

**Interim Result from match at Orion – The Mercury**

**Epping Forest, Saturday 15<sup>th</sup> February 2025**

Milos,

A decent-sized field - 160+ - a demanding course and quite a high standard from east London clubs and run in chilly, mostly dry and calm conditions. The winner, from Eton Manor, did the 10 miles in 64:56 and our three runners finished as follows:

45.	Nick Wood	84:29
75.	Felix Keating	91:19
123.	Gavin McAllister	110:25

With best wishes,

Neil Wood