

Middlesex County AA

Championships

3rd January 2004

Senior Women 8,000m

Position	Time	Number	Name	Club
1	26:28	231	J.Bleasdale	Hillingdon A.C.
2	27:47	218	N.Cendrowicz	Highgate Harriers
3	27:49	226	A.Wingler	Highgate Harriers
4	28:22	280	E.Ferenczi	Shaftesbury Barnet Harriers
5	28:45	244	B.Anderson	London Heathside
6	28:50	220	E.Evans	Highgate Harriers
7	28:57	205	F.Kennedy	Ealing, Southall & Middlesex A.C.
8	29:00	249	F.Meakin	London Heathside
9	29:02	288	C.Aitken	Thames Valley Harriers
10	29:22	279	V.Bowles	Shaftesbury Barnet Harriers
11	29:32	313	L.Pringle (WSE & H)	Individual
12	29:49	247	A.Howe	London Heathside
13	30:13	236	E.Grant	Hillingdon A.C.
14	30:14	285	A.Ridley	Shaftesbury Barnet Harriers
15	30:17	252	V.Parry	London Heathside
16	30:21	237	L.Hake	Hillingdon A.C.
17	30:22	202	J.Evans	Ealing, Southall & Middlesex A.C.
18	30:26	312	A.Burt (WSE & H)	Individual
19	30:35	278	K.Armstrong	Shaftesbury Barnet Harriers
20	30:49	225	S.Nicholls	Highgate Harriers
21	31:03	212	L.Wilson	Ealing, Southall & Middlesex A.C.
22	31:15	255	J.Wastell	London Heathside
23	31:46	206	E.Kooper	Ealing, Southall & Middlesex A.C.
24	32:27	210	P.Thomas	Ealing, Southall & Middlesex A.C.
25	33:05	246	F.Holland	London Heathside
26	33:24	209	G.Morgan	Ealing, Southall & Middlesex A.C.
27	33:34	257	R.Weston	London Heathside
28	33:36	235	M.Ford	Hillingdon A.C.
29	33:46	298	A.Tingle	Thames Valley Harriers
30	33:57	204	C.Jones	Ealing, Southall & Middlesex A.C.
31	34:06	264	M.David	Serpentine Running Club
32	34:13	201	T.English	Ealing, Southall & Middlesex A.C.
33	34:46	203	S.Hiscox	Ealing, Southall & Middlesex A.C.

34	35:01	234	V.Doyle	Hillingdon A.C.
35	35:13	229	A.Belchambers	Hillingdon A.C.
36	35:46	238	C.Heemskerk	Hillingdon A.C.
37	37:08	207	M.Lai	Ealing, Southall & Middlesex A.C.
38	37:18	211	E.Towers	Ealing, Southall & Middlesex A.C.
39	37:26	208	A.Mackenzie	Ealing, Southall & Middlesex A.C.
40	39:56	263	J.Cameron-Doe	Serpentine Running Club
41	41:01	296	M.Smith	Thames Valley Harriers
42	41:29	241	E.Morse	Hillingdon A.C.
43	42:16	294	D.Kennedy	Thames Valley Harriers

Team Result :

1. Highgate Harriers (2,3,6,20) = 31
2. London Heathside (5,8,12,15) = 40
3. Shaftesbury Barnet Harriers (4,10,14,19) = 47
4. Hillingdon A.C. (1,13,16,28) = 58 (**Winners of Corlin Trophy**)
5. Ealing, Southall & Middlesex A.C. (7,17,21,23) = 68
6. Thames Valley Harriers (9,29,41,43) = 122

Middlesex County AA

Championships

3rd January 2004

Junior Women 5,000m

Position	Time	Number	Name	Club
1	20:19	152	M.Hutchison	Hillingdon A.C.
2	20:52	157	E.Griffiths (Barnet & Dist)	Individual
3	21:26	158	M.Powell (WGEL)	Individual
4	23:16	144	G.Gaughan *	Enfield & Haringey A.C.
5	23:32	153	C.Penfold *	Hillingdon A.C.
6	24:31	155	L.Keeler (ESM) *	Individual
7	24:55	145	R.Piggott *	Enfield & Haringey A.C.
8	28:06	154	K.Woodgate *	Hillingdon A.C.
9	28:16	156	C.O'Connell (ESM) *	Individual

