



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	37:29	235	Rich Goodman	SBH
2	37:51	107	Chris Smith	TVH
3	38:15	206	Tom Aldred	Ldn Heathside
4	38:57	234	Brad Goater	SBH
5	39:09	14	Abdishakur Abdulle	Hillingdon
6	39:16	50	Robert Thompson	Hillingdon
7	39:35	63	Richard Phillips	Serpentine
8	39:43	118	Damian Nevins	Harrow
9	39:49	65	Jonathan Poole	Serpentine
10	40:10	238	Will Ryle-Hodges	SBH
11	40:20	150	Sam Humphrey	VPH&THAC
12	40:22	68	Hugh Torry	Serpentine
13	40:34	67	Will Green	Serpentine
14	40:42	119	Jim Cooper	Harrow
15	40:44	32	James Laing	Hillingdon
16	40:46	171	Danny Russell	Highgate
17	41:05	172	Fergal Smithwick	Highgate
18	41:10	166	Jonathan Laybourn	Highgate
19	41:25	170	Sean Renfer	Highgate
20	41:36	176	Jackson Creegan	Ranelagh
21	41:47	9	Alex Lepretre	Barnet
22	41:57	101	Andrew Mitchell	TVH
23	42:00	147	James Cordwell	VPH&THAC
24	42:04	93	Michael Crone	TVH
25	42:08	115	Rory Atkins	St.Marys
26	42:17	156	Max Ware	VPH&THAC
27	42:23	27	Ben Goddard	Hillingdon
28	42:29	105	Simon Prigent	TVH
29	42:40	216	Richard Macaulay	Ldn Heathside
30	42:50	43	Joel Pope	Hillingdon
31	42:50	70	Xavier Gruot	Serpentine
32	43:00	95	Matt Douthwaite	TVH
33	43:25	165	James Johnson	Highgate
34	43:30	143	Carl Redondo	Trent Park
35	43:39	226	Daniel Madams	Ldn Heathside
36	43:45	164	Nick Gold	Highgate
37	43:46	211	Simon Dunderdale	Ldn Heathside
38	43:48	74	James Gillanders	Serpentine

39	43:54	191	Simon Shaw	ESM
40	44:08	149	Steve Hobbs	VPH&THAC
41	44:18	2	Ben Boxer	Barnet
42	44:24	146	Neil Cook	VPH&THAC
43	44:28	140	Scott Aiken	Trent Park
44	44:40	218	Daniel Johns	Ldn Heathside
45	44:48	84	Paul-Emmanuel Guinard	Mornington Chasers
46	44:49	162	Alex Davidson	Highgate
47	44:50	212	Mario Cadete	Ldn Heathside
48	45:03	175	Carl Selya-Hammer	Ranelagh
49	45:22	120	Mark Cursoni	Harrow
50	45:26	121	Chris Finill	Harrow
51	45:28	200	Chris Hartley	Ldn Heathside
52	45:33	192	Nick Steel	ESM
53	45:35	24	Simon Connell	Hillingdon
54	45:37	237	Robert Rigby	SBH
55	45:39	102	Calum Nicol	TVH
56	45:44	195	Jake Spencer	Ldn Heathside
57	45:50	153	Daniel Mutlow	VPH&THAC
58	45:52	69	Andrew Orr	Serpentine
59	46:02	232	John Driscoll	Ldn Heathside
60	46:08	48	Dominic Speight	Hillingdon
61	46:14	114	Andrew Keane	St.Marys
62	46:16	61	Stephen McCarroll	Serpentine
63	46:17	228	Steve Armstrong	Ldn Heathside
64	46:26	190	Santosh Rai	ESM
65	46:28	198	Jonathan Litchfield	Ldn Heathside
66	46:30	197	Mark Anderson	Ldn Heathside
67	46:33	231	Mark Jefford	Ldn Heathside
68	46:41	122	Declan Traynor	Harrow
69	46:47	64	Gideon Reid	Serpentine
70	46:52	223	Lee Connor	Ldn Heathside
71	47:14	71	Alex Jeffreys	Serpentine
72	47:16	230	Asmelash Abrha	Ldn Heathside
73	47:18	62	Ian Cook	Serpentine
74	47:21	33	Paul Leppard	Hillingdon
75	47:42	80	Jose Manuel Pabon	Ealing Eagles
76	47:52	123	Philip Benson	Harrow
77	47:54	167	Joseph Lowe	Highgate
78	48:09	224	Matt Collins	Ldn Heathside
79	48:14	5	Danny Digweed	Barnet
80	48:27	103	Christian Nielsen	TVH
81	48:34	178	Robert Brown	ESM
82	48:57	185	Mark Kencroft	ESM
83	49:19	214	Stuart Meiklejohn	Ldn Heathside
84	49:26	184	Angelo John	ESM
85	49:28	54	Andy Wood	Hillingdon
86	49:33	26	Scott Farley	Hillingdon
87	49:36	157	Ian Weir	VPH&THAC
88	49:45	209	Francois Barou	Ldn Heathside
89	49:47	201	Dominic Jackson	Ldn Heathside

