



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m

Position	Time	Number	Name	Club
1	43:50	252	Stephen Sharp (Belgrave)	Individual
2	43:53	127	John Downes	London Irish
3	44:32	255	Matt Blunden (Notts)	Individual
4	44:46	90	Scott Tompsett	Hillingdon
5	44:47	207	Chris Smith	TVH
6	45:29	53	Henry Dodwell	Highgate
7	46:29	194	James Trapmore	SBH
8	46:39	48	David Bruce	Highgate
9	46:45	15	Ivo Zigadlo	ESM
10	46:49	208	James Sumpter	TVH
11	46:58	258	Bertie Powell (Woodford)	Guest
12	47:04	41	Damian Nevins	Harrow
13	47:22	45	Alan Wray	Harrow
14	47:58	47	Chris Beecham	Highgate
15	48:24	29	Chris Symonds	Enf & Har
16	48:26	259	Ryan McKinley (Highgate)	Guest
17	48:28	75	Paul Cuddihy	Hillingdon
18	48:32	160	Kevin Darcy	Serpentine
19	48:35	117	Martin Potter	London Heathside
20	48:42	197	Dean Clark	TVH
21	48:51	23	Nick Keys	Enf & Har
22	48:56	13	John Robertson	ESM
23	48:58	54	Peter Downie	Highgate
24	49:01	111	Paul Lemmon	London Heathside
25	49:02	124	Darragh Brennan	London Irish
26	49:20	37	Chris Finill	Harrow
27	49:30	205	Calum Nicol	TVH
28	49:38	300	Hussain Jama (ESM)	Guest u20
29	49:40	32	Mike Baron	Harrow
30	49:47	122	Andy Welshman	London Heathside
31	49:49	174	Richard Phillips	Serpentine
32	49:50	18	Alan Brown	Enf & Har
33	49:52	158	Miguel Branco	Serpentine
34	49:57	170	Darren McNeely	Serpentine
35	50:03	35	Mark Cursons	Harrow
36	50:19	43	Peter Norris	Harrow
37	50:26	211	Scott Aiken	Trent Park
38	50:31	65	Glenn Saqui	Highgate
39	50:34	97	Mat Bigley	London Heathside
40	50:47	202	Gary Jones	TVH
41	50:51	101	Richard Browne	London Heathside
42	51:08	60	Alistair Lindsey	Highgate
43	51:37	116	John Passmore	London Heathside
44	51:46	82	Richard Jenkin	Hillingdon

45	51:50	223	Gary Bagnall	VPH&TH
46	51:54	248	Noel Stoddart (St Mary's Richmond)	Individual
47	52:01	177	Andy Robbins	Serpentine
48	52:04	104	Adam Dunatko	London Heathside
49	52:14	84	Paul Leppard	Hillingdon
50	52:22	232	Tim Mitchell-Smith	VPH&TH
51	52:31	114	Norman Mitchell	London Heathside
52	52:42	156	Simon Barrett	Serpentine
53	52:53	142	Brendan Greene	QPH
54	53:00	7	Mark Delahunty	ESM
55	53:01	228	Jeremy Gold	VPH&TH
56	53:12	80	Tony Grant	Hillingdon
57	53:15	72	Martin Bateman	Hillingdon
58	53:22	210	Phil Wetton	TVH
59	53:28	225	Bruce Butler	VPH&TH
60	53:33	52	Jonathan Deane	Highgate
61	53:41	115	Andy Owen	London Heathside
62	53:47	129	Roger Dunne	London Irish
63	54:03	16	Arber Baci	Enf & Har
64	54:09	2	John Blanchard	ESM
65	54:17	131	Tim Kelly	London Irish
66	54:21	169	David McGregor	Serpentine
67	54:41	92	Kevin Waterman	Hillingdon
68	54:45	110	Kabir Kemp	London Heathside
69	54:58	200	John Husbands	TVH
70	55:25	246	John Binfield (St Mary's Richmond)	Individual
71	55:55	108	Jacob Howe	London Heathside
72	56:06	159	Brad Cobb	Serpentine
73	56:16	87	David Newman	Hillingdon
74	56:20	201	Mike Ingram	TVH
75	56:22	93	Steve Wicks	Hillingdon
76	56:26	56	Greg Fuzesi	Highgate
77	56:33	1	Ian Birch	ESM
78	56:34	237	Dave Shortridge	VPH&TH
79	56:36	235	Simon Preuveneers	VPH&TH
80	56:41	218	David Meller	Trent Park
81	57:16	147	Frank Nolan	QPH
82	57:17	103	Alan Dickson	London Heathside
83	57:20	40	Terry McIntyre	Harrow
84	57:23	167	Justin Lock	Serpentine
85	57:34	163	Paddy Green	Serpentine
86	57:40	77	Stevan Dokic	Hillingdon
87	57:47	81	Steve Hiron	Hillingdon
88	58:09	11	Rob Howells	ESM
89	58:31	38	Mike Lepps	Harrow
90	58:45	55	Chris Evans	Highgate
91	59:20	133	Michael McCarthy	London Irish
92	59:24	102	Pete Crockford	London Heathside
93	59:27	137	Andy Angus	QPH
94	59:33	192	Phillip Shelley	SBH
95	59:41	128	Paul Dunne	London Irish
96	60:01	28	Paul Stiles	Enf & Har
97	60:21	24	Steve Keys	Enf & Har
98	60:26	241	Gary Robinson	West 4 Harriers
99	60:49	36	Kevin Draper	Harrow
100	60:54	33	Kevin Concannon	Harrow
101	61:09	143	Jeremy Grigg	QPH

