



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	41:04	79	Daniel Dalmedo	Hillingdon
2	41:26	234	Stephen Sharp (Belgrave)	Individual
3	42:00	231	Matthew Blunden (Notts)	Individual
4	43:06	58	David Bruce	Highgate
5	43:30	196	James Sumpter	TVH
6	44:27	182	James Trapmore	Shaftesbury Barnet
7	44:30	26	Daire Brennan	Enf & Har
8	44:32	56	Chris Beecham	Highgate
9	44:35	51	Peter Norris	Harrow
10	45:02	57	Dale Bickham	Highgate
11	45:10	233	Sinon Powell (WGEL)	Individual
12	45:20	148	Noel Stoddart	St Mary's Richmond
13	45:26	230	Mike Boucher (AFD)	Individual
14	45:30	118	Martin Potter	London Heathside
15	45:41	167	Richard Phillips	Serpentine
16	45:53	17	Andriy Kotstubka	ESM
17	46:01	63	Nick Gold	Highgate
18	46:14	54	Andrew Aitken	Highgate
19	46:21	75	Martin Bateman	Hillingdon
20	46:27	15	Hussain Jama	ESM
21	46:32	114	Norman Mitchell	London Heathside
22	46:41	217	Mick Cairns	VPH&TH
23	46:48	166	Eric Phillips	Serpentine
24	46:55	62	Tim Gascoigne	Highgate
25	46:57	39	Mike Baron	Harrow
26	47:00	220	Ben Fairhall	VPH&TH
27	47:04	198	Scott Aiken	Trent Park
28	47:08	41	Matthew Carey	Harrow
29	41:17	192	Calum Nicol	TVH
30	47:21	151	Miguel Branco	Serpentine
31	47:24	207	Brian McCarthy	Trent Park
32	47:24	25	Arber Baci	Enf & Har
33	47:30	64	Jonny Henderson	Highgate
34	47:31	193	Steve Norris	TVH
35	47:59	105	John Flahive	London Heathside
36	48:04	65	Daniel Higgins	Highgate
37	48:06	67	Thierry Lebreton	Highgate
38	48:09	10	Rob Brown	ESM
39	48:18	112	Paul Lemmon	London Heathside
40	48:27	100	Richard Browne	London Heathside
41	48:37	34	Anthony O'Connor	Enf & Har
42	48:46	12	Andy Dodd	ESM
43	49:03	55	Chris Bailey	Highgate
44	49:06	197	Phil Wetton	TVH

45	49:29	185	Manuel Da Silva	TVH
46	49:33	9	John Blanchard	ESM
47	49:43	232	Anthony Budarkiewicz (K & P)	Individual
48	49:57	11	Mark Delahunty	ESM
49	50:02	195	Bernie Robbins	TVH
50	50:06	69	Joseph Lowe	Highgate
51	50:11	223	Tim Mitchell-Smith	VPH&TH
52	50:33	132	Brendan Greene	QPH
53	50:40	97	Paul Williams	Hillingdon
54	50:46	107	Jacob Howe	London Heathside
55	50:58	87	Andy Miles	Hillingdon
56	51:01	212	Gary Bagnall	VPH&TH
57	51:05	208	Dave Meller	Trent Park
58	51:08	95	Kevin Waterman	Hillingdon
59	51:33	216	Bruce Butler	VPH&TH
60	51:38	72	Nigel Stephens	Highgate
61	51:41	122	Dave Walton	London Heathside
62	51:56	202	Adrian Edwards	Trent Park
63	52:00	90	David Newman	Hillingdon
64	52:05	205	Miles Lakin	Trent Park
65	52:12	61	Jonathan Gardner	Highgate
66	52:41	83	Steve Hirons	Hillingdon
67	52:41	21	Steve Plested	ESM
68	52:45	77	Simon Claridge	Hillingdon
69	52:59	214	Simeon Bennett	VPH&TH
70	53:03	153	Brad Cobb	Serpentine
71	53:10	123	Andy Welshman	London Heathside
72	53:13	46	Mike Lepps	Harrow
73	53:21	204	Kevin Haynes	Trent Park
74	53:29	224	Declan Phelan	VPH&TH
75	53:32	113	Tim Marlow	London Heathside
76	53:35	189	Mike Ingram	TVH
77	53:45	215	Robert Birchley	VPH&TH
78	54:02	74	Keith Wilson	Highgate
79	54:18	14	Rob Howells	ESM
80	54:24	227	Dave Shortridge	VPH&TH
81	54:27	98	Paul Wood	Hillingdon
82	54:32	187	Peter Hill	TVH
83	54:44	211	Selchoucki Saki	Trent Park
84	54:59	180	Philip Shelley	Shaftesbury Barnet
85	55:10	80	Stevan Dokic	Hillingdon
86	55:21	76	John Bignell	Hillingdon
87	55:32	36	Paul Stiles	Enf & Har
88	55:46	186	Andy Emberson	TVH
89	55:50	213	Terry Beackon	VPH&TH
90	55:53	225	Robert Pitkethly	VPH&TH
91	56:01	203	John Flannery	Trent Park
92	56:22	59	Jonathan Deane	Highgate
93	56:29	201	Paul Castaldo	Trent Park
94	56:42	228	Phil Tsang	VPH&TH
95	57:14	73	Nick Stockman	Highgate
96	57:26	229	Ian Warren	VPH&TH
97	57:32	199	Malcolm Allen	Trent Park
98	58:03	126	Jonathan Ainsworth	QPH
99	58:15	88	Douglas Milsom	Hillingdon
100	58:28	206	Stuart Manktelow	Trent Park
101	58:44	40	Ross Bloom	Harrow
102	59:06	66	Adam Irvine	Highgate
103	59:40	4	Francis Robinson	Barnet & Dist