90	50:03	85	Simon Wilson	Mornington Chasers
91	50:09	220	Mark George	Ldn Heathside
92	50:17	94	Manuel Da Silva	TVH
93	50:18	?	?	Hillingdon
94	50:24	134	Luke Bowie	Trent Park
95	50:30	111	Paul Woodgate	TVH
96	50:33	139	Francis Mannion	Trent Park
97	50:40	133	Ian Tanner	West 4
98	51:00	10	Michael Martin	Barnet
99	51:09	6	Peter Ellis	Barnet
100	51:18	99	James Malcolm	TVH
101	51:22	180	Nar Garbuja	ESM
102	51:23	47	David Smith	Hillingdon
103	51:28	186	Ian Leslie	ESM
104	51:34	78	Philip Evans	Ealing Eagles
105	51:39	28	Steve Hirons	Hillingdon
106	51:40	36	James Manley	Hillingdon
107	51:40	141	David Birks	Trent Park
108	51:43	75	Jonathan Moscrop	Serpentine
109	51:58	88	Lachlan Stibbard Hawkes	Mornington Chasers
110	52:05	41	David Newman	Hillingdon
111	52:13	31	Steven O'Keefe	Hillingdon
112	52:16	233	Tom Livermore	Ldn Heathside
113	52:27	13	David Wilcock	Barnet
114	52:32	16	Stuart Arundel	Hillingdon
115	52:36	86	Matt Thomas	Mornington Chasers
116	53:05	142	Peter Chamberlin	Trent Park
117	53:06	59	Alex Malzer	Serpentine
118	53:07	131	Matt Wooden	QPH
119	53:12	72	Raoul Mansukhani	Serpentine
120	53:16	29	Brett Hutchinson	Hillingdon
121	53:22	91	Scott Brewer	TVH
122	53:40	4	Mel Davies	Barnet
123	53:45	229	Andrew Owen	Ldn Heathside
124	53:50	90	Richard Bell	TVH
125	53:56	132	Adrian Smith	West 4
126	53:57	35	Andrew Malyan	Hillingdon
127	53:59	158	Samuel White	VPH&THAC
128	54:26	12	Chris Violet	Barnet
129	54:45	8	Aarif Jeevanjee	Barnet
130	55:01	239	Matthew Sleeman	Barnet
131	55:18	127	Alex Johnston	QPH
132	55:21	183	Sean Hill	ESM
133	55:22	124	Stuart Bowring	QPH
134	56:02	219	Marco Maserati	Ldn Heathside
135	56:27	60	Paul Ogden	Serpentine
136	56:50	227	Elliot Read	Ldn Heathside
137	56:57	44	Martin Searle	Hillingdon
138	57:05	51	Andy Torrance	Hillingdon
139	57:12	116	Carl Pretorius	The Stragglers
140	57:25	45	Gabriel Segal	Hillingdon

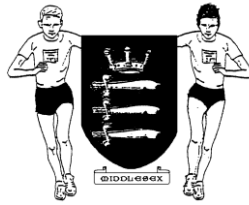
141	57:27	46	David Shelvey	Hillingdon
142	57:41	136	Maclaine Argent-Bowie	Trent Park
143	58:09	125	Simon Brotherson	QPH
144	59:04	49	Paul Spencer	Hillingdon
145	59:30	34	John Luscombe	Hillingdon
146	59:37	22	Dennis Carey	Hillingdon
147	59:42	215	Tim Sander	Ldn Heathside
148	59:53	18	John Bignell	Hillingdon
149	60:03	83	Gary Homewood	Mornington Chasers
150	60:23	144	Chris Brammer	VPH&THAC
151	60:40	187	Andy Leung	ESM
152	60:46	20	Robert Burton	Hillingdon
153	61:04	81	Paul Peasegood	Ealing Eagles
154	61:05	30	Mark Hyde	Hillingdon
155	63:24	53	Graham Wood	Hillingdon
156	63:54	159	David Wilkey	VPH&THAC
157	64:12	3	John Clarke	Barnet
158	64:25	154	David Shortridge	VPH&THAC
159	64:27	15	Curtis Allman	Hillingdon
160	65:03	193	Gary Stringer	ESM
161	66:04	77	Paul Dodounou	Ealing Eagles
162	66:28	76	Baljit Dhanda	Ealing Eagles
163	66:37	188	Ian McNally	ESM
164	66:57	98	Simon Maddison	TVH
165	68:12	38	Douglas Milsom	Hillingdon

Team Results (6 to score):

1. Serpentine (7, 9, 12, 13, 31, 38) = 110
2. Hillingdon (5, 6, 15, 27, 30, 53) = 136
3. Highgate (16, 17, 18, 19, 33, 36) = 139
4. TVH (2, 22, 24, 28, 32, 55) = 163
5. L. Heathside (3, 29, 35, 37, 44, 47) = 195
6. VPH&THAC (11, 23, 26, 40, 42, 57) = 199
7. Harrow (8, 14, 49, 50, 68, 76) = 265
8. ESM (39, 52, 64, 81, 82, 84) = 402
9. Barnet (21, 41, 79, 98, 99, 113) = 451
10. Trent Park (34, 43, 94, 96, 107, 116) = 490

