

Middlesex County AA

Championships

Results Sheet

Senior Women 8,000m

Position	Time	Number	Name	Club
1	31:51	50	J.Lodge	Borough of Hounslow A.C.
2	33:06	183	A.Ridley	Shaftesbury Barnet Harriers
3	33:53	184	S.Van Graan	Shaftesbury Barnet Harriers
4	34:18	35	S.Young	Highgate Harriers
5	34:44	92	A.Murphy	Muswell Hill Runners
6	35:06	108	A.Solly	North London A.C.
7	35:10	118	T.Walker	Parkside (Harrow) A.C.
8	35:24	157	Z.Lewis-Morrall	Serpentine Running Club
9	35:28	112	S-A.Cox	Parkside (Harrow) A.C.
10	35:32	202	G.Nerurkar (T. Hare & H)	Individual
11	35:34	173	K.Armstrong	Shaftesbury Barnet Harriers
12	36:15	135	D.Kennedy	Puma TVH
13	36:23	104	S.Laws	North London A.C.
14	36:37	29	S.Cooney	Highgate Harriers
15	36:48	11	F.Kennedy	Ealing Southall & Middlesex A.C.
16	37:23	131	L.Hill	Puma TVH
17	37:28	179	N.Kaderbhoy	Shaftesbury Barnet Harriers
18	37:31	177	L.Cole	Shaftesbury Barnet Harriers
19	37:36	91	C.Menzies	Muswell Hill Runners
20	38:11	89	J.King	Muswell Hill Runners
21	38:13	93	V.Parry	Muswell Hill Runners
22	38:15	48	V.Jones	Borough of Hounslow A.C.
23	39:01	13	L.Kooper	Ealing Southall & Middlesex A.C.
24	39:10	143	E.Slinger	Puma TVH
25	39:13	27	N.Cendrowicz	Highgate Harriers
26	39:27	102	F.Holland	North London A.C.
27	39:38	39	S.Healey	Hillingdon A.C.
28	39:55	153	J.Calderbank	Serpentine Running Club
29	40:07	24	L.Wilson	Ealing Southall & Middlesex A.C.
30	40:31	169	H.Walker	Serpentine Running Club

31	40:34	34	J.Winfield	Highgate Harriers
32	40:38	107	R.Miller	North London A.C.
33	40:44	100	M.Amess	North London A.C.
34	40:48	164	G.Petersen	Serpentine Running Club
35	41:22	38	N.Charles	Hillingdon A.C.
36	41:34	185	J.Young	Shaftesbury Barnet Harriers
37	41:38	5	P.Wylie	Barnet & District A.C.
38	41:43	166	B.Ralph	Serpentine Running Club
39	41:49	37	C.Bolam	Hillingdon A.C.
40	41:56	151	Y.Winkleman	Queens Park Harriers
41	41:59	144	P.Toland	Puma TVH
42	42:18	40	C.Heemskerk	Hillingdon A.C.
43	42:21	154	J.Farmer	Serpentine Running Club
44	42:38	8	J.Gristwood	Ealing Southall & Middlesex A.C.
45	42:40	96	I.Teller	Muswell Hill Runners
46	42:41	80	G.McBride	Metros
47	42:41	194	C.Scott	Trent Park Trotters
48	42:50	36	A.Belchambers	Hillingdon A.C.
49	43:24	155	J.Hickman	Serpentine Running Club
50	43:30	172	R.Young	Serpentine Running Club
51	44:00	42	J.Tye	Hillingdon A.C.
52	44:46	19	B.O'Sullivan	Ealing Southall & Middlesex A.C.
53	44:52	15	C.Mitchell	Ealing Southall & Middlesex A.C.
54	45:02	86	P.Delamere	Muswell Hill Runners
55	45:16	3	E.Saunders	Barnet & District A.C.
56	46:51	161	C.McNeil	Serpentine Running Club
57	47:03	130	V.Harman	Puma TVH
58	47:18	88	A.Harrow	Muswell Hill Runners
59	48:09	41	E.Morse	Hillingdon A.C.
60	48:33	2	S.Kimberley	Barnet & District A.C.
61	48:51	127	K.Davidson	Puma TVH
62	50:28	85	A.Charlesworth	Muswell Hill Runners
63	50:51	4	M.Shirley	Barnet & District A.C.
64	51:22	12	J.King	Ealing Southall & Middlesex A.C.
65	52:33	18	Y.Olowokere	Ealing Southall & Middlesex A.C.
66	53:08	9	D.Johnstone	Ealing Southall & Middlesex A.C.

