

Middlesex County AA

Championships

18th January 2003

Senior Women 8,000m

Position	Time	Number	Name	Club
1	30:34	39	J.Bleasdale	Hillingdon A.C.
2	30:38	35	A.Wingler	Highgate H.
3	31:00	53	A.Critchlow	London Heathside
4	31:14	95	E.Ferenczi	Shaftesbury Barnet H.
5	31:30	103	C.Walsh	Shaftesbury Barnet H.
6	31:34	138	P.Fudge	Windsor, Slough, Eton & Hounslow
7	31:36	57	J.King	London Heathside
8	31:43	136	N.Ashe	Windsor, Slough, Eton & Hounslow
9	31:44	148	S.Andreou	Individual (WGEL)
10	31:49	29	A.McCutcheon	Highgate H.
11	32:15	38	S.Bigham	Hillingdon A.C.
12	32:54	23	N.Cendrowicz	Highgate H.
13	33:17	26	E.Evans	Highgate H.
14	33:21	62	V.Parry	London Heathside
15	33:25	31	S.Nicolls	Highgate H.
16	33:28	101	A.Ridley	Shaftesbury Barnet H.
17	33:40	117	K.Nunn	TVH
18	33:52	107	C.Briggs	TVH
19	34:00	137	A.Burt	Windsor, Slough, Eton & Hounslow
20	34:19	92	K.Armstrong	Shaftesbury Barnet H.
21	34:48	135	G.Wood	VPH & Tower Hamlets A.C.
22	35:27	16	L.Wilson	Ealing Southall & Middlesex A.C.
23	35:29	65	J.Wastell	London Heathside
24	35:55	126	L.Bruce-Burgess	VPH & Tower Hamlets A.C.
25	36:14	40	C.Bolam	Hillingdon A.C.
26	36:22	13	L.Kooper	Ealing Southall & Middlesex A.C.
27	36:31	93	M.Cooper	Shaftesbury Barnet H.
28	36:36	55	F.Holland	London Heathside
29	36:41	71	M.David	Serpentine R.C.
30	36:54	7	K.Dodds	Ealing Southall & Middlesex A.C.
31	37:10	113	R.Gladwyn	TVH
32	38:09	119	J.Targett	TVH
33	38:38	11	C.Jones	Ealing Southall & Middlesex A.C.

34	38:42 60	R.Miller	London Heathside
35	39:40 127	C.Brugnoli	VPH & Tower Hamlets A.C.
36	39:36 69	A-M.Williams	London Heathside
37	39:49 46	C.Heemskerk	Hillingdon A.C.
38	40:02 47	J.McDonald	Hillingdon A.C.
39	40:09 34	B.Turnstall	Highgate H.
40	40:40 89	H.Walker	Serpentine R.C.
41	41:00 9	K.Huston	Ealing Southall & Middlesex A.C.
42	41:03 37	A.Belchambers	Hillingdon A.C.
43	41:08 88	B.Vogt	Serpentine R.C.
44	41:11 108	J.Brosnan	TVH
45	41:18 129	T.Harding	VPH & Tower Hamlets A.C.
46	41:39 130	S.Johnsen	VPH & Tower Hamlets A.C.
47	42:44 128	A.Fake	VPH & Tower Hamlets A.C.
48	45:04 85	G.Street	Serpentine R.C.
49	45:38 109	K.Davidson	TVH
50	50:31 90	C.Wisdom	Serpentine R.C.
51	52:32 133	S.Weddell	VPH & Tower Hamlets A.C.

Team Result

1. Highgate Harriers (2,10,12,13) 37pts
2. Shaftesbury Barnet H. (4,5,16,20) 45pts
3. London Heathside (3,7,14,23) 47pts
4. Hillingdon A.C. (1,11,25,37) 74pts
5. TVH (17,18,31,32) 98pts
6. Ealing, Southall & Middlesex A.C. (22,26,30,33) 111pts
7. VPH & Tower Hamlets (21,24,35,45) 125pts
8. Serpentine R.C. (29,40,43,48) 160pts

Winner of Corlin Trophy:

Ealing, Southall & Middlesex A.C.