12 to score (first team outside first 3 teams above):

- L. Heathside (3, 29, 35, 37, 44, 47, 51, 56, 59, 63, 65, 66) = 555



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	28:58	3	Tracy Barlow	TVH
2	29:39	38	Hannah Viner	Highgate
3	30:26	100	Gemma Barry	Hillingdon
4	31:09	61	Lucy Ashe	Harrow
5	31:25	119	Kelly Thorneycroft	Ldn Heathside
6	31:45	98	Rachel Thomas	VPH&THAC
7	31:59	33	Emma Burgess	Highgate
8	32:23	132	Sarah Swinhoe	Ldn Heathside
9	32:59	113	Ciara Williams	Hillingdon
10	33:09	112	Hannah Wells	Hillingdon
11	33:20	116	Zoe Levin	SBH
12	33:25	60	Gill Bland	Harrow
13	33:26	133	Isobel Rea	West 4
14	33:33	131	Ula Cartwright-Finch	Ldn Heathside
15	33:34	135	Anna Critchlow	West 4
16	33:44	11	Chloe Beckett	TVH
17	33:56	50	Lucy Ellis	ESM
18	33:59	109	Kate Shockley	Hillingdon
19	34:01	128	Josie Hinton	Ldn Heathside
20	34:05	122	Colette Monahan	Ldn Heathside
21	34:12	5	Victoria Carter	TVH
22	34:14	53	Fiona Kennedy	ESM
23	34:17	115	Vicky Dawes	SBH
24	34:36	108	Karmen Pardoe	Hillingdon
25	35:04	83	Jennifer Watt	Ealing Eagles
26	35:13	71	Melissah Gibson	Ealing Eagles
27	35:21	129	Elizabeth Drake	Ldn Heathside
28	35:23	66	Hannah Copeland	Ealing Eagles
29	35:26	125	Satu Hietanen	Ldn Heathside
30	35:28	63	Nicky Ashe	Harrow
31	35:39	37	Lucy McGuinness	Highgate
32	35:46	43	Rebecca Northmore	Ranelagh Harriers
33	35:54	90	Naomi Bourne	VPH&THAC
34	36:02	26	Fiona Russell	Mornington Chasers
35	36:25	56	Patricia Thomas	ESM
36	36:28	2	Siana Jones	TVH
37	36:30	134	Rose Lewis	West 4
38	37:06	93	Cheryl Evans	VPH&THAC

39	37:19	104	Zoe Dobbs	Hillingdon
40	37:26	107	Alex Longton	Hillingdon
41	37:28	25	Avril Riddell	Mornington Chasers
42	37:29	55	Jane Ruhland	ESM
43	37:36	52	Carol Jones	ESM
44	37:40	130	Louisa Pointon	Ldn Heathside
45	37:43	31	Peri Cheal	Mornington Chasers
46	37:45	69	Sophie Foxall	Ealing Eagles
47	37:49	46	Lara Werrett	Ranelagh Harriers
48	38:01	16	Lisa Pettit	Serpentine
49	38:19	96	Laura Morgan	VPH&THAC
50	38:30	4	Jessica Bass	TVH
51	38:44	82	Donna Warren	Ealing Eagles
52	38:50	111	Melanie Spencer	Hillingdon
53	39:04	40	Elisa Ferrua	Ranelagh Harriers
54	39:16	85	Melissah O'Hare	Trent Park
55	39:23	72	Lorraine Hill	Ealing Eagles
56	39:33	124	Ruth Miller	Ldn Heathside
57	39:41	123	Kimberli Butler	Ldn Heathside
58	39:50	48	Nikki Baker	ESM
59	40:02	103	Lesley Conway	Hillingdon
60	40:14	105	Angela Duncan	Hillingdon
61	40:38	86	Sue Thomas	Trent Park
62	41:51	23	Rafaele Lamour	Mornington Chasers
63	42:04	106	Lucy Duncan	Hillingdon
64	42:07	49	Sue Dyke	ESM
65	42:09	77	Sue Park	Ealing Eagles
66	42:12	88	Christine Savage	Trent Park
67	42:16	39	Tamsin Burland	Ranelagh Harriers
68	42:22	75	Charlotte Levin	Ealing Eagles
69	43:17	27	Heather Marshall	Mornington Chasers
70	43:23	14	Barbara Maddison	TVH
71	43:56	79	Anne Sampson	Ealing Eagles
72	44:04	51	Catherine Gunnewicht	ESM
73	44:09	70	Laura Gaga	Ealing Eagles
74	44:17	110	Boo Smith	Hillingdon
75	44:33	126	Noelle O'Regan	Ldn Heathside
76	45:08	64	Anna Balawejder	Ealing Eagles
77	46:02	95	Susan Leese	VPH&THAC
78	46:14	28	Emily Dydymka	Mornington Chasers
79	46:29	102	Lyndsey Browne	Hillingdon
80	46:46	101	Christina Benjamin	Hillingdon
81	47:05	80	Lisa Snell	Ealing Eagles
82	47:31	59	Patricia Morrissey	Harrow
83	47:51	68	Nicola Forster	Ealing Eagles
84	48:22	20	Carole Wisdom	Serpentine
85	49:24	18	Miwa Tonaki	Serpentine
86	51:42	81	Kate Ward	Ealing Eagles
87	51:43	76	Sarah Mackenzie	Ealing Eagles
88	52:25	87	Christine Read	Trent Park
89	52:56	15	Nicola Rochford	Metros

