

UNDER 11 BOYS 11:00

Holder: Dennys Pascal (SBH)

1,800 Metres approx.

Team: SBH

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 50

With a number of runners such as Jack Tonge and William Stockdale missing this race looks wide open with potential medalists including Prince-Moses John or Lucas Xie (SBH), Edward Poubryukhov (ESM) or Alex Panchal (LH).

The team race also looks very open however Shaftesbury's strength in depth probably makes them favourites to retain their title.

No	Name	Club
6055	Theo KANE	Barnet & District AC
6056	Alex MARCH	Barnet & District AC
6057	Joseph QUINBY	Barnet & District AC
6058	Adam ZAVADSKY	Barnet & District AC
6089	Daniel BAYES-SIEFF	Barnet Schools
6090	Alfie CUMMINS	Barnet Schools
6091	Charlie CUMMINS	Barnet Schools
6092	Ethan SLUTZKIN	Barnet Schools
6096	Eli JIN	Belgrave Harriers
6097	Charlie WOUTERS	Belgrave Harriers
6118	Zavian MILTON	Ealing Eagles Running Club
6119	Jay TURNER	Ealing Eagles Running Club
6143	Maieul GIRARD-REYDET	Ealing Southall & Middlesex AC
6144	Euan MORTIMER	Ealing Southall & Middlesex AC
6145	Edward POLUBRYUKHOV	Ealing Southall & Middlesex AC
6180	Theo BLACK	Enfield and Haringey A C
6181	Elkanah CHEROTICH	Enfield and Haringey A C
6182	William IRVING	Enfield and Haringey A C
6192	Raphael AFFUM	Harrow AC
6193	Ishaan BHANDAL	Harrow AC
6194	Louie BRUCE	Harrow AC
6195	Paddy HOLLAND	Harrow AC
6196	Samuel HOLLOWAY	Harrow AC
6197	John O'SULLIVAN	Harrow AC
6198	Marco RIZELLO	Harrow AC
6199	Rishon WATSON	Harrow AC
6247	Rupert CAREFULL	Highgate Harriers
6248	Jack FLITTERMAN	Highgate Harriers
6249	Alexander FUZESI	Highgate Harriers
6250	Owen LEWIS	Highgate Harriers
6251	Jack VAN CLARKE	Highgate Harriers
6303	Joey LUCAS	Hillingdon AC
6340	Kai DUBERRY	London Heathside
6341	Dominic JELES	London Heathside
6342	Caleb LODGE	London Heathside
6343	Alexander PANCHAL	London Heathside
6344	Michael SCHOFIELD	London Heathside
6345	Dominic TALBOT	London Heathside
6346	Ralph WILCOX	London Heathside

U11 Boys Cont

No	Name	Club
6502	Jake MILICHAK	Shaftesbury Barnet Harriers
6503	Prince MOSES-JOHN	Shaftesbury Barnet Harriers
6504	Zurrell QUAYE-MURRAY	Shaftesbury Barnet Harriers
6505	Lucas XIE	Shaftesbury Barnet Harriers
6562	Xander HARDING	Thames Turbo Triathlon Club
6563	Harry HEWITT	Thames Turbo Triathlon Club
6564	Jack SHEPHERD	Thames Turbo Triathlon Club
6567	Aditya KANSAGRA	Thames Valley Harriers
6568	Hamish WALMSLEY	Thames Valley Harriers
6629	Lawrence GREENWOOD	Trent Park Running Club
6653	Zayn AHMED	Victoria Park Harriers and Tower Hamlets AC

UNDER 11 GIRLS 11:05

Holder: Laura Graham (SMRAC)

1,800 Metres approx.

Team: SBH

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 30

This year Sophie Davies (TVH) has been the dominant runner with 3 Met League and 2 NWLL wins already secured. Her most likely challenger is Alice Clements (E&H) who has finished 2nd in all 3 Met League races. Other medal contenders could be Sophie's sister Isabelle (TVH), Anna Bah (LH) or Cisse Bootman (Ealing Eagles).

The Club race looks pretty open but with only 4 teams having the required 3 scorers one of Barnet & D, Highgate Harriers, London Heathside and VPH&TH will miss out on medals.

