

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	39:46	199	Richard Phillips	Serpentine
2	39:50	96	Chris Rainsford	Highgate
3	40:02	20	Chris Smith	TVH
4	40:12	191	Jonathan Poole	Serpentine
5	40:16	46	Tom Aldred	London Heathside
6	40:24	162	Rob Thompson	Hillingdon
7	40:34	105	Robert Wilson	Highgate
8	41:00	84	Robel Bahelbi	Highgate
9	41:02	131	Will Ryle-Hodges	SBH
10	41:14	154	Abdihakur Abdulle	Hillingdon
11	41:19	148	James Laing	Hillingdon
12	41:26	186	Hugh Torry	Serpentine
13	41:28	173	Jim Cooper	Harrow
14	41:42	75	Adam Kirk-Smith	London Heathside
15	41:51	73	Andrew Brooker	London Heathside
16	41:53	238	Paul Lowe	St.Marys
17	41:56	91	Jonathan Laybourn	Highgate
18	41:58	100	Dominic Smith	Highgate
19	42:30	133	Martin Bateman	Hillingdon
20	42:50	249	Erin McDaid	Ranelagh
21	43:01	119	Sam Ashcroft	ESM
22	43:14	86	Guillaume Cribier	Highgate
23	43:21	168	Damien Nevins	Harrow
24	43:24	219	Johnny Suttle	QPH
25	43:29	221	Ben Boxer	Barnet
26	43:36	12	Andrew Mitchell	TVH
27	43:40	62	Charles Hardy	London Heathside
28	43:56	60	David Hellard	London Heathside
29	44:02	170	Matt Judson	Harrow
30	44:03	177	Andrew Orr	Serpentine
31	44:39	47	Tom Fancett	London Heathside
32	44:49	137	Ed Campbell	Hillingdon
33	44:56	64	Ryan McCrickerd	London Heathside
34	44:59	77	Kimon Doulis	London Heathside
35	45:12	240	Tim Haughian	St.Marys
36	45:15	175	Mark Cursons	Harrow
37	45:25	6	James Ellis	TVH
38	45:34	94	Victor Mound	Highgate

39	45:36	258	William McNulty	Mornington Chasers
40	45:42	181	Daniel De Palol	Serpentine
41	45:42	161	Daniel Thompson	Hillingdon
42	45:49	28	Dan McKeown	London Heathside
43	45:54	68	George Stewart	London Heathside
44	45:57	107	Ben Waterman	ESM
45	46:03	234	David Jones	VPH&THAC
46	46:17	79	Will Ross	London Heathside
47	46:22	74	Tom Livermore	London Heathside
48	46:25	204	Yari Fontebasso	Serpentine
49	46:38	58	Stuart Meiklejohn	London Heathside
50	46:42	216	Nathan Pask	QPH
51	46:45	182	Ewan Maynard	Serpentine
52	46:47	111	Simon Shaw	ESM
53	46:58	169	Chris Finill	Harrow
54	47:09	178	Andrew Reeves	Serpentine
55	47:13	172	Phil Benson	Harrow
56	47:14	195	Peter Clarke	Serpentine
57	47:19	22	Alex Warnakulasuriya	Unattached
58	47:20	193	Max Lamy de la Chapelle	Serpentine
59	47:22	200	Romain Benvenuto	Serpentine
60	47:22	149	Paul Leppard	Hillingdon
61	47:34	27	Chris Hartley	London Heathside
62	47:49	87	Alex Davidson	Highgate
63	48:04	121	Luke Nicolas	ESM
64	48:13	56	Adam Mitchell	London Heathside
65	48:23	115	Angelo John	ESM
66	48:27	164	Philip Warburton	Hillingdon
67	48:29	50	Edward Adams	London Heathside
68	48:34	59	John Flahive	London Heathside
69	48:37	48	Jonathan Litchfield	London Heathside
70	48:58	203	William McAvoek	Serpentine
71	49:03	112	Robert Brown	ESM
72	49:05	114	Mark Delahunty	ESM
73	49:16	31	Dominic Jackson	London Heathside
74	49:16	40	Nick Haward	London Heathside
75	49:18	43	Jake Spencer	London Heathside
76	49:19	71	Mario Cadette	London Heathside
77	49:19	201	Sergio Gonzalez Manzane	Serpentine
78	49:32	239	Thomas Cassidy	St.Marys
79	49:50	5	Manuel Da Silva	TVH
80	49:51	8	David Franks	TVH
81	49:53	190	Jonathon Moscrop	Serpentine
82	49:56	232	Richard Bryant	VPH&THAC
83	50:03	34	Rob Shulman	London Heathside
84	50:11	242	Paul Graham	St.Marys
85	50:25	248	David Ready	Ranelagh
86	50:29	183	Fraser Johnson	Serpentine
87	50:32	214	Tim Muir	QPH
88	50:34	108	Santosh Rai	ESM

