



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U11 Boys - 1,500m (approx)

Position	Time	Number	Name	Club
1	6:41	29	Dennys Pascal	SBH
2	6:49	30	William Stockdale	SBH
3	6:50	34	Luis Da Silva	TVH
4	6:51	36	Matteo Cinesi	VPTH
5	6:55	26	Harrison Henderson	SBH
6	7:08	27	Jenson Day	SBH
7	7:16	10	Jack Jones	ESM
8	7:22	37	Herbie Dimmock	VPTH
9	7:23	38	Jamal Haji	VPTH
10	7:29	21	Marcus Sery	Hillingdon
11	7:31	7	Louis Turner	Ealing Eagles
12	7:33	28	Prince-Moses John	SBH
13	7:37	31	Lucas Xie	SBH
14	7:45	13	Euan Mortimer	ESM
15	7:46	24	Kai Duberry	London Heathside
16	7:54	32	Ryle Singarayer	SBH
17	7:57	39	Huxley Kemmer-Brown	VPTH
18	7:58	4	Noah Liborg	Ealing Eagles
19	7:59	33	Leo Gandemer	TVH
20	8:07	25	Zurrell Quaye-Murray	Queens Park
21	8:10	20	Daniel Jones	Hillingdon
22	8:22	18	James Walsh	Harrow
23	8:26	8	Harry Bruzon	Ealing Eagles
24	8:30	15	Arlo Thompson	ESM
25	8:37	5	Sidney Rochester	Ealing Eagles
26	8:38	3	Zavian Milton	Ealing Eagles
27	8:40	22	William Edwards	London Heathside
28	9:00	6	Oscar Poole	Ealing Eagles
29	9:03	1	Joseph Quinby	Barnet
30	9:04	23	Dominic Jeles	London Heathside
31	9:14	17	Naif Tang	Harrow
32	9:16	2	Alex March	Barnet
33	9:32	35	Bernardo Ponchio	TVH
34	9:42	19	Ethan Hubert	Harrow

Team Result (3 to score):

1	8	SBH
2	21	VPTH
3	45	ESM
4	52	Ealing Eagles
5	55	TVH
6	72	London Heathside
7	87	Harrow



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U11 Girls - 1,500m (approx)

Position	Time	Number	Name	Club
1	7:23	69	Laura Graham	St Mary's Richmond
2	7:26	73	Elsa Valori	VPTH
3	7:26	52	Alice Clements	Enfield & Haringey
4	7:47	70	Imogen Snaith	Thames Turbo Triathlon Club
5	7:50	68	Grace Rooney	SBH
6	8:06	71	Sophia Davies	TVH
7	8:11	51	Cissie Bootman	Ealing Eagles
8	8:18	66	Sienna Darcy	SBH
9	8:23	62	Edith Deakin	London Heathside
10	8:29	63	Mathilda Hinson	London Heathside
11	8:31	55	Blake Upson	Enfield & Haringey
12	8:32	57	Maya Richardson	ESM
13	8:35	64	Imogen Wraight	London Heathside
14	8:42	61	Amelie Hinds	Harrow
15	8:45	56	Marin Hayward	ESM
16	9:05	72	Isabella Davies	TVH
17	9:08	67	Isobell Hudson	SBH
18	9:09	60	Ottilie Sly	Harrow
19	9:31	58	Hanna Morawska	ESM
20	9:37	53	Ebelechukwu Mayes	Enfield & Haringey
21	9:39	59	Lyla Yadav	Harrow
22	9:48	65	Keenyah Adelise	SBH
23	9:49	50	Mia March	Barnet
24	10:03	54	Edie Dyke-Coomes	Enfield & Haringey

Team Result (3 to score):

1	30	SBH
2	32	London Heathside
3	34	Enfield & Haringey
4	46	ESM
5	53	Harrow



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U13 Boys - 3,000m (approx)

