

Race Report

The event was run in ideal conditions of sunshine with a large field, made up of some eight civilian club teams plus some 180 Officer Cadets in the RMAS Inter Coy Competition. After a good briefing in Churchill Hall by SSI Williams of the Academy PT Staff, the runners set off at a good pace across the Academy sports field into the testing Barossa Training area of varied undulating terrain which also included some testing gravel climbs. The leading TH&H AC runners set off at a very fast pace from the start to go on to take the first three places within the Milocarian Match leading their team to go on to retain the Terry Lewin Trophy.

Milocarian AC, headed by Tom Rann (5th) also ran strongly, to have all their six counting runners placed within the first sixteen places thus managing a good 'second place finish', in the overall team competition.

The ladies competition proved a closer encounter between the three leading teams, Milocarian AC, Ranelagh AC and TH&H AC. The Milos team, led by Roanna Vickers and Jessie Lutwyche who were placed '2nd and 3rd Ladies' respectively, went on to win the 'Milocarian Ladies Trophy'. This was a fine all-round performance by Milocarian AC runners to achieve such excellent results.

Well done the Milocarrians!

**Paul French
Secretary (2011 - 2022)**

Milocarian Athletics Club Terry Lewins Trophy

29th October 2022 - 5 miles

RMA Sandhurst

Position	Name	Club		Number	Time	
1	James Hoad	Thames Hare & Hounds AC	A	1	27:54	
2	Richard Ollington	Thames Hare & Hounds AC	A	2	28:17	
3	Eoin Brady	Thames Hare & Hounds AC	A	8	29:49	
4	Graham Robinson	Sandhurst Joggers AC	A	57	30:08	
5	Tom Rann	Milocarian AC	A	33	30:34	
6	James Chettle	Thames Hare & Hounds AC	A	6	31:07	
7	Frederick Strachan	Milocarian AC	A	34	31:29	
8	David Vogwell	Sandhurst Joggers AC	A	75	31:35	
9	Adam Moquet	British Airways AC	A	81	31:36	
10	Joe Foreshew	Milocarian AC	A	42	31:48	
11	Matthew Hyett	Bank of England AC	-	51	32:21	
12	Andrew Reeves	Milocarian AC	A	36	32:29	
13	James Body	Milocarian AC	A	43	32:31	
14	Serena Carter	Thames Hare & Hounds AC	A	17	32:37	F
15	Thomas Cameron	Ranelagh Harriers AC	A	92	32:50	
16	Gareth Venables	Milocarian AC	A	44	32:55	
17	Andy Weir	Thames Hare & Hounds AC	A	13	33:10	
18	Jon Whitehouse	Orion Harriers AC	A	19	33:15	
19	Roanna Vickers	Milocarian AC	B	37	33:22	F
20	Paul Knecht	British Airways AC	A	76	33:44	
21	Shaun Griffiths	Ranelagh Harriers AC	A	93	33:49	
22	Jessie Lutwyche	Milocarian AC	B	35	34:06	F
23	Luke Doyle	Bank of England AC	-	53	34:08	
24	Richard Adamson	Milocarian AC	B	38	34:18	
25	John Gould	Runnymede Runners AC	A	129	34:22	
26	Susan Whatmough	Ranelagh Harriers AC	A	87	34:23	F
27	Lizzie Broughton	Ranelagh Harriers AC	A	89	34:29	F
28	Chris Daniels	Thames Hare & Hounds AC	B	10	34:33	
29	Matthew Shell	Runnymede Runners AC	A	139	34:49	
30	Elizabeth Leeson	Runnymede Runners AC	A	137	34:54	F
31	Ed Lunn	Orion Harriers AC	A	26	35:02	
32	Neil Swift	Orion Harriers AC	A	31	35:17	
33	Hannah Karas	Milocarian AC	B	40	35:34	F
34	Stephen Thompson	Orion Harriers AC	A	30	35:56	
35	James Ritchie	Ranelagh Harriers AC	A	91	36:03	
36	Rebecca Hughes	Thames Hare & Hounds AC	B	4	36:22	F
37	Nichola Douglas	Ranelagh Harriers AC	A	96	36:24	F
38	Phil Beard	Sandhurst Joggers AC	A	72	36:27	
39	Cecily Day	Ranelagh Harriers AC	-	88	36:35	F
40	Miranda Frizella	Milocarian AC	B	47	36:38	F
41	Felix Keating	Milocarian AC	B	39	36:48	
42	Andrea Stehlikova	Thames Hare & Hounds AC	B	15	36:50	F
43	Tom Gifford	Bank of England AC	-	50	36:53	
44	Nick Wood	Milocarian AC	-	45	37:02	

