



Middlesex Cross Country Championships

Trent Park		4.1.25	
U/11 Girls		1,800m	
1	Sophia DAVIES	Thames Valley Harriers	07:25
2	Alice CLEMENTS	Enfield and Haringey A C	07:33
3	Cissie BOOTMAN	Ealing Eagles Running Club	07:40
4	Anna MURRAY	Highgate Harriers	07:54
5	Kathryn HAILEY	Victoria Park Harriers and Tower Hamlets AC	08:03
6	Isabella DAVIES	Thames Valley Harriers	08:09
7	Anna BAH	London Heathside	08:31
8	Mia MARCH	Barnet & District AC	08:35
9	Keenyah ADELISE	Shaftesbury Barnet Harriers	08:36
10	Maya RICHARDSON	Ealing Southall & Middlesex AC	08:37
11	Kitty WARBURTON	London Heathside	08:38
12	Tabitha NORRIS	Victoria Park Harriers and Tower Hamlets AC	08:39
13	Aleah SALEHI-REYHANI	Reddiford School	08:42
14	Bronagh O'HAGAN-SMITH	Barnet & District AC	08:43
15	Petra GYONGYI	Harrow AC	08:45
16	Sunny SHAW	Barnet & District AC	08:51
17	Holly O'SHEA	Highgate Harriers	08:59
18	Elsie BETTRIDGE	Shaftesbury Barnet Harriers	09:05
19	Ofri ZIMMERMAN	Highgate Harriers	09:05
20	Lucy BROWN	Hillingdon AC	09:20
21	Laila RANIWALA	Enfield and Haringey A C	09:29
22	Lilya MATINE	Harrow AC	10:02
23	Catherine SMITH	Barnet Schools	10:22
24	Rosa DOUE TAI	London Heathside	11:15
25	Demmi SYDENHAM-WILLIAMS	Barnet & District AC	11:30
26	Erin ELLIOT-BOARDER	Highgate Harriers	12:06
27	Mirianthi HAWARD	London Heathside	12:12

Team:-

1st Barnet and District 38 pts (8,14,16)

2nd Highgate Harriers 40 pts (4,17,19)

3rd London Heathside 42 pts (7,11,24)



U/11 Boys		1,800m	
1	Edward POLUBRYUKHOV	Ealing Southall & Middlesex AC	07:32
2	Louie BRUCE	Harrow AC	07:34
3	Zayn AHMED	Victoria Park Harriers and Tower Hamlets AC	07:37
4	Rupert CAREFULL	Highgate Harriers	07:41
5	Owen LEWIS	Highgate Harriers	07:43
6	Prince MOSES-JOHN	Shaftesbury Barnet Harriers	07:49
7	Theo BLACK	Enfield and Haringey A C	07:50
8	Zavian MILTON	Ealing Eagles Running Club	07:52
9	Charlie WOUTERS	Belgrave Harriers	07:53
10	Michael SCHOFIELD	London Heathside	07:54
11	Eli JIN	Belgrave Harriers	07:56
12	Lucas XIE	Shaftesbury Barnet Harriers	07:56
13	Harry HEWITT	Thames Turbo Triathlon Club	07:56
14	Zurrell QUAYE-MURRAY	Shaftesbury Barnet Harriers	07:56
15	Daniel BAYES-SIEFF	Barnet Schools	07:57
16	Charlie CUMMINS	Barnet Schools	07:59
17	Aditya KANSAGRA	Thames Valley Harriers	08:02
18	Hamish WALMSLEY	Thames Valley Harriers	08:02
19	Alfie CUMMINS	Barnet Schools	08:06
20	Maieul GIRARD-REYDET	Ealing Southall & Middlesex AC	08:07
21	Paddy HOLLAND	Harrow AC	08:09
22	Caleb LODGE	London Heathside	08:13
23	Ralph WILCOX	London Heathside	08:13
24	Xander HARDING	Thames Turbo Triathlon Club	08:14
25	Jack VAN CLARKE	Highgate Harriers	08:16
26	Rishon WATSON	Harrow AC	08:31
27	Theo KANE	Barnet & District AC	08:31
28	Alexander FUZESI	Highgate Harriers	08:46
29	William IRVING	Enfield and Haringey A C	08:52
30	Jay TURNER	Ealing Eagles Running Club	08:55
31	Joey LUCAS	Hillingdon AC	09:06
32	Jack SHEPHERD	Thames Turbo Triathlon Club	09:15
33	Joseph QUINBY	Barnet & District AC	09:23
34	Elkanah CHEROTICH	Enfield and Haringey A C	09:26
35	Alex MARCH	Barnet & District AC	09:46
36	Dominic JELES	London Heathside	09:46
37	Adam ZAVADSKY	Barnet & District AC	10:03
38	John O'SULLIVAN	Harrow AC	10:47
39	Samuel HOLLOWAY	Harrow AC	11:22
40	Marco RIZELLO	Harrow AC	29:26



