

Kingston & Poly AC v Milocarian AC - 7 Mile Cross Country Match Richmond Park Saturday 23rd November 2019

Although wet under foot, the event was run in quite mild conditions. The Milocarian AC runners much appreciated running over what was an attractive undulating seven- mile course. Milocarian AC achieved a very good result in finishing with four runners in the first five places and having two runners on the podium. Andrew Reeves and Rory Jordan achieved particularly strong runs to finish first and second. Sarah Pemberton is also congratulated on her impressive run in achieving 7th place as the leading lady runner. Milocarian AC welcomed Jamie McLoughlin who was running for Milocarian AC for the first time in finishing in 4th place.

This was a most encouraging all round performance by all the team members. Well done to all the Milocarian runners involved.

Paul French

1.	Andrew Reeves	40.44	Milocarian AC
2.	Rory Jordan	41.04	Milocarian AC
3.	Matt Hyett	42.28	Kingston & Poly AC
4.	James McLoughlin	43.28	Milocarian AC
5.	Freddie Strachen	44.14	Milocarian AC
6.	Andy Arbour	45.57	Kingston & Poly AC (adj 43.37)
7.	Sarah Pemberton	48.38	Milocarian AC
8.	Michael Niblock	49.09	Milocarian AC
9.	Rupert Bole	49.20	Guest
10.	Gavin McCallister	51.32	Milocarian AC
11.	Ian Ward	53.20	Milocarian AC
12.	Nicky Atkins	55.18	Kingston & Poly AC (adj 50.18)
13.	Trevor Solomon	56.29	Kingston & Poly AC (adj 46.29)
14.	Phil Niblock	64.56	Milocarian AC

Vets winner- Andy Arbour

Four to score

1.	Milocarian AC	12
2.	Kingston & Poly	30