67	53:25	147	S.Aspinall	Queens Park Harriers
68	55:56	23	A.Spalding	Ealing Southall & Middlesex A.C.
69	55:59	14	C.Langley	Ealing Southall & Middlesex A.C.
70	58:36	81	B.Robson	Metros

Team Result:

1. Shaftesbury Barnet Harriers	33
2. Muswell Hill Runners	65
3. Highgate Harriers	74
4. North London A.C.	77
5. Puma TVH	93
6. Serpentine Running Club	100
7. Ealing Southall & Middlesex A.C.	111
8. Hillingdon A.C.	143
9. Barnet & District A.C.	215

Middlesex County AA

Championships

Results Sheet

Junior Women 5,000m

Position	Time	Number	Name	Club
1	18:14	60	C.Walsh	Shaftesbury Barnet Harriers
2	19:26	52	R.Taylor	Borough of Hounslow A.C.
3	20:49	48	S.Miles	Hillingdon A.C.
4	21:30	57	E.Ferenczi	Shaftesbury Barnet Harriers
5	22:04	44	J.Bleasdale	Hillingdon A.C.
6	22:05	63	E.Ogunde (Highgate)	Individual
7	22:36	53	L.Webb	Borough of Hounslow A.C.
8	24:06	45	R.Canton	Hillingdon A.C.
9	24:17	42	L.Templeton	Ealing Southall & Middlesex A.C.
10	24:33	49	J.Hawes	Borough of Hounslow A.C.
11	24:56	43	B.Wilson	Ealing Southall & Middlesex A.C.
12	25:02	50	C.Hayes	Borough of Hounslow A.C.
13	26:08	39	C.Langley	Ealing Southall & Middlesex A.C.
14	33:17	38	S.Anandhachar	Ealing Southall & Middlesex A.C.

Team Result:

1. Borough of Hounslow A.C.	31
2. Ealing Southall & Middlesex A.C.	47

Middlesex County AA

Championships

Results Sheet

U17 Women 5,000m

Position	Time	Number	Name	Club
1	22:43	34	N.De La Salle (Hillingdon)	Individual
2	22:55	2	L.Hampton	Ealing Southall & Middlesex A.C.
3	23:25	6	A.Shimmin	Ealing Southall & Middlesex A.C.
4	23:33	13	N.Coleman	Borough of Hounslow A.C.
5	23:59	37	V.Ceschi (Ranelagh)	Individual
6	24:21	33	H.Bundock (Hillingdon)	Individual
7	25:16	5	R.Pais	Ealing Southall & Middlesex A.C.
8	25:18	28	K.Wilks	Puma TVH
9	25:37	16	M.Piper	Borough of Hounslow A.C.
10	25:57	18	R.Coughlan	Parkside (Harrow) A.C.
11	26:30	29	N.Adjobia	Shaftesbury Barnet Harriers
12	26:39	4	R.Malcolm	Ealing Southall & Middlesex A.C.
13	27:03	26	B.Ikusika	Puma TVH
14	27:17	24	G.Burden	Puma TVH
15	27:20	9	D.Kirrane	Enfield & Haringey A.C.
16	30:01	1	P.Anandhachar	Ealing Southall & Middlesex A.C.
17	32:27	27	R.Samuel	Puma TVH