Team:-

1st Shaftesbury Barnet Harriers 32 pts (6,12,14)

2nd Highgate Harriers 34 pts (4,5,25)

3rd Harrow AC 49 pts (2,21,26)

4th Barnet Schools 50 pts (15,16,19)

5th London Heathside 55 pts (10,22,23)

6th Thames Turbo Triathlon Club 69 pts (13,24,32)

7th Enfield & Haringey AC 70 pts (7,29,34)

8th Barnet & District 95 pts (27,33,35)



U/13 Girls		3,000m	
1	Violet MURALIDHAR	Ealing Southall & Middlesex AC	11:44
2	Marni KEAM GEORGE	Thames Valley Harriers	12:03
3	Eve JOHNSON	Ealing Southall & Middlesex AC	12:14
4	Elsie FITZGERALD	Hillingdon AC	12:16
5	Edith DEAKIN	London Heathside	12:19
6	Isobel FINNE	St Mary's Richmond AC	12:22
7	Cecilia MIR MUNTADES	Belgrave Harriers	12:28
8	Marguerite LINDSELL	Enfield and Haringey A C	12:38
9	Soufia ATEK	Harrow AC	12:44
10	Olivia BAILEY	Victoria Park Harriers and Tower Hamlets AC	12:44
11	Elfie SHAW	Barnet & District AC	12:44
12	Imogen SNAITH	St Mary's Richmond AC	12:46
13	Blake UPSON	Enfield and Haringey A C	12:52
14	Christina IVANOVA	Ealing Southall & Middlesex AC	12:53
15	Sienna DARCY	Shaftesbury Barnet Harriers	13:04
16	Capree COOPER	Barnet & District AC	13:11
17	Megan PRICE	Ealing Southall & Middlesex AC	13:17
18	Alice WILSON-BROWN	Ealing Southall & Middlesex AC	13:17
19	Marin HAYWARD	Ealing Southall & Middlesex AC	13:18
20	Matilda HINSON	London Heathside	13:26
21	Layla RICHARDSON	Ealing Southall & Middlesex AC	13:28
22	Lucia CASALENUOVO	Shaftesbury Barnet Harriers	13:36
23	Chloe MEITERN	Belgrave Harriers	13:48
24	Kairi CAVERO-TAKI	Shaftesbury Barnet Harriers	14:19
25	Ana BJELANOVIC	Victoria Park Harriers and Tower Hamlets AC	14:24
26	Anna KNIGHT	Hillingdon AC	14:27
27	Emilie Rose BOIVIN EMINA	London Heathside	14:32
28	Greta LAWRENCE	London Heathside	14:53
29	Victoria ZAVADSKY	Barnet & District AC	14:58
30	Scarlett DUQUESNE CORREA	Highgate Harriers	15:04
31	Ada MITCHELL	Hillingdon AC	15:45
32	Sophie REEVE	St Mary's Richmond AC	16:01
33	Isobell HUDSON	Shaftesbury Barnet Harriers	16:08
34	Iyla YADAV	Harrow AC	16:29
35	Skye MURRAY	London Heathside	17:08
36	Annabelle SHOTTON	Hillingdon AC	18:17



Team:-

1st Ealing Southall & Middlesex AC 18 pts (1,3,14)

2nd St Mary's Richmond 50 pts (6,12, 32)

3rd London Heathside AC 52 pts (5,20,27)

4th Barnet & District 56 pts (11,16,29)

5th Shaftesbury Barnet Harriers 61 pts (15,22,24)

6th Hillingdon AC 61 pts (4,26,31)