89	50:52	229	David Wilcock	Barnet
90	50:58	52	Norman Mitchell	London Heathside
91	51:00	146	Paul Hull	Hillingdon
92	51:07	92	Joseph Lowe	Highgate
93	51:11	53	Adam Brahim	London Heathside
94	51:12	15	Stephen Norris	TVH
95	51:15	120	Martin Shelley	ESM
96	51:17	226	Michael Martin	Barnet
97	51:21	61	Tony Killilea	London Heathside
98	51:25	39	Mark George	London Heathside
99	51:28	32	Oliver Hopkins	London Heathside
100	51:53	244	Adrian Smith	West 4
101	51:58	145	Gary Horn	Hillingdon
102	52:02	66	Gavin Evans	London Heathside
103	52:07	72	John Driscoll	London Heathside
104	52:24	55	Benjamin Jenks	London Heathside
105	52:33	24	Paul Woodgate	TVH
106	52:34	42	Marco Luna	London Heathside
107	52:38	211	Neil Hutchison	QPH
108	52:39	93	Emmanuel Lumineau	Highgate
109	52:41	243	Martin Peck	West 4
110	52:50	196	Peter Holmes	Serpentine
111	52:53	67	Joe McKeown	London Heathside
112	52:54	176	Alex Malzer	Serpentine
113	53:02	130	David Greenstein	SBH
114	53:07	185	Hector Cortes	Serpentine
115	53:12	157	Robert Poulter	Hillingdon
116	53:15	38	Kris Milovsorov	London Heathside
117	53:31	17	Bernard Robbins	TVH
118	53:36	37	Philip Hogg	London Heathside
119	53:38	155	David Newman	Hillingdon
120	53:43	4	Scott Brewer	TVH
121	54:01	167	Abdiqadir Sharif	Hillingdon
122	54:06	198	Raoul Mansukhani	Serpentine
123	54:06	245	David Cobb	West 4
124	54:09	99	Steve Scruton	Highgate
125	54:33	49	Gavin Parish	London Heathside
126	54:45	16	Matt Ponting	TVH
127	54:50	208	Gildas Braine	QPH
128	54:54	118	Craig Miller	ESM
129	54:59	192	Mark Greig	Serpentine
130	55:10	10	Peter Keane	TVH
131	55:15	76	Henry Hamilton	London Heathside
132	55:18	159	David Smith	Hillingdon
133	55:29	3	Richard Bell	TVH
134	55:34	41	Marlo Maserati	London Heathside
135	55:42	228	George Waldrum	Barnet
136	56:02	209	Richard Davies	QPH
137	56:23	7	David Ford	TVH
138	56:34	36	Justin Costley	London Heathside
139	56:37	227	Chris Violet	Barnet

140	56:43	134	John Bignell	Hillingdon
141	56:46	241	Owen Delany	St.Marys
142	56:47	187	Ian Johnson	Serpentine
143	56:54	69	Alan Latham	London Heathside
144	56:56	116	Steve Plested	ESM
145	57:04	109	Khrishna Garbuja	ESM
146	57:11	163	Andy Torrance	Hillingdon
147	57:32	180	Chris Allchin	Serpentine
148	57:59	217	Paul Scullian	QPH
149	58:05	197	Quentin Cezard	Serpentine
150	58:25	205	Andy Angus	QPH
151	58:32	103	Nick Stockman	Highgate
152	59:03	260	Ryan Muir	Unattached
153	59:13	113	Phil York	ESM
154	59:15	127	Tony Watson	Sudbury Court
155	59:17	253	Paul Roberts	Ealing Eagles
156	59:23	110	Clive Richardson	ESM
157	59:24	259	Matthew Sleeman	Unattached
158	59:38	250	Andrew Latham	Ealing Eagles
159	59:53	153	John Myall	Hillingdon
160	59:59	206	Joe Booth	QPH
161	60:04	80	Ben Montilla	London Heathside
162	60:06	150	John Luscomb	Hillingdon
163	60:23	136	Robert Burton	Hillingdon
164	60:59	160	Trevor Steeples	Hillingdon
165	61:31	44	Tim Sander	London Heathside
166	63:14	251	Baljit Singh Dhanda	Ealing Eagles
167	63:50	117	Martin Wilson	ESM
168	64:53	210	Giovanni Grambias	QPH
169	64:58	246	Jon Scott Francis	West 4
170	65:58	123	Rob Howells	ESM
171	66:06	126	Victor Tsui	Sudbury Court
172	66:58	166	Graham Wood	Hillingdon
173	68:06	13	Calum Nicol	TVH
174	68:38	236	David Shortridge	VPH&THAC
175	72:08	212	Alban Millas	QPH
176	72:13	124	Sean Breen	Sudbury Court
177	73:06	11	Simon Maddison	TVH
178	73:29	125	Martin Garrett	Sudbury Court
179	74:32	165	Alan Wells	Hillingdon

