

## INTER-CLUB RACE Including the ELLISTROPHY and DYSARTCUP 5.55 miles RichmondPark March 4th 2017

The match was run in a cold breeze but in otherwise good conditions over an undulating, two circuit course of some five miles. As the start was downhill, runners started at a faster pace than has been normal in most of our matches. The race soon settled down with four strong runners from Ranelagh Harriers leading the field. Milocarian AC runners were seen to be well placed with several of the team, in a good group behind the four pace setters. The final result was that Milocarian AC were placed 'team runners up' to our hosts Ranelagh Harriers. It was most encouraging to have three of our runners placed in the first ten places of the large field of over one hundred runners. Francis Pearce was placed 5th with Philip Bray and Tom Rann placed 7th and 8th respectively. It was a good overall performance by all the Milocarian AC team. Well done to all our runners!

The next match is the 5 mile match at Cranford Park on Sun 2nd April at 1030 hrs hosted by BA AC. I will be issuing an instruction for this match nearer the time. This will be the last match of the season that counts towards the Ploen Trophy (men) and Wyvern Cup (ladies). The present standing on this can be seen on the Milocarian AC web site. The Windsor Park Relays are to take place on the 1st July 2017 starting at 1200 hrs.

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Time</b>
1	Carl Selya-Hammer	SM	Ranelagh	31.20
2	Nick Impey	SM	Ranelagh	31.48
3	Peter Haarer	M45	Ranelagh	32.03
4	Stephen Whitehead	M45	Ranelagh	32.22
5	Francis Pearce	SM	Milocarian AC	32.42
6	Dave Lawley	SM	Ranelagh	32.59
7	Philip Bray	SM	Milocarian AC	33.05
8	Tom Rann	SM	Milocarian AC	33.15
9	Oli Garner	SM	Stragglers	33.32
10	Neil Fraser	SM	Hercules	33.33
11	Rob Wilcox	SM	Stragglers	33.40
12	Jonathan Smith	SM	Ranelagh	33.52
13	Tom Conlon	M55	Hercules	33.59
14	Will Clamp	SM	Milocarian AC	34.06
15	R.Kimber	SM	Ranelagh	34.09
16	Hamish Waring	SM	Milocarian AC	34.17
17	Nichola Jackson (L)	SL	Ranelagh	34.21
18	Rick Jenner	SM	Ranelagh	34.40
19	Nick Wood	V	Milocarian AC	34.43
20	Peter Lee	M50	Hercules	34.51
21	Felix Keating	SM	Milocarian AC	34.57
22	Crispin Allen	M45	Stragglers	34.58
23	Freysen Maritz	M40	Stragglers	35.03
24	Richard Adamson	SM	Milocarian AC	35.11
25	Roy Reeder	M50	Stragglers	35.22
26	Mark Herbert	SM	Ranelagh	35.29
27	Stefan Warren-Smith	SM	Milocarian AC	35.36
28	Jim Desmond	M50	Stragglers	35.45
29	Richard Carter	M40	Stragglers	35.52
30	Patrick Butler	SM	Ranelagh	36.15
31	Gareth Pritchard	M40	Stragglers	36.47
32	Paul Galgey	SM	Milocarian AC	36.54
33	Malcolm Davies	M50	Stragglers	37.00
34	Vaughan Ramsay	M40	Ranelagh	37.10
35	Oli Bowers	SM	Stragglers	37.13

