



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m

Position	Time	Number	Name	Club
1	39:04	179	Mohamud Aadan	TVH
2	39:23	43	Shaun Dixon	Highgate
3	39:27	44	Henry Dodwell	Highgate
4	40:10	191	Chris Smith	TVH
5	40:31	171	Hugh Torry	Serpentine
6	40:33	34	Damian Nevins	Harrow
7	40:37	220	James Drinkwater (Bedford & Co)	Individual
8	40:45	52	Danny Russell	Highgate
9	41:02	89	Robert Thompson	Hillingdon
10	41:05	28	Jim Cooper	Harrow
11	41:15	54	Richard Scott	Highgate
12	41:31	178	James Trapmore	SBH
13	41:34	49	Ryan McKinlay	Highgate
14	41:36	25	Robert Wilson	ESM
15	41:42	53	Glenn Saqui	Highgate
16	41:44	198	James Cordwell	VPH&TH
17	41:46	201	Samuel Humphrey	VPH&TH
18	41:49	59	Martin Bateman	Hillingdon
19	41:57	27	Matthew Carey	Harrow
20	42:06	33	Matt Judson	Harrow
21	42:28	88	Daniel Thompson	Hillingdon
22	42:33	61	Sam Blanshard	Hillingdon
23	42:34	65	Dean Clark	Hillingdon
24	42:34	21	Matthew McCabe	ESM
25	42:37	46	Nick Gold	Highgate
26	42:38	224	Peter Williams (Trent Park)	Individual
27	42:43	158	Dave Morgan	Serpentine
28	42:44	176	Paul Simons	SBH
29	42:54	58	Stephen Whiting	Highgate
30	43:02	42	Jon Deane	Highgate
31	43:22	35	Peter Norris	Harrow
32	43:36	115	George Stewart	Lon Heathside
33	43:39	159	Ebrima Noble	Serpentine
34	43:57	113	Martin Potter	Lon Heathside
35	44:12	186	Stephen Norris	TVH
36	44:22	100	Alex Galloway	Lon Heathside
37	44:31	47	Ed Green	Highgate
38	44:39	168	Barney Southin	Serpentine
39	45:06	67	Anupam Das	Hillingdon
40	45:17	166	Andy Robbins	Serpentine
41	45:22	79	James Manley	Hillingdon
42	45:25	96	Michael Davidson	Lon Heathside
43	45:28	189	Matthieu Ribault	TVH
44	45:36	17	Stephen Elson	ESM
45	45:43	31	Chris Finill	Harrow
46	46:00	167	Jamie Smalley	Serpentine

