Hercules/Wimbledon	10, 13,16,19,24,26,28,34	170
4th	Ealing	7,15,18,25,41,45,46,47	244
5th	Dulwich Park Runners	30,48,50,55,56,57,58,59.	413

Photograph below of some of our runners with General Keith Spacie



L to R

Tom Rann, Will Clamp, Richard Adamson, Rory Jordan, Gen Keith Spacie