

**Orion Harriers v Milocarian AC v South London Harriers**  
**Saturday 28th December 2019 – Chingford (Epping Forest)**

Unfortunately, Milos were unable to field a team and only 2 runners represented the club on what turned out to be a very wet and muddy course. The Chairman, Neil Wood, was there to cheer them on and in the field of 70+ runners:

Andy Whitwam finished 1st , 15 seconds ahead of the 2nd placed runner in a time of 49 minutes and 29 seconds

with

Felix Keating finishing in 33rd place with a time of 61 minutes and 40 seconds.

Well done both, and you will be pleased to know that your points will count towards the Ploen Trophy.