Team Result:

- | | |
|---|--|
| 1. Highgate (2, 7, 8, 17, 18, 22) = 74 | 5. Harrow (13, 23, 29, 36, 53, 55) = 209 |
| 2. Hillingdon (6, 10, 11, 19, 32, 41) = 119 | 6. ESM (21, 44, 52, 63, 65, 71) = 316 |
| 3. L. Heathside (5, 14, 15, 27, 28, 31) = 120 | 7. TVH (3, 26, 37, 79, 80,94) = 319 |
| 4. Serpentine (1, 4, 12, 30, 40, 48) = 135 | 8. QPH (24, 50, 87, 107, 127, 136) = 531 |

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

Serpentine (1, 4, 12, 30, 40, 48, 51, 54, 56, 58, 59, 70) = 483



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	28:43	89	Svenja Abel	Highgate
2	29:31	1	Tracey Barlow	TVH
3	31:20	80	Sarah Pemberton	Serpentine
4	32:05	5	Lisa Da Silva	TVH
5	33:00	92	Emma Burgess	Highgate
6	33:10	4	Victoria Carter	TVH
7	33:18	28	Sue Rust	London Heathside
8	33:26	26	Celine Murray	London Heathside
9	33:40	68	Isobel Rea	West 4 Harriers
10	33:50	55	Hannah Wells	Hillingdon
11	33:56	17	Leigh James	London Heathside
12	34:00	22	Cas Wright	London Heathside
13	34:03	71	Anna Critchlow	West 4 Harriers
14	34:13	78	Emily Antcliffe	Harrow
15	34:15	111	Mandy Dohren	VPH&THAC
16	34:22	264	Katherine Mertens	ESM
17	34:33	86	Ahlem Ben Gueblia	Serpentine
18	34:33	30	Colette Monahan	London Heathside
19	34:35	56	Ciara Williams	Hillingdon
20	34:37	72	Lizzie Goldie-Scot	Belgrave
21	34:50	32	Cathy Jeremiah	London Heathside
22	34:52	79	Amy Concannon	Harrow
23	34:54	262	Grazina Narviliene	ESM
24	35:01	82	Jessica Thorpe	Serpentine
25	35:04	27	Ula Cartwright-Finch	London Heathside
26	35:15	116	Rachel Thomas	VPH&THAC
27	35:15	127	Sarah Richardson	ESM
28	35:22	64	Fiona Russell	Mornington Chasers
29	35:43	102	Jennifer Watt	Ealing Eagles
30	35:51	265	Sarah Gerrie	ESM
31	35:58	7	Siana Jones	TVH
32	36:09	85	Lavinia Singer	Serpentine
33	36:33	25	Alice Hosking	London Heathside
34	36:50	29	Satu Hietanen	London Heathside
35	36:58	118	Rebecca Northmore	Ranelagh
36	37:14	113	Cheryl Evans	VPH&THAC
37	37:16	69	Rose Lewis	West 4 Harriers
38	37:43	46	Zoe Dobbs	Hillingdon

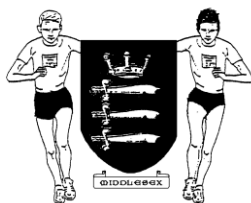
39	37:46	53	Kate Shockley	Hillingdon
40	37:57	70	Inkeri Abbotts	West 4 Harriers
41	38:15	131	Lynn Wilson	ESM
42	38:27	14	Lauren Morris	TVH
43	38:29	20	Jennifer Wing	London Heathside
44	38:39	120	Emma Wellham	Ranelagh
45	38:46	50	Lynn Hyde	Hillingdon
46	38:46	130	Carol Jones	ESM
47	38:47	35	Eleanor Buck	QPH
48	38:49	21	Louisa Pointon	London Heathside
49	39:17	101	Harriet Betteridge	Ealing Eagles
50	39:24	39	Michelle Ford	QPH
51	40:28	2	Jessica Bass	TVH
52	40:33	41	Danielle Howe	QPH
53	40:39	57	Lesley Conway	Hillingdon
54	40:46	99	Charlotte Johnson	Ealing Eagles
55	41:01	3	Andrea Broughton	TVH
56	41:15	107	Sue Park	Ealing Eagles
57	41:46	54	Melanie Spencer	Hillingdon
58	42:05	132	Patricia Thomas	ESM
59	42:17	59	Lynne Connolly	Mornington Chasers
60	42:25	18	Noelle O'Regan	London Heathside
61	42:42	19	Kim Butler	London Heathside
62	42:52	62	Rafaele Lamour	Mornington Chasers
63	43:11	24	Kerstin Kinkelin	London Heathside
64	43:53	40	Kathryn Harrington	QPH
65	44:51	103	Jess Hood	Ealing Eagles
66	45:29	37	Kellie French	QPH
67	45:51	10	Barbara Maddison	TVH
68	46:11	106	Sarah Mackenzie	Ealing Eagles
69	46:25	43	Diane Ridley-Swettenham	QPH
70	46:41	117	Leeanne Bryce	Ranelagh
71	46:48	115	Susan Leese	VPH&THAC
72	46:59	83	Carole Wisdom	Serpentine
73	47:33	36	Nicola Englishby	QPH
74	48:10	60	Lucy Francis	Mornington Chasers
75	49:22	9	Frankie Lynch	TVH