Position	Time	Number	Name	Club
1	14:02	104	Jack Hayward	ESM
2	14:02	145	Aidan Wolpert	VPTH
3	14:06	128	Rory Willis	London Heathside
4	14:09	138	Edward Pascal	SBH
5	14:18	139	Henry Mythen	St Mary's Richmond
6	14:21	111	Leon Boulting	ESM
7	14:25	135	Ben Kasper	SBH
8	14:29	110	Marcus Muers	ESM
9	14:37	129	Alex Kirk	London Heathside
10	14:59	102	Teddy White	Belgrave
11	15:14	121	Alex Pettican	Highgate
12	15:23	113	Vivek Chopra	Harrow
13	15:25	134	Sam Clements	SBH
14	15:31	107	Josh Phillips	ESM
15	15:37	136	Ethan Moss	SBH
16	15:40	103	Shunsei Kwan	Belgrave
17	15:40	105	Kevin Liyanage	ESM
18	15:42	108	Oskar Parker	ESM
19	15:47	120	Jack Cobbold	Highgate
20	15:53	130	Aidan Lappin	London Heathside
21	16:05	133	Taha Cockerill	SBH
22	16:06	137	Roan Parkes	SBH
23	16:11	116	Ethan Hinds	Harrow
24	16:43	122	Filip Prastalo	Highgate
25	16:48	144	Leo Togher	VPTH
26	16:53	127	Alexander Farley	Hillingdon
27	17:03	131	Dominic Perkins	London Heathside
28	17:10	132	Alex Rankin	London Heathside
29	17:10	100	Rayan Hasnaoui	Barnet
30	17:20	117	Edward Sly	Harrow
31	17:33	141	Miguel Ponchio	TVH
32	17:34	123	Arthur Robertson	Highgate
33	17:57	143	Hector Pitkethly	VPTH
34	18:06	124	Bobby Burton-Mulloy	Hillingdon
35	18:07	106	Ilakian Dhandapani	ESM
36	18:14	119	Edward Hobbs	Harrow
37	22:38	118	Aidan Walsh	Harrow

Team Scores:

15	ESM
24	SBH
32	London Heathside
54	Highgate
60	VPTH
65	Harrow



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U13 Girls - 3,000m (approx)

Position	Time	Number	Name	Club
1	15:00	166	Katie Dalton	Harrow
2	15:02	175	Sofia Mossi	Blackheath & Bromley
3	15:16	184	Ellina Ponkrateva	St Mary's Richmond
4	15:18	191	Jagna Falkowska	Trent Park
5	15:35	193	Marni Keam George	TVH
6	15:37	167	Beth Dalton	Harrow
7	15:40	157	Violet Muralidhar	ESM
8	15:43	192	Sofia Bennett	TVH
9	15:57	173	Elsie Fitzgerald	Hillingdon
10	16:00	179	Olivia Abbott	SBH
11	16:09	180	Lucia Caselenuovo	SBH
12	16:13	170	Carys Tomlinson	Highgate
13	16:36	150	Capree Cooper	Barnet
14	16:50	151	Isla Kane	Barnet
15	16:57	196	Catrin Marsden	VPTH
16	17:08	162	Sophia Sargeant	ESM
17	17:11	156	Eve Johnson	ESM
18	17:12	186	Ava Wallace Shafie	St Mary's Richmond
19	17:20	152	Thea Conway	Barnet
20	17:42	154	Felicity Fudge	Enfield & Haringey
21	17:46	188	Caitlin Murphy	St Mary's Richmond
22	17:49	158	Maria Szyszko Walls	ESM
23	17:50	174	Cara Traynor	Hillingdon
24	17:56	182	Erin Clift	SBH
25	17:58	187	Emily Home	St Mary's Richmond
26	17:59	160	Layla Richardson	ESM
27	18:04	164	Soufia Atek	Harrow
28	18:06	190	Aurelia Adams	St Mary's Richmond
29	18:09	178	Alice Rockhill	London Heathside
30	18:14	194	Ana Bjelanovic	VPTH
31	18:20	168	Leila Westcarr	Harrow
32	18:28	161	Alice Wison Brown	ESM
33	18:32	171	Rosie Bishop	Hillingdon
34	18:37	195	Evangeline Gilgrass	VPTH
35	18:42	181	Holly Clarke	SBH
36	18:50	183	Elfie Shaw	SBH
37	19:27	189	Nina Farnsworth	St Mary's Richmond

