



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U11 Boys - 1,500m (approx)

Position	Time	Number	Name	Club
1	7:34	47	Ben Kasper	SBH
2	7:35	2	Alessandro Pecce	Ind-Thomas's Battersea
3	7:51	49	Dennys Pascal	SBH
4	7:56	60	Matteo Cinesi	VPTH
5	7:58	58	Bernie Pela	TVH
6	8:00	57	Barney Pela	TVH
7	8:05	6	Teddy White	Belgrave
8	8:06	50	Ari Rubenstein	SBH
9	8:08	34	Alex Pettican	Highgate
10	8:08	26	Ethan Hinds	Harrow
11	8:10	59	Max Pilbrow	TVH
12	8:11	61	Herbie Dimmock	VPTH
13	8:13	53	Luis Da Silva	TVH
14	8:13	29	Jack Cobbold	Highgate
15	8:14	43	Josiah Aldham	SBH
16	8:15	45	Thomas Fellows	SBH
17	8:20	20	Josh Phillips	ESM
18	8:26	18	Jack Jones	ESM
19	8:29	36	Dominik Kostromin-Klimov	Hillingdon
20	8:31	48	Roan Parkes	SBH
21	8:33	21	Owen Stubbins	ESM
22	8:37	1	Tom Dahlsted	Ind-Thomas's Battersea
23	8:38	44	Taha Cockerell	SBH
24	8:38	13	Louis Turner	Ealing Eagles
25	8:43	62	Huxley Kemmer-Brown	VPTH
26	8:43	46	Prince-Moses John	SBH
27	8:46	10	Sidney Rochester	Ealing Eagles
28	8:50	31	Alex Jain	Highgate
29	8:52	41	Alexander Rankin	London Heathside
30	8:55	55	Diego Lomba	TVH
31	8:55	8	Noah Liborg	Ealing Eagles
32	9:02	19	Benjamin Muralidhar	ESM
33	9:07	52	Ethan Graeme	Trent Park
34	9:09	56	Elijah Nielsen	TVH
35	9:09	7	Joseph Kalman	Ealing Eagles
36	9:09	42	Kit Young	London Heathside
37	9:20	4	Jack Wilkinson	Ind-Thomas's Battersea

38	9:27	22	Ronnie Sunderland	ESM
39	9:27	12	Lewis Sutherland	Ealing Eagles
40	9:28	54	Kamran Gulamhuseinwala	TVH
41	9:32	35	Preston Fennell	Hillingdon
42	9:34	11	Toby Smith	Ealing Eagles
43	9:46	9	Oscar Poole	Ealing Eagles
44	9:48	39	William Edwards	London Heathside
45	9:51	24	Benedict Frearson	Harrow
46	9:56	3	Matteo Pecce	Ind-Thomas's Battersea
47	10:03	16	Jeremiah James	ESM
48	10:03	37	Oliver Needham	Hillingdon
49	10:05	33	Mohammed Omar	Highgate
50	10:18	25	Silas Hansen	Harrow
51	10:25	23	Luke Butler	Harrow
52	10:42	28	Ali Jalili	Harrow
53	10:45	30	Callum Hill	Highgate
54	10:53	27	Ethan Hubert	Harrow

Team Result (3 to score):

1	12	SBH
2	22	TVH
3	41	VPTH
4	51	Highgate
5	56	ESM
6	82	Ealing Eagles
7	105	Harrow
8	108	Hillingdon



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U11 Girls - 1,500m (approx)