Team Result:

Ealing Southall & Middlesex A.C.	24
Puma TVH	52

Middlesex County AA

Championships

Results Sheet

U15 Girls 4,000m

Position	Time	Number	Name	Club
1	14:40	49	H.Lee	Parkside (Harrow) A.C.
2	15:40	73	M.Powell (WGEL)	Individual
3	16:05	55	A.Guille	Puma TVH
4	16:34	26	J.Baxter	Hillingdon A.C.
5	17:07	12	R.Worman	Ealing Southall & Middlesex A.C.
6	17:16	25	S.Spall	Highgate Harriers
7	17:22	9	Z.Mowett-Lee	Ealing Southall & Middlesex A.C.
8	17:38	34	S.Hill	Borough of Hounslow A.C.
9	17:40	51	K.O'Connor	Parkside (Harrow) A.C.
10	17:44	32	Z.Disson	Borough of Hounslow A.C.
11	17:54	13	A.Campbell	Enfield & Haringey A.C.
12	18:05	54	K.Ferguson	Puma TVH
13	18:10	15	H.Gul	Enfield & Haringey A.C.
14	18:20	8	A.McCuigan	Ealing Southall & Middlesex A.C.
15	18:33	3	H.Cunningham	Ealing Southall & Middlesex A.C.
16	18:39	10	C.O'Connell	Ealing Southall & Middlesex A.C.
17	18:45	61	A.Sykes-Brown	Puma TVH
18	18:53	57	N.Marrin	Puma TVH
19	19:05	21	S.Wright	Enfield & Haringey A.C.
20	19:09	41	J.Gilby	North London A.C.
21	19:09	62	J.Toland	Puma TVH
22	19:11	38	L.Rowsome	Borough of Hounslow A.C.
23	19:20	29	C.Penfold	Hillingdon A.C.
24	19:25	43	K.Sivakumaran	North London A.C.
25	19:52	11	M.Robinson	Ealing Southall & Middlesex A.C.
26	19:52	56	M.Hall	Puma TVH
27	20:23	40	L.Davies	North London A.C.
28	20:47	6	L.Keeler	Ealing Southall & Middlesex A.C.
29	21:09	44	N.Tibble	North London A.C.
30	21:33	52	S.Anghae	Puma TVH

31	23:35	39	R.Black	North London A.C.
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Team Result:

1. Ealing Southall & Middlesex A.C.	41
2. Puma TVH	50
3. North London A.C.	100

Middlesex County AA

Championships

Results Sheet

U13 Girls 3,000m

Position	Time	Number	Name	Club
1	14:38	2	C.Carverhill	Ealing Southall & Middlesex A.C.
2	14:45	15	L.Houlihan	Enfield & Haringey A.C.
3	14:48	53	L.Barr	Shaftesbury Barnet Harriers
4	14:51	56	I.Ramsey	Shaftesbury Barnet Harriers
5	15:01	9	C.McGuigan	Ealing Southall & Middlesex A.C.
6	15:04	11	M.Stenhouse	Ealing Southall & Middlesex A.C.
7	15:06	7	K.Hryniewiecka	Ealing Southall & Middlesex A.C.
8	15:06	20	S.Turner	Enfield & Haringey A.C.
9	15:22	46	R.Christie	Puma TVH
10	15:29	45	Z.Cameron	Puma TVH
11	15:31	25	L.Manley	Hillingdon A.C.
12	15:45	24	J.Lemon	Hillingdon A.C.
13	15:55	5	K.French	Ealing Southall & Middlesex A.C.
14	15:56	22	N.White	Enfield & Haringey A.C.
15	16:06	38	E.Ault	Parkside (Harrow) A.C.
16	16:29	34	N.Russell	Borough of Hounslow A.C.
17	16:35	44	S.Trower	Parkside (Harrow) A.C.
18	16:39	29	S.Disson	Borough of Hounslow A.C.
19	16:41	42	S.Lavey	Parkside (Harrow) A.C.
20	16:42	16	S.McNamara	Enfield & Haringey A.C.
21	17:06	51	D.Toland	Puma TVH
22	17:10	47	E.Conroy	Puma TVH
23	17:14	1	C.Ateba	Ealing Southall & Middlesex A.C.
24	17:15	33	C.Russell	Borough of Hounslow A.C.
25	17:41	18	K.Moore	Enfield & Haringey A.C.
26	17:46	58	A.Tibble (North London)	Individual