90	53:53	41	Annemarie Goodridge	Ranelagh Harriers
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Team Result (4 to score):

1. Hillingdon (3, 9, 10, 18) = 40
2. L. Heathside (5, 8, 14, 19) = 46
3. TVH (1, 16, 21, 36) = 74
4. ESM (17, 22, 35, 42) = 116
5. Ealing Eagles (25, 26, 28, 46) = 125
6. VPH&THAC (6, 33, 38, 49) = 126
7. Harrow (4, 12, 30, 82) = 128
8. Mornington Chasers (34, 41, 45, 62) = 182
9. Ranelagh (32, 47, 53, 67) = 199
10. Trent Park (54, 61, 66, 88) = 269

Winner of Corlin Trophy :

Ealing Eagles



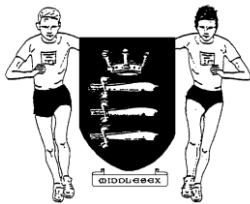
MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 20 Men - 8,000m (approx)

Position	Time	Number	Name	Club
1	26:54	124	Terence Fawden*	Highgate
2	27:06	131	James Wooldridge	Ldn Heathside
3	27:24	104	Mukhtar Farah*	ESM
4	27:40	102	Khalid-Ali Ahmed*	SBH
5	28:05	112	Ermias Zeration	Hillingdon
6	28:09	107	Manish Kunwar	ESM
7	28:15	126	Alex Machin-Paley	Highgate
8	28:32	123	Joseph Young*	Enf & Har
9	28:38	128	Aurel Sinko-Uribe*	Highgate
10	28:42	121	Noor Mohamoud	Harrow
11	29:16	135	Tom McArdle*	Trent Park
12	29:20	111	Liam Holbrook*	Hillingdon
13	29:58	127	James Millett*	Highgate
14	30:16	132	Jacob Phillips*	Ldn Heathside
15	30:20	120	Jonathan Hill	Harrow
16	30:41	103	Oliver Greenstein*	SBH
17	31:15	108	Conor McCarthy*	ESM
18	31:43	134	Oliver Douglas*	Trent Park
19	32:50	122	Sam Fenn	Harrow
20	34:13	106	Kirill Kondrasin*	ESM
21	35:22	113	Ross Cohen*	Hillingdon

Team Result (3 to score):

1. Highgate (1, 7, 9) = 17
2. ESM (3, 6, 17) = 26
3. Hillingdon (5, 12, 21) = 38
4. Harrow (10, 15, 19) = 44



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Women - 5,000m (approx)

Position	Time	Number	Name	Club
1	18:31	9	Kosana Weir	TVH
2	18:35	24	Freya Thomson	Ranelagh Harriers
3	18:47	17	Nicola Ravenhill	ESM
4	19:10	23	Olivia Janke	Hillingdon
5	19:11	29	Megan Greensmith	Highgate
6	19:15	5	Alice Harray	TVH
7	19:58	8	India Weir	TVH
8	20:06	25	Alice Patterson	Ranelagh Harriers
9	20:21	7	Verity Walker	TVH
10	20:35	15	Jessica Leane	ESM
11	20:39	6	Olivia Olsher	TVH
12	20:45	4	Isabelle Ellis	TVH
13	21:01	3	Amelia Casey	TVH
14	21:04	31	Sophie Boehler	Highgate
15	21:10	20	Meg Naylor	Ldn Heathside
16	21:14	34	Grace Hooper	Harrow
17	21:52	30	Alice Mouly	Highgate
18	22:06	22	Lily McKay	Ldn Heathside
19	22:35	14	Maryam Hussein	ESM
20	22:44	18	Cameron Thomas	ESM
21	22:48	32	Rachael Haddow	Harrow
22	23:50	19	Phoebe Crockford	Ldn Heathside
23	26:15	33	Lilian Cottrell	Harrow

Team Result (3 to score):

- | | |
|------------------------------|-----------------------------------|
| 1. TVH (1, 6, 7) = 14 | 4. L. Heathside (15, 18, 22) = 55 |
| 2. ESM (3, 10, 19) = 32 | 5. Harrow (16, 21, 23) = 60 |
| 3. Highgate (5, 14, 17) = 36 | |

Under 20 Women - 5,000m (approx)