38	19:40	163	Maisie Sterritt	ESM
39	19:56	177	Amba Coleman	London Heathside

Team Result (3 to score):

1	34	Harrow
2	40	ESM
3	42	St Mary's Richmond
4	45	SBH
5	46	Barnet
6	65	Hillingdon



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U15 Boys - 4,000m (approx)

Position	Time	Number	Name	Club
1	15:06	41	Daniel Jelfs	St Mary's Richmond
2	15:14	33	Arthur Phillips	SBH
3	15:19	42	Tom Mythen	St Mary's Richmond
4	15:24	34	Euan Phillips	SBH
5	15:32	5	Joshua Fanta	Enfield & Haringey
6	16:05	22	Barnabe Lesenne-Ward	Hillingdon
7	16:15	51	Aneirin Lessard	VPTH
8	16:24	32	Jared Morris	SBH
9	16:33	18	Gaspard Robertson	Highgate
10	16:34	28	Ennio Kaloukian	London Heathside
11	16:45	16	Luca Russo	Harrow
12	16:51	39	Harry Harding	St Mary's Richmond
13	16:58	20	Charlie Reed	Hillingdon
14	17:06	44	Dylan Hanks	Trent Park
15	17:13	52	Max Roberts Sancho	VPTH
16	17:14	19	Luke Tomlinson	Highgate
17	17:23	45	Zachary Moore	TVH
18	17:26	9	Mika Stripp	ESM
19	17:28	8	Oliver Wikinson	ESM
20	17:30	11	Noah Levy	ESM
21	17:39	36	Omar Miah	SBH
22	17:41	2	Joshua McDonagh-Sanchez	Barnet
23	17:58	26	Tam Mergia	London Heathside
24	18:02	15	Charlie Robert	Harrow
25	18:11	10	Joseph Burges	ESM
26	18:13	24	Adam Strinic	Hillingdon
27	18:16	55	Adam Falkowski	Trent Park
28	18:17	46	Felix La Trobe Weston	TVH
29	18:20	35	Laddie Shaw	SBH
30	18:35	13	Sam Tarling	Harrow
31	18:42	7	Huw Baker	ESM
32	18:48	49	Ethan Genn	VPTH
33	18:54	23	Lewis Wake	Hillingdon
34	19:04	47	Damon Walker	TVH
35	19:06	1	Oliver Flemming	Barnet
36	19:11	38	Joshua Bowman	SBH
37	19:13	40	Michael Garcia	St Mary's Richmond

38	19:18	4	Oliver Lindsell	Enfield & Haringey
39	19:31	53	Joseph Stauch	VPTH
40	19:34	43	William Ormerod	St Mary's Richmond
41	19:40	48	Alfred Chen	TVH
42	20:27	37	Jacob Sugarman	SBH
43	22:40	12	Connor Chung-Tak Man	ESM

Team Result:

1	14	SBH
2	16	St Mary's Richmond
3	45	Hillingdon
4	54	VPTH
5	57	ESM
6	65	Harrow
7	79	TVH



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U15 Girls - 4,000m (approx)