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

Middlesex County AA

Championships

3rd January 2004

Under 17 Women 5,000m

Position	Time	Number	Name	Club
1	21:28	197	L.Torok	WSE & H
2	21:28	175	L.Fairweather	Harrow A.C.
3	21:58	183	K.Alcock	Shaftesbury Barnet Harriers
4	22:11	186	L.Goldsmith	Shaftesbury Barnet Harriers
5	22:40	195	L.Fox	WSE & H
6	22:49	182	J.Weekes	Hillingdon A.C.
7	22:54	196	S.Gess	WSE & H
8	23:21	180	L.Manley	Hillingdon A.C.
9	24:13	190	R.Christie	Thames Valley Harriers
10	24:22	191	A.Hamilton-Bannis	Thames Valley Harriers
11	24:40	167	J.Ward	Ealing, Southall & Middlesex A.C.
12	24:46	178	L.Williams	Harrow A.C.
13	25:12	200	S.Taylor (Trent Park R.C.)	Individual
14	25:31	188	I.Ramsay	Shaftesbury Barnet Harriers
15	25:51	161	J.Booth	Ealing, Southall & Middlesex A.C.
16	26:05	172	N.White	Enfield & Haringey A.C.
17	26:35	198	L.Shaw (London Heathside)	Individual
18	27:36	193	N.Spencer	Thames Valley Harriers
19	27:40	166	L.Shahabi	Ealing, Southall & Middlesex A.C.
20	27:49	168	S.Boxall	Enfield & Haringey A.C.
21	27:55	192	H.Preston	Thames Valley Harriers
22	34:09	163	U.Khan	Ealing, Southall & Middlesex A.C.

Team Result:

1. Thames Valley Harriers (9,10,18,21) = 58

2. Ealing, Southall & Middlesex A.C. (11,15,19,22) = 67

Middlesex County AA

Championships

3rd January 2004

Under 15 Girls 4,000m

Position	Time	Number	Name	Club
1	17:07	41	A.Wall	Ealing, Southall & Middlesex A.C.
2	17:14	36	R.Charles	Ealing, Southall & Middlesex A.C.
3	17:20	84	K.Green (Hillingdon)	Individual
4	17:28	54	A.Concannon	Harrow A.C.
5	17:41	83	C.Edwards (Hillingdon)	Individual
6	17:51	86	A.Fudge (WSE & H)	Individual
7	17:52	72	M.Bovingdon	Shaftesbury Barnet Harriers
8	18:11	57	E.Lock	Harrow A.C.
9	18:15	77	A.DaSilva	Thames Valley Harriers
10	18:16	56	E.Hennessey	Harrow A.C.
11	18:27	49	N.Vincent	Enfield & Haringey A.C.
12	18:40	35	P.Bailey	Ealing, Southall & Middlesex A.C.
13	18:47	69	J.McDonald	Queens Park Harriers
14	19:15	48	K.Trimble	Enfield & Haringey A.C.
15	19:37	65	S.Welch	London Heathside
16	19:45	71	C.Bazzoni	Shaftesbury Barnet Harriers
17	19:56	38	D.Lea	Ealing, Southall & Middlesex A.C.
18	20:00	78	C.Mollett	Thames Valley Harriers
19	20:02	79	M.Rogers	Thames Valley Harriers
20	20:14	81	A.Hernandez-Blane (TP)	Individual
21	20:14	80	A.Birch (TP)	Individual
22	20:23	47	R.Rider	Enfield & Haringey A.C.
23	21:16	67	A.Fasuluku	Queens Park Harriers
24	23:07	82	M.Lakin (TP)	Individual
25	23:53	58	T.Paris	Harrow A.C.
26	24:15	76	S.Asfeha	Thames Valley Harriers

Team Result:

1. Ealing, Southall & Middlesex A.C. (1,2,12,17) = 32

2. Harrow A.C. (4,8,10,25) = 47

3. Thames Valley Harriers (9,18,19,26) = 72

Middlesex County AA

Championships

3rd January 2004

Under 13 Girls 3,000m

Position	Time	Number	Name	Club
1	13:00	40	L.Nyman	Harrow A.C.
2	13:07	21	J.Christie	Enfield & Haringey A.C.
3	13:31	46	H.Matthews	Hillingdon A.C.
4	13:47	15	M.Reynolds	Ealing, Southall & Middlesex A.C.
5	13:58	16	A.Rai	Ealing, Southall & Middlesex A.C.
6	14:10	35	H.Hamilton	Harrow A.C.
7	14:14	9	G.Hardy	Ealing, Southall & Middlesex A.C.
8	14:15	19	H.Arredondo	Enfield & Haringey A.C.
9	14:29	65	E.Van Blankenstein	Shaftesbury Barnet Harriers
10	14:30	75	M.Shaw (TVH)	Individual
11	14:32	8	H.French	Ealing, Southall & Middlesex A.C.
12	14:32	59	E.Layton	Shaftesbury Barnet Harriers
13	14:40	28	J.Petts	Enfield & Haringey A.C.
14	14:42	33	R.Davies	Harrow A.C.
15	14:47	43	N.Cresci	Hillingdon A.C.
16	14:53	32	A.Cochrane	Harrow A.C.
17	15:14	24	J.Fisher	Enfield & Haringey A.C.
18	15:22	20	K.Boxall	Enfield & Haringey A.C.
19	15:23	68	C.Hernandez-Blane	Trent Park Running Club
20	15:26	61	S.O'Sullivan	Shaftesbury Barnet Harriers
21	15:35	57	C.Stenhouse	Queens Park Harriers
22	15:37	54	F.Costello	Queens Park Harriers
23	15:38	1	C.Bantleman	Ealing, Southall & Middlesex A.C.
24	15:39	66	Z.Chandler	Trent Park Running Club
25	15:39	56	C.McCroary	Queens Park Harriers
26	15:55	14	M.Polke	Ealing, Southall & Middlesex A.C.
27	16:03	12	J.O'Connell	Ealing, Southall & Middlesex A.C.
28	16:05	58	J.Bazzoni	Shaftesbury Barnet Harriers
29	16:16	29	E.Shuker	Enfield & Haringey A.C.
30	16:22	69	R.Jackson	Trent Park Running Club
31	16:24	7	R.Dobson	Ealing, Southall & Middlesex A.C.
32	16:27	44	C.Duke	Hillingdon A.C.
33	16:52	39	E.Norman	Harrow A.C.
34	18:04	41	E.Ulrich	Harrow A.C.

35	18:15 67	T.Chowdry	Trent Park Running Club
36	19:37 70	J.Bollman	VPH & TH A.C.
37	19:39 74	C.Jackson-Mitchell (TVH)	Individual
38	20:52 72	C.Stacey	VPH & TH A.C.

Team Result:

1. Ealing Southall & Middlesex A.C. (4,5,7,11) = 27
2. Harrow A.C. (1,6,14,16) = 37
3. Enfield & Haringey A.C. (2,8,13,17) = 40
4. Shaftesbury Barnet Harriers (9,12,20,28) = 69
5. Trent Park Running Club (19,24,30,35) = 108