U/13 Boys		3000m	
1	Ben KASPAR	Shaftesbury Barnet Harriers	10:36
2	Dennys PASCAL	Shaftesbury Barnet Harriers	10:38
3	Alexander PETTICAN	Highgate Harriers	10:52
4	Matteo CINESI	Victoria Park Harriers and Tower Hamlets AC	10:55
5	Surya KANSAGRA	Thames Valley Harriers	11:02
6	Teddy WHITE	Belgrave Harriers	11:04
7	Herbie DIMMOCK	Victoria Park Harriers and Tower Hamlets AC	11:05
8	Owen STUBBINS	Ealing Southall & Middlesex AC	11:06
9	Jamal HAJI	Victoria Park Harriers and Tower Hamlets AC	11:10
10	Jack COBBOLD	Highgate Harriers	11:15
11	Lewis WARD	Shaftesbury Barnet Harriers	11:20
12	Leo TOGHER	Victoria Park Harriers and Tower Hamlets AC	11:25
13	Louis TURNER	Ealing Eagles Running Club	11:25
14	Harrison HENDERSON	Shaftesbury Barnet Harriers	11:34
15	Sidney ROCHESTER	Ealing Eagles Running Club	11:38
16	Kevin BAGATE	Trent Park Running Club	11:40
17	Benjamin MURALIDHAR	Ealing Southall & Middlesex AC	11:45
18	Seth SMITH	St Mary's University Athletics Club	11:45
19	Luis DA SILVA	Thames Valley Harriers	11:46
20	Clement POULSON	Ealing Southall & Middlesex AC	11:58
21	Freddie WRIGHT	Hillingdon AC	12:06
22	Ethan HINDS	Harrow AC	12:09
23	Dylan LEWIS	London Heathside	12:18
24	Hector PITKETHLY	Victoria Park Harriers and Tower Hamlets AC	12:23
25	Taha COCKERELL	Shaftesbury Barnet Harriers	12:28
26	Alexander RANKIN	London Heathside	12:30
27	Jack DAVIES	Trent Park Running Club	12:36
28	Alexander EDIS	Highgate Harriers	12:37
29	Jack GILBERT	Barnet & District AC	12:39
30	Alastair BURTON	Hillingdon AC	12:46
31	Noah LIBORG	Ealing Eagles Running Club	12:46
32	Harrison EYRE	London Heathside	13:05
33	Oscar POOLE	Ealing Eagles Running Club	13:07
34	Dylan SHAH	Barnet & District AC	13:14
35	Daniel TICE	Ealing Southall & Middlesex AC	13:19
36	Frederic ALLEN	Ealing Southall & Middlesex AC	13:27
37	William EDWARDS	London Heathside	13:57

Team:-

1st Shaftesbury Barnet Harriers 14 pts (1,2,11)

2nd Victoria Park Harriers & Tower Hamlets 20 pts (4,7,9)

3rd Highgate Harriers 41 pts (3,10,28)



4th Ealing Southall & Middlesex AC 45 pts (8,17,20)

5th Trent Park 57 pts (14, 16, 27)

6th Ealing Eagles Running Club 59 pts (13,15,31)

7th London Heathside AC 81 pts (23,26,32)



U/15 Girls		4,000m	
1	Jorjia MARCH	Barnet & District AC	15:31
2	Sonny ALLEN	Highgate Harriers	15:32
3	Alya JOHNSON	Ealing Southall & Middlesex AC	15:37
4	Ellina PONKRATIEVA	St Mary's Richmond AC	16:43
5	Sofia MOSSI	Blackheath & Bromley Harriers AC	16:49
6	Rose WILLIAMSON	St Mary's Richmond AC	17:11
7	Emilie WALSH	Ealing Southall & Middlesex AC	17:25
8	Lila BLUSTIN	London Heathside	17:26
9	Sofia BENNETT	Thames Valley Harriers	17:32
10	Margot HUNT	London Heathside	17:36
11	Beth DALTON	Harrow AC	17:49
12	Katie DALTON	Harrow AC	17:50
13	Amber JACKSON	Shaftesbury Barnet Harriers	18:02
14	Trinny FRY	Belgrave Harriers	18:04
15	Esme GOULBOURN	St Mary's Richmond AC	18:16
16	Calista FENTON	Thames Valley Harriers	18:18
17	Sky PARKE-ANTONIS	London Heathside	18:20
18	Olivia ABBOTT	Shaftesbury Barnet Harriers	18:30
19	Sacha TANKWE-FABRY	Belgrave Harriers	18:41
20	Zoe CRICHTON	Ealing Southall & Middlesex AC	18:44
21	Nina FARNSWORTH	St Mary's Richmond AC	18:57
22	Isla KANE	Barnet & District AC	18:58
23	Emilie SAUNDERS	Belgrave Harriers	18:59
24	Grace CRISP	Harrow AC	19:08
25	Olive O'SHEA	Highgate Harriers	19:17
26	Lara RUSSO	Harrow AC	19:19
27	Anastasia DINES	Victoria Park Harriers and Tower Hamlets AC	19:27
28	Harriet DUMBRELL	St Mary's Richmond AC	19:34
29	Charna BOOTH	Hillingdon AC	19:39
30	Milly SANDERS	Harrow AC	19:46
31	Rosie BISHOP	Hillingdon AC	19:48
32	Rosa BUULTJENS-GOLD	Victoria Park Harriers and Tower Hamlets AC	20:04
33	Caitlin ROBERTS	London Heathside	20:09
34	Lily FERGUSON	Thames Valley Harriers	20:12
35	Ava WRIGHT	Hillingdon AC	20:13
36	Cordelia SADLER	Ealing Southall & Middlesex AC	20:15
37	Felicity FUDGE	Enfield and Haringey A C	20:35
38	Eila HOLDING	Highgate Harriers	20:50
39	Isla KAVANAGH	London Heathside	21:11
40	Hissah AL FAISAL	Belgrave Harriers	21:46
41	Gracie LEWIS	Harrow AC	22:49