Position	Time	Number	Name	Club
1	8:06	90	Marni Keam George	TVH
2	8:08	72	Violet Muralidhar	ESM
3	8:10	64	Capree Cooper	Barnet
4	8:17	92	Elsa Valori	VPTH
5	8:30	79	Elsie Fitzgerald	Hillingdon
6	8:37	91	Aurelia Adams	VPTH
7	8:37	86	Lucia Casalenuovo	SBH
8	8:46	87	Sienna Darcy	SBH
9	8:52	88	Grace Rooney	SBH
10	9:03	76	Soufia Atek	Harrow
11	9:14	82	Edith Deakin	London Heathside
12	9:20	75	Alice Wilson-Brown	ESM
13	9:21	73	Megan Price	ESM
14	9:30	81	Mia Beeby	London Heathside
15	9:36	80	Anabelle Shotton	Hillingdon
16	9:52	89	Elfie Shaw	SBH
17	10:00	70	Marin Hayward	ESM
18	10:11	85	Thalia Roberts	London Heathside
19	10:14	65	Penny Flemming	Barnet
20	10:17	83	Verity Mitchell	London Heathside
21	10:18	77	Eloise Suffield	Harrow
22	10:23	69	Lara Crichton	ESM
23	11:03	78	Iyla Yadav	Harrow
24	11:18	68	Victoria Zavadsky	Barnet
25	11:29	66	Zoe Musselwhite	Barnet
26	NTT	71	Rosie Kim	ESM

Team Result (3 to score):

1	24	SBH
2	27	ESM
3	43	London Heathside
4	46	Barnet
5	54	Harrow



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	11:07	33	Harry Harding	St Mary's Richmond
2	11:09	45	Aneirin Lessard	VPTH
3	11:11	11	Arjuna Pflug	Highgate
4	11:24	14	Dylan Lewis	Hillingdon
5	11:37	48	Arthur Steer	VPTH
6	11:38	4	Jack Hayward	ESM
7	11:48	44	Khalid Hussein	VPTH
8	11:56	30	Edward Pascal	SBH
9	12:00	40	Barney Griffiths	TVH
10	12:01	21	Charlie Nicolson	London Heathside
11	12:03	37	Robin Greenwood	Trent Park
12	12:07	31	Laddie Shaw	SBH
13	12:08	1	Harry Jodrell	Belgrave
14	12:10	5	Marcus Muers	ESM
15	12:11	16	Adam Strinic	Hillingdon
16	12:17	35	Henry Mythen	St Mary's Richmond
17	12:20	17	Lewis Wake	Hillingdon
18	12:24	24	Rory Willis	London Heathside
19	12:26	6	Oskar Parker	ESM
20	12:29	2	Shunsei Kwan	Belgrave
21	12:31	12	Tal Querfurth-Waterman	Highgate
22	12:31	19	Ennio Kaloukian	London Heathside
23	12:33	38	Nikodem Kotwica	Trent Park
24	12:34	41	Zachary Moore	TVH
25	12:34	3	Leon Boulting	ESM
26	12:57	43	Ethan Genn	VPTH
27	13:01	10	Adam Viney	Harrow
28	13:05	7	Dominic Frearson	Harrow
29	13:05	39	Alfred Chen	TVH
30	13:09	23	Mikail Wahid	London Heathside
31	13:10	42	Orson Fletcher	VPTH
32	13:13	29	Ethan Moss	SBH
33	13:21	28	Sam Darcy	SBH
34	13:37	46	Felipe Santos	VPTH
35	13:50	9	Edward Sly	Harrow
36	13:52	22	Owen Scheck	London Heathside
37	13:57	47	Ansel Schofield Brown	VPTH

38	14:31	25	Pip Young	London Heathside
39	15:16	34	Gabriel Harker	St Mary's Richmond
40	15:30	26	Nathan Anderson	Queens Park
41	16:32	8	Edward Hobbs	Harrow
42	17:17	27	Merlin Mackenzie	Queens Park

Team Result (3 to score):

1	14	VPTH
2	36	Hillingdon
3	39	ESM
4	50	London Heathside
5	52	SBH
6	56	St Mary's Richmond
7	62	TVH
8	90	Harrow