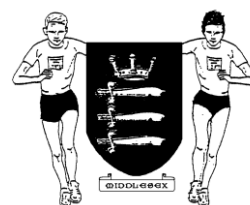
Position	Time	Number	Name	Club
1	18:51	4	Eilish O'Grady*	Harrow
2	19:08	3	Hannah Novakovic*	WSEH
3	20:15	1	Esther Pigney*	Highgate
4	21:54	8	Genevieve Weston*	Ldn Heathside
5	22:42	6	Rachel Ayrton*	Harrow
6	26:40	5	Katie Watkins	Harrow

Team Result (3 to score):

1. Harrow (1, 5, 6) = 12

* Eligible for CAU selection

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



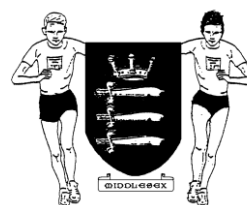
Under 17 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	20:51	33	James Young	Enf & Har
2	21:01	17	Jem O'Flaherty	Ldn Heathside
3	21:15	12	George Kerry	ESM
4	21:29	15	Liam Garrett	Ldn Heathside
5	21:38	21	Abdirahman Hamud	Hillingdon
6	21:46	11	John Fielding	ESM
7	21:50	34	Greg Atkins	Ranelagh
8	22:01	27	Isaac Adni	Highgate
9	22:23	25	Dempster Fawden	Highgate
10	22:53	35	William McArdle	Trent Park
11	23:01	28	Abel Sinko Uribe	Highgate
12	23:18	23	Alex Hutchinson	Hillingdon
13	23:23	31	Nathan Barnard	QPH
14	23:33	36	Jack Martyn-Hillier	Trent Park
15	24:03	32	Tim Fenn	Harrow
16	24:13	1	Maximilian Buckley	TVH
17	24:14	18	Antanas Weston	Ldn Heathside
18	24:28	26	Tal Pelmont	Highgate
19	24:36	22	Mayank Mishra	Hillingdon
20	25:08	10	Luke Adar	ESM
21	25:50	37	Oliver McGahon	Trent Park
22	25:58	16	Kenneth Boulton	Ldn Heathside

Team Results (3 to score):

1. L. Heathside (2, 4, 17) = 23
2. Highgate (8, 9, 11) = 28
3. ESM (3, 6, 20) = 29
4. Hillingdon (5, 12, 19) = 36
5. Trent Park (10, 14, 21) = 45

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



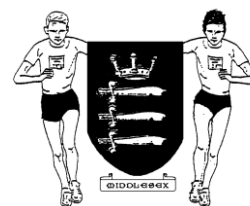
Under 15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	13:17	18	Mohamed Sharif Ali	Hillingdon
2	13:59	20	Adam Ireland	Hillingdon
3	14:07	49	Laurence Edwards	Harrow
4	14:12	5	Najibe Arbe	SBH
5	14:14	7	Daniel Greenstein	SBH
6	14:35	38	Joseph Reynolds	VPH&THAC
7	14:37	59	Finlay Sturrock	Trent Park
8	14:39	17	Hanad Ahmed	Hillingdon
9	14:44	19	Andre Rai	Hillingdon
10	14:54	58	Edward McArdle	Trent Park
11	14:58	15	Jake Evans	Ldn Heathside
12	15:00	35	Thoeodore Elwes	Highgate
13	15:09	41	Keo Kersting-Herbert	VPH&THAC
14	15:10	45	Owen Quin	QPH
15	15:16	53	Jacob Patterson	Ranelagh
16	15:18	8	Mattie Harris	SBH
17	15:20	56	William Douglas	Trent Park
18	15:21	22	Kane Foster	ESM
19	15:25	60	Jack Wightman	Trent Park
20	15:30	23	Sudeys Hersi	ESM
21	15:38	44	Benjy Bream	VPH&THAC
22	15:39	48	Chris Morris	Harrow
23	15:39	50	James Kennedy	Harrow
24	15:56	28	Felix Mountford	ESM
25	16:05	39	Theo Grandorge	VPH&THAC
26	16:07	10	Matthew Mcateer	SBH
28	16:13	43	Kai Watts	VPH&THAC
29	16:14	40	Lucas Berr	VPH&THAC
30	16:17	54	Guillermo Acosta	Trent Park
31	16:22	21	Chauncey Edwards	ESM
32	16:24	12	Conor O'keeffe	SBH
33	16:27	29	Louis Rodericks	ESM
34	16:30	14	Stan Brown	Ldn Heathside
35	17:32	16	Lewis Selwyn	Ldn Heathside
36	17:34	4	Matthew Foster	TVH
37	17:59	51	Mughilan Murali Tharan	Harrow
38	18:35	25	Michael Kouwiloyan	ESM
39	18:39	46	Ben McCarron	Harrow
40	19:14	1	James Sampson	Ealing Eagles

Team Result (3 to score):