Team Result :

- | | |
|---|--|
| 1. L. Heathside (7, 8, 11, 12) = 38 | 6. Hillingdon (10, 19, 38, 39) = 106 |
| 2. TVH (2, 4, 6, 31) = 43 | 7. VPH&THAC (15, 26, 36, 71) = 148 |
| 3. Serpentine (3, 17, 24, 32) = 76 | 8. Ealing Eagles (29, 49, 54, 56) = 188 |
| 4. ESM (16, 23, 27, 30) = 96 | 9. QPH (47, 50, 52, 64) = 213 |
| 5. West 4 Harriers (9, 13, 37, 40) = 99 | 10. Morn. Chasers (28, 59, 62, 74) = 223 |

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	27:37	252	Toby Clyde*	TVH
2	27:56	244	Muktar Farah*	ESM
3	27:58	258	James Wooldridge*	London Heathside
4	28:07	261	Daniel Carpenter*	Enf & Har
5	28:13	265	Robert Eveson	St.Marys
6	28:39	257	Robert Vallance	TVH
7	29:09	266	Harry Matthews*	St.Marys
8	29:19	248	Manish Kunwar*	ESM
9	29:39	249	Florjan Bakalli	ESM
10	29:44	239	James Millet*	Highgate
11	30:18	234	Jonny Hill	Harrow
12	30:35	267	Aaron Farr*	St.Marys
13	31:08	251	George Roberts*	Ealing Eagles
14	31:26	259	Jacob Phillips*	London Heathside
15	32:18	247	Charlie Sillett*	ESM
16	32:32	268	Billy Kelly	Individual (ESM)
17	32:57	246	Raunak Mainali*	ESM
18	33:17	245	Conor McCarthy*	ESM
19	34:06	233	Samuel Fenn*	Harrow
20	35:20	256	Louis Marriott*	TVH
21	36:08	235	Lewis Hawkins	Harrow
22	37:01	260	Johnny Naylor*	London Heathside
23	37:12	253	Joseph Cooper*	TVH

Team Result:

1. ESM (2, 8, 9) = 19
2. St. Marys (5, 7, 12) = 24
3. TVH (1, 6, 20) = 27
4. L. Heathside (3, 14, 22) = 39
5. Harrow (11, 19, 21) = 51



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 17 Women - 5,000m (approx)

Position	Time	Number	Name	Club
1	20:29	365	India Weir	TVH
2	20:38	366	Kosana Weir	TVH
3	21:50	369	Nicola Ravenhill	ESM
4	22:07	374	Rachel Connery	Enf & Har
5	22:19	346	Nicole Toft	Belgrave
6	22:07	355	Emily Godwin	QPH
7	22:36	373	Beth Forster	Enf & Har
8	22:38	354	Jessica Leane	Harrow
9	22:51	362	Olivia Olsher	TVH
10	23:14	357	Esther Pigney	Highgate
11	23:17	370	Laura Stewart	ESM
12	23:46	363	Rosie Vallance	TVH
13	24:40	344	Georgie Marlborough	SBH
14	24:41	351	Lilian Cottrell	Harrow
15	24:57	352	Rachel Ayrton	Harrow
16	25:33	343	Rebecca Andreou	SBH
17	25:39	372	Thea Cummings	St.Marys
18	25:44	353	Rachel Haddow	Harrow
19	26:25	375	Emma Hughes	Enf & Har
20	26:59	368	Roisin Lynch	ESM

Team Result:

1. TVH (1, 2, 9) = 12

2. Enf & Har (4, 7, 19) = 30

3. ESM (3, 11, 20) = 34

4. Harrow (8, 14, 15) = 37

Under 20 Women - 5,000m (approx)