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	11:56	53	Jorjia March	Barnet
2	12:16	82	Ellina Ponkratjeva	St Mary's Richmond
3	12:22	50	Sofia Mossi	Ind-Drayton Manor School (B&B)
4	12:25	56	Alya Johnson	ESM
5	12:45	65	Rosa Cormacain	London Heathside
6	13:00	75	Mei Hayakawa	SBH
7	13:11	84	Sofia Bennett	TVH
8	13:13	64	Lila Blustin	London Heathside
9	13:18	70	Caitlin Roberts	London Heathside
10	13:19	59	Beth Dalton	Harrow
11	13:21	63	Edey Kestell	Hillingdon
12	13:21	55	Zoe Crichton	ESM
13	13:23	60	Katie Dalton	Harrow
14	13:30	66	Margot Hunt	London Heathside
15	13:30	74	Jui Hayakawa	SBH
16	13:34	49	Hissah Al Faisal	Ind-Francis Holland School
17	13:35	88	Catrin Marsden	VPTH
18	13:39	81	Mabel McCarthy	St Mary's Richmond
19	13:42	57	Sophia Sargeant	ESM
20	13:50	58	Ella Smith	ESM
21	13:57	76	Amber Jackson	SBH
22	14:05	87	Anastasia Dines	VPTH
23	14:11	72	Olivia Abbott	SBH
24	14:13	71	Maya Westgate	London Heathside
25	14:18	89	Alexia Pearman	VPTH
26	14:21	61	Chloe Trunkfield	Highgate
27	14:24	85	Salima Gulamhuseinwala	TVH
28	14:25	51	Thea Conway	Barnet
29	14:28	54	Felicity Fudge	Enfield & Haringey
30	14:58	67	Kitty Kelsall	London Heathside
31	15:05	52	Isla Kane	Barnet
32	15:08	79	Niamh Hughes	St Mary's Richmond
33	15:25	62	Ganieve Juttla	Hillingdon
34	15:29	73	Vera Doudko	SBH
35	15:36	68	Lydia Negatu	London Heathside
36	16:13	80	Emilia Kotecha	St Mary's Richmond
37	16:52	78	Jasmyn Perrin	SBH

Team Result (3 to score):

1	22	London Heathside
2	35	ESM
3	42	SBH
4	52	St Mary's Richmond
5	60	Barnet
6	64	VPTH



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	14:08	30	Arthur Phillips	SBH
2	14:17	40	Louis Moore	TVH
3	14:25	27	Koppany Szentos	London Heathside
4	14:28	12	Isaac Mezey	ESM
5	14:31	31	Euan Phillips	SBH
6	14:38	38	Victor Redondo	Trent Park
7	14:42	46	Edgar Sayers	VPTH
8	14:50	41	Reginald Rock	TVH
9	14:50	4	Billy Fudge	Enfield & Haringey
10	14:53	45	Milun Pittuck	VPTH
11	15:04	23	Dylan Mills	London Heathside
12	15:07	28	Sam Turner	London Heathside
13	15:18	33	Sam Jones	Serpentine
14	15:21	29	Jared Morris	SBH
15	15:31	21	Eric Beale	London Heathside
16	15:35	8	Kian Jordan	ESM
17	15:42	3	Monty Omell	Barnet
18	15:48	14	Mika Stripp	ESM
19	15:54	25	Ben Redland	London Heathside
20	15:54	2	Joshua McDonagh-Sanchez	Barnet
21	15:55	35	Edward Chisholm	St Mary's Richmond
22	16:00	44	Thom MacDonald	VPTH
23	16:01	36	Michael Garcia	St Mary's Richmond
24	16:02	20	Frank Bailey	London Heathside
25	16:02	43	Oswald Dixon	VPTH
26	16:04	22	Phoenix Benhote	London Heathside
27	16:10	10	Junias Lee	ESM
28	16:14	17	Joseph Drinkell	Highgate
29	16:16	1	Oliver Flemming	Barnet
30	16:21	42	Damon Walker	TVH
31	17:06	9	Dilan Khuruna	ESM
32	17:08	7	Henry Jones	ESM
33	17:19	39	Felix La Trobe Weston	TVH
34	17:24	26	Ben Ryan	London Heathside
35	17:37	11	Noah Levy	ESM
36	17:47	32	Pip Jones	Serpentine
37	17:58	37	Raphael Muller	St Mary's Richmond