Position	Time	Number	Name	Club
47	46:01	70	Scott Farley	Hillingdon
48	46:03	202	Tony Lashmar	VPH&TH
49	46:10	106	Paul Lemmon	Lon Heathside
50	46:11	94	Steve Buttlng-Smith	Lon Heathside
51	46:12	161	Andrew Orr	Serpentine
52	46:13	32	Richard Francis	Harrow
53	46:22	76	Richard Jenkin	Hillingdon
54	46:29	187	Matt Ponting	TVH
55	46:33	20	Angelo John	ESM
56	46:42	85	Daniel Rowe	Hillingdon
57	46:44	164	Alessandro Poggi	Serpentine
58	46:49	99	John Flahive	Lon Heathside
59	46:49	63	Edward Campbell	Hillingdon
60	47:03	12	Eamon Bradley	ESM
61	47:05	108	Norman Mitchell	Lon Heathside
62	47:13	153	Jonathan Lane	Serpentine
63	47:14	15	Mark Delahunty	ESM
64	47:19	118	Andy Welshman	Lon Heathside
65	47:28	104	Ken Heney	Lon Heathside
66	47:38	23	Luke Nicholas	ESM
67	47:41	111	Andy Owen	Lon Heathside
68	47:45	64	Simon Claridge	Hillingdon
69	47:45	129	Michael Dmitrzak	QPH
70	47:47	147	Brendan Greene	Serpentine
71	47:48	13	Robert Brown	ESM
72	47:48	93	Simon Brown	Lon Heathside
73	47:54	196	Simeon Bennett	VPH&TH
74	48:03	107	Dan Madams	Lon Heathside
75	48:18	116	Marcus Tillotson	Lon Heathside
76	48:28	105	Sam Kyffin	Lon Heathside
77	48:29	8	David Wilcock	Barnet & Dist
78	48:44	205	Duncan Steen	VPH&TH
79	48:48	77	Paul Leppard	Hillingdon
80	48:56	84	Robert Poulter	Hillingdon
81	48:58	57	Rob Walker	Highgate
82	49:00	83	David Newman	Hillingdon
83	49:00	156	Raoul Mansukhani	Serpentine
84	49:09	182	Manuel Da Silva	TVH
85	49:10	97	Sergio Di Noto	Lon Heathside
86	49:15	192	Philip Wetton	TVH
87	49:26	170	Richard Taylor	Serpentine
88	49:33	197	Richard Bryant	VPH&TH
89	49:35	219	Ant Budarkiewicz (Kingston & Poly)	Individual
90	49:54	3	Peter Ellis	Barnet & Dist
91	49:56	92	Stuart Amblin	Lon Heathside
92	49:58	102	Simon Hazel	Lon Heathside
93	50:00	121	Aaron Austin-Glen	QPH
94	50:04	26	Philip York	ESM
95	50:11	125	Simon Brotherson	QPH
96	50:16	66	Simon Connell	Hillingdon
97	50:18	212	Gary Robinson	West 4 H
98	50:19	135	Frank Nolan	QPH
99	50:21	48	Kevin Lineham	Highgate
100	50:28	55	Steve Scruton	Highgate
101	50:29	14	Doug Buckeridge	ESM
102	50:41	180	Richard Bell	TVH
103	50:41	114	Ed Samuel	Lon Heathside
104	50:57	95	Pete Crockford	Lon Heathside
105	51:00	4	Michael Martin	Barnet & Dist

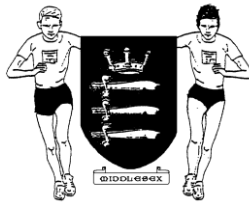
Position	Time	Number	Name	Club
106	51:12	73	Steve Hirons	Hillingdon
107	51:18	87	David Smith	Hillingdon
108	51:20	103	Carl Heap	Lon Heathside
109	51:24	133	Dave McLaughlin	QPH
110	51:47	163	Brent Plump	Serpentine
111	52:03	16	Andy Dodd	ESM
112	52:06	112	Leo Pemberton	Lon Heathside
113	52:07	60	John Bignell	Hillingdon
114	52:15	130	Denis Guinee	QPH
115	52:24	2	Mel Davies	Barnet & Dist
116	52:36	68	Stevan Dokic	Hillingdon
117	52:46	69	Nigel Ealand	Hillingdon
118	52:55	193	Michael Wilson	TVH
119	52:57	56	Nick Stockman	Highgate
120	53:02	75	Michael Ingram	Hillingdon
121	53:06	29	Kevin Concannon	Harrow
122	53:22	78	Andrew Malyan	Hillingdon
123	53:49	195	Terry Beackon	VPH&TH
124	53:53	151	Ian Johnson	Serpentine
125	54:19	134	Bertie Miller	QPH
126	54:31	5	Laurence Scheyvens	Barnet & Dist
127	54:52	184	Richard Hooley	TVH
128	54:58	138	Lennie Thomas	QPH
129	55:20	117	Dave Walton	Lon Heathside
130	55:34	82	John Myall	Hillingdon
131	55:37	128	Richard Davies	QPH
132	55:54	19	Robert Howells	ESM
133	56:11	86	Martin Searle	Hillingdon
134	56:16	120	Andy Angus	QPH
135	56:33	213	Keith Simpson	West 4 H
136	56:52	148	Gy Harness	Serpentine
137	57:34	119	Russell Weston	Lon Heathside
138	57:38	203	David Shortridge	VPH&TH
139	57:42	1	John Clarke	Barnet & Dist
140	58:17	72	Tony Grant	Hillingdon
141	58:39	214	Gary Homewood (Morn Chasers)	Individual
142	59:07	210	Jon Scott Francis	West 4 H
143	59:25	190	Anthony Smith	TVH
144	59:43	206	David Wilkie	VPH&TH
145	60:05	98	Julian Ferraro	Lon Heathside
146	60:16	24	Stephen Treanor	ESM
147	60:23	101	Bob Gould	Lon Heathside
148	60:42	221	Martin Garrett (Sudbury Court R.C.)	Individual
149	61:03	62	Robert Burton	Hillingdon
150	62:16	185	Simon Maddison	TVH
151	63:43	225	Bobby Howe (Morn Chasers)	Individual
152	64:13	139	Peter Walter	QPH
153	64:48	71	Brian Feldman	Hillingdon
154	69:08	132	Alan Kilcoyne	QPH
155	69:32	208	PJ Champault	West 4 H