Middlesex County AA

Championships

18th January 2003

Junior Women 5,000m

Position	Time	Number	Name	Club
1	22:24	193	E.Griffiths	* Individual (Barnet)
2	25:34	191	H.Bundock	* Individual (Hillingdon)

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

Under 17 Women 5,000m

Position	Time	Number	Name	Club
1	22:44	177	E.Ault	Individual (Harrow)
2	23:18	167	I.Ramsay	Shaftesbury Barnet Harriers
3	23:51	180	J.Baxter	Individual (Hillingdon)
4	23:57	151	J.Booth	Ealing, Southall & Middlesex A.C.
5	24:08	175	N.Marrin	TVH
6	25:23	166	L.Goldsmith	Shaftesbury Barnet Harriers
7	25:31	178	R.Brownhill	Individual (Harrow)
8	25:41	155	A.McGuigan	Ealing, Southall & Middlesex A.C.
9	25:58	157	Christine O'Connell	Ealing, Southall & Middlesex A.C.
10	26:09	182	N.Cassalas	Individual (Highgate)
11	26:47	172	K.Ferguson	TVH
12	27:15	164	N.White	Enfield & Haringey A.C.
13	27:47	162	S.McNamara	Enfield & Haringey A.C.
14	28:20	154	L.Keeler	Ealing, Southall & Middlesex A.C.
15	29:25	176	A.Nash	TVH
16	30:09	165	E.Arram	Shaftesbury Barnet Harriers

Team Result:

1. Ealing, Southall & Middlesex A.C. (4,8,9,14) 35pts

Middlesex County AA

Championships

18th January 2003

Under 15 Girls - 4,000m

Position	Time	Number	Name	Club
1	18:27	76	L.Barr	Shaftesbury Barnet H.
2	18:48	71	L.Houlihan	Enfield & Haringey A.C.
3	19:26	75	K.Alcock	Shaftesbury Barnet H.
4	19:37	61	C.McGuigan	Ealing, Southall & Middlesex A.C.
5	19:42	77	M.Bovingdon	Shaftesbury Barnet H.
6	19:55	78	T.Fox	Shaftesbury Barnet H.
7	20:02	92	L.Torok	Windsor, Slough, Eton & Hounslow A.C
8	20:17	89	L.Fox	Windsor, Slough, Eton & Hounslow A.C
9	20:19	68	J.Ward	Ealing, Southall & Middlesex A.C.
10	20:28	93	C.Edwards	Individual (Hillingdon)
11	20:55	81	H.Shelley	Shaftesbury Barnet H.
12	20:57	64	B.Stock	Ealing, Southall & Middlesex A.C.
13	21:06	83	A.DaSilva	TVH
14	21:27	58	K.French	Ealing, Southall & Middlesex A.C.
15	21:36	74	N.Vincent	Enfield & Haringey A.C.
16	22:46	73	C.Jones	Enfield & Haringey A.C.
17	24:28	60	K.McBride	Ealing, Southall & Middlesex A.C.

Team Result:

1. Shaftesbury Barnet H (1,3,5,6) 15pts
2. Ealing, Southall & Middlesex (4,9,12,14) 39pts

Middlesex County AA

Championships

18th January 2003

Under 13 Girls - 3,000m

Position	Time	Number	Name	Club
1	12:21	68	A.Wall	Ealing, Southall & Middlesex A.C.
2	13:06	81	A.Concannon	Harrow A.C.
3	13:07	82	M.Cross	Harrow A.C.
4	13:10	59	R.Charles	Ealing, Southall & Middlesex A.C.
5	13:13	95	J.Bonnet	Individual (WSE & H)
6	13:24	67	C.Stock	Ealing, Southall & Middlesex A.C.
7	13:25	57	P.Bailey	Ealing, Southall & Middlesex A.C.
8	13:28	91	C.Mollett	TVH
9	13:30	88	E.Van Blankenstein	Shaftesbury Barnet H.
10	13:33	66	A.Rai	Ealing, Southall & Middlesex A.C.
11	13:38	77	K.Trimble	Enfield & Haringey A.C.
12	13:42	71	A.Blackman	Enfield & Haringey A.C.
13	13:51	75	C.Jarvie	Enfield & Haringey A.C.
14	13:56	62	D.Lea	Ealing, Southall & Middlesex A.C.
15	14:02	64	J.O'Connell	Ealing, Southall & Middlesex A.C.
16	14:12	83	R.Davies	Harrow A.C.
17	14:16	84	H.Hamilton	Harrow A.C.
18	14:22	60	H.French	Ealing, Southall & Middlesex A.C.
19	14:27	58	H.Brill	Ealing, Southall & Middlesex A.C.
20	14:29	78	S.Walsh	Enfield & Haringey A.C.
21	14:39	79	C.Burford	Harrow A.C.
22	14:46	70	H.Arredondo	Enfield & Haringey A.C.
23	15:03	76	R.Rider	Enfield & Haringey A.C.
24	15:24	63	K.Mohammed	Ealing, Southall & Middlesex A.C.
25	15:35	90	A.McDiarmid	TVH
26	16:20	94	M.Shaw	TVH

Team Result

1. Ealing, Southall & Middlesex A.C. (1,4,6,7) 18pts
2. Harrow A.C. (2,3,16,17) 38pts
3. Enfield & Haringey A.C. (11,12,13,20) 56pts

Middlesex County AA

Championships

18th January 20023

Senior Men 12,000m

Position	Time	Number	Name	Club
1	42:08	208	J.Trapmore	Shaftesbury Barnet Harriers
2	42:19	243	C.Smith	TVH
3	42:31	16	I.Cunningham	Ealing Southall & Middlesex A.C.
4	42:36	75	N.Martyn	Highgate Harriers
5	42:48	141	J.Creane	London Irish A.C.
6	42:52	205	J.Fitzsimmons	Shaftesbury Barnet Harriers
7	42:55	48	D.Branfoot	Harrow A.C.
8	43:32	63	C.Beecham	Highgate Harriers
9	43:47	152	D.Ojera	London Irish A.C.
10	43:53	282	N.Stoddart	Windsor, Slough, Eton & Houns.
11	43:55	129	M.Potter	London Heathside
12	44:01	67	A.Davidson	Highgate Harriers
13	44:13	223	I.Edmond	TVH
14	44:21	279	J.Mackay	Windsor, Slough, Eton & Houns.
15	44:29	52	R.Godden	Harrow A.C.
16	44:37	218	D.Clark	TVH
17	44:44	216	I.Bussell	TVH
18	44:45	50	C.Finill	Harrow A.C.
19	44:48	126	P.Lemmon	London Heathside
20	44:51	127	N.Mitchell	London Heathside
21	44:54	222	M.Da Silva	TVH
22	44:55	64	D.Burbridge	Highgate Harriers
23	44:59	84	P.Cuddihy	Hillingdon A.C.
24	45:20	62	C.Bailey	Highgate Harriers
25	45:28	70	A.Evans	Highgate Harriers
26	45:43	114	R.Browne	London Heathside
27	46:06	184	A.Greenway	Serpentine R.C.
28	46:07	128	A.Owen	London Heathside
29	46:10	15	R.Brown	Ealing Southall & Middlesex A.C.
30	46:16	262	J.Cullom	VPH & Tower Hamlets A.C.
31	46:32	95	P.Leppard	Hillingdon A.C.

