



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	41:14	233	Nick Goolab	Belgrave
2	42:04	109	Alexander Lepretre	Highgate
3	42:10	222	Dylan Evans	SBH
4	42:58	226	Will Ryle-Hodges	SBH
5	43:01	195	Aramias Zeration	Hillingdon
6	43:07	111	Sean Renfer	Highgate
7	43:31	220	Phil Crout	SBH
8	43:35	144	Jonathan Poole	Serpentine
9	43:35	105	Charlie Haywood	Highgate
10	43:39	117	Robert Wilson	Highgate
11	44:30	63	Charles Hardy	L.Heathside
12	44:39	103	Terry Fawden	Highgate
13	45:01	212	Oliver Newton	TVH
14	45:25	113	Dominic Smith	Highgate
15	46:19	77	Mohamed Hashi	ESM
16	46:25	164	Greg Divall	VPH&THAC
17	46:26	51	Kimon Doulis	L.Heathside
18	46:32	38	Damian Nevins	Harrow
19	46:33	53	Ewan Gault	L.Heathside
20	46:53	147	Hugh Torry	Serpentine
21	47:03	149	Carl Assmundson	Ranelagh
22	47:06	173	Matthew Stevens	VPH&THAC
23	47:10	71	Matthew Rallison	L.Heathside
24	47:15	210	Andrew Mitchell	TVH
25	47:21	45	Peter Gould	L.Heathside
26	47:23	198	John Borton	TVH
27	47:23	37	Jim Cooper	Harrow
28	47:26	107	Jonathan Laybourn	Highgate
29	47:35	99	Andres Chau	Highgate
30	47:49	42	Terry Mackin	Harrow
31	47:54	13	Andrew McCarron	QPH
32	48:15	219	Robert Vallence	TVH
33	48:22	171	Samuel Priestley	VPH&THAC
34	48:24	200	Matthew Chataway	TVH
35	48:40	100	Tom Crowley	Highgate
36	48:46	65	Andy Barnes	L.Heathside
37	49:03	39	Declan Traynor	Harrow
38	49:04	207	Ryan Keane	TVH

39	49:07	178	Martin Bateman	Hillingdon
40	49:12	204	James Horrex	TVH
41	49:18	183	Will Fielding	Hillingdon
42	49:25	97	Russell Ashford	Highgate
43	49:27	124	Matt Kolodziej	West 4
44	49:37	101	Alex Davidson	Highgate
45	49:44	57	Matthew Field	L.Heathside
46	49:53	106	Alex Holley	Highgate
47	50:14	166	Dave Finch	VPH&THAC
48	50:19	123	Ciaran Gavin	West 4
49	50:25	224	Oliver Greenstein	SBH
50	50:28	82	Nick Steel	ESM
51	50:30	17	Sam Sutherland	QPH
52	50:32	29	Sam Royle	Ealing Eagles
53	50:37	1	Ronan Hoare	Mornington C
54	50:40	165	Stephen Fabes	VPH&THAC
55	50:47	132	Romain Benvenuto	Serpentine
56	50:51	10	Neil Hutchison	QPH
57	50:58	215	Stephen Norris	TVH
58	50:58	68	Joel Northcott	L.Heathside
59	50:58	108	Adam Lennox	Highgate
60	50:58	129	Chris Symonds	E&H
61	50:58	75	Steve Armstrong	L.Heathside
62	51:06	92	Santosh Rai	ESM
63	51:13	35	Chris Finill	Harrow
64	51:39	225	Robert Rigby	SBH
65	51:40	187	Paul Leppard	Hillingdon
66	51:50	139	Isaac Leigh	Serpentine
67	52:00	61	Michael Cockings	L.Heathside
68	52:06	148	Mark Herbert	Ranelagh
69	52:07	118	Ben Wood	Highgate
70	52:10	86	Sean Hanrahan	ESM
71	52:15	159	Simeon Bennett	VPH&THAC
72	52:21	74	Chris Vincent	L.Heathside
73	52:32	146	Gideon Reid	Serpentine
74	52:37	31	Tom Irving	Ealing Eagles
75	52:39	152	Peter Gregorowski	The Stragglers
76	52:46	134	Ian Cook	Serpentine
77	52:47	160	Rob Blair	VPH&THAC
78	52:51	47	Matt Collins	L.Heathside
79	53:05	23	Harry Claxton	Ealing Eagles
80	53:21	143	Andy Pearson	Serpentine
81	53:22	145	Tom Powls	Serpentine
82	53:37	43	Rob Shulman	L.Heathside
83	53:43	30	Nils-Kristian Liborg	Ealing Eagles
84	53:46	48	Dominic Jackson	L.Heathside
85	53:53	80	Akira Anzai-Jackson	ESM
86	53:58	119	Andy Bowen	West 4
87	54:00	72	Oliver Negus	L.Heathside
88	54:06	73	Tom Haworth	L.Heathside
89	54:12	56	Jonathan Litchfield	L.Heathside