Team Result:

1. Highgate (2, 3, 8, 11, 13, 15) = 52
2. Harrow (6, 10, 19, 20, 31, 45) = 131
3. Hillingdon (9, 18, 21, 22, 23, 39) = 132
4. Serpentine (5, 27, 33, 38, 40, 46) = 189
5. TVH (1, 4, 35, 43, 54, 84) = 221
6. Lon Heathside (32, 34, 36, 42, 49, 50) = 243
7. ESM (14, 24, 44, 55, 60, 63) = 260
8. VPH (16, 17, 48, 73, 78, 88) = 320
9. QPH (69, 93, 95, 98, 109, 114) = 578
10. Barnet & Dist (77, 90, 105, 115, 126, 139) = 652

12 to score

1. Serpentine (5, 27, 33, 38, 40, 46, 51, 57, 62, 70, 83, 87) = 599



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m

Position	Time	Number	Name	Club
1	31:24	109	Kate Brown (Loughborough Students)	Individual
2	31:35	16	Leigh Lattimore	Harrow
3	31:45	22	Esther Evans	Highgate
4	33:09	24	Katie Meredith	Highgate
5	33:19	88	Katie Mellor	TVH
6	33:28	68	Emma Huepfl	Serpentine
7	33:33	97	Isobel Rea	West 4 H
8	33:45	36	Sue Rust	Lon Heathside
9	33:51	37	Sarah Swinhoe	Lon Heathside
10	33:54	12	Emily Antcliffe	Harrow
11	34:06	84	Lisa Da Silva	TVH
12	35:29	4	Hannah Pollack	ESM
13	35:37	81	Tracy Barlow	TVH
14	36:14	80	Grace Wu	Serpentine
15	36:17	35	Claire Morrissey	Lon Heathside
16	36:19	23	Louise Faherty	Highgate
17	36:37	93	Sarah Larkam	West 4 H
18	36:52	17	Ashlee McGuigan	Harrow
19	37:36	29	Elinor Winter	Highgate
20	37:59	6	Patricia Thomas	ESM
21	38:03	65	Anna Ferguson	Serpentine
22	38:10	90	Rachel Badham	West 4 H
23	38:12	46	Amy Koerbel	Morn Chasers
24	38:30	15	Amy Concannon	Harrow
25	38:32	82	Jessica Bass	TVH
26	38:38	38	Jackie Wastell	Lon Heathside
27	38:53	50	Jane Nodder	Morn Chasers
28	39:14	53	Fiona Russell	Morn Chasers
29	39:37	94	Rose Lewis	West 4 H
30	39:44	51	Camilla Ray	Morn Chasers
31	39:54	63	Amy Cope	Serpentine
32	40:02	34	Ruth Miller	Lon Heathside
33	40:04	54	Andrea Sanders-Reece	Morn Chasers
34	40:27	3	Gillian Morgan	ESM
35	40:43	71	Lisa Petitt	Serpentine
36	40:47	1	Nikki Baker	ESM
37	41:03	49	Heather Marshall	Morn Chasers
38	41:09	74	Charlotte Smith	Serpentine
39	41:17	45	Maki Kimura	Morn Chasers
40	41:30	110	Anne Hanton (St Mary's Rich)	Individual
41	41:45	2	Carol Jones	ESM
42	42:06	21	Natasha Cendrowicz	Highgate
43	42:13	103	Kate Verber (Hillingdon)	Individual
44	42:20	41	Lynne Connolly	Morn Chasers
45	42:43	14	Carolyn Clook	Harrow
46	42:44	100	Sandra O'Connor (Barnet & Dist)	Individual