32	46:34 49	M.Curons	Harrow A.C.
33	46:34 266	A.Lashmar	VPH & Tower Hamlets A.C.
34	46:35 290	A.Budarkiewicz	Individual (K & P)
35	46:42 280	J.Rodgers	Windsor, Slough, Eton & Houns.
36	46:46 121	J.Flahive	London Heathside
37	46:48 169	K.Bassett	Queens Park Harriers
38	46:54 89	T.Grant	Hillingdon A.C.
39	47:06 40	J.Leversedge	Enfield & Haringey A.C.
40	47:07 267	T.Macdowell	VPH & Tower Hamlets A.C.
41	47:19 198	C.Northam	Serpentine R.C.
42	47:21 71	N.Gold	Highgate Harriers
43	47:22 18	D.Domoney	Ealing Southall & Middlesex A.C.
44	47:25 173	B.Greene	Queens Park Harriers
45	47:31 181	J.Willoughby	Queens Park Harriers
46	47:39 101	J.O'Donnell	Hillingdon A.C.
47	47:46 220	A.Connors	TVH
48	48:14 42	A.O'Connor	Enfield & Haringey A.C.
49	48:26 172	D.Firaw	Queens Park Harriers
50	48:33 274	E.Thomas	VPH & Tower Hamlets A.C.
51	48:39 197	P.Noble	Serpentine R.C.
52	48:43 108	P.Warburton	Hillingdon A.C.
53	48:49 183	T.Gould	Serpentine R.C.
54	48:56 14	J.Blanchard	Ealing Southall & Middlesex A.C.
55	49:02 94	J.Leigh	Hillingdon A.C.
56	49:03 17	A.Dodd	Ealing Southall & Middlesex A.C.
57	49:18 188	S.Hilton	Serpentine R.C.
58	49:21 244	P.Wetton	TVH
59	49:27 122	C.Hamer	London Heathside
60	49:36 259	G.Bagnall	VPH & Tower Hamlets A.C.
61	49:39 252	N.Kapoor	Trent Park R.C.
62	49:53 55	M.McIntosh	Harrow A.C.
63	49:59 116	P.Crockford	London Heathside
64	50:16 214	R.Bell	TVH
65	50:26 86	S.Dokic	Hillingdon A.C.
66	50:36 99	R.Nash	Hillingdon A.C.
67	50:40 115	D.Chalfen	London Heathside
68	50:49 82	S.Claridge	Hillingdon A.C.
69	50:50 171	R.Davies	Queens Park Harriers
70	50:58 276	I.Buckingham	Windsor, Slough, Eton & Houns.
71	51:02 185	L.Grist	Serpentine R.C.
72	51:03 272	M.Penman	VPH & Tower Hamlets A.C.
73	51:04 26	S.Plested	Ealing Southall & Middlesex A.C.
74	51:06 179	W.Roye	Queens Park Harriers

75	51:06 285	J.Nisbet	Individual (Hayes & Harl)
76	51:15 44	P.Singleton	Enfield & Haringey A.C.
77	51:28 228	M.Galbraith	TVH
78	51:43 260	M.Cairnes	VPH & Tower Hamlets A.C.
79	51:49 202	J.Archer	Shaftesbury Barnet Harriers
80	51:55 130	N.Skipper	London Heathside
81	51:58 139	S.Chase	London Irish A.C.
82	52:00 273	D.Shortridge	VPH & Tower Hamlets A.C.
83	52:00 132	T.Strudwick	London Heathside
84	52:08 269	T.Mitchell-Smith	VPH & Tower Hamlets A.C.
85	52:19 180	L.Thomas	Queens Park Harriers
86	52:41 19	M.Fairbank	Ealing Southall & Middlesex A.C.
87	52:44 74	J.Lowe	Highgate Harriers
88	52:46 196	M.Morris	Serpentine R.C.
89	52:49 245	M.Wilson	TVH
90	53:06 87	N.Ealand	Hillingdon A.C.
91	53:22 191	C.Lescott	Serpentine R.C.
92	53:32 261	T.Carrick	VPH & Tower Hamlets A.C.
93	53:34 27	S.Roberts	Ealing Southall & Middlesex A.C.
94	53:35 138	R.Weston	London Heathside
95	53:39 103	B.O'Riordan	Hillingdon A.C.
96	53:45 47	R.Bloom	Harrow A.C.
97	53:55 236	I.Lawson	TVH
98	53:56 203	R.Bober	Shaftesbury Barnet Harriers
99	54:04 98	J.Myall	Hillingdon A.C.
100	54:11 24	S.Mann	Ealing Southall & Middlesex A.C.
101	54:18 224	S.Etherington	TVH
102	54:19 38	G.Harrold	Enfield & Haringey A.C.
103	54:33 182	C.Black	Serpentine R.C.
104	54:34 29	P.York	Ealing Southall & Middlesex A.C.
105	54:41 264	G.Deathridge	VPH & Tower Hamlets A.C.
106	54:47 178	W.O'Connor	Queens Park Harriers
107	54:55 78	S.Scruton	Highgate Harriers
108	55:14 21	E.Fogarty	Ealing Southall & Middlesex A.C.
109	55:21 123	P.Holland	London Heathside
110	55:28 246	I.Wilson-Young	TVH
111	55:49 105	M.Searle	Hillingdon A.C.
112	56:11 257	M.Truran	Trent Park R.C.
113	56:38 201	F.Tregear	Serpentine R.C.
114	57:02 232	R.Hooley	TVH
115	57:06 120	K.Few	London Heathside
116	57:16 168	A.Angus	Queens Park Harriers
117	57:33 31	N.Barnaby	Enfield & Haringey A.C.