- | | |
|--------------------------------|-----------------------------------|
| 1. Hillingdon (1, 2, 8) = 11 | 5. Harrow (3, 22, 23) = 48 |
| 2. SBH (4, 5, 16) = 25 | 6. ESM (18, 20, 24) = 62 |
| 3. Trent Park (7, 10, 17) = 34 | 7. L. Heathside (11, 34, 35) = 80 |
| 4. VPH&THAC (6, 13, 21) = 40 | |

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



Under 15 Girls - 4,000m (approx)

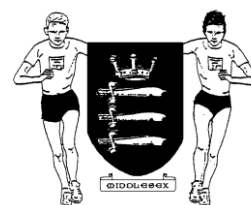
Position	Time	Number	Name	Club
1	14:43	103	Yasmin Marghini	Black & Bromley
2	15:28	107	Charlotte Buckley	TVH
3	15:29	128	Isabel Atkins	Ranelagh Harriers
4	15:53	102	Lucrezia Polloni	Black & Bromley
5	16:09	129	Alexandra Keech	Ranelagh Harriers
6	16:12	127	Anna Janke	Hillingdon
7	16:16	121	Anisa Ibrahim	ESM
8	16:27	110	Melina Duer	TVH
9	16:31	142	Helena Samarasinghe	St.Marys
10	16:37	140	Saisha Fear	Highgate
11	16:38	144	Imogen King	St.Marys
12	16:38	143	Carla Novakovic	St.Marys
13	16:45	141	Imogen Deakin	St.Marys
14	16:55	134	Ellie Gimore	Highgate
15	16:56	153	Emily Hathaway	Trent Park
16	16:58	138	Emile Sunnucks	Highgate
17	16:59	111	Philippine Poupart-Lafarge	TVH
18	17:00	136	Emma Williets	Highgate
19	17:00	112	Niamh Murphy	TVH
20	17:10	117	Chloe Brassey	SBH
21	17:13	147	Felix Waters	VPH&THAC
22	17:19	105	Sabrina Mannes	Belgrave
23	17:29	106	Arianna Alonso-Bizzi	TVH
24	17:29	145	Betty Hughes	VPH&THAC
25	17:30	132	Isabella Haddad	Highgate
26	17:33	133	Milly Dunne	Highgate
27	17:34	120	Fiona Coutts	ESM
28	17:48	124	Ella Conlon	Ldn Heathside
29	17:51	116	Lilly Salkeld	TVH
30	17:52	118	Sophie Brassey	SBH
31	18:06	154	Mya Hornett	Trent Park
32	18:06	130	Phoebe Fennell	The Stragglers
33	18:10	146	Hannah Long	VPH&THAC
34	18:24	131	Maxine Chapman	Highgate
35	18:26	150	Anya Freely	Harrow
36	18:30	123	Evelyn Dumbleton	Ldn Heathside
37	18:31	139	Hailey Knowles	Highgate
38	18:38	137	Isbaella Millet	Highgate
39	18:46	155	Megan Alexander	Trent Park
40	18:57	114	Capucine Roussett	TVH
41	19:03	152	Nicole Bourdeaux	Trent Park
42	19:13	108	Lily Cheshire	TVH
43	19:45	109	Charlotte Cooney-Quinn	TVH
44	19:52	126	Isabel Stark	Hillingdon
45	20:03	125	Martina Curcio	Ldn Heathside

46	21:04	149	Naomi Cryan	Harrow
47	24:42	148	Fiona O'Riordan	Harrow

Team Result (3 to score):

- | | | |
|-------------------------------|-----------------------------------|------------------------------|
| 1. TVH (2, 8, 17) = 27 | 4. VPH&THAC (21, 24, 33) = 78 | 7. Harrow (35, 46, 47) = 128 |
| 2. St. Marys (9, 11, 12) = 32 | 5. Trent Park (15, 31, 39) = 85 | |
| 3. Highgate (10, 14, 16) = 40 | 6. L. Heathside(28, 36, 45) = 109 | |