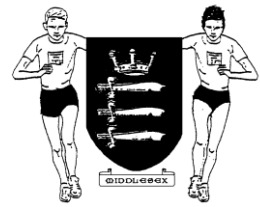
Position	Time	Number	Name	Club
1	19:30	237	Georgia Fear*	Highgate
2	19:51	238	Hannah Viner	Highgate
3	20:41	230	Rachel Seckl*	London Heathside
4	21:09	241	Alex Mundell	City of Sailbury
5	21:34	225	Hannah Novakovic*	WSEH
6	21:57	235	Eilish O'Grady*	Harrow
7	23:41	232	Genevieve Weston*	London Heathside
8	24:17	226	Eve Goodhart*	TVH
9	24:20	233	Phoebe Dart*	SBH
10	24:45	240	Caroline Dunnett*	Enf & Har
11	25:01	239	Tess Galunic*	St.Marys
12	27:37	234	Maria Hill*	Harrow

Team Result:

No team result

* Eligible for CAU selection

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



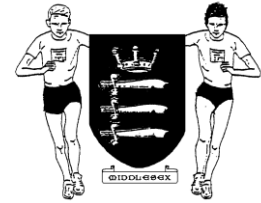
Under 17 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	23:24	208	Terry Fawden	Highgate
2	23:45	205	Jake Callis	Orion
3	24:25	237	John Fielding	ESM
4	24:39	212	Louis Griffin	Highgate
5	24:49	210	Aurel Sinke-Urbe	Highgate
6	24:53	245	Joseph Young	Enf & Har
7	25:00	232	David Keto	London Heathside
8	25:32	203	Lucillo Burrell	TVH
9	25:38	211	Arun White	Highgate
10	25:40	242	Isaac Osofisan	VPH&THAC
11	25:42	224	William McArdle	Trent Park
12	25:42	231	William Griffiths	London Heathside
13	25:57	238	George Kerry	ESM
14	26:14	209	Dempster Fawden	Highgate
15	26:24	201	Karim Mahiddine	TVH
16	26:33	207	Greg Atkins	Ranelagh Harriers
17	26:34	243	Nile McKenzie	VPH&THAC
18	26:51	220	Abdirahman Hamud	Hillingdon
19	27:10	206	Timothy Fenn	Harrow
20	27:30	223	Jack Martyn-Hiller	Trent Park
21	27:32	230	Isaac Costley	London Heathside
22	27:50	234	Oliver Greenstein	SBH
23	28:02	236	Luke Adar	ESM
24	28:10	229	Luke Gray	London Heathside
25	28:23	225	Tom Mills	Trent Park
26	28:47	244	Jamie Hamilton	Enf & Har
27	28:51	227	Antanas Weston	London Heathside
28	29:10	240	Joe Killip	St.Marys
29	29:23	218	Charlie Smith	Highgate
30	29:32	216	Farid Sousou	Highgate

Team Results:

1. Highgate (1, 4, 5) = 10
2. ESM (3, 13, 23) = 39
3. L. Heathside (7, 12, 21) = 40
4. Trent Park (11, 20, 25) = 56

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



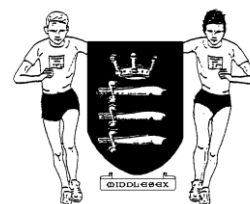
Under 15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	13:36	47	James Young	Enf & Har
2	13:43	19	Oliver Haddad	Highgate
3	14:01	8	Finn Harvey	SBH
4	14:07	44	Tom Bagnall	St.Marys
5	14:10	17	Austin Harris	Highgate
6	14:16	30	Jem O'Flaherty	London Heathside
7	14:25	16	Abel Sinko-Urbe	Highgate
8	14:30	28	Liam Garrett	London Heathside
9	14:43	26	Finlay Sturrock	Trent Park
10	14:43	22	Luca Minale	VPH&THAC
11	14:51	6	Oliver Weintraub	TVH
12	14:57	46	Joshua Guillen	Enf & Har
13	15:00	9	Daniel Greenstein	SBH
14	15:13	2	Nicholas Duer	TVH
15	15:20	32	Adam Bessadi	London Heathside
16	15:34	13	Liam Bunn	Harrow
17	15:41	3	George Goodhart	TVH
18	15:42	49	Finn Donlon	Enf & Har
19	15:43	45	Alex Bagnall	St.Marys
20	15:44	42	Jack Whittaker	ESM
21	15:46	39	Naoki Hanai	ESM
22	16:04	37	Ilyes Iman	ESM
23	16:06	48	Ben Nicholls-Mindlin	St.Marys
24	16:10	36	Sudeys Hersi	ESM
25	16:14	27	Guillermo Acosta	Trent Park
26	16:17	11	Nathan Tadesse	SBH
27	16:23	7	Finlay Watson	TVH
28	16:32	33	Benjamin Limmer	Team Hounslow
29	16:36	4	Guy Kaye	TVH
30	16:38	40	Jonathan Martin	ESM
31	16:40	14	Chris Morris	Harrow
32	16:48	24	William Douglas	Trent Park
33	17:43	21	Ennis Barnett	Highgate
34	20:57	25	Freddy O'Mahney	Trent Park