Team Result:

Ealing Southall & Middlesex A.C.	19
Enfield & Haringey A.C.	44
Puma TVH	62

Middlesex County AA

Championships

Results Sheet

Senior Men 12,000m

Position	Time	Number	Name	Club
1	41:23	264	R.Ashe	Puma TVH
2	41:52	177	S.Kennifick	London Irish A.C.
3	42:09	350	A.Van Zyl	Shaftesbury Barnet Harriers
4	42:27	348	J.Trapmore	Shaftesbury Barnet Harriers
5	42:46	191	D.Wardle	London Irish A.C.
6	43:08	167	G.Bajaz	London Irish A.C.
7	43:11	252	N.Mitchell	North London A.C.
8	43:21	178	M.Lennon	London Irish A.C.
9	43:27	81	C.Beecham	Highgate Harriers
10	43:39	98	J.Pes	Highgate Harriers
11	43:43	189	K.Thompson	London Irish A.C.
12	43:47	241	G.Addis	North London A.C.
13	44:00	239	H.Webb	Muswell Hill Runners
14	44:05	67	R.Godden	Harrow A.C.
15	44:09	24	J.Lennox	Ealing Southall & Middlesex A.C.
16	44:13	190	K.Vose	London Irish A.C.
17	44:14	71	S.Jones	Harrow A.C.
18	44:15	256	M.Potter	North London A.C.
19	44:16	373	J.Roche	Victoria Park Harriers
20	44:19	80	C.Bailey	Highgate Harriers
21	44:23	358	P.Goldfinch	Trent Park Trotters
22	44:27	362	C.Michael	Trent Park Trotters
23	44:56	361	R.McCormick	Trent Park Trotters
24	44:59	351	B.Walsh	Shaftesbury Barnet Harriers
25	45:14	251	P.Lemmon	North London A.C.
26	45:17	227	A.Mitchell	Muswell Hill Runners
27	45:29	111	P.Cuddihy	Hillingdon A.C.
28	45:47	257	L.Proudlock	North London A.C.
29	45:51	243	M.Coleman	North London A.C.
30	45:56	66	C.Finill	Harrow A.C.

31	45:57	12	M.Stapleton	Barnet & District A.C.
32	45:58	96	N.Martyn	Highgate Harriers
33	46:20	291	G.Townsend	Puma TVH
34	46:33	292	P.Wetton	Puma TVH
35	46:47	158	M.Forrest	London Frontrunners
36	46:48	174	R.Green	London Irish A.C.
37	46:48	75	L.Rudge	Harrow A.C.
38	46:52	326	J.Shaw	Serpentine Running Club
39	46:57	50	A.O'Connor	Enfield & Haringey A.C.
40	47:14	77	A.Wray	Harrow A.C.
41	47:43	55	C.Symonds	Enfield & Haringey A.C.
42	47:49	263	A.Wong	North London A.C.
43	48:08	320	S.Hilton	Serpentine Running Club
44	48:17	369	A.Lashmar	Victoria Park Harriers
45	48:19	253	A.Owen	North London A.C.
46	48:25	181	K.Murphy	London Irish A.C.
47	48:32	317	L.Grist	Serpentine Running Club
48	48:37	366	G.Bagnall	Victoria Park Harriers
49	48:41	367	G.Foulds	Victoria Park Harriers
50	48:43	186	M.Smith	London Irish A.C.
51	48:47	16	I.Cunningham	Ealing Southall & Middlesex A.C.
52	48:50	8	G.Ramsay	Barnet & District A.C.
53	48:53	271	H.Dias	Puma TVH
54	49:03	125	P.MacLean	Hillingdon A.C.
55	49:03	74	G.Noble	Harrow A.C.
56	49:10	200	P.Stainer	Metros Running Club
57	49:13	58	S.Wells	Enfield & Haringey A.C.
58	49:20	40	A.Donnely	Enfield & Haringey A.C.
59	49:24	339	J.Herries	Shaftesbury Barnet Harriers
60	49:26	142	I.Buckingham	Borough of Hounslow A.C.
61	49:30	26	S.Plested	Ealing Southall & Middlesex A.C.
62	49:38	183	L.O'Neill	London Irish A.C.
63	49:43	117	M.Gorman	Hillingdon A.C.
64	49:47	18	D.Domoney	Ealing Southall & Middlesex A.C.
65	50:03	275	D.Gebhardt	Puma TVH
66	50:09	133	M.Smith	Hillingdon A.C.