Team:-

- 1st St Mary's Richmond 25 pts (4,6,15)
- 2nd Ealing Southall & Middlesex AC 30 pts (3,7,20)
- 3rd London Heathside AC 35 pts (8,10,17)
- 4th Harrow AC 47 pts (11,12,24)
- 5th Belgrave Harriers 56 pts (14,19,23)
- 6th Thames Valley Harriers 59 pts (9,16,34)
- 7th Highgate Harriers 65 pts (2,25,38)
- 8th Hillingdon AC 95 pts (29,31,35)



U/15 Boys		4000m	
1	Arjuna PFLUG	Highgate Harriers	13:09
2	Dylan LEWIS	Hillingdon AC	13:54
3	Khalid HUSSEIN	Victoria Park Harriers and Tower Hamlets AC	14:04
4	Jack HAYWARD	Ealing Southall & Middlesex AC	14:15
5	Luca RUSSO	Harrow AC	14:19
6	Robin GREENWOOD	Trent Park Running Club	14:32
7	Aneirin LESSARD	Victoria Park Harriers and Tower Hamlets AC	14:40
8	Charlie NICOLSON	London Heathside	14:47
9	Aron SINKO-URIBE	Highgate Harriers	14:51
10	Aidan WOLPERT	Victoria Park Harriers and Tower Hamlets AC	14:53
11	Alex KIRK	London Heathside	14:54
12	Rory WILLIS	London Heathside	14:55
13	Blake MITCHELL	Harrow AC	14:55
14	Harry JODRELL	Belgrave Harriers	14:58
15	Shunsei KWAN	Belgrave Harriers	15:07
16	Charlie REED	Hillingdon AC	15:15
17	Max LAMY	Victoria Park Harriers and Tower Hamlets AC	15:17
18	Zachary FIDAN	Ranelagh Harriers	15:19
19	James HENDERSON	Chiltern Harriers AC	15:22
20	Joachim STRABO	Thames Valley Harriers	15:26
21	Jesse ABRAHAMS	Shaftesbury Barnet Harriers	15:26
22	Leon BOULTING	Ealing Southall & Middlesex AC	15:27
23	Edward PASCAL	Shaftesbury Barnet Harriers	15:29
24	Marcus MUERS	Ealing Southall & Middlesex AC	15:36
25	Laddie SHAW	Shaftesbury Barnet Harriers	15:41
26	Joe SKELSEY	London Heathside	15:41
27	James MCGUIRE	London Heathside	15:42
28	Ethan GENN	Victoria Park Harriers and Tower Hamlets AC	15:54
29	Sam CLEMENTS	Shaftesbury Barnet Harriers	15:57
30	Ethan MOSS	Shaftesbury Barnet Harriers	16:02
31	Joshua CAIN	St Mary's Richmond AC	16:24
32	Nathan ANDERSON	Highgate Harriers	16:34
33	Ben DAVIES	Trent Park Running Club	16:43
34	Nathan GRELA BEKELE	London Heathside	16:52
35	Jack KERR	Hillingdon AC	16:54
36	Henry MYTHEN	St Mary's Richmond AC	16:56
37	Zain BROACHI	Highgate Harriers	17:11
38	Kevin LIYANAGE	Ealing Southall & Middlesex AC	17:33
39	Clodia NKUNGA	Victoria Park Harriers and Tower Hamlets AC	17:35
40	Nikodem KOTWICA	Trent Park Running Club	17:39
41	Sachin GHARU	Victoria Park Harriers and Tower Hamlets AC	17:43
42	Mason HAMDY	Hillingdon AC	17:44
43	Peter TICE	Ealing Southall & Middlesex AC	18:12



U/15 Boys		4000m	
44	Ziggy ELLIS	London Heathside	19:21
45	Luca RIZELLO	Harrow AC	19:51
46	Azat ATLIGIL	Barnet & District AC	20:06

Team:-

1st Victoria Park Harriers and Tower Hamlets 20 pts (3,7,10)

2nd London Heathside AC 31 pts (8,11,12)

3rd Highgate Harriers 42 pts (1,9,32)

4th Ealing Southall & Middlesex AC 50 pts (4,22,24)

5th Hillingdon AC 60 pts (2,16,42)

6th Harrow AC 63 pts (5,13,45)

7th Shaftesbury Barnet Harriers 69 pts (21,23,25)



U/17 Women		6,000m	
1	Ruby JAMES	Victoria Park Harriers and Tower Hamlets AC	22:59
2	Leoni DELVENDAHL	Highgate Harriers	23:30
3	Lyra MACDONALD	Victoria Park Harriers and Tower Hamlets AC	23:38
4	Monika PANOUTSOU	Victoria Park Harriers and Tower Hamlets AC	23:59
5	Amae VAN ZYL	Harrow AC	24:28
6	Naimah MOSSI	Blackheath & Bromley Harriers AC	24:50
7	Elizabeth WORTSMAN	Highgate Harriers	25:29
8	Lettice GUNDRY	London Heathside	25:39
9	Ivy GRAY	London Heathside	26:30
10	Eloise LINDLEY	Highgate Harriers	26:32
11	Josephine LUIS	Highgate Harriers	26:56
12	Chloe PHILLIPS	Victoria Park Harriers and Tower Hamlets AC	32:16