90	54:15	44	Tom Bedwell	L.Heathside
91	54:21	141	Alastair Metcalf	Serpentine
92	54:25	121	Andrew Flannery	West 4
93	54:35	84	Rob Brown	ESM
94	54:59	202	Manuel Da Silva	TVH
95	55:01	209	James Malcolm	TVH
96	55:16	40	Nick Andrews	Harrow
97	55:18	232	Des Crinion	Dulwich R
98	55:18	138	Raul Huysmans	Serpentine
99	55:31	167	Luke Fitzgerald	VPH&THAC
100	55:39	127	Martin Peck	West 4
101	55:45	163	Lee Butler	VPH&THAC
102	55:54	135	Steven Diffey	Serpentine
103	56:00	110	Joseph Lowe	Highgate
104	56:03	22	Gerbrand Alkema	Ealing Eagles
105	56:27	120	Duncan Grassie	West 4
106	56:41	41	Steve Bland	Harrow
107	57:09	76	Gordon Brady	L.Heathside
108	57:17	32	Kieran Santry	Ealing Eagles
109	57:27	24	Bernard Sexton	Ealing Eagles
110	57:49	186	Richard Jenkin	Hillingdon
111	57:57	54	Valentin Valeanu	L.Heathside
112	58:00	150	Simon Brazil	The Stragglers
113	58:04	59	Richard Peachment	L.Heathside
114	58:15	154	Ted Fraser	The Stragglers
115	58:20	126	Martin Wadham	West 4
116	58:26	66	Joseph McKeown	L.Heathside
117	58:30	20	Simon Stannard	Ealing Eagles
118	58:34	2	Daniel Berry	Mornington C
119	58:47	137	James Hancock	Serpentine
120	58:52	83	Ian Leslie	ESM
121	58:57	223	David Greenstein	SBH
122	59:00	190	David Newman	Hillingdon
123	59:16	131	Abu Asad	Serpentine
124	59:28	188	Andrew Malyan	Hillingdon
125	59:36	16	Maurice Quirke	QPH
126	59:46	221	Danny Digweed	SBH
127	59:53	161	Richard Bryant	VPH&THAC
128	60:04	158	Philip Bennett	VPH&THAC
129	60:40	28	Ross Hampl	Ealing Eagles
130	60:54	168	Tim Miller	VPH&THAC
131	61:32	229	Paul MacCarthy	Barnet
132	61:35	151	Nick Brown	The Stragglers
133	61:47	112	James Rossiter	Highgate
134	62:00	12	Sean Lightbown	QPH
135	62:16	125	Peter Jeffrey	West 4
136	62:28	153	Samir Hussain	The Stragglers
137	62:43	90	Phil York	ESM
138	62:52	230	Matthew Sleeman	Barnet
139	62:58	5	Tom Alexander	QPH
140	63:03	85	Steve Plested	ESM

141	63:29	197	Richard Bell	TVH
142	63:42	172	Paul Rhodes	VPH&THAC
143	63:55	122	Gary Robinson	West 4
144	64:19	34	Simon Smith	Ealing Eagles
145	64:37	133	Calin Ciutu	Serpentine
146	64:59	21	Adam Burke	Ealing Eagles
147	65:02	162	William Burbridge-James	VPH&THAC
148	65:56	25	John Kenny	Ealing Eagles
149	66:11	3	Daniel Lewis	Mornington C
150	66:40	193	Trevor Steeples	Hillingdon
151	66:49	203	Richard Hooley	TVH
152	66:56	4	Eamon Byrne	Mornington C
153	67:30	140	Alex Malzer	Serpentine
154	67:39	156	Gerald Akrigg	VPH&THAC
155	68:11	15	Martin Petry	QPH
156	69:08	142	Paul Ogden	Serpentine
157	69:36	18	Charles Thatham	QPH
158	71:14	78	Simon Turrell	ESM
159	72:35	6	Gildas Braine	QPH
160	72:35	9	Edward Harris	QPH
161	74:41	26	Baljit Dhanda	Ealing Eagles
162	81:16	155	Stephen Penpraze	The Stragglers
163	83:05	208	Simon Maddison	TVH
164	85:22	7	Ian Cooke	QPH
165	85:22	19	James Walerych	QPH
166	91:31	14	William O'Connor	QPH