118	57:40	9	F.Robinson	Barnet & District A.C.
119	57:43	268	J.Mail	VPH & Tower Hamlets A.C.
120	57:54	153	N.Teutin	London Irish A.C.
121	58:02	194	D.McGlennon	Serpentine R.C.
122	58:03	135	C.Verrall	London Heathside
123	58:36	226	M.Febvin	TVH
124	59:34	97	M.Miller	Hillingdon A.C.
125	59:50	254	R.Mansell	Trent Park R.C.
126	60:15	81	J.Budd	Hillingdon A.C.
127	60:37	190	C.Lee	Serpentine R.C.
128	60:56	124	I.Jennings	London Heathside
129	61:01	83	A.Cox	Hillingdon A.C.
130	61:14	263	L.Curley	VPH & Tower Hamlets A.C.
131	61:27	230	R.Grace	TVH
132	61:68	106	B.Thomas	Hillingdon A.C.
133	62:26	237	S.Maddison	TVH
134	65:25	189	I.Hodge	Serpentine R.C.
135	65:43	37	M.Doughty	Enfield & Haringey A.C.
136	66:03	93	R.Johnson	Hillingdon A.C.
137	66:19	239	J.O'Keefe	TVH
138	66:24	271	B.O'Reilly	VPH & Tower Hamlets A.C.
139	66:50	187	P.Harris	Serpentine R.C.

Team Result

1. Highgate Harriers (4,8,12,22,24,25) 95pts
2. TVH (2,13,16,17,21,47) 116pts
3. London Heathside (11,19,20,26,28,36) 140pts
4. Harrow A.C. (7,15,18,32,62,96) 230pts
5. Hillingdon A.C. (23,31,38,46,52,55) 245pts
6. ES&M A.C. (3,29,43,54,56,73) 258pts
7. VPH & Tower H (30,33,40,50,60,72) 285pts
8. Serpentine RC (27,41,51,53,57,71) 300pts
9. QPH (37,44,45,49,69,74) 318pts
10. Enfield & H (39,48,76,102,117,135) 517pts

12 to score

1. Hillingdon A.C. (23,31,38,46,52,55,65,66,68,90,95,99) 728pts
2. VPH (30,33,40,50,60,72,78,82,84,92,105,119) 845pts
3. Serpentine (27,41,51,53,57,71,88,91,103,113,121,127) 943pts