Position	Time	Number	Name	Club
1	16:41	60	Jorjia March	Barnet
2	17:13	86	Posie Shaw	SBH
3	17:23	80	Amy Kirk	London Heathside
4	17:25	72	Sonny Allen	Highgate
5	17:26	65	Alya Johnson	ESM
6	18:00	70	Amae Van Zyl	Harrow
7	18:08	79	Margot Hunt	London Heathside
8	18:31	77	Rosa Cormacain	London Heathside
9	18:55	63	Naimah Mossi	Blackheath & Bromley
10	19:27	76	Kiara Corkin	London Heathside
11	19:41	83	Amber Jackson	SBH
12	19:58	82	Maya Westgate	London Heathside
13	19:59	74	Edey Kestell	Hillingdon
14	20:02	78	Lettice Gundry	London Heathside
15	20:18	96	Kitty Kelsall	London Heathside
16	20:20	75	Lila Blustin	London Heathside
17	20:21	68	Zoe Crichton	ESM
18	20:24	67	Ella Smith	ESM
19	20:40	94	Eloise Lindley	Highgate
20	20:43	62	Honor Barclay	Belgrave
21	21:32	88	Kyla Holt	St Mary's Richmond
22	23:17	89	Helena Malpica	TVH
23	23:37	87	Camilla Baluch	St Mary's Richmond
24	23:53	71	Lara Russo	Harrow
25	24:50	69	Grace Crisp	Harrow
26	25:59	94	Xanthe Greenfields	TVH NS

Team Result (3 to score):

1	18	London Heathside
2	40	ESM
3	55	Harrow



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U17 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	24:03	120	Allegra Massey	TVH
2	24:48	125	Lyra MacDonald	VPTH
3	25:32	124	Ruby James	VPTH
4	26:16	126	Monika Panoutsou	VPTH
5	26:30	116	Maya Sutaria	TVH
6	26:33	110	Ishanna Cannell	London Heathside
7	26:51	113	Ava Holt	St Mary's Richmond
8	26:53	108	Lucy Corkin	London Heathside
9	27:00	114	Lucy Barlow	Teddington School
10	27:43	123	Natasha Bennett	TVH
11	28:21	117	Skye Bishop	TVH
12	28:32	118	Isobel Martin	TVH
13	29:40	111	Larissa Wilson	SBH
14	30:06	121	Katerina Simakova	TVH
15	31:34	112	Elizabeth Da Teresa	SBH
16	32:59	122	Cecilia Vivarelli	TVH
17	NT	119	Nico Lind	TVH

Team Result (3 to score):

1 9 VPTH
2 16 TVH

U20 Women - 6,000m (approx)

Position	Time	Number	Name	Club
1	22:59	56	Lauren Russell	Highgate
2	25:12	54	Sofia Latham	Harrow
3	26:18	50	Charlotte Harris	Barnet
4	27:23	53	Lily O'Neill	St Mary's Richmond
5	31:06	51	Florence Humphrey	Barnet

Team Result (3 to score):

No team result



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

U17 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	20:18	145	Thomas Chadwick	Highgate
2	21:02	141	Michael Cattini	Harrow
3	21:07	162	Charlie Brook	St Mary's Richmond
4	21:13	157	Rafi Gayer	SBH
5	21:18	148	Felix Kent	Highgate
6	21:33	144	Liam Bailey	Highgate
7	21:41	167	Louis Moore	TVH
8	22:04	137	Isaac Mezey	ESM
9	22:09	154	George Saint	London Heathside
10	22:22	143	Zackeria Atek	Harrow
11	22:24	173	Billy Fudge	Enfield & Haringey
12	22:25	159	Adam O'Gorman	SBH
13	22:52	161	Billy Bannon	St Mary's Richmond
14	22:58	158	Aidan Macavoy	SBH
15	23:06	170	Milun Pittuck	VPTH
16	23:07	139	Joseph Tarling	Harrow
17	23:09	156	Jacob Clement	SBH
18	23:15	136	Edward Flewitt	ESM
19	23:38	152	David Baah-Okyere	London Heathside
20	23:43	134	Junias Lee	ESM
21	24:05	166	Reginald Rock	TVH
22	24:21	160	Guy Fawcett	SBH
23	24:40	163	Edward Chisholm	St Mary's Richmond
24	24:54	168	Thom MacDonald	VPTH
25	24:56	149	Wiremu Nicole	Highgate
26	25:04	142	Dion Hubert	Harrow
27	25:09	133	Leo Durrani	Enfield & Haringey
28	25:21	135	Henry Jones	ESM
29	25:29	150	Ryan Stoddart	Hillingdon
30	25:31	164	Matthew Fernandes	St Mary's Richmond
31	25:51	132	Monty Omell	Barnet
32	25:52	140	Arthur Hobbs	Harrow
33	25:52	130	Louie Samuels	Barnet
34	26:10	172	Edgar Sayers	VPTH
35	26:30	151	Artie Feeny-Willings	London Heathside
36	27:38	131	Harrison Lee	Barnet
37	28:59	169	Lewis Palmer	VPTH