No	Name	Club
6051	Mia MARCH	Barnet & District AC
6052	Bronagh O'HAGAN-SMITH	Barnet & District AC
6053	Sunny SHAW	Barnet & District AC
6054	Demmi	Barnet & District AC
6087	Ruby KONVISER	Barnet Schools
6088	Catherine SMITH	Barnet Schools
6117	Cissie BOOTMAN	Ealing Eagles Running Club
6142	Maya RICHARDSON	Ealing Southall & Middlesex AC
6178	Alice CLEMENTS	Enfield and Haringey A C
6179	Laila RANIWALA	Enfield and Haringey A C
6190	Petra GYONGYI	Harrow AC
6191	Lilya MATINE	Harrow AC
6243	Erin ELLIOT-BOARDER	Highgate Harriers
6244	Anna MURRAY	Highgate Harriers
6245	Holly O'SHEA	Highgate Harriers
6246	Ofri ZIMMERMAN	Highgate Harriers
6301	Lucy BROWN	Hillingdon AC
6302	Lily COLE	Hillingdon AC
6336	Anna BAH	London Heathside
6337	Rosa DOUE TAI	London Heathside
6338	Mirianthi HAWARD	London Heathside
6339	Kitty WARBURTON	London Heathside
6475	Aleah SALEHI-REYHANI	Reddiford School
6500	Keenyah ADELISE	Shaftesbury Barnet Harriers
6501	Elsie BETTRIDGE	Shaftesbury Barnet Harriers
6566	Isabella DAVIES	Thames Valley Harriers
6565	Sophia DAVIES	Thames Valley Harriers
6650	Kathryn HAILEY	Victoria Park Harriers and Tower Hamlets AC
6651	Hafsa HUSSEIN	Victoria Park Harriers and Tower Hamlets AC
6652	Tabitha NORRIS	Victoria Park Harriers and Tower Hamlets AC

UNDER 13 BOYS 11:15

Holder: Jack Hayward (ESM)

3,000 Metres approx.

Team: ESM

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 46

Last year's U11 Champion Dennys Pascal (SBH) has already shown his potential in this older age group with 2 wins. Other strong performers this season include Ben Kasper (SBH), Matteo Cinesi (VPH&TH) and Owen Stubbins (ESM). The dark horse may be Filip Kounoupas Prastalo (LH) who was 3rd in the London Youth Games Stubbins (ESM).

Shaftesbury who lead the Met League look favourites for the Team title but may be pushed hard by ESM and VPH&TH.

No	Name	Club
6062	Jack GILBERT	Barnet & District AC
6063	Dylan SHAH	Barnet & District AC
6101	Christos KYRIAKOULIS	Belgrave Harriers
6102	Teddy WHITE	Belgrave Harriers
6120	Noah LIBORG	Ealing Eagles Running Club
6121	Oscar POOLE	Ealing Eagles Running Club
6122	Sidney ROCHESTER	Ealing Eagles Running Club
6123	Louis TURNER	Ealing Eagles Running Club
6153	Frederic ALLEN	Ealing Southall & Middlesex AC
6154	Edan GROVNER	Ealing Southall & Middlesex AC
6155	Benjamin MURALIDHAR	Ealing Southall & Middlesex AC
6156	Clement POULSON	Ealing Southall & Middlesex AC
6157	Owen STUBBINS	Ealing Southall & Middlesex AC
6158	Daniel TICE	Ealing Southall & Middlesex AC
6202	Ethan HINDS	Harrow AC
6257	Jack COBBOLD	Highgate Harriers
6258	Alexander EDIS	Highgate Harriers
6259	Alexander PETTICAN	Highgate Harriers
6260	Javier SHEPHERD	Highgate Harriers
6309	Alastair BURTON	Hillingdon AC
6310	Marcus SERY	Hillingdon AC
6311	Freddie WRIGHT	Hillingdon AC
6352	William EDWARDS	London Heathside
6353	Harrison EYRE	London Heathside
6354	Filip KOUNOUPAS	London Heathside
6355	Dylan LEWIS	London Heathside
6356	Alexander RANKIN	London Heathside
6510	Taha COCKERELL	Shaftesbury Barnet Harriers
6511	Harrison HENDERSON	Shaftesbury Barnet Harriers
6512	Ben KASPAR	Shaftesbury Barnet Harriers
6513	Dennys PASCAL	Shaftesbury Barnet Harriers
6514	Ryle SINGRAYER	Shaftesbury Barnet Harriers
6515	Lewis WARD	Shaftesbury Barnet Harriers
6547	Evan BOOCOOCK	St Mary's Richmond AC
6561	Seth SMITH	St Mary's University Athletics Club
6571	Luis DA SILVA	Thames Valley Harriers
6572	Surya KANSAGRA	Thames Valley Harriers
6573	Elijah NIELSEN	Thames Valley Harriers
6630	Kevin BAGATE	Trent Park Running Club
6631	Jack DAVIES	Trent Park Running Club