**Team Results (6 to score):**

1. Highgate (2, 6, 9, 10, 12, 14) = 53
2. L. Heathside (11, 17, 19, 23, 25, 36) = 131
3. TVH (13, 24, 26, 32, 34, 38) = 167
4. VPH (16, 22, 33, 47, 54, 71) = 243
5. SBH (3, 4, 7, 49, 64, 121) = 248
6. Harrow (18, 27, 30, 37, 63, 96) = 271
7. Serpentine (8, 20, 55, 66, 73, 76) = 298
8. ESM (15, 50, 62, 70, 85, 93) = 375
9. Hillingdon (5, 39, 41, 65, 110, 122) = 382
10. West 4 (43, 48, 86, 92, 100, 105) = 474
11. Ealing Eagles (52, 74, 79, 83, 104, 108) = 500
12. QPH (31, 51, 56, 125, 134, 139) = 536

**12 to score (first team outside first 3 teams above):**

VPH&THAC (16, 22, 33, 47, 54, 71, 77, 99, 101, 127, 128, 130) = 905



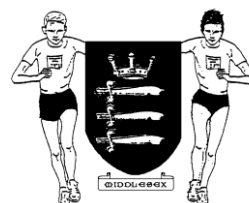
## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Under 20 Men - 6000m (approx)

Position	Time	Number	Name	Club
1	20:27	91	Seyfu Jamal	L.Heathside
2	20:52	90	Jem O'Flaherty	L.Heathside
3	21:23	88	Elias Ahmed	ESM
4	22:12	81	Luca Minale	VPH&THAC
5	23:13	83	Laurence Edwards	Harrow
6	23:14	82	Chris Morris	Harrow
7	24:57	84	Greg Atkins	Ranelagh
8	25:36	92	Tal Pelmont	Highgate
9	26:16	89	Chauncey Edwards	ESM
10	26:17	86	William Palmer	TVH

**Team Result (3 to score):**

No team result



# MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

## Under 17 Men - 6000m (approx)

Position	Time	Number	Name	Club
1	20:47	533	Mohamed Ali	ESM
2	21:04	546	Thomas Archer	L.Heathside
3	22:05	535	Seweryn Czapka	ESM
4	22:06	547	Jake Evans	L.Heathside
5	22:26	557	Jonah Kramer	Serpentine
6	22:40	543	Mukhtar Musa	SBH
7	22:40	517	Louis Hodge	TVH
8	23:08	563	Jonny Brook	St.Marys
9	23:20	527	Abdifatah Khalif	Hillingdon
10	23:25	545	Oliver O'Connor	L.Heathside
11	23:27	516	Daniel Benton	TVH
12	23:29	540	Dylan Michel	SBH
13	23:39	553	Chris Hudson	Harrow
14	23:49	519	Shami Umashankar	TVH
15	23:57	544	Ruairi McGonagle	L.Heathside
16	24:05	531	Adam Ireland	Hillingdon
17	24:08	530	Nathan Hackley	Hillingdon
18	24:33	541	Ashwin Fowkes-Gajan	SBH
19	24:53	551	Finlay Sleeman	Highgate
20	24:58	518	Basil Rock	TVH
21	24:59	559	Louis Cummings	St.Marys
22	25:24	561	Gabriel Phelan	St.Marys
23	25:32	526	Isaac Bloodworth	Hillingdon
24	26:02	550	Charlie Gundy	Highgate
25	26:07	548	Sam Ingram	L.Heathside
26	26:30	560	Dominic Rhodes	St.Marys
27	26:34	528	Amit Solanki	Hillingdon
28	26:53	539	Jonathan Boardman	SBH
29	27:16	542	James Munyambu	SBH
30	27:46	562	Isaac Phelan	St.Marys
31	28:10	566	Alistair Brendon	St.Marys
32	28:27	537	Thomas Barry	ESM
33	30:02	522	Eddie Jodrell	Belgrave

