

Milocarian Athletics Club Terry Lewins Trophy
26th October 2019 - 5.6 miles
RMA Sandhurst

Some twenty Milocarian AC runners took part in the Milos Home match involving teams from Thames Hare and Hounds AC, Runnymede Runners, Sandhurst AC and British Airways AC. Kingston & Poly AC also had individuals running. The race which was run over the undulating Barossa 5.6 mile course, in driving rain and strong winds, became a very good tussle between TH&H AC and Milocarian AC. Both teams packed well with the former having runners placed 1st, 3rd, 4th & 6th and Milos with runners 2nd, 5th, 7th & 8th. Milos who finished as team Runners Up, had eight runners in the first fifteen places. Many Congratulations to TH&H AC on their excellent team performance in winning the Lewin's Trophy. Congratulations also to all the Milos runners on their first-class performance and to Alex Miller in particular on his strong run to finish in second place. Sarah Pemberton is congratulated on her performance of finishing 19th overall in winning the ladies 1st Prize. Runnymede Runners are congratulated on winning the Ladies Team Prize. Our thanks to OIC Cross Country RMA Sandhurst and all the RMA Sandhurst PT staff for their support in ensuring the success of this excellent event. The refreshments provided by the wives of club members and Wyvern supporters were greatly appreciated. This was another most encouraging performance by Milocarian AC. Well done to all the team! The President, Maj Gen Keith Spacie kindly presented the prizes' to the winners.

Paul French

Pos.	Name	Club		Number	Time	
1	Richard Ollington	Thames Hare & Hounds AC	A	82	0:30:20	
2	Alex Miller	Milocarian AC	A	1	0:32:02	
3	Matthew Jones	Thames Hare & Hounds AC	A	86	0:32:20	
4	James Bartram	Thames Hare & Hounds AC	A	89	0:32:47	
5	Andrew Reeves	Milocarian AC	A	20	0:33:04	
6	James Meiklejohn	Thames Hare & Hounds AC	A	87	0:33:06	
7	Rory Jordan	Milocarian AC	A	2	0:33:08	
8	Hamish Waring	Milocarian AC	A	4	0:33:14	
9	Ed Catmur	Thames Hare & Hounds AC	A	85	0:33:40	
10	Ed Gazeley	Thames Hare & Hounds AC	A	90	0:33:42	
11	Andy Cotterill	Milocarian AC	A	9	0:34:41	
12	Richard Adamson	Milocarian AC	A	5	0:34:44	
13	Nick Wood	Milocarian AC	B	3	0:34:50	
14	Hyett	Kingston Poly AC	-	99	0:35:17	
15	Freddie Strachen	Milocarian AC	B	8	0:36:04	
16	Neil Paine	Sandhurst Runners AC	A	33	0:36:19	
17	Rory Spicer	Thames Hare & Hounds AC	B	88	0:36:53	
18	Edward Michell	Milocarian AC	B	7	0:36:59	
19	Sarah Pemberton	Milocarian AC	B	16	0:37:04	F
20	Iain Sheridan	Thames Hare & Hounds AC	B	91	0:37:36	
21	Barrie Day	Runnymede Runners AC	A	66	0:37:59	
22	Elizabeth Stayreski	Thames Hare & Hounds AC	B	95	0:38:36	F
23	Wilkins	Kingston Poly AC	-	100	0:38:48	
24	Max Woods	Sandhurst Runners AC	A	28	0:38:55	
25	John Querstret	Runnymede Runners AC	A	68	0:39:30	
26	David Ayling	Sandhurst Runners AC	A	29	0:40:15	
27	Serena Carter	Thames Hare & Hounds AC	B	96	0:40:16	F

28	Lisa Hale	Sandhurst Runners AC	A	31	0:40:20	F
29	Mike Dennison	British Airways AC	A	55	0:40:23	
30	Andy Yates	Sandhurst Runners AC	A	36	0:40:29	
31	Alistair Ingall-Tombs	Sandhurst Runners AC	A	30	0:45:33	
32	Alex Mills	Milocarian AC	B	13	0:40:37	
33	Celia Waring	Milocarian AC	B	17	0:40:50	F
34	Chris Hutber	Thames Hare & Hounds AC	B	92	0:40:59	
35	Maria Jovani	Runnymede Runners AC	A	67	0:41:19	F
36	Gary Rushmer	British Airways AC	A	52	0:41:52	
37	David Breslin	Sandhurst Runners AC	B	27	0:42:13	
38	Jon Payne	Sandhurst Runners AC	B	44	0:42:20	
39	Stuart Overhill	Sandhurst Runners AC	B	32	0:42:31	
40	Mike Niblock	Milocarian AC	C	14	0:42:34	
41	Nigel Bassett	Sandhurst Runners AC	B	40	0:42:37	
42	Gavin McAllister	Milocarian AC	C	10	0:43:02	
43	Timothy Bellars	British Airways AC	A	57	0:43:12	
44	Tara Wood	Runnymede Runners AC	A	78	0:43:18	F
45	Robin Evans	Runnymede Runners AC	A	76	0:43:19	
46	Heather Sharp	Milocarian AC	C	21	0:43:24	F
47	Mike Farmery	Thames Hare & Hounds AC	B	93	0:43:30	
48	Ian Ward	Milocarian AC	C	19	0:44:14	
49	Jacqui Musselwhite	British Airways AC	A	60	0:44:25	F
50	Simon Turton	British Airways AC	A	51	0:44:28	
51	Debbie Aitken	Runnymede Runners AC	A	63	0:44:45	F
52	Graham Taylor	British Airways AC	A	54	0:45:14	
53	Graham Kelly	Sandhurst Runners AC	B	39	0:45:22	
54	Steve Moody	Milocarian AC	C	15	0:45:52	
55	Sasha Woods	Sandhurst Runners AC	B	42	0:46:54	F
56	Sally Collins	Runnymede Runners AC	-	69	0:47:46	F
57	Gabbi Bassett	Sandhurst Runners AC	-	41	0:48:45	F
58	Andrew Dunn	Runnymede Runners AC	-	75	0:49:45	
59	Sarah Alexander	Sandhurst Runners AC	-	37	0:49:58	F
60	Joanne Fowler	Runnymede Runners AC	-	64	0:50:31	F
61	Beki-Jo Christian	Sandhurst Runners AC	-	43	0:50:46	F
62	Paul Newby	Thames Hare & Hounds AC	-	97	0:51:18	
63	Alice Banks	British Airways A/C	-	61	0:52:08	F
64	Helen Carroll	Runnymede Runners AC	-	80	0:52:44	F
65	Phil Niblock	Milocarian AC	C	12	0:54:25	
66	Leigh Wallis	Runnymede Runners AC	-	65	0:55:24	
67	Andrea Prew	British Airways A/C	-	62	1:00:35	F
68	Christine Munden	British Airways A/C	-	59	1:04:13	F
69	Richard Kirchner	Thames Hare & Hounds AC	-	94	1:05:14	

Terry Lewins Team Trophy

Pos.	Team (6 to qualify)	Points
1	Thames Hare & Hounds AC 'A'	33
2	Milocarian AC 'A'	45
3	Milocarian AC 'B'	130
4	Sandhurst Runners AC 'A'	155
5	Thames Hare & Hounds AC 'B'	167
6	Runnymede Runners AC	221
7	British Airways AC	259
8	Sandhurst Runners AC 'B'	263
9	Milocarian AC 'C';	295

Milocarian Ladies' Team Trophy

Pos.	Team (4 to qualify)	Points
1	Runnymede Runners AC	186
2	Sandhurst Runners AC	199
3	British Airways AC	247