104	60:06	219	Gary Deathridge	VPH&TH
105	60:20	157	Ian Hodge	Serpentine
106	60:37	226	Dave Robinson	VPH&TH
107	60:40	191	Simon Maddison	TVH
108	60:43	209	Mike Miller	Trent Park
109	60:48	200	David Birks	Trent Park
110	60:58	3	John Owen	Barnet & Dist
111	61:02	130	Richard Davies	QPH
112	61:07	134	Dan Levy	QPH
113	61:35	136	Frank Nolan	QPH
114	61:51	92	Paul Swan	Hillingdon
115	62:42	172	Richard Smith	Serpentine
116	62:48	133	Jeremy Grieg	QPH
117	63:45	135	Stephen Newark	QPH
118	65:10	16	Alan Keeler	ESM
119	65:20	81	Brian Feldman	Hillingdon
120	68:14	164	Chris Notton	Serpentine
121	68:50	218	Alan Cathcart	VPH&TH
122	69:24	221	Andrzej Gajbutowicz	VPH&TH
123	82:44	129	Alex Brodie	QPH

Team Result

1. Highgate (4, 8, 10, 17, 18, 24) = 81
2. London Heathside (14, 21, 35, 39, 40, 54) = 203
3. TVH (5, 29, 34, 44, 45, 49) = 206
4. ESM (16, 20, 38, 42, 46, 48) = 210
5. Hillingdon (1, 19, 53, 55, 58, 63) = 249
6. VPH & TH (22, 26, 51, 56, 59, 69) = 283
7. Trent Park (27, 31, 57, 62, 64, 73) = 314
8. Serpentine (15, 23, 30, 70, 105, 115) = 358
9. QPH (52, 98, 111, 112, 113, 116) = 602

12 Score

1. Hillingdon (1, 19, 53, 55, 58, 63, 66, 68, 81, 85, 86, 99) = 734
2. VPH & TH (22, 26, 51, 56, 59, 69, 74, 77, 80, 89, 90, 94) = 787
3. Trent Park (27, 31, 57, 62, 64, 73, 83, 91, 93, 97, 100, 108) = 886



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 20 Men - 8,000m (approx)

Position	Time	Number	Name	Club
1	28:58	174	Nick Goolab (Belgrave)	Individual *
2	29:00	158	Saningo Martyn	Highgate
3	30:08	153	Matt Sharp	Enf & Har *
4	30:35	165	Daniel Thompson	Hillingdon
5	30:50	178	Ian May (N/S)	Guest
6	31:06	175	Ben McCallum (ESM)	Individual *
7	31:11	166	Carl Assmundson	St Mary's Richmond *
8	31:33	161	Jonathon Castro	Hillingdon
9	31:49	159	Jack Matthewman	Highgate
10	32:03	164	Matt Revier	Hillingdon *
11	32:10	155	Matthew Judson	Harrow
12	32:41	160	Lawrence Matthewman	Highgate *
13	33:48	151	Denis Healy	Enf & Har
14	34:55	152	Adil Hussein	Enf & Har *

* denotes athlete eligible for selection to C.A.U.

