Hello Milos,
Below are the results of the match which took place on Sat 23 Jan 2016 in Richmond Park. The match was hosted by Bank of England AC. Although wet under foot, the race, took place in mild and good conditions. The race was run over an undulating course of some four and a half miles. RMAS runners were not available for this race however the team was delighted to welcome four members of ULOTC who were running for Milocarian AC for the first time. The Milos team packed well filling $10,12,13$ and 14 places in the field of more than 100 runners. Nick Bennett is congratulated in finishing 10th in this large and strong field. Of the seven London based clubs taking part, Milocarian AC achieved a very solid third place. Well done to all our team members.

The support of our President, Maj Gen Keith Spacie and Milos Member, Brig Tony Ling, at the above event, was again greatly appreciated.

Paul French


Photographs from the Start by Paul French
Bank of England Athletic Club Cross Country at Richmond Park Result Sheet
Bank of England Vs Ranelagh Vs Dulwich Park Runners Vs Milocarians Vs K\&P Vs Hercules/Wimbledon Vs Ealing Vs Elmbridge Vs TH\&H

At Roehampton on 23rd January 2016 over 4.9 miles, 1430 start 10 \& 3 runners to score

| Position | No | Name: | Time | BoE | THH | RAN | H/W | K \& P | Milos | Elmb | D.P.R | Ealing |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 104 | Alan Barnes | 2520 | 1 |  |  |  |  |  |  |  |  |
| 2 | 156 | R McDowell | 2612 |  |  |  | 2 |  |  |  |  |  |
| 3 | 158 | R Tuer | 2727 |  |  |  | 3 |  |  |  |  |  |
| 4 | 278 | P Killingley | 2732 |  |  | 4 |  |  |  |  |  |  |
| 5 | 279 | J Nungouan | 2747 |  |  | 5 |  |  |  |  |  |  |
| 6 | 160 | P Collins | 2752 |  |  |  | 6 |  |  |  |  |  |
| 7 | 273 | N Twomey | 2757 |  |  | 7 |  |  |  |  |  |  |
| 8 | 153 | C Rye | 2809 |  | 8 |  |  |  |  |  |  |  |
| 9 | 269 | L Candall | 2825 |  |  | 9 |  |  |  |  |  |  |
| 10 | 216 | N Bennatt | 2833 |  |  |  |  |  | 10 |  |  |  |
| 11 | 163 | P Lee | 2840 |  |  |  | 11 |  |  |  |  |  |
| 12 | 212 | N Wood | 2858 |  |  |  |  |  | 12 |  |  |  |
| 13 | 207 | T Rann | 2915 |  |  |  |  |  | 13 |  |  |  |
| 14 | 213 | F Keating | 2927 |  |  |  |  |  | 14 |  |  |  |
| 15 | 154 | A Mackula | 2935 |  | 15 |  |  |  |  |  |  |  |
| 16 | 128 | M Hyett | 2938 |  |  |  |  | 16 |  |  |  |  |
| 17 | 115 | S Raj | 2940 |  |  |  |  |  |  |  |  | 17 |
| 18 | 112 | M Delahunty | 3013 |  |  |  |  |  |  |  |  | 18 |
| 19 | 148 | J Chang | 3019 |  | 19 |  |  |  |  |  |  |  |
| 20 | 214 | R Poole | 3024 |  |  |  |  |  | 20 |  |  |  |
| 21 | 161 | L Jeffs | 3027 |  |  |  | 21 |  |  |  |  |  |
| 22 | 210 | D Collis | 3031 |  |  |  |  |  | 22 |  |  |  |
| 23 | 222 | S Creeley | 3033 |  |  |  |  |  | 23 |  |  |  |
| 24 | 271 | E Smith | 3047 |  |  | 24 |  |  |  |  |  |  |
| 25 | 276 | S Anderson | 3050 |  |  | 25 |  |  |  |  |  |  |
| 26 | 117 | F Hagell | 3110 |  |  |  | 26 |  |  |  |  |  |
| 27 | 157 | S Woodley | 3122 |  |  |  | 27 |  |  |  |  |  |
| 28 | 292 | W Simpson | 3129 |  |  |  |  |  |  |  | 28 |  |
| 29 | 164 | M Livingstone | 3130 |  |  |  | 29 |  |  |  |  |  |
| 30 | 101 | T Garland | 3131 | 30 |  |  |  |  |  |  |  |  |
| 31 | 152 | O Broderick-Ward | 3201 |  | 31 |  |  |  |  |  |  |  |
| 32 | 124 | J Forde | 3211 |  |  |  | 32 |  |  |  |  |  |