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



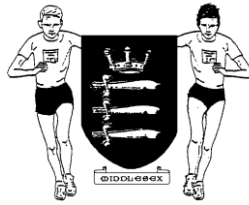
Under 13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	10:56	19	Ruairi McGonagle	Ldn Heathside
2	10:57	27	Nathan Hackley	Hillingdon
3	11:07	16	Dylan Michel	SBH
4	11:17	25	Abdirahman Hamud	Hillingdon
5	11:19	15	Sam Greenstein	SBH
6	11:20	46	Theo Machin-Paley	Highgate
7	11:30	30	Matthew Crow	Hillingdon
8	11:42	45	Sam Amdor	Highgate
9	11:45	43	Monte Watson	Highgate
10	11:47	50	Finlay Sleeman	Highgate
11	11:48	53	Dominic Rhodes	St.Marys
12	11:49	33	Mahiis Hersi	ESM
13	11:52	24	Thomas Archer	Ldn Heathside
14	11:53	76	Nathan Douglas	Trent Park
15	11:56	21	Oliver O'Connor	Ldn Heathside
16	11:57	57	Mohammed Kabir Salt	St.Marys
17	12:00	64	Finn O'Sullivan	VPH&THAC
18	12:03	54	Matthew Tyas	St.Marys
19	12:07	66	Alex Quin	QPH
20	12:08	68	Christopher Hudson	Harrow
21	12:09	80	Matthew Parker	Trent Park
22	12:12	34	Najiib Hersi	ESM
23	12:25	69	Alex Bickerstaff	Harrow
24	12:28	42	Lucas Porter	Highgate
25	12:28	4	Basil Rock	TVH
26	12:29	6	Charlie Rollo	TVH
27	12:35	74	Rohan Mangat	Harrow
28	12:36	56	Jonny Brook	St.Marys
29	12:38	49	Ezra Baddiel-Banks	Highgate
30	12:39	13	Henry Shippey	Belgrave
31	12:40	14	Theo Boden	SBH
32	12:45	51	Gabriel Phelan	St.Marys
33	12:47	47	Jesse Hopkins	Highgate
34	12:48	52	Isaac Phelan	St.Marys
35	12:53	70	Thomas Woodward	Harrow
36	12:55	58	Freddie Bate	St.Marys
37	12:56	32	Finn Combe	ESM
38	12:58	63	Oliver Baty	VPH&THAC
39	12:58	26	Joe Hookway	Hillingdon
40	13:01	61	Ludovic Bellamy	St.Marys
41	13:10	78	Eden Alexander	Trent Park
42	13:21	22	Lucas Maher	Ldn Heathside
43	13:26	28	Arun Forrest	Hillingdon
44	13:28	3	Noor Mahmoud	TVH
45	13:36	20	Arthur Reed	Ldn Heathside
46	13:38	12	Hector Sheppard	Belgrave
47	13:45	35	Mohamed Ibrahim	ESM

48	13:52	31	Joe Reade	Hillingdon
49	14:03	75	Toby Berger	Trent Park
50	14:11	29	Patrick Hyde	Hillingdon
51	14:13	55	Thomas Finnigan	St.Marys
52	14:19	8	Andrew Forster	TVH
53	14:34	41	Louis Wild	ESM
54	14:39	7	Benjamin Moon	TVH
55	15:15	79	Robert Freeman	Trent Park
56	15:33	11	Ben Rawsthorne	Ealing Eagles
57	16:50	9	Noah Clarke	Barnet

Team Result (3 to score):

- 1 Hillingdon (2, 4, 7) = 13
- 2 Highgate (6, 8, 9) = 23
- 3 L. Heathside (1, 13, 15) = 29
- 4 SBH (3, 5, 31) = 39
- 5 St. Marys (11, 16, 18) = 45
- 6 Harrow (20, 23, 27) = 70
- 7 ESM (12, 22, 37) = 71
- 8 Trent Park (14, 21, 41) = 76
- 9 TVH (25, 26, 44) = 95



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	11:15	101	Naomi Toft	Black & Bromley
2	11:18	103	Anwen Thomas	Black & Bromley
3	11:44	110	Zakia Mossi	TVH
4	12:00	102	Maayan Radus	Black & Bromley
5	12:17	139	Lydia Louw	Hillingdon
6	12:21	125	Isla Walrock	Belgrave
7	12:28	177	Roisin Keohane	Trent Park
8	12:32	134	Rose Garrett	Ldn Heathside
9	12:36	144	Ellen Donald	Highgate
10	12:38	156	Ella Fryer	St.Marys
11	12:45	166	Evie Doe	VPH&THAC
12	12:46	164	Imogen Scott-Gall	VPH&THAC
13	12:49	155	Monica Deakin	St.Marys
14	12:52	152	Annelise O'Connell	Highgate
15	12:55	136	Nell Swinhoe	Ldn Heathside
16	13:01	104	Lara Mannes	Belgrave
17	13:03	175	Mia Manttan	Enf & Har
18	13:05	106	Madeline Casey	TVH
19	13:08	131	Lucy Henson	ESM
20	13:12	165	Maddy Abbott	VPH&THAC
21	13:13	135	Mathilda Heath	Ldn Heathside
22	13:15	107	Olivia Colegrave	TVH
23	13:15	108	Lily Dafter	TVH
24	13:17	146	Kate Driscoll	Highgate
25	13:32	168	Nancy Scott-Gall	VPH&THAC
26	13:36	167	Sade Fajuke	VPH&THAC
27	13:40	169	Eve O'Goan	Harrow
28	13:40	105	Angel Acheampong	TVH
29	13:41	147	Millie Aslan	Highgate
30	13:48	170	Charlotte Ballentine	Harrow
31	13:48	145	Florence Haddad	Highgate
32	13:52	122	Natasha Tanner	SBH
33	13:59	133	Lorna Dumbleton	Ldn Heathside
34	14:14	140	Alice Egan	Hillingdon
35	14:19	119	Elina Bulman	SBH
36	14:20	121	Saron Richardson	SBH
37	14:21	120	Eloise Palmer	SBH
38	14:23	126	Juliet Michot	Belgrave
39	14:29	143	Nikita Crabb	Highgate
40	14:30	142	Millie Loran	Hillingdon
41	14:32	148	Hannah Giles	Highgate