6659 Matteo CINESI	Victoria Park Harriers and Tower Hamlets AC
6660 Herbie DIMMOCK	Victoria Park Harriers and Tower Hamlets AC
6661 Jamal HAJI	Victoria Park Harriers and Tower Hamlets AC
6662 Rayan MATOUK	Victoria Park Harriers and Tower Hamlets AC
6663 Hector PITKETHLY	Victoria Park Harriers and Tower Hamlets AC
6664 Leo TOGHER	Victoria Park Harriers and Tower Hamlets AC

UNDER 13 GIRLS 11:20

Holder: Katie Dalton (Harrow)

3,000 Metres approx.

Team: Harrow

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 48

The standout U13 Girl this season has been Violet Muralidhar (ESM) with 3 Met League wins under her belt. The other medalists are harder to call with Capree Cooper (B&D), Marni Keam George (TVH), Elsie Fitzgerald (Hillingdon) Evie Broadfoot (VPH&TH) and Edith Deakin (LH) all having recorded top 3 finishes in league races this season.

The Team race will also be competitive with several large entries with ESM who are 2nd in the Met League rankings probably slight favourites.

No	Name	Club
6059	Capree COOPER	Barnet & District AC
6060	Elfie SHAW	Barnet & District AC
6061	Victoria ZAVADSKY	Barnet & District AC
6098	Chloe MEITERN	Belgrave Harriers
6099	Cecilia MIR MUNTADES	Belgrave Harriers
6100	Camilla POLLEN	Belgrave Harriers
6146	Marin HAYWARD	Ealing Southall & Middlesex AC
6147	Christina IVANOVA	Ealing Southall & Middlesex AC
6148	Eve JOHNSON	Ealing Southall & Middlesex AC
6149	Violet MURALIDHAR	Ealing Southall & Middlesex AC
6150	Megan PRICE	Ealing Southall & Middlesex AC
6151	Layla RICHARDSON	Ealing Southall & Middlesex AC
6152	Alice WILSON-BROWN	Ealing Southall & Middlesex AC
6183	Marguerite LINDSELL	Enfield and Haringey A C
6184	Blake UPSON	Enfield and Haringey A C
6200	Soufia ATEK	Harrow AC
6201	Iyla YADAV	Harrow AC
6252	Ira AGRAWAL	Highgate Harriers
6253	Scarlett DUQUESNE CORREA	Highgate Harriers
6254	Ines GADDO	Highgate Harriers
6255	Alexandra O'BRIEN	Highgate Harriers
6256	Maya QUERFURTH	Highgate Harriers
6304	Elsie FITZGERALD	Hillingdon AC
6305	Anna KNIGHT	Hillingdon AC
6306	Ada MITCHELL	Hillingdon AC
6307	Annabelle SHOTTON	Hillingdon AC
6308	Cara TRAYNOR	Hillingdon AC
6347	Emilie Rose BOIVIN EMINA	London Heathside
6348	Edith DEAKIN	London Heathside
6349	Matilda HINSON	London Heathside
6350	Greta LAWRENCE	London Heathside
6351	Skye MURRAY	London Heathside
6506	Lucia CASALENUOVO	Shaftesbury Barnet Harriers
6507	Kairi CAVERO-TAKI	Shaftesbury Barnet Harriers
6508	Sienna DARCY	Shaftesbury Barnet Harriers
6509	Isobell HUDSON	Shaftesbury Barnet Harriers
6542	Amelia MARRON	St Benedicts School
6543	Isobel FINNETY	St Mary's Richmond AC
6544	Laura GRAHAM	St Mary's Richmond AC
6545	Sophie REEVE	St Mary's Richmond AC
6546	Imogen SNAITH	St Mary's Richmond AC