Team Result

1. Hillingdon (4, 8, 10) = 22
2. Highgate (2, 9, 12) = 23
3. Enf & Har (3, 13, 14) = 30



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	22:25	45	Cameron Scott	Harrow
2	22:42	56	Richard Mann	Hillingdon
3	22:53	70	Tommy Bryant	SBH
4	23:31	73	Jake Shelley	SBH
5	23:39	59	Robert Thompson	Hillingdon
6	23:54	43	Tom Lewis	Harrow
7	24:08	53	Shane Coombes	Hillingdon
8	24:16	55	James Laing	Hillingdon
9	24:34	36	Jamie Taylor-Caldwell	ESM
10	24:51	31	Patrick Hannah	ESM
11	25:00	33	Luke Nicholas	ESM
12	25:20	30	Sam Ashcroft	ESM
13	25:30	64	Grant Bridgman	St Mary's Richmond
14	25:33	44	Tom Paterson	Harrow
15	25:46	62	Magnus Assmundson	St Mary's Richmond
16	25:48	48	Hamish Birrell	Highgate
17	26:18	50	William Laing	Highgate
18	26:24	39	Luke Disney	Enf & Har
19	26:55	57	Peter Newman	Hillingdon
20	27:06	37	Basheer Zaheer	ESM
21	27:50	83	Adam Wright (Trent Park)	Individual
22	30:51	35	Martin Shelley	ESM
23	31:10	61	Ahmed Adam	St Mary's Richmond
24	32:39	82	Luke Porter (WSEH)	Individual

Team Result

1. Hillingdon (2, 5, 7) = 14
2. Harrow (1, 6, 14) = 21
3. ESM (9, 10, 11) = 30
4. St Mary's Richmond (13, 15, 23) = 51



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	14:30	57	Richard Goodman	SBH
2	14:53	4	Richard Charles	ESM
3	14:58	39	Carl Yates	Hillingdon
4	15:08	14	Michael McMahon	Enf & Har
5	15:13	22	Matt Lewis	Harrow
6	15:20	6	Karnvir Hayer	ESM
7	15:24	2	Mark Cameron	ESM
8	15:28	3	Christopher Charles	ESM
9	15:30	36	Mark Speight	Hillingdon
10	15:35	29	Matthew Fayers	Hillingdon
11	15:43	64	Luke Callis	Trent Park
12	15:49	66	Rory Wagstaff	Trent Park
13	15:57	27	Thomas Dury	Hillingdon
14	16:02	68	Jack Perry Williams (Mill Hill Sch)	Individual
15	16:05	16	Joe Sherry	Enf & Har
16	16:08	15	Alex Peters	Enf & Har
17	16:10	23	Gavin Barclay	Hillingdon
18	16:17	51	Edward Smith	St Mary's Richmond
19	16:22	12	Tom Fearnley	Enf & Har
20	16:28	48	Joss Moran	St Mary's Richmond
21	16:46	13	George McKenzie-Lowe	Enf & Har
22	16:48	47	Jack Killip	St Mary's Richmond
23	16:49	61	Jordan Stainer	SBH
24	16:54	1	Archie Allen	ESM
25	16:57	63	Adam Bowman	Trent Park
26	17:01	46	Sam Hunton	St Mary's Richmond
27	17:12	42	Josh Lawler	London Heathside
28	17:18	67	George Laing (Highgate)	Individual
29	17:38	8	James Mulvey	ESM
30	17:41	65	Alfie Evans	Trent Park
31	17:45	24	Joe Carton	Hillingdon
32	17:58	35	Pedro Santos	Hillingdon
33	18:01	21	Nicky Davis	Harrow
34	18:04	32	Kyle Ingham-Neacy	Hillingdon
35	18:13	17	Reece Surrudge	Enf & Har
36	18:13	40	Barry Bossam	London Heathside
37	18:55	34	Luke Pierre-Inkson	Hillingdon
38	19:06	50	Toby Piachaud	St Mary's Richmond
39	19:20	9	William Pinder	ESM
40	21:51	5	Robert Churcher	ESM