38	18:02	19	Marcus Shotton	Hillingdon
39	18:53	13	Tom Price	ESM
40	20:03	18	Alex Shotton	Hillingdon

Team Result (3 to score):

1	20	SBH
2	26	London Heathside
3	38	ESM
4	39	VPTH
5	40	TVH
6	66	Barnet
7	81	St Mary's Richmond



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U15 Girls - 4,000m (approx)

Position	Time	Number	Name	Club
1	15:01	94	Ruby James	VPTH
2	15:25	95	Lyra MacDonald	VPTH
3	15:33	96	Monika Panoutsou	VPTH
4	15:45	48	Naimah Mossi	Ind-Drayton Manor School (B&B)
5	15:52	72	Amy Kirk	London Heathside
6	16:02	62	Kirsty Ions	Highgate
7	16:07	67	Amae Van Zyl	Hillingdon
8	16:12	69	Kiara Corkin	London Heathside
9	16:15	52	Mia Rosen	Barnet
10	16:30	60	Leoni Delvendahl	Highgate
11	16:34	84	Selma Tivnann	Trent Park
12	16:44	87	Kyra Gulamhuseinwala	TVH
13	16:58	64	Lizzie Wortsman	Highgate
14	17:02	75	Adanna Mazinwosu	SBH
15	17:15	78	Dina Silverman	SBH
16	17:32	71	Lettice Gundry	London Heathside
17	17:37	88	Helena Malpica	TVH
18	17:46	79	Edie Woodings	SBH
19	17:51	80	Molly Andrews	St Mary's Richmond
20	17:52	98	Sophie Whiteside	VPTH
21	17:54	89	Isobel Martin	TVH
22	18:21	55	Mabel Duckworth	ESM
23	18:30	58	Sian Wright	Harrow
24	18:32	70	Ivy Gray	London Heathside
25	18:34	81	Camilla Baluch	St Mary's Richmond
26	18:40	85	Natasha Bennett	TVH
27	18:42	97	Grace Ring	VPTH
28	18:50	50	Ella Buckley	Barnet
29	19:08	83	Minna Williams	St Mary's Richmond
30	19:16	82	Sabina Mert	St Mary's Richmond
31	21:01	76	Phoebe Music	SBH
32	22:13	90	Cecilia-Stella Vivarelli	TVH
33	22:37	51	Erin McCafferty	Barnet
34	24:01	54	Betty Pearce	Ealing Eagles

Team Result (3 to score):

1 6

VPTH

2	29	Highgate
3	29	London Heathside
4	47	SBH
5	50	TVH
6	70	Barnet
7	73	St Mary's Richmond



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U17 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	22:28	106	Lauren Russell	Highgate
2	23:10	113	Lucy Barlow	St Mary's Richmond
3	23:22	121	Adela Svihalkova	TVH
4	24:47	108	Hattie Munday	London Heathside
5	25:13	115	Lily O'Neill	St Mary's Richmond
6	25:26	103	Nicola Hewitt	ESM
7	25:36	120	Maya Sutaria	TVH
8	25:50	101	Emma McCluskey	Barnet
9	25:53	110	Emelia Watkins	London Heathside
10	26:35	114	Ava Holt	St Mary's Richmond
11	26:40	117	Charlotte Edge	TVH
12	26:59	107	Lucy Corkin	London Heathside
13	27:40	119	Katerina Simakova	TVH
14	28:29	118	Anna Kelly	TVH
15	28:43	116	Charlotte Brown	TVH
16	30:32	100	Florence Humphrey	Barnet
17	30:38	112	Elizabeth Da Teresa	SBH

Team Result (3 to score):

1	17	St Mary's Richmond
2	21	TVH
3	25	London Heathside

U20 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	23:11	124	Sofia Latham	Harrow
2	25:45	128	Zakia Mossi	Ind-B&B
3	26:46	123	Lucy Henson	ESM
4	27:20	129	Rachel Pearlman	SBH
5	27:23	122	Midnight Adams	ESM
6	28:44	221	Katie Hay	ESM
7	29:10	216	Charlotte Cooney-Quinn	ESM