| 33 | 137 | A Hecquet | 3225 |  |  |  |  |  |  | 33 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 34 | 111 | D Foley | 3240 |  |  |  |  |  |  |  |  | 34 |
| 35 | 274 | E Clagug (L) | 3241 |  |  | 35 |  |  |  |  |  |  |
| 36 | 121 | L Thomas (L) | 3248 |  |  |  | 36 |  |  |  |  |  |
| 37 | 110 | F Kennedy (L) | 3255 |  |  |  |  |  |  |  |  | 37 |
| 38 | 162 | R Clark | 3308 |  |  |  | 38 |  |  |  |  |  |
| 39 | 165 | I Ellis | 3315 |  |  |  | 39 |  |  |  |  |  |
| 40 | 123 | G Forde | 3326 |  |  |  | 40 |  |  |  |  |  |
| 41 | 270 | R Northmore | 3336 |  |  | 41 |  |  |  |  |  |  |
| 42 | 155 | M Beavey | 3352 |  | 42 |  |  |  |  |  |  |  |
| 43 | 221 | G Coward | 3353 |  |  |  |  |  | 43 |  |  |  |
| 44 | 151 | M Farmery | 3407 |  | 44 |  |  |  |  |  |  |  |
| 45 | 159 | G Trimm | 3408 |  |  |  | 45 |  |  |  |  |  |
| 46 | 138 | P Sweeney | 3409 |  |  |  |  |  |  | 46 |  |  |
| 47 | 103 | G Jones | 3435 | 47 |  |  |  |  |  |  |  |  |
| 48 | 114 | K Garbuja | 3450 |  |  |  |  |  |  |  |  | 48 |
| 49 | 280 | S Logue | 3453 |  |  | 49 |  |  |  |  |  |  |
| 50 | 113 | R Howells | 3503 |  |  |  |  |  |  |  |  | 50 |
| 51 | 141 | M Gerrard | 3512 |  |  |  |  |  |  | 51 |  |  |
| 52 | 217 | S Moody | 3525 |  |  |  |  |  | 52 |  |  |  |
| 53 | 281 | D Chigchi | 3539 |  |  | 53 |  |  |  |  |  |  |
| 54 | 125 | R Steed | 3542 |  |  |  | 54 |  |  |  |  |  |
| 55 | 287 | S Diana | 3555 |  |  |  |  |  |  |  | 55 |  |
| 56 | 144 | L Smith (L) | 3557 |  |  |  |  |  |  | 56 |  |  |
| 57 | 288 | D Mullaney | 3600 |  |  |  |  |  |  |  | 57 |  |
| 58 | 126 | N Atkins (L) | 3700 |  |  |  |  | 58 |  |  |  |  |
| 59 | 150 | D Wilkey | 3703 |  | 59 |  |  |  |  |  |  |  |
| 60 | 219 | A Cater (L) | 3705 |  |  |  |  |  | 60 |  |  |  |
| 61 | 143 | M Gould | 3717 |  |  |  |  |  |  | 61 |  |  |
| 62 | 136 | R Elsworth (L) | 3736 |  |  |  |  |  |  | 62 |  |  |
| 63 | 140 | M Davis (L) | 3737 |  |  |  |  |  |  | 63 |  |  |
| 64 | 500 | M Herron | 3740 |  |  |  |  |  |  |  | 64 |  |
| 65 | 116 | M Miller | 3756 |  |  |  | 65 |  |  |  |  |  |
| 66 | 296 | I Leslie | 3803 |  |  |  |  |  |  |  |  | 66 |
| 67 | 272 | M Peace | 3813 |  |  | 67 |  |  |  |  |  |  |
| 68 | 109 | J Falvey | 3824 |  |  |  |  |  |  |  |  | 68 |