Team Result:

1. Highgate (2, 5, 7) = 14
2. L. Heathside (6, 8, 15) = 29
3. Enf & Har (1, 12, 18) = 31
4. TVH (11, 14, 17) = 42
5. SBH (3, 13, 26) = 42
6. St.Marys (4, 19, 23) = 46
7. ESM (20,21,22) = 63
8. Trent Park (9, 25, 32) = 66

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



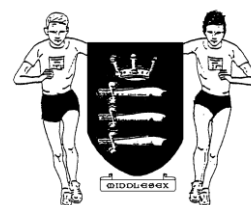
Under 15 Girls - 4,000m (approx)

Position	Time	Number	Name	Club
1	14:58	147	Isabel Atkins	Ranelagh
2	15:07	123	Lia Radus	Blackheath & Bromley
3	15:20	131	Freya Thompson	St.Marys
4	15:32	107	Yasmin Marghini	Blackheath & Bromley
5	15:33	160	Angel Grimes-McTavish	Individual (Enf & Har)
6	15:59	119	Phoebe Littler	Highgate
7	16:05	117	Sasha Fear	Highgate
8	16:09	104	Charlotte Buckley	TVH
9	16:12	105	Margaux Couffon	TVH
10	16:14	136	Anisa Ibrahim	ESM
11	16:32	130	Sophia Staab	SBH
12	16:39	101	Matilda Atkins	Medway & Maidstone
13	16:46	152	Felix Waters	VPH&THAC
14	16:54	121	Emma Williets	Highgate
15	16:57	127	Josephine Chadwick	SBH
16	16:59	149	Isabel Stark	Hillingdon
17	17:04	148	Cecily Turner	Exeter
18	17:07	109	Meg Naylor	London Heathside
19	17:11	132	Rhiannon O'Connor	St.Marys
20	17:12	151	Daisy Day-Fawcett	VPH&THAC
21	17:21	115	Maxine Chapman	Highgate
22	17:24	128	Lile Cornwell	SBH
23	17:25	129	Kayla Michel	SBH
24	17:39	126	Mya Hornett	Trent Park
25	17:46	103	Rose Barkle	TVH
26	17:52	106	Helena Findlater	TVH
27	17:57	145	Sophie Peters	Harrow
28	18:06	118	Daisy Griffin	Highgate
29	18:21	142	Anya Freely	Harrow
30	18:38	111	Lily McKay	London Heathside
31	18:53	139	Cameron Thomas	ESM
32	19:38	150	Mia Rosario	Enf & Har
33	20:03	134	Sarah Freegard	ESM
34	20:07	146	Sally Tremlett	Harrow
35	20:09	102	Arianna Alonso-Bizzi	TVH
36	21:50	124	Robyn Allwright	Trent Park
37	23:06	112	Phoebe Adugna	London Heathside

Team Result:

1. Highgate (6, 7, 14) = 27
2. TVH (8, 9, 25) = 42
3. SBH (11, 15, 22) = 48
4. ESM (10, 31, 33) = 74
5. L. Heathside (18, 30, 37) = 85
6. Harrow (27, 29, 34) = 90