38	31:09	153	Ben Ryan	London Heathside
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Team Result (3 to score):

1	12	Highgate
2	28	Harrow
3	30	SBH
4	39	St Mary's Richmond
5	46	ESM
6	63	London Heathside
7	73	VPTH
8	100	Barnet

U20 Men - 6,000m (approx)

Position	Time	Number	Name	Club
1	20:05	28	Oliver O'Connor	London Heathside
2	20:17	15	Chris Hudson	Harrow
3	20:36	23	Monte Watson	Highgate
4	20:42	22	Lucas Porter	Highgate
5	20:45	36	Jonny Brook	St Mary's Richmond
6	20:58	31	Henry Fagan	Ranelagh Harriers
7	21:33	18	Julio Calvino Palomares	Harrow
8	21:51	33	Joshua Fisher	SBH
9	21:59	39	Ethan Jackson	Trent Park
10	22:04	27	Abel Woldegiorgis	London Heathside
11	22:14	37	Max Kercher	Trent Park
12	22:23	41	Basil Rock	TVH
13	22:36	25	Fred Beale	London Heathside
14	22:39	32	Jonah Marks	SBH
15	22:55	40	Nelson Gordon	TVH
16	22:57	11	Noah Clarke	Barnet
17	23:17	13	Joe Ward	Barnet
18	23:32	24	Finn Combe	Hillingdon
19	23:34	38	Ben Halstead	Trent Park
20	23:42	26	Luke Pike Mullins	London Heathside
21	24:12	30	Janak Subberwal	London Heathside
22	24:23	12	Callum Sydenham	Barnet
23	24:57	19	Jack Bailey	Highgate
24	25:05	43	Luca Zorzi	TVH
25	25:05	17	Liam Fenn	Harrow
26	25:39	14	Raj Patadia	Ealing Eagles

Team Result (3 to score):

1	24	London Heathside
2	30	Highgate
3	34	Harrow
4	39	Trent Park
5	51	TVH
6	55	Barnet



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Women - 8,000m (approx)

Position	Time	Number	Name	Club
1	32:50	273	Katie Olding	TVH
2	33:17	212	Hannah Cox	Fulham Running Club
3	33:24	269	Stephanie Ainley	TVH
4	33:44	271	Isabelle Franco	TVH
5	34:11	278	Hana Blake	TVH
6	34:28	272	Chloe Baker	TVH
7	34:53	232	Jessica Prior	London Heathside
8	35:14	251	Cecily Day	Ranelagh Harriers
9	35:18	265	Alex Baird	Trent Park
10	35:25	240	Clara Hartley	OUAC
11	35:33	200	Julie Triou	ESM
12	35:35	234	Millie Barnes	London Heathside
13	35:49	266	Kat Alpe	Trent Park
14	36:03	228	Ciera Kennedy	London Heathside
15	36:32	262	Sophie Biggs	Stragglers
16	36:34	256	Nicola Payne	SBH
17	36:47	194	Holly Wilkinson	Ealing Eagles
18	37:01	202	Sarah Gerrie	ESM
19	37:09	216	Louise Faherty	Highgate
20	37:14	215	Natasha Cendrowicz	Highgate
21	37:25	229	Francesca Stocco	London Heathside
22	37:25	209	Katie Hay	ESM
23	37:48	186	Molly Deely	Ealing Eagles
24	37:50	223	Catriona Paterson	Hillingdon
25	37:53	230	Genevieve Weston	London Heathside
26	37:58	255	Emi Economu	SBH
27	38:14	217	Ellen Kerr	Highgate
28	38:22	211	Nicola Ravenhill	ESM
29	38:32	241	Sophie Barnard	Queens Park
30	38:36	243	Beatrice Bowlby	Queens Park
31	38:38	193	Alicja Kordowska	Ealing Eagles
32	38:45	196	Rachel Walls	Ealing Eagles
33	39:06	191	Jennifer Watt	Ealing Eagles
34	39:24	218	Rhian Littlewood	Highgate
35	39:36	276	Helen Mallinson King	TVH
36	39:58	260	Jo Wilson	St Mary's Richmond
37	39:59	282	Sarah McIntosh	West 4