Middlesex County AA

Championships

18th January 2003

Junior Men 6,000m

Position	Time	Number	Name	Club
1	21:23	70	M.Saunders *	Harrow A.C.
2	21:57	68	P.Norris	Harrow A.C.
3	22:26	65	A.Smart *	Enfield & Haringey A.C.
4	22:33	64	D.St Clair *	Enfield & Haringey A.C.
5	22:51	67	M.Jones *	Harrow A.C.
6	23:21	81	J.Deane *	Individual (Highgate)
7	23:25	56	T.Langley	Ealing, Southall & Middlesex A.C.
8	27:06	79	P.Mansi *	Individual (Hillingdon)

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

Team Result

Middlesex County AA

Championships

18th January 2003

Under 17 Men 6,000m

Position	Time	Number	Name	Club
1	20:42	1	L.Bowron	Ealing, Southall & Middlesex A.C.
2	20:50	26	I.Ibrahim	London Heathside
3	20:59	36	D.Russell	Shaftesbury Barnet Harriers
4	21:27	23	K.Desborough	London Heathside
5	21:29	41	C.Nicol	Individual (TVH)
6	21:35	38	T.Haughian	Individual (WSE & H)
7	21:54	13	M.Carey	Harrow A.C.
8	22:02	27	B.Manasib	London Heathside
9	22:07	5	D.Grant	Ealing, Southall & Middlesex A.C.
10	22:11	47	B.Powell	Individual (WGEL)
11	22:15	15	P.Harrison	Harrow A.C.
12	22:24	33	W.Armstrong	Shaftesbury Barnet Harriers
13	22:34	20	J.Paris	Harrow A.C.
14	22:54	34	W.Kawai	Shaftesbury Barnet Harriers
15	22:59	10	C.Suarez	Ealing, Southall & Middlesex A.C.
16	23:01	16	S.Hill	Harrow A.C.
17	23:08	8	H.Jama	Ealing, Southall & Middlesex A.C.
18	23:17	17	C.Lavey	Harrow A.C.
19	23:29	39	N.Reader	Individual (WSE & H)
20	23:42	35	E.Kearon	Shaftesbury Barnet Harriers
21	25:07	40	A.Shrubb	Individual (WSE & H)
22	31:58	31	Ritik Dilip Kumar	Queens Park Harriers
23	36:11	30	Ritesh Dilip Kumar	Queens Park Harriers
24	37:12	29	B.Kamalanathan	Queens Park Harriers

Team Result:

1. Ealing, Southall & Middlesex (1,9,15,17) 42pts
2. Harrow A.C. (7,11,13,16) 47pts
3. Shaftesbury Barnet H. (3,12,14,20) 49pts

Middlesex County AA

Championships

18th January 2003

Under 15 Boys - 4,000m

Position	Time	Number	Name	Club
1	15:46	11	B.Stock	Ealing, Southall & Middlesex A.C.
2	15:54	52	I.May	Isleworth & Syon School
3	15:58	12	A.Wahab	Ealing, Southall & Middlesex A.C.
4	15:59	50	G.Glancy	Isleworth & Syon School
5	16:00	82	R.Campbell (Highgate)	Individual
6	16:01	30	C.Mayo	Harrow A.C.
7	16:03	23	A.Stone	Enfield & Haringey A.C.
8	16:10	74	C.Purdue	Shaftesbury Barnet Harriers
9	16:20	83	S.Martyn (Highgate)	Individual
10	16:28	26	K.Blackstone	Harrow A.C.
11	16:32	35	R.Rice	Harrow A.C.
12	21:18	9	G.O'Brien	Ealing, Southall & Middlesex A.C.
13	16:45	16	D.Healy	Enfield & Haringey A.C.
14	16:54	46	D.Thompson	Hillingdon A.C.
15	16:57	27	D.Goodman	Harrow A.C.
16	17:10	78	S.Tachev	Thames Valley Harriers
17	17:12	67	S.Defoe	Shaftesbury Barnet Harriers
18	17:17	80	J.Cotton (WSE & H)	Individual
19	17:32	33	J.Paterson	Harrow A.C.
20	17:35	77	E.Saul	Thames Valley Harriers
21	17:39	45	M.Revier	Hillingdon A.C.
22	17:48	72	V.Lien	Shaftesbury Barnet Harriers
23	17:56	44	J.Marshall	Hillingdon A.C.
24	18:00	84	L.Campbell-Arranz (QPH)	Individual
25	18:02	43	E.Lemon	Hillingdon A.C.
26	18:21	70	P.Harris	Shaftesbury Barnet Harriers
27	18:29	39	B.Tasker	Harrow A.C.
28	18:48	56	I.Rihal	Isleworth & Syon School
29	19:06	55	C.Ready	Isleworth & Syon School
30	19:20	34	A.Reape	Harrow A.C.
31	19:53	25	G.Ault	Harrow A.C.
32	21:00	68	B.Depala	Shaftesbury Barnet Harriers
33	16:37	6	A.Hunt	Ealing, Southall & Middlesex A.C.