Middlesex County AA

Championships

3rd January 2004

Senior Men 12,000m

Position	Time	Number	Name	Club
1	35:47	75	J.Claeys	Highgate Harriers
2	36:00	128	S.Tompsett	Hillingdon A.C.
3	36:18	86	D.Fricks	Highgate Harriers
4	36:20	236	J.Trapmore	Shaftesbury Barnet Harriers
5	36:24	81	H.Dodwell	Highgate Harriers
6	36:57	103	D.Dalmedo	Hillingdon A.C.
7	37:06	14	I.Cunningham	Ealing, Southall & Middlesex A.C.
8	36:27	88	D.Hall	Highgate Harriers
9	37:29	244	D.Clark	Thames Valley Harriers
10	37:39	30	J.Robertson	Ealing, Southall & Middlesex A.C.
11	37:46	167	J.Creane	London Irish A.C.
12	37:56	65	D.Simon	Harrow A.C.
13	37:58	62	M.Nicholls	Harrow A.C.
14	38:00	45	S.Mitchell	Enfield & Haringey A.C.
15	38:09	245	M.Da Silva	Thames Valley Harriers
16	38:11	153	M.Potter	London Heathside
17	38:33	83	A.Evans	Highgate Harriers
18	38:48	67	A.Wray	Harrow A.C.
19	39:01	74	D.Burbidge	Highgate Harriers
20	39:08	229	R.Breen	Shaftesbury Barnet Harriers
21	39:13	57	T.Jameson	Harrow A.C.
22	39:16	145	P.Lemmon	London Heathside
23	39:22	165	D.Brennan	London Irish A.C.
24	39:24	54	C.Finill	Harrow A.C.
25	39:25	80	P.Davis	Highgate Harriers
26	39:31	136	R.Browne	London Heathside
27	39:44	63	P.Norris	Harrow A.C.
28	39:45	49	J.Bignall	Harrow A.C.
29	39:51	243	I.Bussell	Thames Valley Harriers
30	39:54	71	C.Bailey	Highgate Harriers
31	40:12	141	J.Flahive	London Heathside
32	40:15	115	P.Leppard	Hillingdon A.C.
33	40:20	146	N.Mayers	London Heathside
34	40:26	110	B.Hutchinson	Hillingdon A.C.

35	40:28 12	R.Brown	Ealing,Southall & Middlesex A.C.
36	40:31 151	A.Owen	London Heathside
37	40:50 43	J.Leversedge	Enfield & Haringey A.C.
38	40:56 200	C.Blackburn	Serpentine Running Club
39	41:10 257	J.Sumpter	Thames Valley Harriers
40	41:18 292	A.Budarkiewicz (K & P)	Individual
41	41:22 48	M.Baron	Harrow A.C.
42	41:24 139	P.Crockford	London Heathside
43	41:30 188	B.Greene	Queens Park Harriers
44	41:42 293	J.Powell (WGEL)	Individual
45	41:44 116	J.Levison	Hillingdon A.C.
46	42:07 134	E.Bayne	London Heathside
47	42:14 271	D.Meller	Trent Park Running Club
48	42:17 260	P.Wetton	Thames Valley Harriers
49	42:27 109	R.Green	Hillingdon A.C.
50	42:32 171	S.Kerr	London Irish A.C.
51	42:39 82	J.Eltringham	Highgate Harriers
52	42:47 291	M.Wilkins (Hayes&Harl)	Individual
53	42:50 123	D.Newman	Hillingdon A.C.
54	42:53 27	S.Plested	Ealing,Southall & Middlesex A.C.
55	43:01 203	G.Dench	Serpentine Running Club
56	43:02 143	J.Howe	London Heathside
57	43:07 144	K.Kemp	London Heathside
58	43:11 268	K.Haines	Trent Park Running Club
59	43:17 104	S.Dokic	Hillingdon A.C.
60	43:18 263	S.Aiken	Trent Park Running Club
61	43:19 13	D.Buckeridge	Ealing,Southall & Middlesex A.C.
62	43:33 186	R.Davies	Queens Park Harriers
63	43:33 273	C.Thurston	Trent Park Running Club
64	43:39 269	M.Lakin	Trent Park Running Club
65	44:04 98	N.Stockman	Highgate Harriers
66	44:36 17	M.Fairbank	Ealing,Southall & Middlesex A.C.
67	44:44 160	J.Walsh	London Heathside
68	44:48 28	D.Randall	Ealing,Southall & Middlesex A.C.
69	45:19 25	S.Mann	Ealing,Southall & Middlesex A.C.
70	45:27 196	L.Thomas	Queens Park Harriers
71	45:27 154	N.Skipper	London Heathside
72	45:36 130	K.Waterman	Hillingdon A.C.
73	45:49 163	R.Weston	London Heathside
74	45:53 70	D.Baigent	Highgate Harriers
75	45:54 184	D.Bastick	Queens Park Harriers
76	45:54 258	A.Thompson	Thames Valley Harriers
77	46:05 252	J.Husbands	Thames Valley Harriers

