

Saturday 23rd March 2024 - The Ellis Trophy (Milocarian AC Results)

Winner, Peter Cook, Ranelagh in 29:50

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| 3. | Charlie Wood | Milocarian AC | 31:30 |
| 18 | George Howard | Milocarian AC | 35:28 |
| 23 | Felix Keating | Milocarian AC | 36:12 |
| 30 | James Hornby | Milocarian AC | 37:46 |
| 31 | Hannah Karas | Milocarian AC | 38:00 |
| 50 | Gavin McAllister | Milocarian AC | 43:22 |

66 finishers.

Team Result:

1 Stragglers

2 Ranelagh

Milocarian AC did not qualify as we did not have 6 male runners to make a team.