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



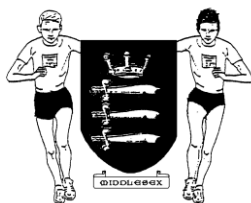
Under 13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	12:53	75	Adam Ireland	Hillingdon
2	13:01	39	Joe Heather	Enf & Har
3	13:03	6	Ruairi McGonagle	London Heathside
4	13:04	1	Nathan Hackley	Chiltern Harriers
5	13:08	29	Joshua Poncia	St.Marys Richmond
6	13:10	68	Patrick Kyle	Highgate
7	13:13	72	Roland Somogyi	Highgate
8	13:17	73	Monte Watson	Highgate
9	13:21	45	Basil Rock	TVH
10	13:24	16	Sam Greenstein	SBH
11	13:39	24	Felix Mountford	ESM
12	13:41	70	Theo Machin-Paley	Highgate
13	13:46	23	Matteo Lamagna	ESM
14	13:47	25	Dylan Rice	ESM
15	13:47	11	Mattie Harris	SBH
16	13:53	41	Matyas Sinko	Enf & Har
17	13:59	47	Alfred Turner	TVH
18	14:04	63	Alex Fitzpatrick	Highgate
19	14:08	78	Alex Brennan	Trent Park
20	14:09	64	Oran Gallagher	Highgate
21	14:10	79	Nathan Douglas	Trent Park
22	14:13	66	Jesse Hopkins	Highgate
23	14:14	34	Lucas Berr	VPH&THAC
24	14:19	9	Jake Evans	London Heathside
25	14:22	30	Mateo West	VPH&THAC
26	14:22	42	Aidan Ferrand	TVH
27	14:26	28	Louis Cummings	St.Marys Richmond
28	14:26	33	Laurence Bethell	VPH&THAC
29	14:27	59	Ezra Banks-Baddiel	Highgate
30	14:28	40	David Hughes	Enf & Har
31	14:30	69	Zaki Ibrahim	Highgate
32	14:32	2	Mohammed Kabir-Sait	Unattached
33	14:34	52	Matthew Crow	Harrow
34	14:34	46	Hector Sheppard	TVH
35	14:35	76	Ben Jhuboo	Hillingdon
36	14:36	20	Mahiis Hersi	ESM
37	14:37	18	Finn Combe	ESM
38	14:39	55	Christopher Hudson	Harrow
39	14:57	32	Finn O'Sullivan	VPH&THAC
40	15:00	81	Alex Lytrides	Trent Park
41	15:14	3	Aidan Aherne	Team Hounslow
42	15:27	36	Olli Sapsford	VPH&THAC
43	15:28	7	Oliver O'Connor	London Heathside
44	15:36	57	Luke Maquire	Ranelagh
45	15:39	19	Dylan Foster	ESM
46	15:44	50	Alex Quinn	QPH
47	15:45	82	Billy Banks	Trent Park

48	15:45	43	William Fradgerly	TVH
49	16:00	38	Max Cutner	Enf & Har
50	16:12	48	Otto Huber	TVH
51	16:21	21	Masaki Kanai	ESM
52	16:37	44	Jude Gunn	TVH
53	16:44	61	Lorcan Barnett	Highgate
54	16:44	26	Marcus West	ESM
55	16:45	22	Marco Lamagna	ESM
56	16:57	5	Tom Kerley	Ealing Eagles
57	17:04	53	Quinn McGrath	Harrow
58	17:21	4	Benjamin Rawsthorne	Ealing Eagles
59	17:25	49	Noor-Eldin Mahmoud	TVH
60	20:24	51	John Walsh	QPH

Team Result:

1. Highgate (6, 7, 8) = 21
2. ESM (11,13,14) = 38
3. E&H (2, 16, 30) = 48
4. TVH (9, 17, 26) = 52
5. L. Heathside (3, 24, 43) = 70
6. VPH&THAC (23, 25, 28) = 76
7. Trent Park (19, 21, 40) = 80
8. Harrow (33, 38, 57) = 128



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 13 Girls - 3,000m (approx)

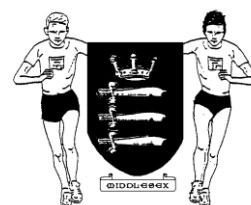
Position	Time	Number	Name	Club
1	13:28	150	Maayan Rados	Blackheath & Bromley
2	13:48	106	Naomi Toft	Belgrave Harriers
3	13:52	138	Ava White	TVH
4	14:11	129	Ava Mulvihill	Highgate
5	14:20	137	Melia Duer	TVH
6	14:21	135	Kate Price	TVH
7	14:36	144	Lily Salkeld	TVH
8	14:40	104	Imogen Deakin	St.Marys Richmond
9	14:43	123	Ellie Gilmore	Highgate
10	14:46	121	Ellen Donald	Highgate
11	14:48	151	Ellen McGann	VPH&THAC
12	14:50	161	Mia Manttan	Enf & Har
13	14:51	143	Philippine Poupart-Lafarge	TVH
14	14:53	163	Katherine McKenzie	Enf & Har
15	15:03	107	Phoebe Fennell	The Stragglers
16	15:04	155	Imogen Scott-Gall	VPH&THAC
17	15:07	122	Milly Dunne	Highgate
18	15:08	111	Rose Garrett	London Heathside
19	15:12	109	Evelyn Dumbleton	London Heathside
20	15:17	130	Emily Hathway	Trent Park
21	15:25	153	Hannah Long	VPH&THAC
22	15:28	145	Olivia Colegrave	TVH
23	15:40	154	Valentina Sharpe	VPH&THAC
24	15:41	116	Fiona Coutts	ESM
25	15:43	112	Mathilda Heath	London Heathside
26	15:44	124	Ella Hartley	Highgate
27	15:45	131	Roisin Keohane	Trent Park
28	15:48	128	Isabella Millet	Highgate
29	15:51	136	Charlotte Cooney-Quinn	TVH
30	15:59	103	Isabel Rodgers	Team Hounslow
31	16:05	152	Betty Hughes	VPH&THAC
32	16:06	108	Tallulah Penney	The Stragglers
33	16:11	140	Freja Schaap	TVH
34	16:12	148	Capucine Rousett	TVH
35	16:18	156	Maddy Abbot	VPH&THAC
36	16:23	110	Annie Walker	London Heathside
37	16:24	157	Hazel Dickinson	Hillingdon
38	16:25	158	Natasha Jones	Hillingdon
39	16:25	133	Lily Dafter	TVH
40	16:37	139	Sophie Stingelin	TVH
41	16:37	149	Lily Vallance	TVH