78	46:09 121	J.Myall	Hillingdon A.C.
79	46:17 85	A.Flick	Highgate Harriers
80	46:19 287	K.Saunders (WSE & H)	Individual
81	46:22 50	R.Bloom	Harrow A.C.
82	46:32 33	N.Babic	Enfield & Haringey A.C.
83	46:35 39	B.Cook	Enfield & Haringey A.C.
84	46:58 99	J.Bignell	Hillingdon A.C.
85	47:03 1	N.Bingham	Barnet & District A.C.
86	47:19 90	K.Lineham	Highgate Harriers
87	47:22 224	C.Saunders	Serpentine Running Club
88	47:27 18	J.Falvey	Ealing,Southall & Middlesex A.C.
89	47:29 264	M.Arnone	Trent Park Running Club
90	47:42 194	W.O'Comor	Queens Park Harriers
91	47:47 191	D.Levy	Queens Park Harriers
92	48:25 6	M.Kawai	Barnet & District A.C.
93	48:35 274	M.Turan	Trent Park Running Club
94	49:02 117	J.Luscombe	Hillingdon A.C.
95	49:06 20	E.Fogarty	Ealing,Southall & Middlesex A.C.
96	49:24 118	N.Mann	Hillingdon A.C.
97	49:41 249	R.Grace	Thames Valley Harriers
98	49:51 256	T.Smith	Thames Valley Harriers
99	50:12 222	J.Nicholls	Serpentine Running Club
100	50:27 182	A.Angus	Queens Park Harriers
101	50:43 46	P.Singleton	Enfield & Haringey A.C.
102	50:48 101	S.Claridge	Hillingdon A.C.
103	51:07 267	P.Goldfinch	Trent Park Running Club
104	51:09 8	J.Owen	Barnet & District A.C.
105	51:24 266	P.Costaldo	Trent Park Running Club
106	51:37 105	J.Doyle	Hillingdon A.C.
107	51:50 178	N.Teutin	London Irish A.C.
108	52:15 127	B.Thomas	Hillingdon A.C.
109	52:17 106	B.Feldman	Hillingdon A.C.
110	52:18 225	R.Smith	Serpentine Running Club
111	52:22 131	P.Welch	Hillingdon A.C.
112	52:41 202	C.Chin	Serpentine Running Club
113	52:55 270	R.Mansell	Trent Park Running Club
114	53:18 40	M.Doughty	Enfield & Haringey A.C.
115	53:40 120	M.Miller	Hillingdon A.C.
116	53:51 272	M.Miller	Trent Park Running Club
117	53:55 32	P.York	Ealing,Southall & Middlesex A.C.
118	54:10 42	B.Hercock	Enfield & Haringey A.C.
119	54:23 129	D.Wardle	Hillingdon A.C.
120	55:23 111	R.Johnson	Hillingdon A.C.

Team Result:

1. Highgate Harriers (1,3,5,8,17,19) = 53
2. Harrow A.C. (12,13,18,21,24,27) = 115
3. London Heathside (16,22,26,31,33,36) = 164
4. Hillingdon A.C. (2,6,32,34,45,49) = 168
5. Thames Valley Harriers (9,15,29,39,48,76) = 216
6. Ealing, Southall & Middlesex A.C. (7,10,35,54,61,66) = 233
7. Trent Park Running Club (47,58,60,63,64,89) = 381
8. Queens Park Harriers (43,62,70,75,90,91) = 431
9. Enfield & Haringey A.C. (14,37,82,83,101,114) = 431
10. Serpentine Running Club (38,55,87,99,110,112) = 501

12 to score:

1. Hillingdon A.C. (2,6,32,34,45,49,53,59,72,78,84,94) = 608

Middlesex County AA

Championships

3rd January 2004

Junior Men 6,000m

Position	Time	Number	Name	Club
1	20:06	94	S.Omar (ESM)	Individual
2	20:07	85	M.Smart *	Harrow A.C.
3	20:44	74	K.Pogue *	Enfield & Haringey A.C.
4	20:56	98	C.Nicol (TVH) *	Individual
5	20:59	89	I.Ibrahim *	London Heathside
6	21:16	79	P.Harrison *	Harrow A.C.
7	21:19	72	K.Ndugu *	Enfield & Haringey A.C.
8	21:56	100	B.Powell (WGEL) *	Individual
9	22:20	97	J.Deane (Highgate) *	Individual
10	22:38	76	D.St Clair *	Enfield & Haringey A.C.
11	23:12	95	N.Reader (WSE & H) *	Individual
12	23:20	87	K.Desborough *	London Heathside
13	23:32	96	A.Shrubb (WSE & H) *	Individual
14	24:38	78	G.Harrison *	Harrow A.C.
15	25:03	83	J.Paris *	Harrow A.C.
16	26:03	82	R.O'Connor	Harrow A.C.

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

Team Result:

1. Harrow A.C. (2,6,14,15) = 37

Middlesex County AA

Championships

3rd January 2004

Under 17 Men 6,000m

Position	Time	Number	Name	Club
1	20:37	56	D.Russell	Shaftesbury Barnet Harriers
2	20:51	19	M.Carey	Harrow A.C.
3	21:02	1	D.Grant	Ealing, Southall & Middlesex A.C.
4	21:15	5	S.Spalding	Ealing, Southall & Middlesex A.C.
5	21:28	29	S.Martyn	Highgate Harriers
6	21:36	49	T.O'Loughlin	London Heathside
7	21:52	28	R.Campbell	Highgate Harriers
8	22:06	2	H.Jama	Ealing, Southall & Middlesex A.C.
9	22:11	51	W.Armstrong	Shaftesbury Barnet Harriers
10	22:39	25	C.Mayo	Harrow A.C.
11	22:39	35	D.Thompson	Hillingdon A.C.
12	22:49	14	B.O'Donoghue	Enfield & Haringey A.C.
13	22:50	6	B.Stock	Ealing, Southall & Middlesex A.C.
14	23:03	18	K.Blackstone	Harrow A.C.
15	23:09	4	G.O'Brien	Ealing, Southall & Middlesex A.C.
16	23:21	32	J.Castro	Hillingdon A.C.
17	23:26	37	G.Glancy	Isleworth & Syon School A.C.
18	23:36	62	K.Soni (QPH)	Individual
19	23:39	52	S.Defoe	Shaftesbury Barnet Harriers
20	23:47	36	P.Williams	Hillingdon A.C.
21	23:49	38	A.Newberry	Isleworth & Syon School A.C.
22	23:52	33	E.Lemon	Hillingdon A.C.
23	23:56	34	J.Marshall	Hillingdon A.C.
24	23:59	10	D.Healy	Enfield & Haringey A.C.
25	24:08	15	T.Owoborode	Enfield & Haringey A.C.
26	24:26	16	D.Rolle	Enfield & Haringey A.C.
27	24:40	42	T.Fancett	London Heathside
28	25:46	61	G.Mahamad (QPH)	Individual
29	26:21	54	W.Kawai	Shaftesbury Barnet Harriers
30	26:22	23	A.Leach	Harrow A.C.
31	26:55	3	J.Louden	Ealing, Southall & Middlesex A.C.
32	30:24	65	J.Taylor (TVH)	Individual

Team Result:

1. Ealing, Southall & Middlesex A.C. (3,4,8,13) = 28

2. Harrow A.C. (2,10,14,30) = 56

3. Shaftesbury Barnet Harriers (1,9,19,29) = 58

4. Hillingdon A.C. (11,16,20,22) = 69

5. Enfield & Haringey (12,24,25,26) = 87

Middlesex County AA

Championships

3rd January 2004

Under 15 Boys 4,000m

Position	Time	Number	Name	Club
1	13:56	46	I.May	Isleworth & Syon School A.C.
2	13:59	10	A.Osman	Ealing, Southall & Middlesex A.C.
3	14:38	35	J.Paterson	Harrow A.C.
4	14:40	29	D.Goodman	Harrow A.C.
5	14:42	64	C.Purdue	Shaftesbury Barnet Harriers
6	14:53	4	J.Downing	Ealing, Southall & Middlesex A.C.
7	15:02	20	N.Rogers	Enfield & Haringey A.C.
8	15:06	34	H.Mehta	Harrow A.C.
9	15:08	7	A.Hunt	Ealing, Southall & Middlesex A.C.
10	15:10	30	D.Hunt	Harrow A.C.
11	15:14	32	M.Judson	Harrow A.C.
12	15:14	41	J.Cotton	Isleworth & Syon School A.C.
13	15:16	50	E.Power	Isleworth & Syon School A.C.
14	15:23	22	M.Sharp	Enfield & Haringey A.C.
15	15:36	45	P.Joseph	Isleworth & Syon School A.C.
16	15:38	24	O.Walsh	Enfield & Haringey A.C.
17	15:45	12	J.Ward	Ealing, Southall & Middlesex A.C.
18	16:03	11	A.Parkin	Ealing, Southall & Middlesex A.C.
19	16:04	65	R.Sambrook	Shaftesbury Barnet Harriers
20	16:11	21	T.Rogers	Enfield & Haringey A.C.
21	16:17	14	C.Bowen	Enfield & Haringey A.C.
22	16:20	37	E.Seaman	Harrow A.C.
23	16:30	19	D.Powell	Enfield & Haringey A.C.
24	16:32	70	L.Gruszewski	Thames Valley Harriers
25	16:36	61	P.Harris	Shaftesbury Barnet Harriers
26	17:04	67	Z.Benzerroune	Thames Valley Harriers
27	17:21	66	W.Thompson	Shaftesbury Barnet Harriers
28	17:44	2	M.Ahmed	Ealing, Southall & Middlesex A.C.
29	17:50	48	S.Phillips	Isleworth & Syon School A.C.
30	18:00	36	P.Royle	Harrow A.C.
31	18:01	76	J.Barber	VPH & TH A.C.
32	18:02	49	T.Phillips	Isleworth & Syon School A.C.
33	18:04	71	F.Nicol	Thames Valley Harriers
34	18:04	16	R.Dunnett	Enfield & Haringey A.C.

35	18:06 8	T.Mellish	Ealing, Southall & Middlesex A.C.
36	18:23 74	J.Schwerdt	Thames Valley Harriers
37	19:49 87	W.Mahamad (QPH)	Individual
38	20:16 81	M.Holkes (Trent P)	Individual
39	20:24 80	F.Grubb (Trent P)	Individual
40	21:25 28	R.Fry	Harrow A.C.

Team Result:

1. Harrow A.C. (3,4,8,10) = 25
2. Ealing, Southall & Middlesex A.C. (2,6,9,17) = 34
3. Isleworth & Syon School A.C. (1,12,13,15) = 41
4. Enfield & Haringey A.C. (7,14,16,20) = 57
5. Shaftesbury Barnet Harriers (5,19,25,27) = 76
6. Thames Valley Harriers (24,26,33,36) = 119