67	50:28	180	S.Murray	London Irish A.C.
68	50:33	304	C.Keogh	Queens Park Harriers
69	50:36	245	P.Crockford	North London A.C.
70	50:41	266	L.Benjamin	Puma TVH
71	50:42	21	R.Howells	Ealing Southall & Middlesex A.C.
72	50:44	122	B.Leach	Hillingdon A.C.
73	50:48	308	L.Thomas	Queens Park Harriers
74	50:50	166	L.Aloe	London Irish A.C.
75	50:52	73	T.McIntyre	Harrow A.C.
76	50:55	188	N.Teutin	London Irish A.C.
77	51:03	147	A.Pye	Borough of Hounslow A.C.
78	51:12	114	S.Dokic	Hillingdon A.C.
79	51:23	31	P.York	Ealing Southall & Middlesex A.C.
80	51:24	328	N.Slade	Serpentine Running Club
81	51:25	345	R.Pick	Shaftesbury Barnet Harriers
82	51:25	185	D.Phillips	London Irish A.C.
83	51:29	327	H.Shieves	Serpentine Running Club
84	51:37	195	A.Fox	Metros Running Club
85	51:51	43	G.French	Enfield & Haringey A.C.
86	51:58	323	P.McCubbins	Serpentine Running Club
87	52:05	172	A.Dillon	London Irish A.C.
88	52:08	277	M.Hall	Puma TVH
89	52:27	123	P.Leppard	Hillingdon A.C.
90	52:43	65	R.Feeney	Harrow A.C.
91	52:47	14	J.Blanchard	Ealing Southall & Middlesex A.C.
92	52:51	194	D.Cronk	Metros Running Club
93	52:54	19	E.Fogarty	Ealing Southall & Middlesex A.C.
94	53:11	128	A.McCullough	Hillingdon A.C.
95	53:22	140	D.Wardle	Hillingdon A.C.
96	53:28	131	B.O'Riordan	Hillingdon A.C.
97	53:31	262	R.Weston	North London A.C.
98	53:42	17	P.Deering	Ealing Southall & Middlesex A.C.
99	53:46	9	F.Robinson	Barnet & District A.C.
100	53:56	260	C.Verrall	North London A.C.
101	54:04	372	M.Penman	Victoria Park Harriers
102	54:12	54	P.Stiles	Enfield & Haringey A.C.