Team Result (3 to score):

1	14	ESM
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MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U17 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	20:23	137	Michael Cattini	Harrow
2	20:58	167	Cameron McConnon	TVH
3	21:08	163	Charlie Brook	St Mary's Richmond
4	21:24	161	Rafi Gayer	SBH
5	21:25	141	Liam Bailey	Highgate
6	21:27	144	Felix Cha-Kent	Highgate
7	21:38	146	Alex Mulvihill	Highgate
8	22:00	134	Callum Sydenham	Barnet
9	22:07	155	George Saint	London Heathside
10	22:21	140	Joseph Tarling	Harrow
11	22:41	149	David Baah-Okeyere	London Heathside
12	22:42	131	Noah Clarke	Barnet
13	22:43	135	Joe Ward	Barnet
14	22:50	166	Max Kercher	Trent Park
15	23:01	168	Morris Rock	TVH
16	23:04	138	Liam Fenn	Harrow
17	23:07	156	Alex Smith	London Heathside
18	23:08	162	Jordan Pearlman	SBH
19	23:11	164	Matthew Fernandes	St Mary's Richmond
20	23:22	142	Jamie Cameron	Highgate
21	23:23	147	Wiremu Nicole	Highgate
22	23:41	169	Lewis Palmer	VPTH
23	23:43	159	Jai Daryanani	SBH
24	23:44	160	Guy Fawcett	SBH
25	24:05	136	Alec Edgar	ESM
26	24:16	139	Dion Hubert	Harrow
27	24:39	151	Gregory Berrisford-Sweet	London Heathside
28	25:48	132	Harrison Lee	Barnet
29	25:57	171	Tom Scott-Gall	VPTH
30	26:02	153	Artie Feeny-Willings	London Heathside
31	26:53	133	Louie Samuels	Barnet
32	27:32	154	Ivor Joslin	London Heathside

Team Result (3 to score):

1	18	Highgate
2	27	Harrow
3	33	Barnet

4 37 London Heathside
5 45 SBH

U20 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	19:57	178	Chris Hudson	Harrow
2	20:04	182	Tom Archer	London Heathside
3	20:05	191	Joshua Fisher	SBH
4	20:10	192	Samuel Greenstein	SBH
5	20:18	193	Abdirahim Hamud	SBH
6	20:31	185	Oliver O'Connor	London Heathside
7	20:41	195	Jonny Brook	St Mary's Richmond
8	21:05	49	Finn Coombe	Hillingdon
9	21:12	177	Julio Calvino-Palomares	Harrow
10	21:17	179	Joshua Poncia	Harrow
11	21:22	194	Leo Roncarati	SBH
12	21:55	174	Semi Mokenen	Enfield & Haringey
13	21:57	186	Luke Pike	London Heathside
14	22:08	176	Jonah Mezey	ESM
15	22:27	181	Jack Bailey	Highgate
16	22:38	180	Kai Strachan	Harrow
17	24:36	189	Janak Subberwal	London Heathside
18	24:37	175	Najiib Hersi	ESM
19	25:02	173	Raj Patadia	Ealing Eagles

Team Result (3 to score):