### Team Results (3 to score):

1. L. Heathside (2, 4, 10) = 16

2. TVH (7, 11, 14) = 32

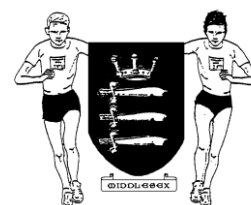
3. SBH (6, 12, 18) = 36

4. ESM (1, 3, 32) = 36

5. Hillingdon (9, 16, 17) = 42

6. St. Marys (8, 21, 22) = 51

# MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



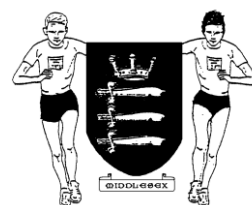
## Under 15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	14:29	9	Abdirahmim Hamud	Hillingdon
2	14:44	38	Samuel Greenstein	SBH
3	14:48	39	Sonny Maund	St.Marys
4	15:12	30	Alessio Ferrari	Trent Park
5	15:24	25	Jack Bailey	Highgate
6	15:29	15	Spike Blake	L.Heathside
7	15:35	16	Jack Davis-Black	L.Heathside
8	15:36	18	Michael Smith	L.Heathside
9	15:44	11	Mohsin Moallin	Hillingdon
10	15:52	32	Finn Combe	ESM
11	16:00	27	Rohan Mangat	Harrow
12	16:07	8	Harry Glyn	VPH&THAC
13	16:09	26	Jesse Hopkins	Highgate
14	16:09	24	Luca Spacatrosi	Highgate
15	16:19	37	Dylan Hammond	SBH
16	16:26	40	Freddie Bate	St.Marys
17	16:38	12	Taaj Ojha	Hillingdon
18	16:50	21	Bedo Draskoczy	L.Heathside
19	16:56	13	Zachary Dickens	Hillingdon
20	16:57	2	Morris Rock	TVH
21	17:20	6	Ahkim Brown	Belgrave
22	17:30	31	Max Kercher	Trent Park
23	17:32	33	Jonah Mezey	ESM
24	17:58	14	Stan Hassan	L.Heathside
25	18:21	22	Fred Bake	L.Heathside
26	18:29	41	Zach Horn	St.Marys
27	19:17	5	Dominic Johnson	TVH
28	19:41	28	Alex McKenna	Harrow
29	20:54	35	Hussein Zaaiter	ESM
30	20:57	42	Zach Payne	St.Marys

### Team Result (3 to score):

1. L. Heathside (6, 7, 8) = 21
2. Hillingdon (1, 9, 17) = 27
3. Highgate (5, 13, 14) = 32
4. St. Marys (3, 16, 26) = 45
5. ESM (10, 23, 29) = 62

# MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



## Under 13 Boys - 3,000m (approx)

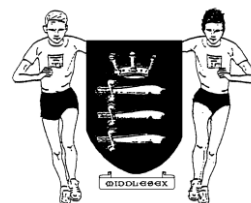
Position	Time	Number	Name	Club
1	11:28	25	Zico Jones	SBH
2	11:32	9	Louis Reynolds	VPH&THAC
3	11:48	18	Thomas Chadwick	Highgate
4	11:57	32	Tynan Parker	L.Heathside
5	12:03	16	Liam Bailey	Highgate
6	12:10	56	Edward Flewitt	ESM
7	12:18	31	Ivor Joslin	L.Heathside
8	12:24	6	Edgar Sayers	VPH&THAC
9	12:28	21	Ruairdh McIntyre	Highgate
10	12:31	1	Reginald Rock	TVH
11	12:32	30	Benjy Bediako	L.Heathside
12	12:32	54	Isaac Mezey	ESM
13	12:45	49	Finlay Vadon	ESM
14	12:48	22	Wiremu Nicole	Highgate
15	12:52	48	Oscar Tivnann	Trent Park
16	13:02	42	Max Dadomo	Harrow
17	13:07	12	Ryan Stoddart	Hillingdon
18	13:11	27	Charlie Brook	St.Marys
19	13:12	17	Jamie Cameron	Highgate
20	13:13	24	Reilly Webster	Highgate
21	13:14	40	Michael Cattini	Harrow
22	13:20	19	Alex Driscoll	Highgate
23	13:24	43	Dylan Robert	Harrow
24	13:25	20	Jack Balme	Highgate
25	13:28	10	Edison Rhodes	VPH&THAC
26	13:30	15	Harvey Williams	Hillingdon
27	13:34	36	Kamran Bakhshi	L.Heathside
28	13:35	33	Gregory Berrisford Sweet	L.Heathside
29	13:41	45	Attila Szalal	Serpentine
30	13:53	8	Paris Androulidakis	VPH&THAC
31	14:03	2	Archie Smith	TVH
32	14:06	7	Tom Scott-Gall	VPH&THAC
33	14:11	44	Zakeria Atek	Harrow
34	14:15	51	Kevin Prempeh	ESM
35	14:28	38	Nathan Powlson	Ealing Eagles
36	14:36	29	Billie Bannon	St.Marys
37	14:40	5	Toby Stewart	Belgrave
38	14:52	41	Arinze Ofurum	Harrow
39	14:58	13	James Naughton	Hillingdon
40	15:58	14	Reuben Moore	Hillingdon
41	16:19	55	Evan Thomson	ESM
42	16:29	11	Lewis Palmer	VPH&THAC



**Team Result (3 to score):**

1. Highgate (3, 5, 9) = 17
2. L. Heathside (4, 7, 11) = 22
3. ESM (6, 12, 13) = 31
4. VPH&THAC (2, 8, 25) = 35
5. Harrow (16, 21, 23) = 60
6. Hillingdon (17, 26, 39) = 82

# MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



## Under 11 Boys - 1,500m (approx)

Position	Time	Number	Name	Club
1	5:31	18	Arthur Phillips	SBH
2	5:34	5	Ben Redland	L.Heathside
3	5:56	3	Barnabe Lesenne-Ward	Hillingdon
4	5:58	12	Billy Cooke	Highgate
5	5:59	16	Arjuna Pflug	Highgate
6	6:04	6	Sam Turner	L.Heathside
7	6:08	10	Oscar Fletcher	Highgate
8	6:09	15	Connor McIntyre	Highgate
9	6:12	13	Paolo Ceccoli	Highgate
10	6:13	20	Arthur Salkeld	QPH
11	6:16	14	Matteo Ceccoli	Highgate
12	6:18	31	Mika Stripp	ESM
13	6:19	25	Thomas Jessop	Harrow
14	6:21	1	Dylan Lewis	Hillingdon
15	6:24	2	Noah Browne	Hillingdon
16	6:34	22	Henry Englishby	QPH
17	6:35	30	Max Gilzean	Trent Park
18	6:39	19	Laddie Shaw	SBH
19	6:43	28	Cameron Bristow	Harrow
20	6:45	27	Charlie Robert	Harrow
21	6:47	29	Louis Falk	Trent Park
22	6:49	33	Bilal Yusuf	ESM
23	6:50	24	Cian Mullahey	Ealing Eagles
24	6:50	4	Aarav Kayson	Hillingdon
25	7:02	35	Noah Levy	ESM
26	7:04	34	Ashley Thomson	ESM
27	8:00	26	Shayan Yadav	Harrow
28	8:10	17	Zachary Watt	Highgate

### Team Result:

1. Highgate (4, 5, 7) = 16
2. Hillingdon (3, 14, 15) = 32
3. Harrow (13, 19, 20) = 52
4. ESM (12, 22, 25) = 59



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	33:45	1	Gintare Juknyte	AFD
2	33:46	83	Anna Hollingsworth	Serpentine
3	34:02	109	Izzy Dye	TVH
4	34:18	32	Jessica Anderson	Highgate
5	34:21	102	Lisa Da Silva	TVH
6	34:34	76	Lucy Ashe	Harrow
7	34:47	117	Emily Jeanes	Trent Park
8	34:50	123	Jessica Prior	Trent Park
9	34:55	108	Stephanie Ainley	TVH
10	34:57	103	Chloe Baker	TVH
11	35:01	74	Sophie Biggs	The Stragglers
12	35:01	60	Olivia Desborough	L.Heathside
13	35:17	122	Cyn Cano	Trent Park
14	35:39	51	Evangelista Divetain	L.Heathside
15	35:40	116	Elana Dimmer	SBH
16	35:50	50	Annabel Litchfield	L.Heathside
17	35:57	41	Lisa Wenninger	Highgate
18	36:09	120	Alex Baird	Trent Park
19	36:15	7	Karima Harris	QPH
20	36:42	43	Ollie Capel	VPH&THAC
21	36:46	119	Kat Alpe	Trent Park
22	37:07	118	Katie Vooght	Trent Park
23	37:14	10	Michelle Maddick	QPH
24	37:31	85	Clementine Masson	Serpentine
25	37:33	114	Sarah Harris	ESM
26	37:36	69	Isobel Rea	West 4
27	37:42	37	Louise Faherty	Highgate
28	37:46	96	Hannah Wells	Hillingdon
29	38:04	112	Fiona Kennedy	ESM
30	38:13	52	Laura Hunt	L.Heathside
31	38:47	36	Sarah Dewhirst	Highgate
32	39:08	115	Amelie Hunton	St.Marys
33	39:12	61	Lily Woolcock	L.Heathside
34	39:17	104	Catherine Allen	TVH
35	39:19	2	Sophie Barnard	QPH
36	39:22	86	Sonia Pignorel	Serpentine
37	39:34	73	Sarah Burdett	The Stragglers
38	39:41	39	Sabina Russell	Highgate