102	61:33	5	Doug Buckeridge	ESM
103	62:24	154	Anthony Alexander	Serpentine
104	63:07	10	John Falvey	ESM
105	63:12	166	Charles Lescott	Serpentine
106	63:13	73	John Bignell	Hillingdon
107	63:14	69	Nick Stockman	Highgate
108	63:32	178	Richard Smith	Serpentine
109	64:02	231	Dave Maher	VPH&TH
110	65:31	3	Gavin Boyter	ESM
111	65:59	249	John Owen (Barnet & Dist)	Individual
112	67:37	141	Richard Davies	QPH
113	69:58	227	Andrzej Gajbutowicz	VPH&TH
114	74:53	148	William O'Connor	QPH

Team Result

1. Highgate (6,8,14,23,38,42) = 131
2. Harrow (12,13,26,29,35,36) = 151
3. TVH (5,10,20,27,40,58) = 160
4. London Heathside (19,24,30,39,41,43) = 196
5. Serpentine (18,31,33,34,47,52) = 215
6. Hillingdon (4,17,44,49,56,57) = 227
7. ESM (9,22,54,64,77,88) = 314
8. Enf & Har (15,21,32,63,96,97) = 324
9. London Irish (2,25,62,65,91,95) = 340
10. VPH&TH (45,50,55,59,78,79) = 366
11. QPH (53,81,93,101,112,114) = 554

12 to score

London Heathside (19,24,30,39,41,43,48,51,61,65,68,71) = 560



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Men - 6,000m

Position	Time	Number	Name	Club
1	22:05	4	Nicholas Goolab	ESM
2	22:15	38	Sagie Behaim	SBH
3	22:26	25	Cameron Scott	Harrow
4	22:33	30	Richard Mann	Hillingdon
5	23:20	15	Ramone Martinez-Rodney	Enf & Har
6	23:23	39	Tom Bryant	SBH
7	23:48	7	Ben McCallum	ESM
8	23:52	46	Zak Benzerroune	TVH
9	24:02	21	Tom Lewis	Harrow
10	24:25	51	Carl Assmundson (St Mary's Richmond)	Individual
11	24:28	19	Michael Hegan	Harrow
12	24:33	41	Ross Sambrook	SBH
13	24:34	43	Matthew Sullivan	SBH
14	24:35	49	Lawrence Matthewman (Highgate)	Individual
15	24:59	47	Fraser Nicol	TVH
16	25:31	8	Luke Nicholas	ESM
17	25:32	31	Robert Thompson	Hillingdon
18	25:43	6	Christopher Hepworth	ESM
19	25:49	48	Tom Pullan	TVH
20	26:05	27	Mick Warwick	Harrow
21	27:19	23	Paul Royle	Harrow
22	27:51	29	Rob Lithgow	Hillingdon
23	29:02	36	Jamie Smith	London Heathside
24	29:11	12	Rakesh Steve	ESM

Team Result:

1. SBH (2,6,12) = 20
2. Harrow (3,9,11) = 23

3. ESM (1,7,16) = 24
4. TVH (8,15,19) = 42
5. Hillingdon (4,17,22) = 43

Under 20 Men - 6,000m

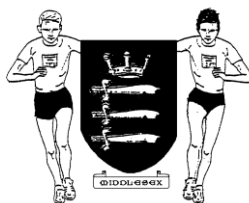
Position	Time	Number	Name	Club
1	22:11	72	Saningo Martyn	Highgate *
2	22:13	91	Matt Sharp (Enf & Har)	Individual *
3	22:33	89	Ian May	WSEH *
4	23:25	70	Atak Diing	Highgate *
5	23:37	77	Daniel Thompson	Hillingdon *
6	23:39	67	Matthew Judson	Harrow *
7	23:39	63	Rob Wilson	ESM
8	23:57	74	Jonathon Castro	Hillingdon *
9	24:07	80	Dean Manassib	London Heathside
10	24:32	60	Daniel Grant	ESM
11	25:05	64	Mattherw Carey	Harrow
12	25:29	73	Jack Matthewman	Highgate
13	25:34	81	Tom O'Loughlin	London Heathside
14	25:41	76	Mathew Revier	Hillingdon *
15	28:07	65	Dean Goodman	Harrow *

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

Team Result:

1. Highgate (1,4,12) = 17

2. Hillingdon (5,8,14) = 27
3. Harrow (6,11,15) = 32



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 15 Boys - 4,000m

Position	Time	Number	Name	Club
1	16:11	29	James Laing	Hillingdon
2	16:14	52	Ahmed Adam	St Mary's Richmond
3	16:37	71	Jamie Taylor-Caldwell	TVH
4	16:55	24	Tom Paterson	Harrow
5	16:56	51	Ryan Wenzel	London Heathside
6	17:00	54	Morgan Evans	St Mary's Richmond
7	17:03	53	Mark Bitmead	St Mary's Richmond
8	17:20	33	Carl Yates	Hillingdon
9	17:27	56	Taylor Nunn	St Mary's Richmond
10	17:43	12	Sebastien Zajaczkowski	ESM
11	17:47	77	Sam Hunton (Ranelagh)	Individual
12	17:57	30	Mark Speight	Hillingdon
13	18:10	61	James Edmunds	SBH
14	18:15	19	Calum Vaughan	Enf & Har
15	18:22	65	Ryan Stephenson	SBH
16	18:31	28	Kyle Ingham-Neacy	Hillingdon
17	18:35	75	Luke Porter (WSEH)	Individual
18	18:43	55	Richard Lloyd	St Mary's Richmond
19	19:03	59	Matthew Wilson	St Mary's Richmond
20	19:07	74	William Laing (Highgate)	Individual
21	19:08	27	Gavin Barclay	Hillingdon
22	19:16	42	Harry Hammick	London Heathside
23	19:34	4	Adam Gribben	ESM
24	19:41	17	George McKenzie-Lowe	Enf & Har
25	19:46	31	Phillip Warburton	Hillingdon
26	19:48	20	Phillip Benson	Harrow
27	20:01	120	G. Inman (Ranelagh)	Guest
28	20:28	73	George Laing (Highgate)	Individual
29	20:33	72	Sebastian Whelan-Medlam	TVH
30	21:06	25	Joel Pope	Harrow
31	21:14	1	Arash Assuhidis	ESM
32	21:23	66	Dominic Toolan	SBH
33	21:35	62	Kieran Moreland	SBH
34	21:56	58	Luke Weir	St Mary's Richmond
35	22:24	48	Sheenwar Siti	London Heathside
36	25:03	35	Jay Beattie-Child	London Heathside

Team Result:

1. St. Mary's (2,6,7) = 15
2. Hillingdon (1,8,12) = 21
3. Harrow (4,26,30) = 60
4. SBH (13,15,32) = 60

5. London Heathside (5,22,35) = 62
6. ESM (10,23,31) = 64



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

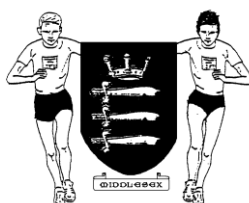
Under 13 Boys - 3,000m

Position	Time	Number	Name	Club
1	11:37	4	Richard Charles	ESM
2	12:17	15	Tom Fearnley	Enf & Har
3	12:24	2	Mark Cameron	ESM
4	12:27	41	Joe Carton	Hillingdon
5	12:30	87	Rory Wagstaff	Trent Park
6	12:32	66	Jack Killip	St Mary's Richmond
7	12:39	7	Anthony Haynes	ESM
8	12:51	73	Bertie Shelley	SBH
9	13:02	50	Tom Saunders	Hillingdon
10	13:09	44	Matthew Frayer	Hillingdon
11	13:14	38	Roland Christopher Turnell-Ritson	Highgate
12	13:17	84	Reece Ballett	Trent Park
13	13:30	3	Christopher Charles	ESM
14	13:31	9	Dalton McGuigan	ESM
15	13:32	67	Luke Penney	St Mary's Richmond
16	13:39	11	Duncan Pinder	ESM
17	13:39	24	Stewart Carroll	Harrow
18	13:44	34	Stanley Harrison	Highgate
19	13:45	42	James Castro	Hillingdon
20	13:49	37	Leo Nicholas Turnell-Ritson	Highgate
21	13:50	47	Jake Larch	Hillingdon
22	13:51	68	Toby Piachaud	St Mary's Richmond
23	14:02	81	Nicholas Moghaddam-Pour	TVH
24	14:09	77	Jamie Edwards	TVH
25	14:13	10	Stewart Park	ESM
26	14:16	76	Oliver Berg	TVH
27	14:16	30	Matt Linter	Harrow
28	14:19	23	Robert Benson	Harrow
29	14:19	27	Daniel Draper	Harrow
30	14:21	12	William Pinder	ESM
31	14:30	6	Jordan Hannington	ESM
32	14:44	1	Archie Allen	ESM
33	14:46	54	Alex Beattie-Child	London Heathside
34	14:51	25	Daniel Cochrane	Harrow
35	14:53	13	Paolo Trofa	ESM
36	15:17	33	Janakan Rajkumar	Harrow
37	15:19	86	Philip Crout	Trent Park
38	15:20	85	Eoin Brogan	Trent Park
39	15:38	26	Nicholas Davies	Harrow
40	15:40	51	Joe Vizard	Hillingdon
41	16:26	79	Kyle Kenrick	TVH
42	16:49	32	Robert Osborne	Harrow
43	17:09	57	Alex Econonou	London Heathside
44	17:39	52	Reiss Williams	Hillingdon

Team Result:

1. ESM (1,3,7) = 11
2. Hillingdon (4,9,10) = 23
3. St. Mary's Richmond (6,15,22) = 43

4. Highgate (11,18,20) = 49
5. Trent Park (5,12,37) = 54
6. Harrow (17,27,28) = 72
7. TVH (23,24,26) = 73



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m

Position	Time	Number	Name	Club
1	33:24	17	Svenja Abel	Highgate
2	34:23	24	Esther Evans	Highgate
3	35:24	51	Jo King	London Heathside
4	35:41	50	Angela Howe	London Heathside
5	35:46	46	Anna Critchlow	London Heathside
6	35:51	109	Jo Singer	VPH&TH
7	36:00	32	Astrid Wingle	Highgate
8	36:28	112	Paula Fudge (WSEH)	Individual
9	36:57	94	Emily Ferenczi	SBH
10	37:05	57	Vanessa Parry	London Heathside
11	37:15	5	Fiona Kennedy	ESM
12	37:38	113	Nikki Tribe (WSEH)	Individual
13	37:40	11	Lynn Wilson	ESM
14	37:50	8	Beata Ochman	ESM
15	37:58	3	Alison Hopkins	ESM
16	38:01	25	Alex Goodwin	Highgate
17	38:14	6	Ashlee McGuigan	ESM
18	38:23	23	Anne Curley	Highgate
19	39:23	21	Natasha Cendrowicz	Highgate
20	39:24	19	Louise Burnie	Highgate
21	39:59	101	Rhian Bennion	VPH&TH
22	40:09	9	Patricia Thomas	ESM
23	40:24	47	Angela Evans	London Heathside
24	40:42	37	Emma Grant	Hillingdon
25	40:48	74	Louise Croxson	Serpentine
26	40:52	55	Ruth Miller	London Heathside
27	40:57	53	Karen Levene	London Heathside
28	41:04	7	Gillian Morgan	ESM
29	41:16	36	Fiona Cressy	Hillingdon
30	41:42	89	Penny Thorn	Serpentine
31	41:44	1	Nicola Baker	ESM
32	42:02	30	Jenny Turner	Highgate
33	42:06	83	Angharad Palin	Serpentine
34	42:16	56	Beth Murphy	London Heathside
35	42:24	35	Caroline Bolam	Hillingdon
36	42:41	87	Samantha Robinson	Serpentine
37	42:53	111	Katie Ward	VPH&TH
38	43:22	28	Fiona Maguire	Highgate
39	43:38	4	Carol Jones	ESM
40	43:54	49	Fiona Holland	London Heathside
41	44:39	2	Hannah Holland	ESM
42	45:13	102	Naomi Bourne	VPH&TH
43	45:15	27	Annabelle Lovejoy	Highgate
44	45:31	110	Louise Vacher	VPH&TH