Team Result:

1. Harrow (6,10,11,15) 42pts
2. Ealing, Southall & Middlesex A.C. (1,3,12,33) 49pts
3. Isleworth & Syon School (2,4,28,29) 63pts
4. Shaftesbury Barnet Harriers (8,17,22,26) 73pts
5. Hillingdon A.C. (14,21,23,25) 83pts

Middlesex County AA

Championships

18th January 2003

Under 13 Boys - 3,000m

Position	Time	Number	Name	Club
1	10:35	8	A.Osman	Ealing, Southall & Middlesex A.C.
2	10:54	5	N.Goolab	Ealing, Southall & Middlesex A.C.
3	11:03	14	J.Ward	Ealing, Southall & Middlesex A.C.
4	11:14	32	D.Hunt	Harrow A.C.
5	11:27	86	R.Kamalanathan	Individual (QPH)
6	11:32	7	L.Nicolas	Ealing, Southall & Middlesex A.C.
7	11:36	69	D.Barr	Shaftesbury Barnet H.
8	11:43	78	A.Wallace	Shaftesbury Barnet H.
9	11:46	26	O.Walsh	Enfield & Haringey A.C.
10	11:52	13	J.Stacey	Ealing, Southall & Middlesex A.C.
11	11:55	77	T.Shelley	Shaftesbury Barnet H.
12	12:04	58	P.Joseph	Isleworth & Syon School
13	12:05	82	F.Nicol	TVH
14	12:07	75	R.Sambrook	Shaftesbury Barnet H.
15	12:08	79	J.Cree	TVH
16	12:10	61	E.Power	Isleworth & Syon School
17	12:11	68	A.Archer	Shaftesbury Barnet H.
18	12:14	30	D.Campbell	Harrow A.C.
19	12:20	11	A.Percival	Ealing, Southall & Middlesex A.C.
20	12:21	6	C.Hepworth	Ealing, Southall & Middlesex A.C.
21	12:28	74	C.McDermott	Shaftesbury Barnet H.
22	12:35	27	M.Barker	Harrow A.C.
23	12:37	12	B.Redhead	Ealing, Southall & Middlesex A.C.
24	12:39	62	W.Said	Isleworth & Syon School
25	12:44	60	T.Orishanguna	Isleworth & Syon School
26	12:47	34	T.Lewis	Harrow A.C.
27	12:50	85	S.Towey	TVH
28	12:54	9	I.Park	Ealing, Southall & Middlesex A.C.
29	12:55	44	P.Smith	Harrow A.C.
30	12:57	1	M.Abbas	Ealing, Southall & Middlesex A.C.
31	13:07	80	O.Hutchinson	TVH
32	13:53	37	J.McIntyre	Harrow A.C.
33	14:05	81	O.Mockaddem	TVH

34	14:05 51	R.Thompson	Hillingdon A.C.
35	14:18 31	M.Dunsford	Harrow A.C.

Team Result

1. Ealing, Southall & Middlesex (1,2,3,6) 12pts
2. Shaftesbury Barnet H. (7,8,11,14) 40pts
3. Harrow A.C. (4,18,22,26) 69pts
4. Isleworth & Syon School (12,16,24,25) 77pts
5. TVH (13,15,27,31) 86pts