39	39:51	64	Ciera Kennedy	L.Heathside
40	39:57	4	Joanna Braine	QPH
41	40:00	79	Nicola Payne	Harrow
42	40:21	126	Christiana Akinbola	Mornington C
43	40:23	70	Suzi Zhuang	West 4
44	40:37	77	Ellen Rose-Senior	Harrow
45	40:49	92	Rebecca Northmore	Ranelagh
46	40:53	131	Rebecca Schulleri	Dulwich R
47	40:57	101	Fran Lou	TVH
48	41:01	68	Rose Lewis	West 4
49	41:06	67	Sarah McIntosh	West 4
50	41:28	98	Freya Hollingsworth	Hillingdon
51	41:42	35	Natasha Cendrowicz	Highgate
52	41:54	78	Jennifer Keal	Harrow
53	42:00	47	Annie Trihan	VPH&THAC
54	42:03	93	Zoe Dobbs	Hillingdon
55	42:10	23	Hannah Takahashi	Ealing Eagles
56	42:26	65	Ruth Miller	L.Heathside
57	42:30	25	Charlotte Wade	Ealing Eagles
58	42:36	88	Rebecca Bissell	Ranelagh
59	42:39	24	Katrina Davison	Ealing Eagles
60	42:48	91	Marianne Malam	Ranelagh
61	43:15	13	Hannah Smith	Ealing Eagles
62	43:23	53	Kimberli Butler	L.Heathside
63	43:31	6	Gillian Cross	QPH
64	43:40	56	Jackie Wastell	L.Heathside
65	43:42	121	Melissa O'Hare	Trent Park
66	43:52	129	Stephanie Mercer	Mornington C
67	44:08	125	Rafaele Lamour	Mornington C
68	44:10	97	Melanie Spencer	Hillingdon
69	44:19	20	Jessica Hood	Ealing Eagles
70	44:34	12	Michele Tanner	Ealing Eagles
71	44:51	11	Georgina Thorborn	QPH
72	45:09	49	Sylwia Tokarska	VPH&THAC
73	45:17	29	Sue Park	Ealing Eagles
74	46:04	46	Terri Seeber	VPH&THAC
75	46:08	82	Elvira Gonzalo	Serpentine
76	46:29	75	Mary Hyde	The Stragglers
77	46:42	27	Helen Pugh	Ealing Eagles
78	46:43	113	Carol Jones	ESM
79	46:48	110	Barbara Maddison	TVH
80	46:49	71	Charlotte Kelloway	West 4
81	46:51	124	Claudia Canova	Trent Park
82	47:22	128	Anne Caspi	Mornington C
83	48:03	21	Una Crotty-Joyce	Ealing Eagles
84	48:07	45	Joanna Savage	VPH&THAC
85	48:37	3	Lucy Birrell	QPH
86	49:00	16	Abi Barber	Ealing Eagles
87	49:05	87	Miwa Tonaki	Serpentine
88	49:12	8	Susan Kennedy	QPH
89	49:42	30	Victoria Watts	Ealing Eagles

90	49:56	84	Sarah Mackenzie	Serpentine
91	50:25	42	Amy Blackburn-Lau	VPH&THAC
92	51:58	107	Frankie Lynch	TVH
93	54:33	99	Christina Benjamin	Hillingdon
94	57:12	28	Anna Shierson	Ealing Eagles
95	60:18	5	Sarah Cooke	QPH
96	61:02	105	Christine Munden	TVH
97	62:00	15	Fade Solanke-Mitterer	Ealing Eagles

**Team Result (4 to score):**

1. TVH (3, 5, 9, 10) = 27
2. Trent Park (7, 8, 13, 18) = 46
3. L. Heathside (12, 14, 16, 30) = 72
4. Highgate (4, 17, 31, 38) = 79
5. QPH (19, 23, 35, 40) = 117
6. Serpentine (2, 24, 36, 75) = 137
7. Harrow (6, 41, 44, 52) = 143
8. West 4 (26, 43, 48, 49) = 166
9. Hillingdon (28, 50, 54, 68) = 200
10. VPH&THAC (20, 53, 72, 74) = 219
11. Ealing Eagles (55, 57, 59, 61) = 232
12. Mornington (42, 66, 67, 82) = 257

**Winner of Corlin Trophy :**

QPH



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Under 17 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	24:49	145	Maayan Rados	SBH
2	25:10	154	Mimi Blake	L.Heathside
3	25:35	141	Maddy Whitman	Belgrave
4	25:39	159	Zakia Mossi	B&B
5	25:58	142	Joanne Miranda	SBH
6	26:11	138	Jasmine Palmer	TVH
7	26:15	168	Imogen Deakin	St.Marys
8	26:35	160	Ellen Donald	Highgate
9	26:41	148	Imogen Scott-Gall	VPH&THAC
10	26:45	143	Nadia Potter	SBH
11	27:33	144	Emily Hathaway	SBH
12	28:27	152	Myla Stiling	VPH&THAC
13	28:50	165	Katie Hay	ESM
14	29:04	156	Evelyn Dumbleton	L.Heathside
15	29:22	146	Natasha Tanner	SBH
16	30:40	147	Hannah Long	VPH&THAC
17	30:47	155	Mia Manttan	L.Heathside
18	30:52	151	Evie Doe	VPH&THAC
19	31:11	166	Lauren Beale	ESM
20	31:41	137	Olivia Colegrave	TVH
21	35:10	167	Fiona Coutts	ESM