Middlesex County AA

Championships

3rd January 2004

Under 13 Boys 3,000m

Position	Time	Number	Name	Club
1	11:38	22	R.Martinez-Rodney	Enfield & Haringey A.C.
2	11:45	3	P.Hannah	Ealing, Southall & Middlesex A.C.
3	11:48	34	C.Scott	Harrow A.C.
4	11:54	13	J.Stacey	Ealing, Southall & Middlesex A.C.
5	11:57	102	R.Mann (Hillingdon)	Individual
6	12:12	8	L.Nicholas	Ealing, Southall & Middlesex A.C.
7	12:14	78	J.Shelley	Shaftesbury Barnet Harriers
8	12:16	14	S.Zajackowski	Ealing, Southall & Middlesex A.C.
9	12:30	37	C.Towler	Harrow A.C.
10	12:35	28	M.Goodman	Harrow A.C.
11	12:40	83	J.Collett	Thames Valley Harriers
12	12:45	41	M.Bitmead	Isleworth & Syon School A.C.
13	12:54	81	O.Bass	Thames Valley Harriers
14	12:55	9	A.Percival	Ealing, Southall & Middlesex A.C.
15	12:56	4	C.Hepworth	Ealing, Southall & Middlesex A.C.
16	12:56	101	J.Edwards (Hillingdon)	Individual
17	13:02	38	M.Warwick	Harrow A.C.
18	13:07	35	P.Smith	Harrow A.C.
19	13:07	23	M.Barker	Harrow A.C.
20	13:09	54	W.Said	Isleworth & Syon School A.C.
21	13:16	20	M.Healy	Enfield & Haringey A.C.
22	13:20	85	N.Fox	Thames Valley Harriers
23	13:24	30	M.Howell	Harrow A.C.
24	13:28	31	T.Lewis	Harrow A.C.
25	13:32	33	T.Paterson	Harrow A.C.
26	13:34	10	B.Redhead	Ealing, Southall & Middlesex A.C.
27	13:34	51	T.Orishaguna	Isleworth & Syon School A.C.
28	13:35	24	J.Baron	Harrow A.C.
29	13:44	29	H.Heptullabhai	Harrow A.C.
30	13:46	76	K.Moreland	Shaftesbury Barnet Harriers
31	13:49	103	R.Thompson (Hillingdon)	Individual
32	13:55	46	L.Lambert	Isleworth & Syon School A.C.
33	13:56	104	H.Gomez (Highgate)	Individual
34	13:57	89	A.Preston	Thames Valley Harriers

35	13:59 19	P.Dunnett	Enfield & Haringey A.C.
36	14:00 70	D.Lyons	Queens Park Harriers
37	14:01 43	A.Cole	Isleworth & Syon School A.C.
38	14:06 52	A.Pain	Isleworth & Syon School A.C.
39	14:15 94	B.Savage	Trent Park Running Club
40	14:19 45	D.Hawes	Isleworth & Syon School A.C.
41	14:22 72	J.Walerych	Queens Park Harriers
42	14:33 27	M.Fry	Harrow A.C.
43	14:45 15	C.Bowman	Enfield & Haringey A.C.
44	14:53 97	A.Fasina	VPH & TH A.C.
45	14:57 100	J.Potticary	VPH & TH A.C.
46	15:00 40	A.Abu-Baker	Isleworth & Syon School A.C.
47	15:01 2	A.Allday	Ealing, Southall & Middlesex A.C.
48	15:02 53	M.Ryde	Isleworth & Syon School A.C.
49	15:21 47	S.Light	Isleworth & Syon School A.C.
50	15:29 93	D.Lakin	Trent Park Running Club
51	15:35 55	J.Sheldrake	Isleworth & Syon School A.C.
52	15:39 99	A.Moss	VPH & TH A.C.
53	15:41 98	S.Leighton	VPH & TH A.C.
54	15:47 91	A.Bowman	Trent Park Running Club
55	15:52 17	T.Brind	Enfield & Haringey A.C.
56	15:55 49	G.O'Leary	Isleworth & Syon School A.C.
57	15:58 16	R.Bramley	Enfield & Haringey A.C.
58	16:00 44	E.Erdam	Isleworth & Syon School A.C.
59	16:01 80	E.Alleyne-Bedminster	Thames Valley Harriers
60	16:02 92	M.Harrison	Trent Park Running Club
61	17:26 50	M.Orishaguna	Isleworth & Syon School A.C.
62	17:32 42	J.Carey	Isleworth & Syon School A.C.

Team Result:

1. Ealing Southall & Middlesex A.C. (2,4,6,8) = 20
2. Harrow A.C. (3,9,10,17) = 39
3. Thames Valley Harriers (11,13,22,34) = 80
4. Isleworth & Syon School A.C. (12,20,27,32) = 91
5. Enfield & Haringey A.C. (1,21,35,43) = 100
6. VPH & TH A.C. (44,45,52,53) = 194
7. Trent Park Running Club (39,50,54,60) = 203