Team:-

1st Victoria Park Harriers and Tower Hamlets 8 pts (1,3,4)

2nd Highgate Harriers 19 pts (2,7,10)

U/20 Women		4000m	
1	Allegra MASSEY	Thames Valley Harriers	22:22
2	Issy WATKINS	London Heathside	24:05
3	Emma MCCLUSKEY	Barnet & District AC	24:12
4	Millie WATKINS	London Heathside	24:17
5	Ava HOLT	St Mary's Richmond AC	24:59
6	Millie May COLLINS SMITH	Thames Valley Harriers	25:22
7	Zenia GORDON	Thames Valley Harriers	26:36
8	Hollie FORD	Hillingdon AC	28:57
9	Hattie MUNDAY	London Heathside	29:03

Team:-

1st Thames Valley Harriers 14 pts (1,6,7)

2nd London Heathside AC 15 pts (2,4,9)



U/17 Men		4000m	
1	Harris AUSTIN	Highgate Harriers	18:25
2	Tom MYTHEN	St Mary's Richmond AC	19:08
3	Daniel JELFS	St Mary's Richmond AC	19:32
4	Nicholas TAYLOR	Highgate Harriers	19:39
5	Sam TURNER	London Heathside	19:53
6	Euan PHILLIPS	Shaftesbury Barnet Harriers	19:54
7	Reggie ROCK	Thames Valley Harriers	20:03
8	Joshua FANTA	Enfield and Haringey A C	20:21
9	Samuel LINDSELL	Enfield and Haringey A C	20:25
10	Dylan MILLS	London Heathside	20:46
11	Billy FUDGE	Enfield and Haringey A C	20:50
12	Arthur PHILLIPS	Shaftesbury Barnet Harriers	20:51
13	Aidan MCAVOY	Shaftesbury Barnet Harriers	21:16
14	Dylan HANKS	Trent Park Running Club	21:20
15	Ephraim SILESHI	London Heathside	21:29
16	Mika STRIPP	Ealing Southall & Middlesex AC	21:45
17	Thom MACDONALD	Victoria Park Harriers and Tower Hamlets AC	21:53
18	Monty OMELL	Barnet & District AC	22:03
19	Michael KAGIRI	Enfield and Haringey A C	22:12
20	Joseph DRINKELL	Highgate Harriers	22:33
21	Noah LEVY	Ealing Southall & Middlesex AC	22:41
22	Damon WALKER	Thames Valley Harriers	24:58
23	Sam TARLING	Harrow AC	25:42
24	Tom PRICE	Ealing Southall & Middlesex AC	26:26
25	Denis O'SHEA	Highgate Harriers	26:52
26	Wenbo DU	Highgate Harriers	29:19

Team: -

1st Highgate Harriers 25 pts (1,4,20)

2nd Enfield & Haringey AC 28 pts (8,9,11)

3rd London Heathside AC 30 pts (5,10,15)

4th Shaftesbury Barnet Harriers 31 pts (6,12,13)

5th Ealing Southall & Middlesex AC 61 pts (16,21,24)



U/20 Men		7,000m	
1	Samuel GREENSTEIN	Shaftesbury Barnet Harriers	25:25
2	Felix KENT	Highgate Harriers	25:48
3	Ethan JACKSON	Trent Park Running Club	26:19
4	Alex MULVIHILL	Highgate Harriers	26:34
5	Adam O'GORMAN	Shaftesbury Barnet Harriers	26:43
6	Wiremu NICOLE	Highgate Harriers	26:51
7	Rafi GAYER	Shaftesbury Barnet Harriers	26:51
8	Elliot HEATH	St Mary's Richmond AC	26:51
9	Luca MATHARU	Harrow AC	27:04
10	Joseph TARLING	Harrow AC	27:31
11	Liam BAILEY	Highgate Harriers	28:33
12	Lewis PALMER	Victoria Park Harriers and Tower Hamlets AC	28:35
13	Daniel GROVES	Highgate Harriers	29:19
14	Guy FAWCETT	Shaftesbury Barnet Harriers	29:21
15	Noah CLARKE	Barnet & District AC	29:37
16	Raj PATADIA	Ealing Eagles Running Club	29:59
17	Arthur HAWKES	London Heathside	30:00
18	Zack ATEK	Harrow AC	30:30
19	Taran PARKE-ANTONIS	London Heathside	31:11
20	Artie FEENY WILLINGS	London Heathside	31:47
21	Callum SYDENHAM	Barnet & District AC	32:52
22	Harrison LEE	Barnet & District AC	37:22

Team:-

1st Highgate Harriers 12 pts (2,4,6)

2nd Shaftesbury Barnet Harriers 13 pts (1,5,7)