1 12 SBH
2 20 Harrow
3 21 London Heathside



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	30:28	289	Alexandra Mundell	TVH
2	31:08	292	Kosana Weir	TVH
3	31:19	231	Eilish O'Grady	Harrow
4	31:31	277	Katy Casterton	Serpentine
5	31:38	284	Stephanie Ainley	TVH
6	31:59	203	Hannah Cox	Ind-Fulham RC
7	32:16	250	Rebecca Piggott	London Heathside
8	32:29	273	Harriet Preedy	Queens Park
9	32:47	243	Nicola Graham	London Heathside
10	32:48	276	Nicola Payne	SBH
11	32:52	239	Karina Thornton	Highgate
12	33:03	274	Cecily Day	Ranelagh Harriers
13	33:27	258	Lily Woolcock	London Heathside
14	33:39	241	Millie Barnes	London Heathside
15	34:09	219	Sarah Gerrie	ESM
16	34:15	294	Samantha Lamb	VPTH
17	34:29	237	Sabina Russell	Highgate
18	34:42	291	Emerie Sheridan	TVH
19	34:46	283	Alex Baird	Trent Park
20	35:08	217	Shona Cowper	ESM
21	35:13	290	Suaila Sa	TVH
22	35:34	246	Ciera Kennedy	London Heathside
23	35:58	227	Issy Jones	Harrow
24	36:02	281	Kathryn Robertson Arrebola	Serpentine
25	36:05	205	Rebecca Schulleri	Ind-Dulwich Runners
26	36:20	236	Rhian Littlewood	Highgate
27	36:28	232	Nicola Audhlam-Gardiner	Highgate
28	36:45	238	Alice Steele	Highgate
29	37:20	235	Ellen Kerr	Highgate
30	37:35	240	Tanya Addison	London Heathside
31	37:51	285	Lara Bencini	TVH
32	38:00	228	Jennifer Keal	Harrow
33	38:07	288	Fran Lou	TVH
34	38:20	215	Sally Harrild	Enfield & Haringey
35	38:43	233	Natasha Cendrowicz	Highgate
36	38:53	297	Rose Lewis	West 4
37	39:33	287	Joy Giorgi	TVH

38	39:35	278	Constanza Fierro	Serpentine
39	39:52	225	Rachel Ayrton	Harrow
40	39:59	298	Sarah Mcintosh	West 4
41	40:05	222	Olivia Howes-Smith	ESM
42	40:41	254	Jackie Wastell	London Heathside
43	40:51	295	Katy Brown	West 4
44	40:54	214	Michelle Tanner	Ealing Eagles
45	41:46	242	Kimberli Butler	London Heathside
46	42:15	293	Nadia Whittaker	TVH
47	43:03	272	Daniela Nolan	Queens Park
48	43:12	260	Rafaele Lamour	Mornington
49	43:18	259	Rosie Dougherty	Mornington
50	43:28	234	Marcela Duarte	Highgate
51	43:35	279	Sarah MacKenzie	Serpentine
52	43:54	266	Gilly Cross	Queens Park
53	43:59	223	Barbro Julin	ESM
54	44:05	249	Rebecca Marshall	London Heathside
55	44:05	218	Erin Fromm	ESM
56	44:18	229	Katie Kelly-Watkins	Harrow
57	44:29	206	Liz Ainsworth	Ealing Eagles
58	45:12	300	Laura Winder	West 4
59	45:22	210	Olivia Parker-Scott	Ealing Eagles
60	45:27	213	Sophie Santry	Ealing Eagles
61	45:28	280	Avril Riddell	Serpentine
62	45:52	207	Gráinne Devery	Ealing Eagles
63	46:47	212	Anne Sampson	Ealing Eagles
64	47:07	265	Lucy Birrell	Queens Park
65	47:12	211	Helen Pugh	Ealing Eagles
66	47:36	224	Liz Mann	ESM
67	49:12	296	Jen Kingwill	West 4
68	49:40	261	Jenny Moore	Mornington
69	50:01	270	Leanna Mailer	Queens Park
70	50:02	269	Susan Kennedy	Queens Park
71	50:35	208	Jessica Hood	Ealing Eagles
72	53:03	262	Alice Sullivan	Mornington
73	53:36	226	Trina Dawkins	Harrow
74	54:40	220	Catherine Gunnewicht	ESM

Team Result (4 to score):

1	26	TVH
2	43	London Heathside
3	81	Highgate
4	97	Harrow
5	117	Serpentine
6	129	ESM
7	171	Queens Park
8	177	West 4
9	220	Ealing Eagles
10	237	Mornington