**Team Result (3 to score):**

- |                                  |                              |
|----------------------------------|------------------------------|
| 1. SBH (1, 5, 10) = 16           | 3. VPH&THAC (9, 12, 16) = 37 |
| 2. L. Heathside (2, 14, 17) = 33 | 4. ESM (13, 19, 21) = 53     |

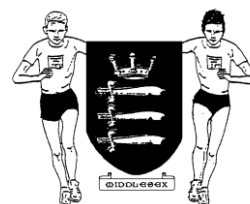
### Under 20 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	23:53	461	Yasmin Marghini	HHH
2	25:17	481	Charlotte Buckley	TVH
3	25:24	463	Isabelle Franco	TVH
4	27:14	475	Rachel Haddow	Harrow
5	27:45	464	Jasmine Gray	TVH
6	28:03	473	Nicola Ravenhill	ESM
7	29:10	462	Jessica Dring-Morris	TVH
8	30:49	465	Georgia Hanley	TVH
9	30:53	476	Nicole Man	Oxford Uni
10	32:31	468	Amira Nuseibeh	ESM

**Team Result (3 to score):**

1. TVH (2, 3, 5) = 10

# MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



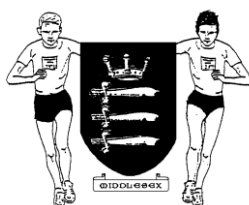
## Under 15 Girls - 4,000m (approx)

Position	Time	Number	Name	Club
1	16:34	101	Lara Mannes	B&B
2	17:04	151	Nicole McGovern	Hillingdon
3	17:21	102	Daya Baga	WSEH
4	17:49	137	Lauren Russell	Highgate
5	18:04	133	Isobel Chadwick	Highgate
6	18:11	123	Ruby Naughton	VPH&THAC
7	18:14	145	Niamh Keohane	Trent Park
8	18:18	130	Anna Pritchard	L.Heathside
9	18:23	146	Lucy Henson	ESM
10	18:29	105	Zenia Gordon	TVH
11	18:32	119	Nancy Scott-Gall	VPH&THAC
12	18:41	134	Kate Driscoll	Highgate
13	18:54	104	Charlotte Edge	TVH
14	19:00	103	Angel Acheampong	TVH
15	19:01	127	Lana Hilber	VPH&THAC
16	19:02	111	Lina Colas	Belgrave
17	19:13	116	Luisa Staab	SBH
18	19:16	108	Olivia Sparks	TVH
19	19:17	156	Sofia Latham	Harrow
20	19:19	121	Elisabeth Noon	VPH&THAC
21	19:23	110	Thea Almqvist-Dutton	TVH
22	19:42	124	Mimi Johnson	VPH&THAC
23	19:48	106	Sasha Mueller	TVH
24	19:57	118	Ella Robinson	SBH
25	20:00	120	Soraya Frost-Mahmood	VPH&THAC
26	20:02	131	Lorna Dumbleton	L.Heathside
27	20:03	122	Alba Gibbs Joffe	VPH&THAC
28	20:09	129	Harriet Wiltshire	St.Marys
29	20:23	155	Olivia Mathuru	Harrow
30	20:45	112	Palmer Newsom	Belgrave
31	20:52	152	Holly Kunjasic	Harrow
32	21:05	115	Asha Horbacki	SBH
33	21:17	107	Lily Dafter	TVH
34	21:26	143	Natasha Nicholas	Trent Park
35	21:27	144	Roison Keohane	Trent Park
36	21:34	126	Fedra Androvlidaki	VPH&THAC
37	23:31	141	Poppy Allwright	Trent Park
38	24:12	153	Bethany Kunjasic	Harrow
39	24:42	148	Catherine Gallagher	ESM
40	25:34	142	Eleanor Dagger	Trent Park