103	54:19	324	D.Paterson	Serpentine Running Club
104	54:34	360	P.Ley	Trent Park Trotters
105	54:35	132	M.Searle	Hillingdon A.C.
106	54:53	94	J.Lowe	Highgate Harriers
107	54:53	376	R.Vials	Victoria Park Harriers
108	55:02	148	K.Saunders	Borough of Hounslow A.C.
109	55:11	60	R.Bloom	Harrow A.C.
110	55:16	325	J.Ralph	Serpentine Running Club
111	55:30	240	P.Webster	Muswell Hill Runners
112	55:42	356	R.Bull	Trent Park Trotters
113	56:06	53	P.Singleton	Enfield & Haringey A.C.
114	56:15	28	M.Smith	Ealing Southall & Middlesex A.C.
115	56:32	247	J.Erkens	North London A.C.
116	56:34	202	K.Tavatgis	Metros Running Club
117	56:44	199	A.Scoffham	Metros Running Club
118	56:48	286	H.May	Puma TVH
119	57:00	344	S.Moore	Shaftesbury Barnet Harriers
120	57:08	365	A.Singer	Trent Park Trotters
121	57:09	129	J.Myall	Hillingdon A.C.
122	57:26	25	P.Moran	Ealing Southall & Middlesex A.C.
123	57:31	108	J.Budd	Hillingdon A.C.
124	57:42	278	S.Hauzaree	Puma TVH
125	57:45	269	G.Cousar	Puma TVH
126	57:50	159	N.Jackson	London Frontrunners
127	58:02	2	S.Furby	Barnet & District A.C.
128	58:45	296	R.Davies	Queens Park Harriers
129	58:48	249	A.Harper	North London A.C.
130	58:50	261	D.Walton	North London A.C.
131	58:51	7	J.Owen	Barnet & District A.C.
132	59:07	48	R.Moore	Enfield & Haringey A.C.
133	59:27	136	B.Thomas	Hillingdon A.C.
134	59:32	51	J.Parker	Enfield & Haringey A.C.
135	60:12	192	D.Brown	Metros Running Club
136	60:53	374	P.Snell	Victoria Park Harriers
137	61:20	306	W.O'Connor	Queens Park Harriers
138	61:28	23	A.Keeler	Ealing Southall & Middlesex A.C.

139	61:32	156	W.Denning	London Frontrunners
140	61:40	259	L.Steinpress	North London A.C.
141	62:05	370	P.McKinley	Victoria Park Harriers
142	62:05	285	S.Maddison	Puma TVH
143	62:30	270	R.Crosbie	Puma TVH
144	62:33	4	S.Hewitt	Barnet & District A.C.
145	63:07	295	A.Brodie	Queens Park Harriers
146	63:44	135	A.Swaleheen	Hillingdon A.C.
147	65:42	162	S.McGunnigle	London Frontrunners
148	67:02	120	R.Johnson	Hillingdon A.C.
149	67:37	15	C.Carscadden	Ealing Southall & Middlesex A.C.
150	67:47	112	J.Day	Hillingdon A.C.
151	69:56	152	S.Boyd	London Frontrunners
152	69:59	45	B.Hercock	Enfield & Haringey A.C.
153	71:16	288	G.O'Connell	Puma TVH
154	71:26	368	J.George	Victoria Park Harriers

Team Result:

1. London Irish	48	7. Hillingdon	360	12 Score	1. Hillingdon	960
2. NLAC	119	8. Victoria Park Harriers	368		2. Puma TVH	996
3. Shaftesbury Barnet	192	9. Serpentine	377		3. ESMAC	997
4. Harrow	193	10. Enfield & Haringey	382			
5. Puma TVH	256	11. Barnet & District	584			
6. Ealing Southall & Middx.	341	12. Metros	600			

