

## **Runnymede Relays – Windsor Great Park – Saturday 6th July 2019**

Dear Milos

The match was held over an undulating course in good conditions of sunshine. Thirty-Seven teams were involved with Milocarian Blue placed First and Milocarian Red placed Fifth. This was a very good result for both teams. The Milocarian Blue Team took the lead at the third leg. The runners in the team were able to maintain an excellent average of around 21 minutes per leg. The lead was maintained to the finish. Milocarian Blue went on to win convincingly with a lead of almost two minutes. Well done to both our two teams! We welcome Jessie Lutwyche and Hannah Karas who were running in this particular event for the first time. We look forward to seeing both runners again at our home match at RMAS on 26th October.

Best wishes

Paul French

Race & Fixtures Secretary



RUNNYMEDE RUNNERS RELAY, Saturday 06 Jul 2019

Team No.	Team Name	Leg 1			Leg 2			Leg 3			Leg 4			Leg 5			Leg 6		
		Pos	Total Time	Split Time	Pos	Total Time	Split Time	Pos	Total Time	Split Time	Pos	Total Time	Split Time	Pos	Total Time	Split Time	Pos	Total Time	Split Time
27	Runnymede Runners - Quickish	10	0:24:28	0:24:28	7	0:45:37	0:21:09	7	1:08:59	0:23:22	7	1:33:18	0:24:19	8	1:59:19	0:26:01	8	2:23:03	0:23:44
28	Runnymede Runners - Internationals	19	0:27:42	0:27:42	14	0:54:07	0:26:25	17	1:26:55	0:32:48	19	1:56:17	0:29:22	23	2:33:15	0:36:58	20	2:57:48	0:24:33
29	Runnymede Runners - 5 Men and a little La	14	0:27:10	0:27:10	23	0:59:40	0:32:30	22	1:30:45	0:31:05	18	1:55:36	0:24:51	20	2:31:31	0:35:55	25	3:02:48	0:31:17
33	Runnymede Runners - The Baddies	23	0:28:23	0:28:23	24	1:00:01	0:31:38	29	1:34:20	0:34:19	33	2:11:11	0:36:51	33	2:50:39	0:39:28	32	3:15:36	0:24:57
30	Runnymede Runners - 5 Ladies and a little	31	0:32:03	0:32:03	22	0:58:45	0:26:42	34	1:36:16	0:37:31	35	2:19:43	0:43:27	34	2:55:10	0:35:27	35	3:24:28	0:29:18
31	Runnymede Runners - The Older Fokers	26	0:29:59	0:29:59	29	1:02:18	0:32:19	25	1:32:38	0:30:20	21	1:59:26	0:26:48	18	2:30:14	0:30:48	18	2:57:05	0:26:51
32	Runnymede Runners - The Buddies	25	0:29:33	0:29:33	21	0:57:19	0:27:46	24	1:31:43	0:34:24	22	2:00:59	0:29:16	27	2:34:45	0:33:46	28	3:05:37	0:30:52
34	Runnymede Runners - The Leftovers	21	0:28:10	0:28:10	35	1:08:00	0:39:50	36	1:38:32	0:30:32	34	2:12:35	0:34:03	35	2:55:11	0:42:36	34	3:23:32	0:28:21
35	Runnymede Runners - The Reserves	34	0:40:48	0:40:48	33	1:06:11	0:25:23	33	1:35:27	0:29:16	30	2:08:23	0:32:56	31	2:39:32	0:31:09	30	3:06:32	0:27:00
1	Hart Road runners New York	9	0:23:35	0:23:35	8	0:47:57	0:24:22	9	1:13:21	0:25:24	9	1:38:33	0:25:12	9	2:02:30	0:23:57	9	2:27:19	0:24:49
2	Hart Road runners Boston	5	0:21:27	0:21:27	5	0:44:40	0:23:13	6	1:08:56	0:24:16	4	1:30:21	0:21:25	5	1:56:23	0:26:02	6	2:19:49	0:23:26
3	Hart Road runners Chicago	12	0:26:24	0:26:24	12	0:52:19	0:25:55	12	1:20:28	0:28:09	12	1:45:58	0:25:30	12	2:11:28	0:25:30	12	2:40:05	0:28:37
4	Hart Road runners Dallas	27	0:30:05	0:30:05	27	1:01:47	0:31:42	27	1:33:12	0:31:25	23	2:03:25	0:30:13	22	2:32:18	0:28:53	23	3:00:45	0:28:27
5	Sandhurst Joggers A	2	0:20:14	0:20:14	4	0:43:35	0:23:21	4	1:06:42	0:23:07	5	1:31:59	0:25:17	7	1:57:50	0:25:51	7	2:22:38	0:24:48
6	Sandhurst Joggers B	15	0:27:11	0:27:11	13	0:53:39	0:26:28	13	1:20:34	0:26:55	13	1:47:13	0:26:39	13	2:14:49	0:27:36	13	2:41:31	0:26:42
7	Sandhurst Joggers C				20	0:56:45	#VALUE!	18	1:27:07	0:30:22	17	1:55:04	0:27:57	17	2:25:20	0:30:16	17	2:54:26	0:29:06
8	Sandhurst Joggers D	33	0:34:17	0:34:17	34	1:07:48	0:33:31	30	1:34:33	0:26:45	32	2:10:15	0:35:42	32	2:48:59	0:38:44	33	3:17:42	0:28:43
9	Sandhurst Joggers E	29	0:30:43	0:30:43	31	1:04:57	0:34:14	28	1:34:15	0:29:18	28	2:06:15	0:32:00	24	2:33:50	0:27:35	29	3:06:06	0:32:16
11	Reading Roadrunners A	3	0:20:38	0:20:38	3	0:43:16	0:22:38	3	1:06:38	0:23:22	3	1:27:25	0:20:47	3	1:49:44	0:22:19	2	2:09:48	0:20:04
12	Reading Roadrunners B	30	0:31:13	0:31:13	30	1:03:10	0:31:57	31	1:34:43	0:31:33	26	2:04:46	0:30:03	25	2:34:15	0:29:29	19	2:57:28	0:23:13
13	Reading Roadrunners C	24	0:29:08	0:29:08	25	1:00:35	0:31:27	14	1:24:29	0:23:54	14	1:50:31	0:26:02	15	2:22:26	0:31:55	15	2:47:10	0:24:44
14	Reading Roadrunners D	18	0:27:28	0:27:28	16	0:55:00	0:27:32	21	1:30:30	0:35:30	25	2:04:13	0:33:43	29	2:35:48	0:31:35	31	3:12:49	0:37:01
15	Reading Roadrunners E	35	0:41:24	0:41:24	36	1:18:54	0:37:30	26	1:33:02	0:14:08	36	2:38:43	1:05:41	36	3:07:10	0:28:27	36	3:35:37	0:28:27
16	Milocarian BLUE	4	0:21:17	0:21:17	2	0:42:02	0:20:45	1	1:05:16	0:23:14	1	1:26:16	0:21:00	1	1:47:46	0:21:30	1	2:07:59	0:20:13
17	Milocarian RED	6	0:21:30	0:21:30	6	0:45:02	0:23:32	5	1:08:04	0:23:02	6	1:32:21	0:24:17	4	1:54:40	0:22:19	5	2:17:16	0:22:36
18	Watford Joggers A	13	0:26:31	0:26:31	17	0:55:10	0:28:39	23	1:31:19	0:36:09	31	2:09:29	0:38:10	28	2:35:43	0:26:14	27	3:04:01	0:28:18
19	Watford Joggers B	32	0:32:36	0:32:36	32	1:05:48	0:33:12	35	1:36:23	0:30:35	27	2:05:04	0:28:41	30	2:35:58	0:30:54	24	3:02:17	0:26:19
20	Watford Joggers C	20	0:27:44	0:27:44	15	0:54:42	0:26:58	20	1:30:18	0:35:36	29	2:07:15	0:36:57	26	2:34:23	0:27:08	26	3:03:51	0:29:28
21	Watford Joggers D	7	0:22:33	0:22:33	10	0:50:24	0:27:51	8	1:12:55	0:22:31	8	1:34:24	0:21:29	6	1:56:37	0:22:13	4	2:16:39	0:20:02
22	Cookham Running club	17	0:27:19	0:27:19	26	1:01:26	0:34:07	16	1:26:48	0:25:22	15	1:53:01	0:26:13	14	2:19:16	0:26:15	14	2:44:21	0:25:05
23	Datchet Dashers A	11	0:26:17	0:26:17	18	0:55:47	0:29:30	15	1:25:24	0:29:37	16	1:54:47	0:29:23	16	2:22:57	0:28:10	16	2:50:01	0:27:04
24	Datchet Dashers B	22	0:28:19	0:28:19	11	0:50:50	0:22:31	11	1:18:22	0:27:32	10	1:41:50	0:23:28	11	2:07:25	0:25:35	11	2:33:56	0:26:31
25	Datchet Dashers C	1	0:19:44	0:19:44	1	0:41:29	0:21:45	2	1:06:30	0:25:01	2	1:27:20	0:20:50	2	1:49:12	0:21:52	3	2:10:33	0:21:21
26	Sheperton Running Group	16	0:27:14	0:27:14	19	0:55:57	0:28:43	19	1:28:36	0:32:39	20	1:58:44	0:30:08	19	2:31:15	0:32:31	21	2:59:31	0:28:16