38	40:10	267	Beata Falkowska	Trent Park
39	40:19	208	Sarah Larkam	ESM
40	40:37	210	Maryam Hussain	ESM
41	40:44	204	Olivia Howes Smith	ESM
42	40:49	288	Rose Lewis	West 4
43	40:50	283	Rachel Berry	West 4
44	41:48	221	Melanie Spencer	Hillingdon
45	41:50	277	Fran Lou	TVH
46	42:26	237	Fiona Russell	Mornington
47	43:02	183	Jana Jilkova	Barnet
48	43:22	263	Tracey Lenthall	Stragglers
49	44:47	292	Jodie Whitelaw	Queens Park
50	45:02	185	Olivia Parker-Scott	Ealing Eagles
51	45:14	290	Laura Winder	West 4
52	45:17	203	Lynn Wilson	ESM
53	45:34	226	Caroline White	London Heathside
54	45:34	291	Lou Clark	West 4
55	45:43	261	Alex Axiom	St Mary's Richmond
56	45:45	286	Jo Neville	West 4
57	45:52	258	Colleen Renihan	Serpentine
58	45:54	181	Kathryn Ellis	Barnet
59	46:32	289	Anna Beausire	West 4
60	46:56	214	Katie Kelly-Watkins	Harrow
61	47:01	254	Ann Kearey	Ranelagh Harriers
62	47:07	206	Louise Prince	ESM
63	47:42	250	Emma Sutherland	Queens Park
64	47:59	284	Jen Kingwill	West 4
65	48:16	190	Sophie Foxall	Ealing Eagles
66	48:20	248	Daniela Nolan	Queens Park
67	48:48	198	Elizabeth Adams	Ealing Eagles
68	49:06	246	Susan Kennedy	Queens Park
69	49:12	257	Avril Riddell	Serpentine
70	49:21	236	Rafaele Lamour	Mornington
71	49:49	224	Nastaran Sepanj	Hillingdon
72	49:53	238	Elizabeth Aryeetey	Mornington
73	50:42	249	Alexandra Phillips	Queens Park
74	50:50	201	Carol Jones	ESM
75	51:10	184	Amanda Violet	Barnet
76	51:12	242	Lucy Birrell	Queens Park
77	51:39	293	Liz Ainsworth	Ealing Eagles
78	51:54	252	Sally Bamford	Ranelagh Harriers
79	52:43	180	Geraldine Stapleton	Barnet
80	53:24	264	Sally Boulton	Stragglers
81	54:30	187	Caroline Rush	Ealing Eagles
82	55:23	244	Sarah Dent	Queens Park
83	56:22	182	Mary Brown	Barnet
84	56:42	207	Denise English	ESM
85	59:04	259	Carole Jane Wisdom	Serpentine
86	59:46	245	Linzi Frankal	Queens Park

Team Result (4 to score):

1	13	TVH
2	54	London Heathside
3	79	ESM
4	100	Highgate
5	103	Ealing Eagles
6	171	Queens Park
7	173	West 4
8	259	Barnet