Team Result

1. ESM (2, 6, 7) = 15

2. Hillingdon (3, 9, 10) = 22

3. Enf & Har (4, 15, 16) = 35

4. Trent Park (11, 12, 25) = 48

5. St Mary's Richmond (18, 20, 22) = 60



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	12:00	58	Chandi Uduwawala	SBH
2	12:29	24	Patrick Tuffy	Harrow
3	12:35	42	Benedict Chapman	St Mary's Richmond
4	12:42	7	Dalton McGuigan	ESM
5	12:49	49	Luke Penney	St Mary's Richmond
6	12:51	5	Anthony Haynes	ESM
7	12:59	37	Tom Saunders	Hillingdon
8	13:04	9	Duncan Pinder	ESM
9	13:11	18	Lewis Hawkins	Harrow
10	13:25	48	Eoin O'Brien	St Mary's Richmond
11	13:32	72	Gavin Suddell (Enf & Har)	Individual
12	13:39	29	Stephen Crosby	Hillingdon
13	13:49	8	Fellan McGuigan	ESM
14	13:51	11	Sam Shindler-Glass	ESM
15	14:07	54	Connor Madden	SBH
16	14:20	20	Oliver Hurcum	Harrow
17	14:27	56	Dougal Oliver	SBH
18	14:28	47	Aedan O'Brien	St Mary's Richmond
19	14:29	64	James Murdoch	TVH
20	14:46	31	James Hailstone	Hillingdon
21	14:53	71	James Porter (WSEH)	Individual
22	15:29	16	James Francis	Harrow
23	15:49	63	Kyle Kenrick	TVH
24	16:19	39	Dominic Speight	Hillingdon
25	16:38	69	Michael Tunstall (Trent Park)	Individual
26	18:34	68	Aasar Patel (Trent Park)	Individual

Team Result

1. ESM (4, 6, 8) = 18
2. St Mary's Richmond (3, 5, 10) = 18
3. Harrow (2, 9, 16) = 27
4. SBH (1, 15, 17) = 33
5. Hillingdon (7, 12, 20) = 39



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	33:20	22	Esther Evans	Highgate
2	33:51	103	Lisa Blackmore	TVH
3	34:21	31	Fiona Cressy	Hillingdon
4	34:37	34	Emma Grant	Hillingdon
5	34:59	45	Angela Howe	London Heathside
6	35:07	38	Nikki de la Salle	Hillingdon
7	35:25	117	Jo Singer	VPH&TH
8	35:37	29	Astrid Wingler	Highgate
9	36:01	37	Susan Miles	Hillingdon
10	36:23	128	Angharad Care (WGEL)	Individual
11	37:32	6	Fiona Kennedy	ESM
12	37:58	76	Penny Thom	Serpentine
13	38:16	23	Alex Goodwin	Highgate
14	38:38	10	Patricia Thomas	ESM
15	38:44	121	Kath Dullely (Harrow)	Individual
16	38:47	67	Alexandra Openshaw	Serpentine
17	38:50	98	Laurey Rankin	Trent Park
18	38:53	47	Karen Levene	London Heathside
19	39:06	53	Jackie Wastell	London Heathside
20	39:25	59	Josephine Currie	Serpentine
21	39:33	48	Ruth Miller	London Heathside
22	40:16	119	Katy Ward	VPH&TH
23	40:28	92	Kathryn Berry	Trent Park
24	40:48	54	Jackie Watt	London Heathside
25	41:10	68	Angharad Palin	Serpentine
26	41:14	73	Pam Rutherford	Serpentine
27	41:19	113	Rhian Mitchell-Smith	VPH&TH
28	41:30	108	Elaine Battson	VPH&TH
29	41:36	66	Valerie Metcalf	Serpentine
30	41:49	15	Ruth MacLannan	Enf & Har
31	42:00	19	Natasha Cendrowicz	Highgate
32	42:05	109	Catherine Boyle	VPH&TH
33	42:20	107	Kerry Bannister	VPH&TH
34	43:20	44	Fiona Holland	London Heathside
35	44:18	33	Pauline Fischer	Hillingdon
36	44:38	116	Fran Rump	VPH&TH
37	45:03	100	Claire Smith	Trent Park
38	46:03	32	Lesley Conway	Hillingdon
39	46:59	35	Christine Heemskerk	Hillingdon
40	48:15	3	Hannah Holland	ESM
41	48:27	112	Anna Fake	VPH&TH
42	52:33	96	Fiona Neville	Trent Park
43	55:35	99	Christine Read	Trent Park
44	55:44	124	Dawn Williamson (QPH)	Individual