RUNNYMEDE RUNNERS RELAY, Saturday 06 Jul 2019																			
Team	Team Name	Leg 1			Leg 2			Leg 3			Leg 4			Leg 5			Leg 6		
No.		Posn	Total Time	Split Time	Posn	Total Time	Split Time	Posn	Total Time	Split Time	Posn	Total Time	Split Time	Posn	Total Time	Split Time	Posn	Total Time	Split Time
36	Watford Harriers A team	8	0:22:49	0:22:49	9	0:49:18	0:26:29	10	1:16:24	0:27:06	11	1:44:16	0:27:52	10	2:06:17	0:22:01	10	2:28:39	0:22:22
37	Watford Harriers B team	28	0:30:21	0:30:21	28	1:02:07	0:31:46	32	1:35:11	0:33:04	24	2:03:45	0:28:34	21	2:32:08	0:28:23	22	3:00:43	0:28:35

**The following two teams represented Milocarian AC in the Runnymede Relays**

**Milocarian Blue:**

**Philip Bray, Rory Jordan, Jessie Lutwyche, Francis Pearce, Tom Rann, Andrew Reeves;**

**Milocarian Red:**

**Richard Adamson, Sarah Pemberton, Felix Keating, Hannah Karas, Nick Wood, Nick Bennett,**