Corlin Trophy: Ealing Eagles



MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	41:07	347	Terry Fawden	Highgate
2	41:52	474	Luca Minale	VPTH
3	42:12	356	Robert Wilson	Highgate
4	43:10	424	Will Ryle-Hodges	SBH
5	43:26	449	Toby Clyde	TVH
6	43:29	327	Thomas Hole	ESM
7	43:35	379	James Wooldridge	London Heathside
8	43:44	380	Joseph Young	London Heathside
9	43:51	396	Tom Aldred	London Heathside
10	43:59	452	Niki Faulkner	TVH
11	44:06	447	Hugo Cayssials	TVH
12	44:12	453	Jake Hooley	TVH
13	44:19	469	Greg Divall	VPTH
14	44:33	329	Damien Nevins	Harrow
15	45:01	333	Jack Whitebury	Harrow
16	45:06	395	Sion Lewis	London Heathside
17	45:12	330	Michael O'Sullivan	Harrow
18	45:46	460	Calum Nicol	TVH
19	45:49	399	Yann Sevestre	London Heathside
20	45:58	343	Danny Brewer	Highgate
21	46:01	358	Dan Dalmedo	Hillingdon
22	46:14	391	Peter Gould	London Heathside
23	46:48	467	Robert Vallance	TVH
24	46:55	389	Oliver Negus	London Heathside
25	47:34	455	Mark Humphries	TVH
26	47:35	438	Victor Lio	Serpentine
27	47:37	337	Tejas Hirani	Harrow
28	47:49	368	Dan Thompson	Hillingdon
29	47:55	435	Hugh Torry	Serpentine
30	47:58	344	Alex Burns	Highgate
31	48:01	342	Chris Jones	Harrow
32	48:09	332	Curtis Stevens	Harrow
33	48:21	328	Jim Cooper	Harrow
34	48:43	376	Ewan Gault	London Heathside
35	48:55	303	Ross Christie	Belgrave
36	49:07	382	Keith Geoghegan	London Heathside
37	49:11	464	Ollie Teenan	TVH

38	49:12	479	Fergus Krell	West 4
39	49:26	373	Conor Brown	London Heathside
40	49:35	307	Niall Gilchrist	Ealing Eagles
41	49:38	398	William de Cothi	London Heathside
42	49:42	317	Will Coates	Ealing Eagles
43	49:47	441	James Darby	Stragglers
44	49:53	324	Akira Anzai-Jackson	ESM
45	50:16	304	Kieran Moriarty	Belgrave
46	50:31	412	Robert Duggleby	Queens Park
47	50:36	322	Colin Foster	ESM
48	50:43	437	Nicolas Besson	Serpentine
49	50:51	426	James Gillanders	Serpentine
50	50:56	410	Dustin Daniel	Queens Park
51	51:17	471	Graham Atkins	VPTH
52	51:25	421	Sam Sutherland	Queens Park
53	51:39	311	Jacob Murtagh	Ealing Eagles
54	51:40	470	David Jones	VPTH
55	51:42	360	Guy Green	Hillingdon
56	51:45	416	Maciej Kolterniak	Queens Park
57	51:51	385	Martin Potter	London Heathside
58	51:59	346	Alex Davidson	Highgate
59	52:04	409	Ruben Carvajal	Queens Park
60	52:10	335	Mark Smith	Harrow
61	52:17	423	Robert Rigby	SBH
62	52:36	456	Dan Keam-George	TVH
63	52:43	476	Ciaran Gavin	West 4
64	52:55	374	Edward Samuel	London Heathside
65	52:56	425	Liam Ohuiginn	Serpentine
66	53:02	413	Mark Greig	Queens Park
67	53:11	315	Tom James	Ealing Eagles
68	53:51	442	Alastair Hall	Stragglers
69	54:02	349	Joseph Lowe	Highgate
70	54:04	336	Simon Sly	Harrow
71	54:36	429	Ewan Maynard	Serpentine
72	55:01	314	Nils-Kristian Liborg	Ealing Eagles
73	55:06	331	Chris Finill	Harrow
74	55:19	359	Adnane Felloussi	Hillingdon
75	55:21	387	Matthew Collins	London Heathside
76	55:36	371	Andrew Hislop	London Heathside
77	55:40	309	Harry Pearson	Ealing Eagles
78	55:45	372	Christopher Hartley	London Heathside
79	56:04	404	Francois Alba	Queens Park
80	56:29	306	Simon Stannard	Ealing Eagles
81	56:37	473	Richard Bryant	VPTH
82	56:46	316	Barney Bennett	Ealing Eagles
83	56:55	397	Valentin Valeanu	London Heathside
84	57:00	459	Jonathan Moore	TVH
85	57:03	310	Paul Duffy	Ealing Eagles
86	57:07	418	Jimmy Perkins	Queens Park