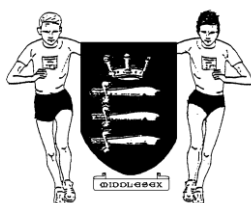
45	45:39	107	Brenda Puech	VPH&TH
46	46:32	59	Ruth Staff	London Heathside
47	47:19	72	Rachel Brough	Serpentine
48	47:33	38	Christine Heemsker	Hillingdon
49	47:58	114	Ruth MacLannon (E & H)	Individual
50	47:59	108	Chrissy Shepherd	VPH&TH
51	49:18	45	Susie Brighton	London Heathside
52	51:59	105	Aude'Claire Markiewicz	VPH&TH
53	54:50	106	Mel McClure	VPH&TH

Team Result :

1. London Heathside (3,4,5,10) = 22
2. Highgate (1,2,7,16) = 26
3. ESM (11,13,14,15) = 53
4. VPH&TH (6,21,37,42) = 106
5. Serpentine (25,30,33,36) = 124
6. Hillingdon (24,29,35,48) = 136

Winner of Corlin Trophy :

VPH&TH



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Women -5,000m

Position	Time	Number	Name	Club
1	22:24	116	Leigh Lattimore (Harrow)	Guest
2	23:07	72	Ella Waldman	London Heathside
3	23:25	54	Hannah Pollak	ESM
4	23:27	83	Melissa Newbery	TVH
5	23:40	76	Emma Layton	SBH
6	23:52	118	Amely Cancannon (Harrow)	Guest
7	24:06	119	Rebecca Clayden (Ranelagh)	Guest
8	24:17	89	Faith-Louise Smith (WSEH)	Individual
9	24:59	59	Hannah Brown	Enf & Har
10	25:32	57	Hilary Arredondo	Enf & Har
11	25:42	80	Olivia Bryant	TVH
12	26:03	73	Chantelle Bazzoni	SBH
13	26:29	88	Alina Mingham (St Marys Richmond)	Individual
14	26:59	87	Nina Katherine Sorensen(Highgate)	Individual
15	27:13	117	Emily Hennessey (Harrow)	Guest
16	27:32	82	Shamma Kelly	TVH
17	27:36	52	Rianne Charles	ESM
18	27:40	81	Georgia Clark	TVH
19	27:54	56	Aisling Wall	ESM
20	28:26	85	Michaela Shaw	TVH
21	29:18	64	Sharon Walsh	Enf & Har

Team Result:

1. TVH (4,11,16) = 31
2. ESM (3,17,19) = 39
3. Enf & Har (9,10,21) = 40

Under 20 Women - 5,000m

Position	Time	Number	Name	Club
1	23:39	91	Lucy Goldsmith	SBH
2	24:43	93	Hannah Shelley	SBH *
3	25:01	90	Katie Alcock	SBH
4	26:42	96	Aneira Roose-McClew (High)	Individual *
5	26:56	121	Chelsea McGuigan (ESM)	Guest

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

Team Result:

1. SBH (1,2,3) = 6



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 15 Girls - 4,000m

Position	Time	Number	Name	Club
1	18:10	76	Nadia Fidler	St Mary's Richmond
2	18:36	37	Martha Reynolds	ESM
3	19:12	99	Emily Barrett (WSEH)	Individual
4	19:24	31	Emma Davies	ESM
5	19:31	81	Victoria Bryant	SBH
6	19:40	45	Kate Brady	Harrow
7	19:45	52	Christina Osborne	Harrow
8	19:54	33	Polly Kemp-King	ESM
9	19:58	58	Alice Keane	Highgate
10	20:11	77	Annabel Garnham	St Mary's Richmond
11	20:32	80	Florence Bryant	SBH
12	20:40	75	Lucy Edmunds	St Mary's Richmond
13	20:41	43	Eleanor Salvidge	Enf & Har
14	20:43	98	Julia Tory	TVH
15	21:05	78	Willow Malin	St Mary's Richmond
16	21:11	60	Miranda Nicholes	Hillingdon
17	21:56	88	Anna Wallace	SBH
18	22:18	79	Maisie Bovingdon	SBH
19	22:22	46	Amy Hall	Harrow
20	22:47	38	Nicola Shelley	ESM
21	22:58	32	Helena French	ESM
22	23:06	61	Claire Vizard	Hillingdon
23	23:09	89	Florence Armstrong	TVH
24	23:18	55	Verity Cleveley-Jones	Highgate
25	23:27	50	Olivia Lawrence	Harrow
26	23:29	96	Anjali Itkowitz	TVH
27	23:58	35	Joanne O'Connell	ESM
28	24:06	82	Amanda Colman	SBH
29	24:34	36	Megan Polke	ESM
30	25:15	53	Mathilda Sissy Bridge	Highgate
31	25:37	34	Elisabeth Matthews	ESM
32	25:39	59	Zara Dempsey-Brench	Hillingdon
33	29:17	91	Alice Broughton	TVH

Team Result:

1. ESM (2,4,8) = 14
2. St. Mary's (1,10,12) = 23
3. Harrow (6,7,19) = 32
4. SBH (5,11,17) = 33
5. TVH (14,23,26) = 63
6. Highgate (9,24,30) = 63
7. Hillingdon (6,22,32) = 70



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Girls - 3,000m

Position	Time	Number	Name	Club
1	10:19	1	Georgia Bell	ESM
2	13:53	26	Sky Draper	Harrow
3	14:05	79	Amelie Louisa Hunton (Ranelagh)	Individual
4	14:06	33	Samara Williams	Highgate
5	14:10	22	Charlotte Kerr	Enf & Har
6	14:13	24	Schae Antoine	Harrow
7	14:15	60	Faye McCormick	SBH
8	14:18	78	Sasha Tory	TVH
9	14:18	53	Anna Richardson	St Mary's Richmond
10	14:19	50	Eve Edmunds	St Mary's Richmond
11	14:30	28	Nicola Foster	Harrow
12	14:33	36	Heather Gibbons	Hillingdon
13	14:50	80	Christina Hall (WSEH)	Individual
14	14:58	54	Molly Riglin	St Mary's Richmond
15	14:59	29	Eleni Panayi	Harrow
16	15:09	52	Gaby Miles	St Mary's Richmond
17	15:10	57	Georgina Dunford	SBH
18	15:15	74	Charlotte Lord-Sallenave	TVH
19	15:15	34	Molly Blackie	Hillingdon
20	15:37	19	Sarah Harizi	Enf & Har
21	15:38	20	Sarah Hickman	Enf & Har
22	15:41	49	Lara Denaro	St Mary's Richmond
23	15:41	55	Ruby Woolfe	St Mary's Richmond
24	16:05	67	Lillith Walton	SBH
25	16:08	30	Mei Corbett	Highgate
26	16:11	31	Amy-Jane Cotter	Highgate
27	16:25	38	Emma MacKenzie	Hillingdon
28	16:41	61	Alicia Oliver	SBH
29	17:04	6	Grainne Gahan	ESM
30	17:05	18	Elizabeth Grimsey	Enf & Har
31	17:26	46	Lottie Sorbie	London Heathside
32	18:10	5	Kate Esmond	ESM
33	19:35	35	Kiera Dempsey-Branch	Hillingdon
34	20:19	3	Genevieve Crean	ESM
35	20:43	37	Alice Lee	Hillingdon
36	20:46	11	Hapkirat Sekhon	ESM

Team Result:

1. Harrow (2,6,11) = 19
2. St. Mary's (9,10,14) = 33
3. Enf & Har (5,20,21) = 46

4. SBH (7,17,24) = 48
5. Highgate (4,25,26) = 55
6. Hillingdon (12,19,27) = 58
7. ESM (1,29,32) = 62