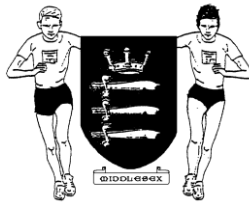
47	43:25	102	Pauline Fischer (Hillingdon)	Individual
48	43:30	55	Sarah-Jane Walsh	Morn Chasers
49	43:38	72	Cheryl Sacks	Serpentine
50	43:50	47	Rafaele Lamour	Morn Chasers
51	43:55	98	Sarah Boxer (Barnet & Dist)	Individual
52	43:59	44	Delphine Horodyski	Morn Chasers
53	44:00	40	Anne Caspi	Morn Chasers
54	44:16	62	Jacqui Young	QPH
55	44:26	42	Michelle Griffiths	Morn Chasers
56	45:02	70	Val Metcalf	Serpentine
57	45:21	9	Katy Moore	Enf & Har
58	46:17	64	Kristin Duffy	Serpentine
59	46:40	59	Laura Kelly	QPH
60	46:47	99	Linda Dworowski (Barnet & Dist)	Individual
61	48:02	79	Carole Wisdom	Serpentine
62	51:08	25	Kirat Nandra	Highgate
63	52:18	60	Alice Lester	QPH
64	54:24	43	Lezley Hilliard	Morn Chasers
65	56:18	73	Margaret Sills	Serpentine
66	57:26	104	Susan Leese (VPH&TH)	Individual
67	57:48	57	Gillian Baker	QPH

Team Result :

1. Highgate (3, 4, 16, 19) = 42
2. Harrow (2, 10, 18, 24) = 54
3. TVH (5, 11, 13, 25) = 54
4. Lon Heathside (8, 9, 15, 26) = 58
5. Serpentine (6, 14, 21, 31) = 72
6. West4 H (7, 17, 22, 29) = 75
7. ESM (12, 20, 34, 36) = 102
8. Morn Chasers (23, 27, 28, 30) = 108
9. QPH (54, 59, 63, 67) = 243

Winner of Corlin Trophy :

West 4 Harriers



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

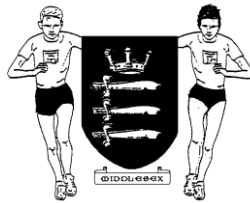
Under 20 Men - 8,000m (approx)

Position	Time	Number	Name	Club
1	29:23	283	Nazwari Dawit	TVH
2	29:28	263	William Pinder	ESM *
3	29:39	273	Carl Yates	Hillingdon
4	30:04	288	Adam Villard (St Mary's Rich)	Individual *
5	30:38	264	Ben Waterman	ESM *
6	30:44	287	Ed Smith (St Mary's Rich)	Individual *
7	32:00	269	Joseph Carton	Hillingdon *
8	32:20	265	Sebastien Zajackowski	ESM
9	32:30	266	Abraham Brown	Harrow *
10	32:49	268	Tom O'Dowd	Harrow *
11	32:51	267	Andrew Holliman	Harrow *
12	33:35	262	Mark Cameron	ESM *
13	33:44	286	Ali Yahye	TVH
14	34:12	280	Kieran Moreland	SBH
15	34:23	271	Luke Pierre-Inkson	Hillingdon *
16	37:15	292	Mohamed Hashi (QPH)	Individual *

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

Team Result:

1. ESM (2, 5, 8) = 15
2. Hillingdon (3, 7, 15) = 25
3. Harrow (9, 10, 11) = 30



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Women -5,000m

Position	Time	Number	Name	Club
1	20:20	372	Sky Draper	Harrow
2	20:51	390	Lauren Major	St Mary's Rich
3	21:04	385	Freya Lenton	SBH
4	21:24	396	Christina Hall (WSEH)	Individual
5	21:48	386	Molly Patch	SBH
6	22:07	389	Jocelyn Major	St Mary's Rich
7	22:33	370	Rebecca Johnson	ESM
8	22:42	377	Hannah Viner	Highgate
9	23:09	397	Amelie Hunton (Ranelagh)	Individual
10	23:17	387	Suzo Sato	SBH
11	23:31	371	Katrina Will	ESM
12	23:31	398	Danielle McLennaghan (Enf & Har)	Individual
13	23:47	380	Esme Stallard	Hillingdon
14	25:01	367	Josie Elliot	ESM
15	25:26	378	Heather Gibbons	Hillingdon
16	26:19	369	Lara Kotecha	ESM
17	27:07	373	Sophie Edwardson	Harrow
18	27:38	381	Charlotte Barbour-Condini	Lon Heathside
19	28:00	392	Aneta Jaskulska	TVH
20	28:26	393	Brynne Ndoca	TVH
21	28:38	383	Kathleen Jackson	Lon Heathside
22	28:38	382	Ellen Jackson	Lon Heathside

Team Result:

1. SBH (3, 5, 10) = 18

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

3. Lon Heathside (18, 21, 22) = 61

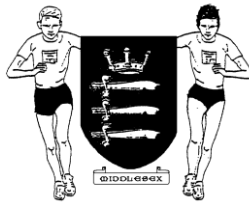
Under 20 Women - 5,000m

Position	Time	Number	Name	Club
1	20:24	137	Georgia Bell	SBH *
2	20:38	142	Molly Riglin (WSEH)	Individual *
3	24:09	140	Georgia Doolan (Highgate)	Individual *
4	24:40	136	Rachel Walsh	ESM*
5	25:14	135	Rebecca Walford	ESM*
6	26:05	133	Helena French	ESM

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

Team Result:

1. ESM (4, 5, 6) = 15



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	19:01	7	Bhavesht Soneji	ESM
2	19:04	46	Eoin O'Brien (WSEH)	Individual
3	19:10	39	Hugo Cayssials	TVH
4	19:14	6	Sam Shindler Glass	ESM
5	19:18	37	Luke Penney	St Mary's Rich
6	19:19	33	Sam Wilson	SBH
7	19:43	13	Dalton McGuigan	Harrow
8	19:56	12	Rizwaan Malik	Harrow
9	20:02	4	Malik Ouzia	ESM
10	20:04	32	Chandi Uduwawala	SBH
11	20:07	36	Ben Gibbons	St Mary's Rich
12	20:33	24	Jowed Saissi	Hillingdon
13	20:41	8	Jonathan Collier	Harrow
14	20:45	5	Duncan Pinder	ESM
15	21:18	10	Lewis Hawkins	Harrow
16	21:46	28	Miron Woldemichael	Lon Heathside
17	21:56	27	Daniel Szajna	Lon Heathside
18	22:06	34	Sathira Don	St Mary's Rich
19	22:15	16	Stanley Harrison	Highgate
20	22:26	35	Robert Eveson	St Mary's Rich
21	22:35	29	Joe Headland	SBH
22	22:37	44	Ben Boxer (Barnet & Dist)	Individual
23	23:01	25	Dominic Speight	Hillingdon
24	23:15	42	Abukar Yahye	TVH
25	23:30	38	Ayuub Abdullahi	TVH
26	26:07	43	Mac Argent-Bowie (Trent Park)	Individual
27	29:36	40	Samuel Cooper	TVH

Team Result:

1. ESM (1, 4, 9) = 14
2. Harrow (7, 8, 13) = 28
3. St. Mary's (5, 11, 18) = 34
4. SBH (6, 10, 21) = 37
5. TVH (3, 24, 25) = 52