42	16:45	115	Estelle Belgrave	ESM
43	16:50	146	Niamh Murphy	TVH
44	16:52	118	Frida Roper	Ranelagh
45	16:54	159	Nicole Bibaud	Enf & Har
46	16:59	114	Kate Driscoll	London Heathside
47	19:13	134	Ellie Power	TVH
48	19:19	147	Camille Rousett	TVH

Team Result:

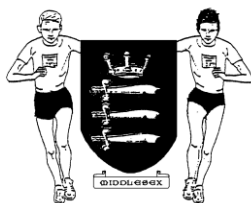
1. TVH (3, 5, 6) = 14
2. Highgate (4, 9, 10) = 23
3. VPH&THAC (11, 16, 21) = 48
4. L. Heathside (18, 19, 25) = 62
5. Enf & Har (12, 14, 45) = 71

MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET



Under 11 Boys - 1,500m (approx)

Position	Time	Number	Name	Club
1	6:44	16	Harry Glyn	VPH&THAC
2	6:44	35	Abdiraham Hamud	Hillingdon
3	6:55	29	Najjib Hersi	ESM
4	6:55	2	Marcel Baumard	TVH
5	6:59	19	Matthew Parker	Trent Park
6	7:08	24	Jack Bailey	Highgate
7	7:13	23	Thomas Woodward	Harrow
8	7:17	21	Alex Bickerstaff	Harrow
9	7:18	25	Caspar Hopkins	Highgate
10	7:18	22	Lucas Mansell	Harrow
11	7:23	7	Morris Rock	TVH
12	7:30	8	Jake Arthur	QPH
13	7:35	3	Charlie Rollo	TVH
14	7:36	30	Mohammed Ibrahim	ESM
15	7:37	5	Solomon Inglis	TVH
16	7:43	28	Remy Weinbrecht	Highgate
17	7:54	38	Joe Hookway	Hillingdon
18	7:57	6	Felix Schaap	TVH
19	7:57	27	Sacha Beesley White	Highgate
20	8:00	34	Harvey Williams	ESM
21	8:07	37	Patrick Hyde	Hillingdon
22	8:24	26	Franklin Griffiths	Highgate
23	8:26	18	Fergus O'Sullivan	VPH&THAC
24	8:31	17	Freddy Glyn	VPH&THAC
25	8:49	20	Thomas Sleeman	Trent Park
26	8:56	11	Joseph French-Anderson	QPH
27	8:57	13	Archie St.Giles	QPH
28	9:29	12	Edward Ridley	QPH
29	9:45	36	Ali Hussein Ahmed	Hillingdon
30	10:13	14	Finn Stone	QPH
31	10:43	9	Emmet Collins	QPH



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Under 11 Girls - 1,500m (approx)

Position	Time	Number	Name	Club
1	7:24	132	Lydia Louw	Hillingdon
2	7:35	115	Ruby Naughton	VPH&THAC
3	7:43	102	Monica Deakin	St.Marys Richmond
4	7:55	131	Siena Thompson	Highgate
5	8:03	119	Beatrice Hughes	VPH&THAC
6	8:07	104	Olivia Sparks	TVH
7	8:14	106	Mabel Salkeld	TVH
8	8:16	128	Hannah Giles	Highgate
9	8:36	110	Saron Richardson	SBH
10	8:38	120	Lorna Dumbleton	London Heathside
11	8:40	127	Amy Chapman	Highgate
12	8:42	134	Poppy Allwright	Trent Park
13	8:43	124	Juliet Jeffries	London Heathside
14	8:45	118	Nancy Scott-Hall	VPH&THAC
15	8:46	101	Francesa Newbold	Team Hounslow
16	8:46	130	Lily Mitchell	Highgate
17	8:47	112	Pascale Kerley	Ealing Eagles
18	8:55	121	Hattie Munday	London Heathside
19	8:58	116	Soraya Frost-Mahmood	VPH&THAC
20	8:59	135	Niamh Keohane	Trent Park
21	9:05	122	Alice Metcalf	London Heathside
22	9:12	105	Sasha Reid	TVH
23	9:13	107	Esther Huber	TVH
24	9:22	126	Isabella Swettenham	QPH
25	9:50	111	Mia De Vivenot	Ealing Eagles
26	13:00	125	Ivy McLaughlin	QPH