| 69 | 105 | F Hemsted | 3842 | 69 |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 70 | 295 | B Simmons | 3903 |  |  |  |  |  |  | 70 |  |
| 71 | 142 | L Howard (L) | 3908 |  |  |  |  |  | 71 |  |  |
| 72 | 120 | M Sharp | 3916 |  |  |  | 72 |  |  |  |  |
| 73 | 107 | A French | 3920 | 73 |  |  |  |  |  |  |  |
| 74 | 299 | S Turrell | 4000 |  |  |  |  |  |  |  | 74 |
| 75 | 275 | H Doyle (L) | 4017 |  |  | 75 |  |  |  |  |  |
| 76 | 119 | R Hornshaw (L) | 4022 |  |  |  | 76 |  |  |  |  |
| 77 | 145 | J Farrington | 4026 |  |  |  |  |  | 77 |  |  |
| 78 | 507 | K Ilona (L)? | 4036 |  | 78 |  |  |  |  |  |  |
| 79 | 102 | C Bull (L) | 4042 | 79 |  |  |  |  |  |  |  |
| 80 | 118 | A Dunne-Gundry | 4047 |  |  |  | 80 |  |  |  |  |
| 81 | 147 | P Newby | 4101 |  | 81 |  |  |  |  |  |  |
| 82 | 122 | F England (L) | 4115 |  |  |  | 82 |  |  |  |  |
| 83 | 501 | C Bunn | 4141 |  |  |  |  |  |  | 83 |  |
| 84 | 106 | S Seta (L) | 4158 | 84 |  |  |  |  |  |  |  |
| 85 | 293 | D Harris | 4212 |  |  |  |  |  |  | 85 |  |
| 86 | 291 | G Hepworth | 4222 |  |  |  |  |  |  | 86 |  |
| 87 | 300 | A Turrell (L) | 4228 |  |  |  |  |  |  |  | 87 |
| 88 | 149 | S Leese (L) | 4239 |  | 88 |  |  |  |  |  |  |
| 89 | 298 | E McLaughlin (L) | 4249 |  |  |  |  |  |  |  | 89 |
| 90 | 129 | G Reid | 4255 |  |  |  |  | 90 |  |  |  |
| 91 | 506 | K Ilona (L)? | 4307 |  | 91 |  |  |  |  |  |  |
| 92 | 139 | J Butler (L) | 4344 |  |  |  |  |  | 92 |  |  |
| 93 | 146 | J Denny | 4514 |  | 93 |  |  |  |  |  |  |
| 94 | 297 | A Cox (L) | 4614 |  |  |  |  |  |  |  | 94 |
| 95 |  | B Mustafa | 4857 | 95 |  |  |  |  |  |  |  |
| 96 | 508 | N Dewan (L) | 5235 |  |  |  |  |  |  |  | 96 |
| 97 | 285 | D Dobson (L) | 5349 |  |  |  |  |  |  | 97 |  |
| 98 | 286 | J Jarvis (L) | 5350 |  |  |  |  |  |  | 98 |  |
| 99 | 502 | S Lane | 5353 |  |  |  |  |  |  | 99 |  |
| 100 | 509 | B Dewan (L) | 5846 |  |  |  |  |  |  |  | 100 |
| 101 | 290 | K Cortman (L) | 5848 |  |  |  |  |  |  | 101 |  |
| 102 | 289 | S Smith (L) | 5850 |  |  |  |  |  |  | 102 |  |

Bank of England Athletic Club Cross Country Result Sheet
10 to score

| Position: | Club: | Points: | Total: |
| :---: | :---: | :--- | :---: |
| 1st | HERCULES WIMBLEDON | $\mathbf{2 , 3 , 6 , 1 1 , 2 1 , 2 6 , 2 7 , 2 9 , 3 2 , 3 6}$ | 193 |
| 2nd | RANELAGH | $\mathbf{4 , 5 , 7 , 9 , 2 4 , 2 5 , 3 5 , 4 1 , 4 9 , 5 3 .}$ | 252 |
| 3rd | MILOCARIANS | $\mathbf{1 0 , 1 2 , 1 3 , 1 4 , 2 0 , 2 2 , 2 3 , 4 3 , 5 2 , 6 0}$ | 269 |
| 4th | T.H.H. | $\mathbf{8 , 1 5 , 1 9 , 3 1 , 4 2 , 4 4 , 5 9 , 8 1 , 8 8 , 9 3 ,}$ | 480 |
| 5th | EALING | $\mathbf{1 7 , 1 8 , 3 4 , 3 7 , 4 8 , 5 0 , 6 6 , 6 8 , 7 4 , 8 7}$ | $\mathbf{4 9 9}$ |
| 6th | ELMBRIDGE | $\mathbf{3 3 , 4 6 , 5 1 , 5 6 , 6 1 , 6 2 , 6 3 , 6 6 , 7 1 , 7 7}$ | 576 |
| 7th | D.P.R. | $\mathbf{2 8 , 5 5 , 5 7 , 6 4 , 7 0 , 8 3 , 8 5 , 8 6 , 9 7 , 9 8}$ | $\mathbf{7 2 3}$ |

3 TO SCORE

| 1st | HERCULES WIMBLEDON | $2,3,6$, | 11 |
| :---: | :---: | :---: | :---: |
| 2nd | RANELAGH | $4,5,7$, | 16 |
| 3rd | MILOCARIANS | $10,12,13$. | 35 |
| 4th | T.H.H. | $8,15,19$. | 42 |
| 5th | EALING | $17,18,34$ | 69 |
| 6th | BANK OF ENGLAND | $1,30,47$ | 78 |
| 7th | ELMBRIDGE | $33,46,51$. | 130 |
| 8th | D.P.R. | $28,55,57$ | 140 |
| 9th | K \& P | $16,58,90$ | 164 |