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

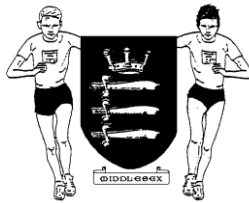
Under 15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	14:14	11	Paulos Asgodom	Enf & Har
2	14:20	12	Petros Asgodom	Enf & Har
3	14:28	81	Jivendra Singh (WSEH)	Individual
4	14:51	2	Mukhtar Farah	ESM
5	14:53	80	Jamie Finnigan (WSEH)	Individual
6	15:04	47	Rubin Vos	Hillingdon
7	15:10	61	Joe Brennan	SBH
8	15:19	6	Sam McGonigle	ESM
9	15:28	15	Youcef Harizi	Enf & Har
10	15:48	54	James Wooldridge	Lon Heathside
11	15:56	71	Toby Clyde	TVH
12	15:59	43	Sam Lloyd	Hillingdon
13	16:03	70	David Gaskin	Trent Park
14	16:04	18	Kai Hammond	Harrow
15	16:06	79	Archie St Aubyn	TVH
16	16:12	34	James Millett	Highgate
17	16:15	65	Patrick Goffey	St Mary's Rich
18	16:16	50	Max Heap	Lon Heathside
19	16:18	64	Aaron Farr	St Mary's Rich
20	16:31	41	Liam Holbrook	Hillingdon
21	16:33	21	Cathal Holloway	Harrow
22	16:39	67	Miles Watson	St Mary's Rich
23	16:40	53	Johnny Naylor	Lon Heathside
24	16:40	33	Alexander Machin-Pacey	Highgate
25	16:49	72	Joseph Cooper	TVH
26	16:54	17	Joe Gammell	Harrow
27	16:56	46	Sanjiv Solanki	Hillingdon
28	17:01	27	Ben Hatch	Highgate
29	17:01	24	Jack Rowlands	Harrow
30	17:10	75	James Horrex	TVH
31	17:18	69	Daniel Carpenter	Trent Park
32	17:26	20	Jonathan Hill	Harrow
33	17:30	78	Louis Marriott	TVH
34	17:32	77	Jack Keen	TVH
35	17:37	36	Gabriel Springer	Highgate
36	17:46	14	Luke Garwood	Enf & Har
37	18:03	37	Jamie Davis	Hillingdon
38	18:09	30	Peter Laing	Highgate
39	18:11	68	Gabriel Anstee	Trent Park
40	18:31	49	Jasper Crockford	Lon Heathside
41	18:39	9	Bradley Pinder	ESM
42	18:46	19	Connor Hicks	Harrow
43	18:50	74	John Gray	TVH
44	18:56	5	Conor McCarthy	ESM
45	18:56	48	Alex Ahern	Lon Heathside

46	19:00	25	Louis Thorogood	Harrow
47	19:11	7	Josh Morris	ESM
48	20:53	22	Joseph Howley	Harrow
49	20:54	16	Lewis Campbell	Harrow

Team Result:

1. Enf & Har (1, 2, 9) = 12
2. Hillingdon (6, 12, 20) = 38
3. Lon Heathside (10, 18, 23) = 51
4. TVH (11, 15, 25) = 51
5. ESM (4, 8, 41) = 53
6. St. Mary's (17, 19, 22) = 58
7. Harrow (14, 21, 26) = 61
8. Highgate (16, 24, 28) = 68
9. Trent Park (13, 31, 39) = 83



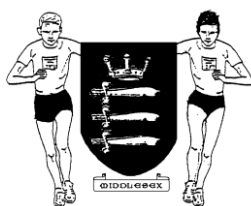
MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 15 Girls - 4,000m (approx)