### Team Result (3 to score):

1. Highgate (4, 5, 12) = 21
2. VPH&THAC (6, 11, 15) = 32
3. TVH (10, 13, 14) = 37

4. SBH (17, 24, 32) = 73
5. Trent Park (7, 34, 35) = 76
6. Harrow (19, 29, 31) = 79



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Under 13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	12:19	116	Asmaa Abdirahman	Hillingdon
2	12:44	140	Elinor Chadwick	Highgate
3	12:56	142	Garance Ferera	Highgate
4	13:00	104	Molly McCormack	TVH
5	13:00	103	Ava Levy	TVH
6	13:03	113	Lyra Macdonald	VPH&THAC
7	13:17	110	Ruby James	VPH&THAC
8	13:21	131	Hattie Munday	L.Heathside
9	13:28	117	Isla McGovern	Hillingdon
10	13:30	152	Annabelle Suffield	Harrow
11	13:31	134	Isabella Watkins	L.Heathside
12	13:32	146	Faduma Omar Abdi	Highgate
13	13:32	101	Skye Bishop	TVH
14	13:35	102	Anna Kelly	TVH
15	13:38	137	Ruby Walls	L.Heathside
16	13:38	124	Nicola Hewitt	ESM
17	13:54	111	Sophie Whiteside	VPH&THAC
18	13:55	105	Katerina Simakova	TVH
19	13:57	109	Lexi Broadgate-Matthews	VPH&THAC
20	14:00	151	Kayla Saunders	Harrow
21	14:00	133	Lucy Corkin	L.Heathside
22	14:02	144	Lettie Ganyushin	Highgate
23	14:08	125	Rosie Hewitt	ESM
24	14:14	150	Zairah Newth	Ealing Eagles
25	14:14	123	Mia De Vivenot	ESM
26	14:17	147	Gabrielle Johnson	Highgate
27	14:20	120	Calli Capsey	Hillingdon
28	14:28	145	Klea Karanikolas	Highgate
29	14:30	141	Beatrice Chadwick	Highgate
30	14:32	155	Ellena Deakin	St.Marys
31	14:34	132	Amara Odeogberin	L.Heathside
32	14:44	135	Emelia Watkins	L.Heathside
33	14:47	159	Abi Jeffrey	SBH
34	14:51	156	Sabina Mert	St.Marys
35	15:00	158	Phoebe Music	SBH
36	15:12	122	Selma Tivnann	Trent Park
37	15:19	112	Ruby Mcpherson	VPH&THAC



38	15:25	143	Lili Hake	Highgate
39	15:32	149	Natasha Bennett	Ealing Eagles
40	16:15	107	Jessica Wilson	Belgrave
41	16:31	118	Cherilee Doyle	Hillingdon
42	16:31	153	Rania Ansari	Harrow
43	16:44	126	Immi Van Der Graaf	ESM
44	16:56	129	Isabela Dussailant	ESM
45	16:56	128	Reha Siyani	ESM
46	16:58	127	Flora Allan	ESM
47	18:31	154	Hollie Ford	Harrow
48	21:50	130	Diya Siyani	ESM

**Team Result (3 to score):**

1. Highgate (2, 3, 12) = 17
2. TVH (4, 5, 13) = 22
3. VPH&THAC (6, 7, 17) = 30
4. L. Heathside (8,11, 15) = 34
5. Hillingdon (1, 9, 27) = 37
6. ESM (16, 23, 25) = 64
7. Harrow (10, 20, 42) = 72



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Under 11 Girls - 1,500m (approx)

Position	Time	Number	Name	Club
1	5:45	53	Posie Shaw	SBH
2	5:53	70	Kiara Corkin	L.Heathside
3	5:57	55	Natalie Denley	VPH&THAC
4	6:06	81	Naimah Mossi	B&B
5	6:09	68	Tilly Talbot	Highgate
6	6:22	58	Amae Van Zyl	Hillingdon
7	6:26	65	Eloise Lindley	Highgate
8	6:30	78	Isabella Ions	QPH
9	6:39	66	Aliyah Osman	Highgate
10	6:40	56	Lily Naughton	VPH&THAC
11	6:46	52	Daisy Larkin	Belgrave
12	6:47	63	Carla Cutler	Highgate
13	6:54	86	Katherine Norrington	Harrow
14	6:54	51	Connie Hutchings	Belgrave
15	6:55	64	Mia Cobbold	Highgate
16	6:56	69	Matilda Allan	ESM
17	6:59	80	Minna Williams	Ealing Eagles
18	7:01	62	Martina Brechner	Highgate
19	7:07	54	Megan Hammond	SBH
20	7:08	87	Sofia Cestaro	Harrow
21	7:08	71	Elkie Baker	L.Heathside
22	7:09	84	Nisha Evans	Harrow
23	7:10	59	Angielena Isaacs	Hillingdon
24	7:10	77	Tamara Felix	QPH
25	7:23	72	Lattice Gundry	L.Heathside
26	7:30	57	Xanthe Greenfields	TVH
27	8:14	67	Elizabeth Parker	Highgate
28	8:34	82	Bethany Yared	Serpentine
29	8:47	85	Lola Ajala	Harrow
30	9:39	83	Eva Yared	Serpentine
31	9:59	79	Sarah Liborg	Ealing Eagles

#### Team Result:

1. Highgate (5. 7. 9) = 21
2. L. Heathside (2, 21, 25) = 48
3. Harrow (13. 20, 22) = 55