87	57:42	305	Phil Turner	Ealing Eagles
88	57:51	402	Mike Hurford	Mornington
89	58:08	415	Andrew Jackson	Queens Park
90	58:37	443	Pavel Przepiorski	Stragglers
91	58:48	434	Jonathan Moscrop	Serpentine
92	58:57	313	Greg Fernandes-Lawes	Ealing Eagles
93	59:04	477	Dave Larkham	West 4
94	59:15	461	Simon Nixon	TVH
95	59:17	338	Rob Hawkes	Harrow
96	59:48	403	Daniel Berry	Mornington
97	59:53	450	Manuel Da Silva	TVH
98	59:55	407	John Brosnan	Queens Park
99	60:04	433	Rodney Thomas	Serpentine
100	60:04	417	Nicholas Le Beulze	Queens Park
101	60:08	355	Mark Watson	Highgate
102	60:10	364	Mike Millar	Hillingdon
103	60:15	390	Pep Pamies	London Heathside
104	60:42	308	Kieran Santry	Ealing Eagles
105	60:46	320	Alex Cook	Ealing Eagles
106	60:54	339	Richard Tarling	Harrow
107	60:59	388	Mihaly Zoltan Jeles	London Heathside
108	61:07	436	Chris Notton	Serpentine
109	61:22	354	David Sutherland	Highgate
110	61:36	420	Maurice Quirke	Queens Park
111	61:47	319	Michael Leese	Ealing Eagles
112	61:52	363	Chris Marchand	Hillingdon
113	62:02	432	Jerry Lockspeiser	Serpentine
114	62:23	427	Gabriel Hopkins	Serpentine
115	62:46	405	Stephen Allison	Queens Park
116	63:13	401	Daniel Lewis	Mornington
117	63:45	478	Jason Drake	West 4
118	63:53	463	Simon Rubens	TVH
119	64:23	457	Kevin McAleer	TVH
120	64:59	383	Leo Pemberton	London Heathside
121	65:40	419	Stephen Pond	Queens Park
122	66:16	353	James Rossiter	Highgate
123	66:25	411	Giles Deards	Queens Park
124	66:47	439	Simon Brazil	Stragglers
125	68:33	454	Richard Hooley	TVH
126	69:43	468	William Burbridge-James	VPTH
127	69:51	408	Richard Byrne	Queens Park
128	70:49	400	Gary Homewood	Mornington
129	73:28	472	Tim Miller	VPTH
130	76:11	300	Chris Violet	Barnet
131	77:14	318	Paul Dodounou	Ealing Eagles
132	81:03	406	Patrick Brennan	Queens Park
133	82:55	422	Charles Tatham	Queens Park

Team Result (6 to score):

1	79	TVH
2	81	London Heathside
3	136	Harrow
4	181	Highgate
5	288	Serpentine
6	327	VPTH
7	329	Queens Park
8	351	Ealing Eagles
9	392	Hillingdon

Team Result (12 to score):

1	881	Ealing Eagles
2	891	Queens Park