3rd Harrow AC 37 pts (9,10,18)

4th London Heathside AC 56 pts (17,19,20)

5th Barnet & District 58 pts (15,21,22)



Senior Women		7,000m	
1	Hannah VINER	Highgate Harriers	28:16
2	Lara STERRITT	Thames Valley Harriers	28:44
3	Rebecca PIGGOTT	London Heathside	29:12
4	Nicola DOUGLAS	The Stragglers Running Club	29:14
5	Katy CASTERTON	Serpentine RC	29:16
6	Eilish O'GRADY	Harrow AC	29:50
7	Jessica PRIOR	London Heathside	29:55
8	Catriona PATERSON	Hillingdon AC	30:25
9	Sophie BIGGS	The Stragglers Running Club	31:08
10	Anna RAWSTHORNE	London Heathside	31:26
11	Hannah LAING	Hillingdon AC	31:36
12	Karina THORNTON	Highgate Harriers	31:55
13	Holly WILKINSON	Ealing Eagles Running Club	32:10
14	Alex BAIRD	Trent Park Running Club	32:27
15	Molly HARRISON	London Heathside	32:34
16	Kat ALPE	Trent Park Running Club	32:46
17	Molly DEELY	Ealing Eagles Running Club	32:55
18	Sarah BURDETT	The Stragglers Running Club	33:09
19	Anja GREENWOOD	Trent Park Running Club	33:17
20	Louise FAHERTY	Highgate Harriers	33:28
21	Sophie FLANAGAN	Serpentine RC	33:36
22	Sophie BARNARD	Queens Park Harriers	33:39
23	Emily CLARKE	London Heathside	33:57
24	Edel MCKEEVER	Ranelagh Harriers	34:13
25	Freya HOLLINGSWORTH	Hillingdon AC	34:53
26	Jennifer WATT	Ealing Eagles Running Club	35:00
27	Anna SIKORSKA	Trent Park Running Club	35:12
28	Tanya ADDISON	London Heathside	35:32
29	Satu HEITANEN	London Heathside	35:45
30	Jennifer KEAL	Harrow AC	36:17
31	Fran LOU	Thames Valley Harriers	36:26
32	Joanna BRAINE	Queens Park Harriers	36:51
33	Jennifer WING	London Heathside	36:55
34	Caroline FORD	Hillingdon AC	37:01
35	Jessica CRITCHLOW	London Heathside	37:04
36	Helen ROCHESTER	Ealing Eagles Running Club	37:42
37	Jana JILKOVA	Barnet & District AC	37:44
38	Kathryn ELLIS	Barnet & District AC	37:48
39	Chloe MARSHALL	Barnet & District AC	37:59
40	Melissa O'HARE	Trent Park Running Club	38:16
41	Emma SUTHERLAND	Queens Park Harriers	38:16
42	Helen LANE	Serpentine RC	38:53
43	Adrienn FRICSKA-NAGY	Barnet & District AC	39:02



Senior Women		7,000m	
44	Kimberli BUTLER	London Heathside	39:03
45	Louise VANWILDERMEERSCH	Thames Valley Harriers	39:11
46	Sarah SAUNDERS	Harrow AC	39:13
47	Michelle WONG	Serpentine RC	39:18
48	Rhian LITTLEWOOD	Highgate Harriers	39:23
49	Liz AINSWORTH	Ealing Eagles Running Club	39:38
50	Michelle STANNARD	Ealing Eagles Running Club	39:39
51	Emily MARTYN	Mornington Chasers	39:42
52	Ozcan SALTYSIAK	London Heathside	39:43
53	Renata OLAS	Harrow AC	39:54
54	Ann WOULFE	London Heathside	40:06
55	Clare DAY	Ranelagh Harriers	40:14
56	Liz CLARK	Hillingdon AC	40:41
57	Laura NG	Barnet & District AC	43:10
58	Elizabeth ARYEETAY	Mornington Chasers	44:40
59	Avril RIDDELL	Serpentine RC	44:53
60	Grainne DEVERY	Ealing Eagles Running Club	45:01
61	Sally BAMFORD	Ranelagh Harriers	45:29
62	Sue EEDLE	London Heathside	45:34
63	Ruth GLEDHILL	Serpentine RC	46:23
64	Louise BEAL	Ranelagh Harriers	47:32
65	Miwa AKI	Serpentine RC	47:43
66	Monika KOLTERNAK	Queens Park Harriers	48:31
67	Camilla ALLWOOD	Serpentine RC	49:10

Team:-

- 1st London Heathside AC 35 pts (3,7,10,15)
- 2nd Trent Park 76 pts (14,16,19,27)
- 3rd Hillingdon AC 78 pts (8,11,25,34)
- 4th Highgate Harriers 81 pts (1,12,20,48)
- 5th Ealing Eagles Running Club 92 pts (13,17,26,36)
- 6th Serpentine RC 106 pts (5,21,42,47)
- 7th Harrow AC 136 pts (6,30,46,54)
- 8th Queens Park Harriers 138 pts (22,32,41,43)
- 9th Barnet & District 173 pts (37,38,39,57)
- 10th Ranelagh Harriers 204 pts (24,55,61,64)