36	Dan Greenslade	M40	Stragglers	37.23
37	Malcolm Fletcher	M55	Stragglers	37.31
38	Jonathan Davies	M45	Stragglers	37.45
39	Andrew Hoseason	M45	Stragglers	37.57
40	Lewis Taylor	M40	Stragglers	38.15
41	Mark Pattinson	M55	Stragglers	38.20
42	Victor Ray	M40	Hercules	38.23
43	Ian Payne	SM	Stragglers	38.33
44	Chris Coates	SM	Stragglers	38.40
45	Kev Best	M60	Stragglers	38.51
46	Francesca Clarke (L)	L40	Hercules	38.58
47	David Clarke	M55	Hercules	38.58
48	Jacky Balfour (L)	L55	Stragglers	39.04
49	Tiago Ramos	SM	Stragglers	39.24
50	Shona Cowper (L)	SL	ESM	39.38
51	Richard Baggott	SM	Stragglers	39.38
52	Stuart Hambling	M40	Stragglers	39.49
53	Pamela Whitter (L)	L55	Stragglers	39.50
54	Simon Hedger	M55	Ranelagh	40.01
55	Ben Shore	SM	Ranelagh	40.07
56	Michael Leibbrandt	SM	Stragglers	40.14
57	Kevin Price	M50	Stragglers	40.21
58	Juliet Cleghorn (L)	L50	Stragglers	40.22
59	Celia Waring (L)	SL	Milocarian AC	40.43
60	Peter Colwill	M55	Stragglers	40.53
61	Ian Ward	V	Milocarian AC	41.00
62	Simon Brazil	M50	Stragglers	41.01
63	Simon Webb	SM	Stragglers	41.01
64	Karen Levene (L)	L40	Stragglers	41.12
65	Ray Kingdon	M55	Stragglers	41.14
66	Lisa Thomas (L)	L50	Hercules	41.15
67	Daniel Chiechi	M40	Ranelagh	41.26
68	R.Northmore (L)	SL	Ranelagh	41.35
69	Paul Rider	M50	Ranelagh	41.40
70	Phil Davies	M60	Stragglers	41.45
71	Neil Carrington	M45	Stragglers	41.57
72	Kate Fennell (L)	L45	Stragglers	42.29
73	Stephen Logue	M55	Ranelagh	42.41
74	Gordon Whitson	M60	Ranelagh	43.00
75	John Kipps	M50	Stragglers	43.02
76	Ramona Thevenet (L)	L55	Stragglers	43.06
77	Helen Davies (L)	L45	Stragglers	43.07
78	Brigid Hibberd (L)	L50	Stragglers	43.16
79	Ian Leslie	M60	ESM	43.27
80	Sally Hoyle (L)	SL	Stragglers	43.29
81	Leigh Collins (L)	SL	Stragglers	43.33
82	C.Pretorious		Stragglers	43.43
83	Andy Ronksley	M55	Stragglers	43.47
84	Julie Haworth (L)	L55	Stragglers	44.02
85	Laura Bowden (L)	L35	Stragglers	44.19
86	Stewart Penney	M55	Stragglers	45.20
87	Dave Griffiths	M60	Stragglers	45.55
88	Rebecca Ewen (L)	SL	Hercules	46.17
89	Peter Wedderburn	M65	Stragglers	46.34
90	Cheryl Sacks (L)	L45	Serpentine	46.36

91	Richard Gray	M55	Stragglers	46.44
92	Luis Dionisios	M45	Stragglers	46.46
93	John Falvey	M60	ESM	47.14
94	Niamh Finlay (L)	L50	Stragglers	47.15
95	Matt Parker	SM	Stragglers	47.21
96	Joby Thomas	M45	Stragglers	47.25
97	Taryn Leibbrandt (L)	L40	Stragglers	47.36
98	Anna Reichwald (L)	L55	Ranelagh	47.49
99	Alexandra Cianciara (L)	SL	Stragglers	48.21
100	Gail Caruana (L)	L55	Stragglers	49.39
101	Lynda Chase (L)	L60	Stragglers	50.29
102	John Greeves	M55	Stragglers	50.36
103	Martin Powell	M60	Stragglers	51.02
104	Mirella Genziani (L)	L40	Stragglers	51.31
105	Chris Hunton	M55	Ranelagh	51.49
106	Penny Demetriou (L)	L50	Stragglers	52.08
107	C.Grace	V	Stragglers	52.13
108	Ann Bath (L)	L65	26.2	52.23
109	Mary Hyde (L)	L35	Stragglers	52.38

**ELLIS TROPHY(Scoring 8 aside)**

1.	Ranelagh Harriers	1	2	3	4	6	11	13	15	=	55
2.	Milocarian AC	5	7	8	12	14	16	17	20	=	99
3.	Stragglers	9	10	18	19	21	22	23	24	=	146

Editor's Note: Hercules Runners were non-scoring and finishing positions have been adjusted)

**DYSART CUP (Scoring 5 aside)**

1.	Stragglers	15
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