Middlesex County AA

Championships

Results Sheet

Junior Men 6,000m

Position	Time	Number	Name	Club
1	20:47	73	D.Dalmedo	Hillingdon A.C.
2	21:01	95	F.Bernard-Guadin (ESM)	Guest
3	21:43	83	R.Williams	Shaftesbury Barnet Harriers
4	21:57	94	J.Powell (WGEL)	Individual
5	22:13	70	M.Nicholls	Harrow A.C.
6	22:15	91	H.Spintharis (North London)	Individual
7	23:00	65	M.McIntosh	Harrow A.C.
8	23:06	62	A.O'Donnell	Ealing Southall & Middlesex A.C.
9	23:15	72	G.Thompson	Harrow A.C.
10	23:38	71	A.Thompson	Harrow A.C.
11	24:02	90	K.Few (North London)	Individual
12	24:12	76	J.Shipley	Hillingdon A.C.
13	24:32	79	S.Eftekhari	Shaftesbury Barnet Harriers
14	24:42	61	D.Murphy	Ealing Southall & Middlesex A.C.
15	24:45	81	S.McAndrew	Shaftesbury Barnet Harriers
16	25:11	69	D.Nevins	Harrow A.C.
17	26:01	55	A.Anandhachar	Ealing Southall & Middlesex A.C.
18	26:47	66	C.McLeod	Harrow A.C.

Team Result:

1. Harrow A.C. 31

Middlesex County AA

Championships

Results Sheet

U17 Men 6,000m

Position	Time	Number	Name	Club
1	20:55	38	A.Ali	Borough of Hounslow A.C.
2	22:06	30	M.Saunders	Harrow A.C.
3	22:31	13	S.Carrington	Enfield & Haringey A.C.
4	23:12	22	S.Reiterbund-Olley	Enfield & Haringey A.C.
5	23:46	37	A.Patterson	Hillingdon A.C.
6	23:57	42	D.Hayes	Borough of Hounslow A.C.
7	24:29	27	P.Norris	Harrow A.C.
8	25:07	28	R.O'Connor	Harrow A.C.
9	25:24	43	P.Highgate	Borough of Hounslow A.C.
10	25:53	39	S.Bell	Borough of Hounslow A.C.
11	26:03	2	C.Emment	Ealing Southall & Middlesex A.C.
12	26:09	32	C.Clark	Hillingdon A.C.
13	26:37	6	T.Langley	Ealing Southall & Middlesex A.C.
14	26:37	31	L.Wilson-Wolfe	Harrow A.C.
15	27:07	4	Michael Grant	Ealing Southall & Middlesex A.C.
16	27:34	3	Matthew Grant	Ealing Southall & Middlesex A.C.
17	27:40	54	S.Hanvey (Puma TVH)	Individual
18	27:44	11	B.Wisniewski	Ealing Southall & Middlesex A.C.
19	29:05	29	J.Reid	Harrow A.C.
20	30:17	9	T.Smith	Ealing Southall & Middlesex A.C.

Team Result:

1. Borough of Hounslow A.C.	26
2. Harrow A.C.	31
3. Ealing Southall & Middlesex A.C.	55

Middlesex County AA

Championships

Results Sheet

U15 Boys 4,000m

Position	Time	Number	Name	Club
1	12:57	1	L.Bowron	Ealing Southall & Middlesex A.C.
2	12:59	34	M.Smart	Harrow A.C.
3	13:29	24	D.St.Clair	Enfield & Haringey A.C.
4	13:34	5	P.Hryniewiecki	Ealing Southall & Middlesex A.C.
5	13:46	8	S.Omar	Ealing Southall & Middlesex A.C.
6	13:47	32	M.Jones	Harrow A.C.
7	13:51	30	G.Harrison	Harrow A.C.
8	13:57	75	I.Ibrahim (North London)	Individual
9	14:14	14	C.Cochrane	Enfield & Haringey A.C.
10	14:15	35	S.Spencer	Harrow A.C.
11	14:24	39	L.Danagher	Highgate Harriers
12	14:47	20	J.Martin	Enfield & Haringey A.C.
13	14:48	28	J.Cooper	Harrow A.C.
14	14:51	62	C.Nicol	Puma TVH
15	14:57	6	S.Jenkins	Ealing Southall & Middlesex A.C.
16	15:07	67	K.Lagnatha	Shaftesbury Barnet Harriers
17	15:23	31	J.Hickman	Harrow A.C.
18	15:25	36	D.Sturgess	Harrow A.C.
19	15:37	19	A.McGee	Enfield & Haringey A.C.
20	15:40	55	N.Reader	Borough of Hounslow A.C.
21	15:46	69	L.Mateega	Shaftesbury Barnet Harriers
22	15:56	11	J.Webb	Ealing Southall & Middlesex A.C.
23	15:59	10	S.Suarez	Ealing Southall & Middlesex A.C.
24	16:39	12	W.Wrigley	Ealing Southall & Middlesex A.C.
25	16:53	7	R.Lloyd	Ealing Southall & Middlesex A.C.
26	16:58	59	M.Burton	Puma TVH
27	17:39	76	S.Powell (WGEL)	Individual
28	20:31	33	C.Leach	Harrow A.C.
29	21:51	60	R.McAdam	Puma TVH