Corlin Trophy:- Serpentine RC



Senior Men	10,750m	
1 Terry FAWDEN	Highgate Harriers	33:58
2 Michael CAMERON	Thames Valley Harriers	34:42
3 Petros SURAFEL	Thames Valley Harriers	35:53
4 George GURNEY	Highgate Harriers	35:57
5 Sean RENFER	Highgate Harriers	36:01
6 Damian NEVINS	Harrow AC	36:04
7 Tom ALDRED	London Heathside	36:31
8 Eddie JODRELL	Belgrave Harriers	36:38
9 Niki FAULKNER	Thames Valley Harriers	36:44
10 Fred SMITHERS	Serpentine RC	36:57
11 Kader SEYED	London Heathside	36:57
12 Tsegay BERHANE	London Heathside	37:13
13 Jonathan POOLE	Serpentine RC	37:16
14 Oliver NEWTON	Thames Valley Harriers	37:27
15 Christopher GRACIE	London Heathside	37:40
16 James LAING	Hillingdon AC	38:05
17 Harry REYNOLDS	Thames Valley Harriers	38:06
18 Dan DALMEDO	Birmingham Running Athletics & Triathlon Club (BRAT)	38:08
19 Andy BARNES	London Heathside	38:11
20 Sion LEWIS	London Heathside	38:22
21 Scott COLLIER	London Heathside	38:29
22 Nelson GORDON	Thames Valley Harriers	38:46
23 Rory CLARK	Mornington Chasers	38:52
24 Trevor CUMMINS	Shaftesbury Barnet Harriers	38:54
25 Jack WHITEBURY	Harrow AC	38:58
26 Victor LIO	Serpentine RC	39:05
27 Michael O'SULLIVAN	Harrow AC	39:28
28 Tejas HIRANI	Harrow AC	39:39
29 Nicola BESSON	Serpentine RC	39:40
30 Tom LIVERMORE	London Heathside	39:51
31 Ewan GAULT	London Heathside	39:55
32 Oliver NEGUS	London Heathside	40:12
33 Conor BROWN	London Heathside	40:16
34 Niall GILCHRIST	Ealing Eagles Running Club	40:17
35 Maciej KOLERNIAK	Queens Park Harriers	40:23
36 Robert DUGGLEBY	Queens Park Harriers	40:26
37 Connell METCALF	Hillingdon AC	40:27
38 Jim COOPER	Harrow AC	40:32
39 Alexander JANIAUD	Belgrave Harriers	40:35
40 Oliver GREENSTEIN	Shaftesbury Barnet Harriers	40:39
41 Jordan MARSHALL	London Heathside	40:56
42 Ewan MAYNARD	Serpentine RC	41:00
43 Ben HURLEY	Belgrave Harriers	41:03



Senior Men	10,750m	
44 Dan THOMPSON	Hillingdon AC	41:15
45 Akira ANZAI-JACKSON	Ealing Southall & Middlesex AC	41:43
46 Sam SUTHERLAND	Queens Park Harriers	41:44
47 Frederick PURCELL	Queens Park Harriers	42:12
48 Francis MANNION	Trent Park Running Club	42:14
49 James GILLANDERS	Serpentine RC	42:16
50 John FINNERTY	St Mary's Richmond AC	42:22
51 Alastair HALL	The Stragglers Running Club	42:41
52 Edouard GILLARD	London Heathside	42:46
53 Joel PHILLIPS	Shaftesbury Barnet Harriers	43:08
54 Pavel PRZEPIORSKI	The Stragglers Running Club	43:15
55 Robert RIGBY	Shaftesbury Barnet Harriers	43:24
56 Denden FISHAYE	London Heathside	43:29
57 Nehal LAVEY-KHAN	Barnet & District AC	43:33
58 Matt COLLINS	London Heathside	43:39
59 Adam LENNOX	Highgate Harriers	43:42
60 Duncan GRASSIE	West 4 Harriers	43:47
61 Joseph LOWE	Highgate Harriers	43:49
62 Stefan ANTON	Queens Park Harriers	43:53
63 Robert SIKORSKI	Trent Park Running Club	43:55
64 Boon WU	Barnet & District AC	44:02
65 Tom JAMES	Ealing Eagles Running Club	44:31
66 William COOPER	Barnet & District AC	44:34
67 Mihaly JELES	London Heathside	44:39
68 Joseph WILLIAMS	Ealing Eagles Running Club	44:40
69 Alex DAVIDSON	Highgate Harriers	44:41
70 Ruben CARVAJAL	Queens Park Harriers	44:48
71 Mark COTTLE	Shaftesbury Barnet Harriers	44:50
72 Michele BOTTONE	Serpentine RC	44:51
73 Carl REDONDO	Trent Park Running Club	45:11
74 Manuel DA SILVA	Thames Valley Harriers	45:23
75 Matt BEARD	London Heathside	45:25
76 Daniel DRAPER	Harrow AC	45:46
77 Ciaran GAVIN	West 4 Harriers	45:56
78 Jonny SHAW	Shaftesbury Barnet Harriers	46:12
79 Jose Manuel PABON	Ealing Eagles Running Club	46:14
80 Jose SABROSO	London Heathside	46:18
81 Pep PAMIES	London Heathside	46:20
82 Jeff SHOTTON	Hillingdon AC	46:29
83 Luke KRETSCHMER	Queens Park Harriers	46:33
84 Philip HOGG	London Heathside	46:34
85 Chris FINILL	Harrow AC	46:46
86 Henry JAKSZTA	Harrow AC	46:59