Position	Time	Number	Name	Club
1	17:20	301	Rebecca Killip (WSEH)	Individual
2	17:26	289	Hannah Novakovic	St Mary's Rich
3	17:46	293	Jade Dos Santos	Trent Park
4	17:53	287	Sophie Parvizi-Wayne	SBH
5	18:00	260	Emma Hatchett	Enf & Har
6	18:01	259	Caroline Dunnett	Enf & Har
7	18:20	297	Madeline Turner	TVH
8	18:28	295	Eve Goodhart	TVH
9	18:30	271	Georga Fear	Highgate
10	18:35	256	Nastassja Allin	Enf & Har
11	18:45	263	Chloe Thornton	Enf & Har
12	18:50	290	Emma Uren	St Mary's Rich
13	18:55	285	Chloe Goodson	SBH
14	18:56	288	Jessica Nicholls-Mindlin	St Mary's Rich
15	19:04	254	Besirat Tesfu	ESM
16	19:11	253	Anna Maude	ESM
17	19:36	279	Lauren Gee	Lon Heathside
18	19:36	282	Genevieve Weston	Lon Heathside
19	19:43	267	Alex Ranaghan	Harrow
20	19:44	283	Emma Dwan	SBH
21	19:49	270	Ellie Doolan	Highgate
22	19:51	265	Maria Hill	Harrow
23	19:59	255	Olivia Will	ESM
24	20:04	258	Josephine Connery	Enf & Har
25	20:18	264	Aisling Draper	Harrow
26	20:22	249	Rosanna Bell	ESM
27	21:09	296	Natalia Munro	TVH
28	21:18	286	Ellie McNamara	SBH
29	21:27	261	Katie Hatchett	Enf & Har
30	21:37	294	Charlotte Bacon	TVH
31	21:53	262	Hannah Hughes	Enf & Har
32	22:02	299	Lily Fawssett (Hillingdon)	Individual
33	22:11	251	Saskia Budgett	ESM
34	22:14	252	Ella Kotecha	ESM
35	22:38	266	Alix Lereculey	Harrow
36	23:23	292	Victoria Irvine	Trent Park

Team Result:

1. Enf & Har (5, 6, 10) = 21
2. St. Mary's (2, 12, 14) = 28
3. SBH (4, 13, 20) = 37
4. TVH (7, 8, 27) = 42
5. ESM (15, 16, 23) = 54
6. Harrow (19, 22, 25) = 66



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	10:36	145	Terry Fawden	Highgate
2	10:40	129	Aaron Spink	ESM
3	10:47	194	Brett English (QPH)	Individual
4	10:50	121	Neville Namutenda	Bishop Challenors Sch
5	10:54	187	Abraham Mendes Da Costa	TVH
6	10:55	175	Thomas McCardle	Trent Park
7	10:59	168	James Brennan	SBH
8	11:05	180	Lucillo Burrell	TVH
9	11:14	195	Joe Killip (WSEH)	Individual
10	11:19	186	Karim Mahiddine	TVH
11	11:22	139	Albie Tremlett	Harrow
12	11:23	188	Cassius Rathbone	TVH
13	11:26	167	Felix Bordet-Stead	SBH
14	11:27	144	Dempster Fawden	Highgate
15	11:30	176	William McCardle	Trent Park
16	11:31	125	Ry Leverett	ESM
17	11:32	124	George Kerry	ESM
18	11:33	182	George Goodhart	TVH
19	11:35	170	Dominic Thompson	SBH
20	11:39	133	Joe Hayden	Enf & Har
21	11:45	179	Maximilian Buckley	TVH
22	11:48	162	Cameron Mackinney	Lon Heathside
23	11:52	135	Louis Taylor	Enf & Har
24	11:53	177	Joseph Young	Trent Park
25	11:54	196	Jackson Spielmeyer (VPH&TH)	Individual
26	12:00	191	Nathan Farr (St Mary's Rich)	Individual
27	12:05	130	Daniel Wilks	ESM
28	12:07	128	Mark Simons	ESM
29	12:08	189	Richard Vallance	TVH
30	12:10	192	Freddie John (St Mary's Rich)	Individual
31	12:14	140	Filip Bastion	Highgate
32	12:21	181	Nicholas Cowley-Andrea	TVH
33	12:27	146	Arnold Harrison	Highgate
34	12:32	193	Jake Callis (Orion)	Individual
35	12:36	122	Milan Nwosisi	Bishop Challenors Sch
36	12:40	132	Callum Duffy	Enf & Har
37	12:45	172	Ben Beckwith	Trent Park
38	12:46	159	Josh Malyan	Hillingdon
39	12:49	173	Frazer Briers	Trent Park
40	12:53	174	James Lovell	Trent Park
41	12:55	171	Patrick Adamson	Trent Park
42	12:56	183	Thomas Horrex	TVH
43	12:57	165	Charlie Wooldridge	Lon Heathside

