

Middlesex County Young Athletes Road Relays
Hayes – Sunday 19th September, 2004

Under 13 Girls (3 x 3000 Metres)

1.Enfield & Haringey A.C. (C. Blaine-Hernandez – 12-01, J. Petts – 12-36, E. Shuker – 12-00)	36-37
2.Ealing, Southall & Middlesex A.C. 'A' (M.Reynolds – 11-57, H.French – 13-28, C.Stock – 12-32)	37-57
3.Shaftesbury Barnet Harriers (J.Bazzoni – 13-40, M. Bovingdon – 13-04, A.Wallace – 13-18)	40-02
4.Ealing, Southall & Middlesex A.C. 'B' (C.Wall – 13-00, C.Bantleman – 14-40, C.O'Neill – 13-42)	41-22
5.Ealing, Southall & Middlesex A.C. 'E' (D.Betts – 14-05, L.Bondi – 11-58, E.Davies – 15-37)	41-40
6.Thames Valley Harriers (J.Thom – 13-47, K.Chapman – 13-36, J.Palmarossa – 14-35)	41-58
7.Ealing, Southall & Middlesex A.C. 'C' (J.O'Connell – 13-36, M.Polke – 13-02, N.Culleton – 15-38)	42-16
8. Ealing, Southall & Middlesex A.C. 'D' (A.Hmanouche – 14-34, N.Gittens – 13-39, T.O'Sullivan – 16-24)	44-37

Fastest Lap – M.Reynolds (ESM) – 11-57

Under 13 Boys (3 x 3000 Metres)

1.Shaftesbury Barnet Harriers (K.Moreland – 11-36, J.Harris – 11-33, A.Bekele – 12-22)	35-31
2.Ealing, Southall & Middlesex A.C. 'A' (T.O'Regan – 11-41, A.Shaw – 12-39, S.Zajackowski – 11-22)	35-42
3.Hillingdon A.C. (M.Speight – 11-40, J.Edwards – 12-13, P.Warburton – 12-00)	35-53
4.Thames Valley Harriers 'A' (N.Fox – 12-45, J.Mayorgas – 14-09, S.Caulker – 38-32)	38-32
5.Ealing, Southall & Middlesex A.C. 'B' (D.McGuigan – 13-17, H.Pearson – 13-24, S.Park – 12-23)	39-04
6.Hillingdon A.C. 'B' (T.O'Dpwnd – 13-18, P.Newman – 14-56, J.Laing – 12-54)	41-08
Thames Valley Harriers 'C (E.Alleyne – 13-23)	

Fastest Lap – S.Zajackowski (ESM) – 11-22

Under 15 Girls (3 x 3000 Metres)

1.Ealing, Southall & Middlesex A.C.'A' (P.Bailey – 12-23, R.Charles – 12-29, A.Wall – 11-56)	36-48
2.Enfield & Haringey A.C. 'A' (H.Arrendondo – 12-26, K.Trimble – 12-07, A.Blackman – 12-36)	37-09
3.Thames Valley Harriers 'A' (A.Shaw – 12-57, M.Rogers – 12-39, S.De Giorgio – 12-09)	37-45
4.Shaftesbury Barnet Harriers 'A' (C.Bazzoni – 12-04, T.Holmes – 13-11, E.Layton – 12-53)	38-08
5.Ealing, Southall & Middlesex A.C. 'B' (D.Lea – 13-32, A.Ria – 12-26, H.Brill – 12-51)	38-49
6.Enfield & Haringey A.C.'B' (H.Brown – 11-44, S.Walsh – 12-53, C.O'Neill – 14-21)	38-58
7.Enfield & Haringey A.C.'C' (R.Rider – 13-17, S.Burdett – 13-30, K.Boxall – 13-11)	39-58
Shaftesbury Barnet Harriers 'B' (A.McSweeney – 13-31)	
Thames Valley Harriers 'B' (C.Mollett – 15-03)	

Fastest Lap – H.Brown (Enf & Har) – 11-44

Under 15 Boys (3 x 3000 Metres)

1. Ealing, Southall & Middlesex A.C. 'A' 30-54
(J.Stacey – 10-36, N.Goolab – 10-10, A.Osman – 10-08)
2. Ealing, Southall & Middlesex A.C. 'B' 33-11
(P.Hannah – 10-38, A.Parkin – 10-43, H.Arabzada – 11-50)
3. Hillingdon A.C. 38-00
(R.Thompson – 11-41, A.Rall – 16-02, R.Mann – 10-17)
Ealing, Southall & Middlesex 'C' (R.Bhogate – 12-33, C.Hepworth – 11-38)
Thames Valley Harriers (J.Peters – 11-06, M.Poynter-Hall – 13-09)

Fastest Lap – A.Osman (ESM) – 10-08)

Under 17 Women (3 x 4500 Metres)

1. Shaftesbury Barnet Harriers 59-12
(H.Shelley – 19-21, M.Bovingdon – 19-44, K.Alcock – 20-07)
2. Ealing, Southall & Middlesex A.C. 'A' 60-58
(K.French – 21-26, B.Stock – 20-21, C.McGuigan – 19-11)
3. Ealing, Southall & Middlesex A.C. 'B' 68-43
(M.Nitta – 18-45, J.Ward – 20-40, U.Khan – 29-18)
Thames Valley Harriers (A.Da Silva – 20-13)

Fastest Lap – M.Nitta (ESM) – 18-45

Under 17 Men (3 x 4500 Metres)

1. Ealing, Southall & Middlesex 'A' 47-43
(K.Gelly – 16-31, B.Stock – 16-01, S.Spalding – 15-11)
2. Hillingdon A.C. 48-19
(A.Sandhu – 15-32, J.Marshall – 16-56, D.Thompson – 15-51)
3. Ealing, Southall & Middlesex A.C. 'B' 51-52
(J.Downing – 17-31, A.Hunt – 17-54, G.O'Brien – 16-27)
4. Ealing, Southall & Middlesex A.C. 'C' 60-05
(J.Louden – 18-20, T.Mellish – 19-08, D.O'Connell – 22-37)
Shaftesbury Barnet Harriers (C.Purdue – 15-41, S.Defoe – 15-58)
Thames Valley Harriers (E.Saul – 17-03)
Hillingdon A.C. 'B' (B.Patel – 18-41)

Fastest Lap – S.Spalding (ESM) – 15-11