Team Result:

1. Harrow A.C.	25
2. Ealing Southall & Middlesex A.C.	25
3. Enfield & Haringey A.C.	43

Middlesex County AA

Championships

Results Sheet

U13 Boys 3,000m

Position	Time	Number	Name	Club
1	12:46	75	J.Hunt	Shaftesbury Barnet Harriers
2	12:49	61	T.Haughian	Borough of Hounslow A.C.
3	13:05	52	C.Stearn	Highgate Harriers
4	13:14	80	D.Russell	Shaftesbury Barnet Harriers
5	13:19	11	J.Tonna	Ealing Southall & Middlesex A.C.
6	13:20	29	S.Hill	Harrow A.C.
7	13:21	4	S.Harris	Ealing Southall & Middlesex A.C.
8	13:22	32	C.Lavey	Harrow A.C.
9	13:26	2	D.Grant	Ealing Southall & Middlesex A.C.
10	13:26	25	L.Bullen	Harrow A.C.
11	13:37	74	R.Hime	Shaftesbury Barnet Harriers
12	13:41	10	C.Suarez	Ealing Southall & Middlesex A.C.
13	13:41	13	S.Bowman	Enfield & Haringey A.C.
14	13:41	27	A.Coker	Harrow A.C.
15	13:50	77	J.Neve	Shaftesbury Barnet Harriers
16	13:55	31	R.Keeble	Harrow A.C.
17	13:56	59	N.Bounds	Borough of Hounslow A.C.
18	13:58	38	A.Selkirk-Brown	Harrow A.C.
19	14:04	46	A.Joseph	Highgate Harriers
20	14:23	50	J.Mattenman	Highgate Harriers
21	14:31	49	S.Martyn	Highgate Harriers
22	14:36	42	J.Bond	Highgate Harriers

23	14:46	3	P.Grehan	Ealing Southall & Middlesex A.C.
24	15:03	5	A.Howie	Ealing Southall & Middlesex A.C.
25	15:09	9	S.Spalding	Ealing Southall & Middlesex A.C.
26	15:49	41	J.Withey	Harrow A.C.
27	15:58	78	N.Ozturk	Shaftesbury Barnet Harriers
28	15:59	37	J.Scott-Blount	Harrow A.C.
29	16:00	8	S.Partington	Ealing Southall & Middlesex A.C.
30	16:01	33	B.Lunnon	Harrow A.C.
31	16:23	35	A.Rose	Harrow A.C.
32	16:37	24	J.Blake	Harrow A.C.
33	16:39	36	P.Rose	Harrow A.C.
34	16:55	57	A.Lau	Hillingdon A.C.
35	16:57	34	A.Reape	Harrow A.C.
36	17:12	26	D.Chaplin	Harrow A.C.
37	19:31	69	K.Vassell	Puma TVH

Team Result:

Shaftesbury Barnet Harriers	31
Ealing Southall & Middlesex A.C.	33
Harrow A.C.	38
Highgate Harriers	63