44	13:00	164	Antanas Weston	Lon Heathside
45	13:01	120	Malyk Hamilton	Bishop Challenors Sch
46	13:02	137	Sean Draper	Harrow
47	13:07	127	Ben Shindler Glass	ESM
48	13:12	136	Timmy Byrne	Harrow
49	13:14	138	Luke Lee-Cairns	Harrow
50	13:33	190	Edward Wootton	TVH
51	13:43	155	Raphael Rossiter	Highgate
52	14:23	142	Rory Budd	Highgate
53	17:09	147	Clem Harrison	Highgate

Team Result:

1. TVH (5, 8, 10) = 23
2. ESM (2, 16, 17) = 35
3. SBH (7, 13, 19) = 39
4. Trent Park (6, 15, 24) = 45
5. Highgate (1, 14, 31) = 46
6. Enf & Har (20, 23, 36) = 79
7. Bish Chal (4, 35, 45) = 84
8. Harrow (11, 46, 48) = 105
9. Lon Heathside (22, 43, 44) = 109



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	11:38	240	Courtney Marshall	ESM
2	11:41	255	Megan Wilson	Harrow
3	11:53	294	India Weir	TVH
4	12:07	282	Harriet Johnson	St Mary's Rich
5	12:09	245	Lauren Dowling	Enf & Har
6	12:13	293	Rosie Vallance	TVH
7	12:14	260	Marjolaine Briscoe	Highgate
8	12:14	241	Erica Wallace	ESM
9	12:19	269	Cecily Turner	Highgate
10	12:26	244	Rachel Connery	Enf & Har
11	12:30	239	Roisin Lynch	ESM
12	12:34	295	Kosana Weir	TVH
13	12:35	284	Anna Uren	St Mary's Rich
14	12:39	283	Morgan Louise Penney	St Mary's Rich
15	12:42	251	Rachael Haddow	Harrow
16	12:46	257	Julia Beltradi	Highgate
17	12:58	299	Alice Harray (Belgrave)	Individual
18	13:01	246	Emma Hughes	Enf & Har
19	13:02	287	Greta Norton	Trent Park
20	13:03	278	Ottavia Laidler	Lon Heathside
21	13:05	252	Isabella Hotton	Harrow
22	13:05	243	Rebecca Andreou	Enf & Har
23	13:05	262	Lilah Fear	Highgate
24	13:06	277	Molly Harrison	Lon Heathside
25	13:07	249	Rachel Ayrton	Harrow
26	13:08	296	Sophie Bowen (SBH)	Individual
27	13:25	289	Isabel Barnes	TVH
28	13:34	281	Isolde Goffey	St Mary's Rich
29	13:37	292	Chiara Kafero-Roberts	TVH
30	13:38	248	Katherine McLennaghan	Enf & Har
31	13:39	290	Jaime Cubitt	TVH
32	13:40	285	Abi Gaskin	Trent Park
33	13:54	286	Eva Jones	Trent Park
34	13:54	261	Maya Doolan	Highgate
35	14:00	298	Laura Stewart (VPH&TH)	Individual
36	14:19	254	Madelane Ranaghan	Harrow
37	15:06	273	Hayley Philpott	Hillingdon
38	15:09	242	Emily Wheedon	ESM
39	15:15	238	Connie Lynch	ESM
40	15:17	291	Sarah Goodhart	TVH
41	15:34	274	Callie Sinclair	Hillingdon

Team Result:

1. ESM (1, 8, 11) = 20
2. TVH (3, 6, 12) = 21
3. St. Mary's (4, 13, 14) = 31
4. Highgate (7, 9, 16) = 32
5. Enf & Har (5, 10, 18) = 33
6. Harrow (2, 15, 21) = 38
7. Trent Park (19, 32, 33) = 84