Position	Name	Club		Number	Time	
45	Gary Dowling	Sandhurst Joggers AC	A	71	37:18	
46	Andrew Brooks	Sandhurst Joggers AC	A	62	37:34	
47	John Taylor	British Airways AC	A	84	37:38	
48	Sophie Warsworth	Milocarian AC	-	48	38:08	F
49	Jessila Davies	Thames Hare & Hounds AC	B	3	38:16	F
50	Clare Macallan	Bank of England AC	-	52	38:28	F
51	Nigel Bassett	Sandhurst Joggers AC	A	70	38:34	
52	Mark Taylor	British Airways AC	A	85	38:42	
53	John Querstret	Runnymede Runners AC	A	127	38:46	
54	Helen Antram	Sandhurst Joggers AC	B	67	38:49	F
55	Neil Mitchell	Runnymede Runners AC	A	128	39:28	
56	Dave Breslin	Sandhurst Joggers AC	B	74	39:34	
57	Carl Bradshaw	Sandhurst Joggers AC	B	65	40:49	
58	Mandy Leach	Runnymede Runners AC	A	140	40:52	F
59	Mat Beaney	Thames Hare & Hounds AC	B	7	41:43	
60	Tara Wood	Runnymede Runners AC	B	130	41:51	F
61	Andrew Smith	Runnymede Runners AC	B	132	41:52	
62	Andrew Collins	Thames Hare & Hounds AC	B	5	42:32	
63	David Ayling	Bank of England AC	-	55	43:16	
64	Eliza Wood	Milocarian AC	-	46	43:23	F
65	Glyn Parry-Jones	Runnymede Runners AC	B	121	43:53	
66	Shane Naish	Runnymede Runners AC	B	131	44:05	
67	Ian Ward	Milocarian AC	-	49	44:13	
68	Roy Perrott	Orion Harriers AC	A	20	44:16	
69	Sally Collins	Runnymede Runners AC	B	133	44:29	F
70	Zoe Lynham	Thames Hare & Hounds AC	-	14	44:54	F
71	Chris Hutber	Thames Hare & Hounds AC	-	12	45:16	
72	Lynsey Hankin	Sandhurst Joggers AC	B	73	45:31	F
73	Keith Batten	Runnymede Runners AC	B	126	45:44	
74	Han Lu	Orion Harriers AC	A	29	47:42	F
75	Gabi Bassett	Sandhurst Joggers AC	B	69	48:30	F
76	Ronald Clark	British Airways AC	A	78	48:54	
77	Stephan Donovan	British Airways AC	A	80	49:11	
78	Ehbilin Bhrodaigh	Thames Hare & Hounds AC	-	9	49:35	F
79	Dave Milner	Orion Harriers AC	-	-	51:04	
80	Clare Gallagher	Sandhurst Joggers AC	B	58	51:51	F
81	Amanda Coombs	British Airways AC	-	77	53:57	F
82	Chris Cole	Sandhurst Joggers AC	-	64	54:10	
83	Jo Fraser	Sandhurst Joggers AC	-	63	54:11	
84	Alison Parry-Jones	Runnymede Runners AC	-	120	54:44	F
85	Christopher Welland	Runnymede Runners AC	-	125	54:45	
86	Sarina Pietrosanti	Sandhurst Joggers AC	-	59	55:16	F
87	Graham Taylor	British Airways AC	-	83	57:43	

Terry Lewins Team Trophy

Position	Team (6 to qualify)	Points
1	Thames Hare & Hounds AC 'A'	43
2	Milocarian AC 'A'	63
3	Ranelagh Harriers AC	161
4	Milocarian AC 'B'	179
5	Sandhurst Joggers AC 'A'	192
6	Runnymede Runners AC 'A'	250
7	Orion Harriers AC	257
8	Thames Hare & Hounds AC 'B'	276
9	British Airways AC	281
10	Sandhurst Joggers AC 'B'	394
11	Runnymede Runners AC 'B'	394

Milocarian Ladies' Team Trophy

Position	Team (4 to qualify)	Points
1	Milocarian AC	114
2	Ranelagh Harriers AC	129
3	Thames Hare & Hounds AC	141
4	Runnymede Runners AC	217
5	Sandhurst Joggers AC	281

Milocarian AC Medal Winners

(1st male and 1st Female RMAS Inter Coy Race)

Male Winner: OCdt Blomquest

Female Winner: OCdt Dickinson