Team Result :

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|--|--------------------------------------|
| 1. Hillingdon (3, 4, 6, 9) = 22 | 4. Serpentine (12, 16, 20, 25) = 73 |
| 2. Highgate (1, 8, 13, 31) = 53 | 5. VPH & TH (7, 22, 27, 28) = 84 |
| 3. London Heathside (5, 18, 19, 21) = 63 | 6. Trent Park (17, 23, 37, 42) = 119 |

Winner of Corlin Trophy : Serpentine



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 20 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	28:43	97	Amy Concannon (Harrow)	Individual *
2	29:56	98	Lyndsey Fairweather (Harrow)	Individual
3	31:06	99	Rebecca Clayden (Ranelagh)	Individual *
4	40:12	87	Rianne Charles	ESM *
5	45:12	88	Katrina French	ESM

- denotes athlete eligible for selection to C.A.U.



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Women -5,000m (approx)

Position	Time	Number	Name	Club
1	20:28	59	Leigh Lattimore	Harrow
2	21:52	92	Ella Waldman (London Heathside)	Individual
3	22:15	85	Melissa Newbery	TVH
4	22:27	66	Kate Brown	St Mary's Richmond
5	22:50	73	Florence Bryant	SBH
6	23:23	82	Olivia Bryant	TVH
7	23:54	91	Faith Louise Smith (WSEH)	Individual
8	24:22	90	Melissa Hack (WSEH)	Individual
9	24:52	88	Hilary Arredondo (Enf & Har)	Individual
10	25:48	72	Alina Mingham	St Mary's Richmond
11	26:08	75	Emma Layton	SBH
12	26:12	69	Annabel Garnham	St Mary's Richmond
13	27:01	65	Leila Saadi	Hillingdon
14	28:26	51	Helena French	ESM
15	32:45	53	Elizabeth Matthews	ESM
16	32:59	87	Joanna Thom	TVH
17	33:17	94	Rhian Lewis (Ranelagh)	Individual

Team Result

1. TVH (3, 6, 16) = 25
2. St Mary's Richmond (4, 10, 12) = 26



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 15 Girls - 4,000m (approx)

Position	Time	Number	Name	Club
1	16:51	116	Schae Antoine	Harrow
2	16:58	101	Georgia Bell	ESM
3	17:07	161	Joanna Mobed	TVH
4	17:25	126	Samara Williams	Highgate
5	17:47	137	Eve Edmunds	St Mary's Richmond
6	18:03	151	Faye McCormick	SBH
7	18:07	142	Gaby Miles	St Mary's Richmond
8	18:15	103	Emma Davies	ESM
9	18:26	135	Abigail Crinall	St Mary's Richmond
10	18:48	111	Katie Brown	Enf & Har
11	18:56	139	Emily Johnston-Purvis	St Mary's Richmond
12	18:58	117	Kate Brady	Harrow
13	19:02	145	Molly Riglin	St Mary's Richmond
14	19:08	154	Yat Wing Smart	SBH
15	19:21	120	Amy Hall	Harrow
16	20:05	131	Claire Vizard	Hillingdon
17	20:39	114	Eleanor Salvidge	Enf & Har
18	20:45	113	Sarah Hickman	Enf & Har
19	20:49	168	Caitlin Glennon (Trent Park)	Individual
20	20:53	155	Amber Tomlinson	SBH
21	21:03	130	Jade Nettleton	Hillingdon
22	21:11	149	Georgina Dunford	SBH
23	21:22	138	Ella Harding	St Mary's Richmond
24	21:26	125	Stella Sabin	Highgate
25	21:30	165	Sapphire Walker (VPH&TH)	Individual
26	21:36	132	Hannah Wells	Hillingdon
27	22:08	140	Issabella Juriansz	St Mary's Richmond
28	22:30	160	Roberta Fox	TVH
29	23:29	110	Nicola Shelley	ESM
30	24:11	123	Mei Corbett	Highgate
31	25:04	129	Amelia Fitzpatrick	Hillingdon
32	25:29	164	Nekome Faye-Bargin (VPH&TH)	Individual