Senior Men	10,750m		
87	Chris NOTTON	Serpentine RC	47:06
88	Chris HARTLEY	London Heathside	47:09
89	Paul WARD	Trent Park Running Club	47:32
90	Oliver MURRAY	London Heathside	47:45
91	Craig DAVIES	Ealing Eagles Running Club	47:48
92	Robert BROWN	Ealing Southall & Middlesex AC	47:51
93	Andrew JACKSON	Queens Park Harriers	47:53
94	Ian COOK	Serpentine RC	48:09
95	Chun NG	Barnet & District AC	48:16
96	Andy PRICE	Ealing Southall & Middlesex AC	48:22
97	Rob SHULMAN	London Heathside	48:30
98	Thomas MOBBERLY	Queens Park Harriers	48:32
99	Thomas THORNTON	Serpentine RC	48:56
100	Daniel BERRY	Mornington Chasers	48:58
101	Simon CANEY	Serpentine RC	49:20
102	Dustin DANIEL	Queens Park Harriers	49:28
103	David GREENSTEIN	Shaftesbury Barnet Harriers	49:33
104	Harry PEARSON	Ealing Eagles Running Club	49:54
105	Richard TARLING	Harrow AC	50:03
106	Jason DRAKE	West 4 Harriers	50:17
107	John BROSNAN	Queens Park Harriers	50:31
108	Simon STANNARD	Ealing Eagles Running Club	50:34
109	Keithly MUSSINGTON	Victoria Park Harriers and Tower Hamlets AC	50:42
110	Ted FRASER	The Stragglers Running Club	50:49
111	Lee CONNOR	London Heathside	51:06
112	John ROSE	Trent Park Running Club	51:13
113	Mark WATSON	Highgate Harriers	51:32
114	Federico FORTI	London Heathside	51:44
115	Edwin COUTTS	Trent Park Running Club	51:59
116	Andrew MURPHY	Hillingdon AC	52:00
117	Stephen PHILLIPS	Victoria Park Harriers and Tower Hamlets AC	52:08
118	Maurice QUIRKE	Queens Park Harriers	52:21
119	Glen TAYLOR	London Heathside	52:39
120	Chris BAILEY	Highgate Harriers	53:17
121	Alex BURNS	Highgate Harriers	53:54
122	Gary RANDLE	Barnet & District AC	55:26
123	Jesus DEL MORAL LOPEZ	Ealing Eagles Running Club	56:02
124	Martin ASLAN	Harrow AC	56:56
125	Daniel LEWIS	Mornington Chasers	57:09
126	Trevor STEEPLES	Hillingdon AC	59:37
127	Gary HOMEWOOD	Mornington Chasers	1:00:06
128	William BURBRIDGE-JAMES	Victoria Park Harriers and Tower Hamlets AC	1:00:24
129	Jabbil CHIBWANA	Harrow AC	1:01:58



Senior Men		10,750m	
130	Paul James OGDEN	Serpentine RC	1:03:17
131	Abu ASAD	Serpentine RC	1:03:18
132	Paul DODOUNOU	Ealing Eagles Running Club	1:04:00

Team:-

- 1st Thames Valley Harriers 67 pts (2,3,9,14,17,22)
- 2nd London Heathside AC 84 pts (7,11,12,15,19,20)
- 3rd Serpentine RC 169 pts (10,13,26,29,42,49)
- 4th Highgate Harriers 199 pts (1,4,5,59,61,69)
- 5th Harrow AC 202 pts (6,25,27,28,38,76)
- 6th Queens Park Harriers 296 pts (35,36,46,47,62,70)
- 7th Shaftesbury Barnet Harriers 321 pts (24,40,53,55,71,78)
- 8th Ealing Eagles Running Club 436 pts (34,66,68,79,91,104)
- 9th Trent Park 500 pts (48,63,73,89,112,115)
- 10th Hillingdon AC 521 pts (16,37,44,82,116,126)

12 to Score:- Queens Park Harriers