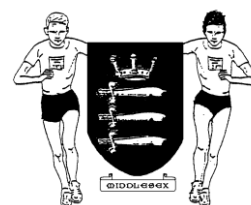
42	14:34	141	Laura Anene	Hillingdon
43	14:36	150	Eliza Herzog	Highgate
44	14:48	161	Imogen Parker-Elms	St.Marys
45	14:51	159	Jemima Bentley	St.Marys
46	14:58	115	Olivia Sparks	TVH
47	15:01	109	Kaisa Hanni	TVH
48	15:11	160	Evie Woolman	St.Marys
49	15:18	129	Josie Booker	ESM
50	15:20	130	Athena Fremantle	ESM
51	15:40	118	Zoe Davis	SBH
52	15:49	157	Freya Johnson	St.Marys
53	15:52	162	Ruby Newell	St.Marys
54	15:58	132	Sadie Lawrence	ESM
55	15:59	128	Lauren Beale	ESM
56	15:59	171	Zoe Ballentine	Harrow
57	16:02	172	Holly Konjasic	Harrow
58	16:21	138	Zuzanna Stachura	Ldn Heathside
59	16:26	176	Poppy Allwright	Trent Park
60	16:42	174	Isabella Graffagnino	Harrow
61	16:58	137	Fabienne Weston	Ldn Heathside
62	17:16	163	Alice Collins	St.Marys

Team Result (3 to score):

1. VPH&THAC (11, 12, 20) = 43
2. TVH (3, 18, 22) = 43
3. L. Heathside (8, 15, 21) = 44
4. Highgate (9, 14, 24) = 47
5. Belgrave (6, 16, 38) = 60
6. St. Marys (10, 13, 44) = 67
7. Hillingdon (5, 34, 40) = 79
8. SBH (32, 35, 36) = 103
9. Harrow (27, 30, 56) = 113
10. ESM (19, 49, 50) = 118

N/S Black & Bromley (1, 2, 4) = 7

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



Under 11 Boys - 1,500m (approx)

Position	Time	Number	Name	Club
1	6:59	22	George Simpson*	ESM
2	7:00	24	Louis Reynolds	VPH&THAC
3	7:06	29	Oliver Macgonigal	Harrow
4	7:08	15	Liam Bailey	Highgate
5	7:10	23	Charlie Brook	St.Marys
6	7:19	21	Otto Lawrence	ESM
7	7:37	7	Arthur Louw	Hillingdon
8	7:40	5	Harvey Williams	Hillingdon
9	8:00	25	Edgar Sayers	VPH&THAC
10	8:07	30	Ryan McTieran	Harrow
11	8:10	1	Christian Newbold	Team Hounslow
12	8:10	17	Max Deasy	Ldn Heathside
13	8:12	33	Hamish Hand	QPH
14	8:14	28	Krish Mangat	Harrow
15	8:24	12	Alex Driscoll	Highgate
16	8:28	4	Jai Sarkar	TVH
17	8:49	32	Oscar Tivnann	Trent Park
18	9:19	6	Liban Ahmed*	Hillingdon
19	9:24	9	Najiib Warsama	Hillingdon
20	10:29	3	Kirin Bhatnagar	TVH

* These boys were aged 11 on the day.



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 11 Girls - 1,500m (approx)

Position	Time	Number	Name	Club
1	7:02	114	Nicola McGovern*	Hillingdon
2	7:14	121	Ruby Naughton*	VPH&THAC
3	7:22	116	Nicole Bartlett	ESM
4	7:27	104	Biancamaria Polloni	Black & Bromley
5	7:35	119	Thea Rheinhardt	Highgate
6	7:36	123	Lola Baty	VPH&THAC
7	7:38	107	Lauren Maltz	SBH
8	7:48	108	Evie Redpath	SBH
9	7:54	122	Ruby James	VPH&THAC
10	7:55	113	Hattie Munday	Ldn Heathside
11	7:58	115	Hope Rodgers	Hillingdon
12	7:59	126	Kayla Saunders	Harrow
13	8:00	132	Niamh Keohane	Trent Park
14	8:03	128	Katie Lemon	Harrow
15	8:06	120	Ella Aslan	Highgate
16	8:08	127	Bethany Kunjasic	Harrow
17	8:10	102	Francesca Newbold	Team Hounslow
18	8:32	105	Olive Harvey-Dew	SBH
19	8:34	124	Ellie Rae	VPH&THAC
20	8:41	118	Amy Chapman	Highgate
21	8:52	101	Millie Collins-Smith	AFD
22	8:53	130	Eleanor Dagger	Trent Park
23	8:54	109	Mia De Vivenot	Ealing Eagles
24	8:55	131	Ellie Edwards	Trent Park
25	9:00	110	Andie Kuropatwa	Belgrave
26	9:50	133	Saoirse Toohey-Hicks	Trent Park
27	10:18	106	Lucy Marcus*	SBH

* These girls were aged 11 on the day.