Corlin Trophy: Serpentine



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	37:08	341	Jacob Allen	Highgate
2	37:40	390	Seyfu Jamaal	London Heathside
3	38:42	457	Michael Cameron	TVH
4	39:10	383	George Gurney	London Heathside
5	39:14	345	Terence Fawden	Highgate
6	39:41	412	Joseph Young	London Heathside
7	40:38	464	James Ellis	TVH
8	40:48	472	Oliver Newton	TVH
9	40:59	465	Niki Faulkner	TVH
10	41:10	431	Will Ryle-Hodges	SBH
11	41:14	371	Daniel Carpenter	Ind-Birmingham R&T
12	41:23	466	Jake Hooley	TVH
13	42:02	485	Greg Divall	VPTH
14	42:26	404	Yann Sevestre	London Heathside
15	42:35	396	Raoul Metcalfe	London Heathside
16	42:42	487	Julien Lepretre	VPTH
17	42:43	336	Michael O'Sullivan	Harrow
18	42:43	340	Jack Whitebury	Harrow
19	42:44	410	Matthew Wheat	London Heathside
20	43:11	394	Sion Lewis	London Heathside
21	43:27	352	Sion Parry	Highgate
22	43:50	478	Oliver Teenan	TVH
23	44:00	338	Curtis Stevens	Harrow
24	44:01	393	Harry Kleiman	London Heathside
25	44:14	361	James Laing	Hillingdon
26	44:15	491	Carl Selya-Hammer	VPTH
27	44:33	455	Mohamed Binow	TVH
28	44:35	303	Niall Gilchrist	Ealing Eagles
29	44:45	354	Farid Sousou	Highgate
30	45:13	459	Matthew Chataway	TVH
31	45:25	444	Pete Gregorowski	Stragglers
32	45:38	347	Matt Geiger	Highgate
33	45:43	348	Alex Holley	Highgate
34	45:51	451	Carl Redondo	Trent Park
35	45:57	399	Oliver Negus	London Heathside
36	46:01	370	Ben Hurley	Ind-Belgrave
37	46:02	334	Fergal Keaney	Harrow

38	46:02	330	Jim Cooper	Harrow
39	46:17	381	Ewan Gault	London Heathside
40	46:25	369	Daniel Thompson	Hillingdon
41	46:42	486	Neil Kirkham	VPTH
42	46:50	497	Alex Veres	West 4
43	47:02	392	Sammy Keenan	London Heathside
44	47:07	456	Yann Bouremel	TVH
45	47:11	395	Ryan McCarthy	London Heathside
46	47:12	445	Alastair Hall	Stragglers
47	47:17	397	Adam Mitchell	London Heathside
48	47:18	477	Tom Slater	TVH
49	47:18	337	Mark Smith	Harrow
50	47:19	325	Sam Gunnewicht	ESM
51	47:23	430	Robert Rigby	SBH
52	47:34	448	Paul Brennan	Trent Park
53	47:36	375	Justin Badger	London Heathside
54	47:38	326	Jonathan Horan	ESM
55	47:53	402	Martin Potter	London Heathside
56	48:01	331	Mark Cursons	Harrow
57	48:14	488	Tiago Mendes	VPTH
58	48:22	413	John Armstrong	Mornington
59	48:24	435	Angus Brown	Serpentine
60	48:33	443	Danny Glebocki	Stragglers
61	48:37	344	Alex Davidson	Highgate
62	48:46	496	Aidan McGuire	West 4
63	48:52	359	Guy Green	Hillingdon
64	48:53	419	Michael Dmitrzak	Queens Park
65	49:01	475	Stephen Norris	TVH
66	49:42	343	Chris Beecham	Highgate
67	49:45	312	David Pack	Ealing Eagles
68	49:50	493	Ciaran Gavin	West 4
69	49:56	377	Matt Beard	London Heathside
70	50:02	414	Jonathan Thomson	Mornington
71	50:05	385	Chris Hartley	London Heathside
72	50:20	310	Jacob Murtagh	Ealing Eagles
73	50:23	492	Patrick Thomas	VPTH
74	50:42	372	Des Crinion	Ind-Dulwich Runners
75	50:47	403	Jose Sabroso	London Heathside
76	50:59	311	Jose Manuel Pabon	Ealing Eagles
77	51:10	433	Carlos Arrebola	Serpentine
78	51:11	313	Harry Pearson	Ealing Eagles
79	51:17	470	James Malcolm	TVH
80	51:28	349	Adam Lennox	Highgate
81	51:31	346	Alex Ferguson	Highgate
82	51:37	333	Joe Gammell	Harrow
83	51:38	350	Joseph Lowe	Highgate
84	51:38	308	Nils Liborg	Ealing Eagles
85	51:39	386	Nick Haward	London Heathside
86	51:45	406	Rob Shulman	London Heathside

