

**Mercury 10 mile Cross-Country in Epping Forest
Orion Harriers, Chingford
Saturday 13th January 2024**

Dear Milos,

Conditions could not have been better for the Mercury 10 mile race, dry cool and with little wind and 175 runners duly lined up for the start. Orion took the first three places and Eton Manor the next two, the winner clocking 65:17 and looking very comfortable at the finish. The four Milos present finished as follows:

17 Dan Collis in 73:47

48 Nick Wood in 81:15

128 Gavin McAllister in 102:19

142 Libby Dyllons (non-member) in 110:47.

It was a good performance by Dan and notably quicker than last year, the standard of the first half of the field was high.

With best wishes,

Neil.