Team Result

1. St Mary's Richmond (5, 7, 9) = 21
2. Harrow (1, 12, 15) = 28
3. ESM (2, 8, 29) = 39
4. SBH (6, 14, 20) = 40
5. Enf & Har (10, 17, 18) = 45
6. Highgate (4, 24, 30) = 58
7. Hillingdon (16, 21, 26) = 63



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	13:03	176	Sasha Tory	TVH
2	13:20	125	Sky Draper	Harrow
3	13:40	160	Freya Lenton	SBH
4	13:44	151	Katie Iliffe	St Mary's Richmond
5	14:02	138	Heather Gibbons	Hillingdon
6	14:19	180	Christina Hall (WSEH)	Individual
7	14:48	150	Amelie Hunton	St Mary's Richmond
8	14:56	157	Ruby Woolfe	St Mary's Richmond
9	15:00	162	Yee Yewt Smart	SBH
10	15:01	106	Lauren Finlay	ESM
11	15:05	164	Emmy Yategai	SBH
12	15:07	120	Katie Fray	Enf & Har
13	15:12	102	Kerry Baily	ESM
14	15:35	124	Tia Dissanayaka	Harrow
15	15:39	141	Rebecca Miles	Hillingdon
16	15:45	159	Amy Lagnado	SBH
17	15:57	112	Evie King	ESM
18	16:07	128	Adele Rainsford	Harrow
19	16:17	158	Polina Andreeva	SBH
20	16:32	149	Nina Harding	St Mary's Richmond
21	16:42	104	Genevieve Crean	ESM
22	16:45	178	Parris Walker (VPH&TH)	Individual
23	16:46	136	Charlotte Cowper	Hillingdon
24	16:55	111	Mari Johnson	ESM
25	16:57	118	Ellen Burwood	Enf & Har
26	16:59	144	Carys Tetlaw	Hillingdon
27	17:02	129	Ellen Rosesenior	Harrow
28	17:03	153	Jenny Miles	St Mary's Richmond
29	17:16	177	Abigail Jowett (VPH&TH)	Individual
30	17:25	121	Claire Kenny	Enf & Har
31	17:28	154	Samantha Milsted	St Mary's Richmond
32	17:39	115	Ellis Redmond	ESM
33	17:41	139	Jessica Jury	Hillingdon
34	17:52	130	Catherine Strutt	Harrow
35	18:04	105	Kate Estmond	ESM
36	18:24	132	Laura Watson	Harrow
37	18:44	117	Beatriz Arredondo	Enf & Har
38	18:51	123	Sinead McGovern	Enf & Har
39	19:10	140	Alice Lee	Hillingdon
40	19:50	174	Rebecca Power-Ross	TVH
41	20:46	145	Zoe Watts	Hillingdon
42	20:57	142	Bryony O'Donnell	Hillingdon
43	22:50	108	Ashley Gould	ESM
44	24:47	109	Charlotte Gould	ESM

Team Result

1. St Mary's Richmond (4, 7, 8) = 19
2. SBH (3, 9, 11) = 23
3. Harrow (2, 14, 18) = 34

4. ESM (10, 13, 17) = 40
5. Hillingdon (5, 15, 23) = 43
6. Enf & Har (12, 25, 30) = 67