87	51:48	301	Harry Claxton	Ealing Eagles
88	51:50	305	Andrew Green	Ealing Eagles
89	51:51	387	Philip Hogg	London Heathside
90	51:56	362	Paul Leppard	Hillingdon
91	52:04	482	Richard Bryant	VPTH
92	52:14	323	Rob Brown	ESM
93	52:24	408	Valentin Valeanu	London Heathside
94	52:38	422	Andrew Jackson	Queens Park
95	52:55	418	Dustin Daniel	Queens Park
96	53:25	463	Manuel Da Silva	TVH
97	53:26	367	David Smith	Hillingdon
98	53:46	366	Jeff Shotton	Hillingdon
99	53:54	355	Richard Stewart	Highgate
100	54:16	407	Marcus Tillotson	London Heathside
101	54:26	495	David Larkam	West 4
102	54:41	388	Jonathan Hopkin	London Heathside
103	54:44	306	Tom Irving	Ealing Eagles
104	55:21	380	Federico Forti	London Heathside
105	56:10	490	Craig O'Brien	VPTH
106	56:16	436	Simon Caney	Serpentine
107	56:35	302	Mike Duff	Ealing Eagles
108	56:53	335	Edward O'Connor	Harrow
109	56:59	452	John Rose	Trent Park
110	57:07	421	Piers Harrison	Queens Park
111	57:11	415	Tom Alexander	Queens Park
112	57:12	315	Alex Tubito	Ealing Eagles
113	57:17	434	Abu Asad	Serpentine
114	57:24	379	Gavin Evans	London Heathside
115	58:10	426	Ronan Breen	SBH
116	58:22	316	Phillip Turner	Ealing Eagles
117	58:32	442	Simon Brazil	Stragglers
118	58:35	494	Duncan Grassie	West 4
119	59:09	416	Gildas Braine	Queens Park
120	59:14	364	Chris Marchand	Hillingdon
121	59:40	429	Barry Haws	SBH
122	59:46	446	Mitch Peacock	Stragglers
123	59:48	351	John O'Shea	Highgate
124	59:56	304	Oliver Gildea	Ealing Eagles
125	60:51	484	Andre Dahlkamp	VPTH
126	61:07	309	Ronan Moriarty	Ealing Eagles
127	61:18	365	Martin Searle	Hillingdon
128	62:09	411	Daniel Wrapson	London Heathside
129	62:29	454	Richard Bell	TVH
130	62:50	342	Chris Bailey	Highgate
131	63:08	483	William Burbridge-James	VPTH
132	63:56	356	Mark Watson	Highgate
133	64:38	307	Cam Large	Ealing Eagles
134	65:21	368	Trevor Steeples	Hillingdon
135	70:46	417	Patrick Brennan	Queens Park

136	72:53	423	Trevor Mathurin	Queens Park
137	77:13	425	Charles Tatham	Queens Park

Team Result (6 to score):

1	60	London Heathside
2	61	TVH
3	121	Highgate
4	182	Harrow
5	226	VPTH
6	405	Ealing Eagles
7	413	Hillingdon
8	593	Queens Park

Team Result (12 to score):

1	1018	Ealing Eagles
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