6569 Marni KEAM GEORGE	Thames Valley Harriers	
6570 Lara WILSON	Thames Valley Harriers	
U13 Girls Cont		
No	Name	Club
6654	Olivia BAILEY	Victoria Park Harriers and Tower Hamlets AC
6655	Ana BJELANOVIC	Victoria Park Harriers and Tower Hamlets AC
6656	Evie BROADFOOT	Victoria Park Harriers and Tower Hamlets AC
6657	Elisha LIM	Victoria Park Harriers and Tower Hamlets AC
6658	Elsa VALORI	Victoria Park Harriers and Tower Hamlets AC

UNDER 15 BOYS 11:40

Holder: Daniel Jelfs (SMRAC)

4,000 Metres approx.

Team: SBH

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 56

Highgate's Arjuna Pflug has secured top 3 finishes in the Junior Men's Met League races as well as a North West London XC League win. He is likely to see stiff competition from Dylan Lewis (Hillingdon) and Khalid Hussein (VPH&TH). Again the Club race looks pretty open with Shaftesbury and VPH&TH probably having the most depth of talent on the day.

No	Name	Club
6066	Azat ATLIGIL	Barnet & District AC
6108	Harry JODRELL	Belgrave Harriers
6109	Shunsei KWAN	Belgrave Harriers
6116	James HENDERSON	Chiltern Harriers AC
6163	Leon BOULTING	Ealing Southall & Middlesex AC
6164	Jack HAYWARD	Ealing Southall & Middlesex AC
6165	Kevin LIYANAGE	Ealing Southall & Middlesex AC
6166	Marcus MUERS	Ealing Southall & Middlesex AC
6167	Peter TICE	Ealing Southall & Middlesex AC
6210	Pius DESOUZA	Harrow AC
6211	Blake MITCHELL	Harrow AC
6212	Luca RIZELLO	Harrow AC
6213	Charlie ROBERT	Harrow AC
6214	Luca RUSSO	Harrow AC
6215	Samuel SHEPPARD	Harrow AC
6264	Nathan ANDERSON	Highgate Harriers
6265	Zain BROACHI	Highgate Harriers
6266	Arjuna PFLUG	Highgate Harriers
6267	Aron SINKO-URIBE	Highgate Harriers
6315	Mason HAMDY	Hillingdon AC
6316	Jack KERR	Hillingdon AC
6317	Dylan LEWIS	Hillingdon AC
6318	Charlie REED	Hillingdon AC
6319	Luke SERVY	Hillingdon AC
6320	Adam STRINIC	Hillingdon AC
6362	Ziggy ELLIS	London Heathside
6363	Nathan GRELA BEKELE	London Heathside
6364	Ennio KALOUKIAN	London Heathside
6365	Alex KIRK	London Heathside
6366	James MCGUIRE	London Heathside
6367	Jonah MORRIS	London Heathside
6368	Charlie NICOLSON	London Heathside
6369	Joe SKELSEY	London Heathside
6370	Rory WILLIS	London Heathside
6469	Zachary FIDAN	Ranelagh Harriers
6518	Jesse ABRAHAMS	Shaftesbury Barnet Harriers
6519	Sam CLEMENTS	Shaftesbury Barnet Harriers
6520	Sam DARCY	Shaftesbury Barnet Harriers
6521	Ethan MOSS	Shaftesbury Barnet Harriers
6522	Edward PASCAL	Shaftesbury Barnet Harriers
6523	Laddie SHAW	Shaftesbury Barnet Harriers
6553	Joshua CAIN	St Mary's Richmond AC
6554	Henry MYTHEN	St Mary's Richmond AC
6577	Harry COLLINS SMITH	Thames Valley Harriers

6578 Joachim STRABO	Thames Valley Harriers
6632 Ben DAVIES	Trent Park Running Club
6633 Robin GREENWOOD	Trent Park Running Club
6634 Nikodem KOTWICA	Trent Park Running Club
6669 Ethan GENN	Victoria Park Harriers and Tower Hamlets AC
6670 Sachin GHARU	Victoria Park Harriers and Tower Hamlets AC
6671 Khalid HUSSEIN	Victoria Park Harriers and Tower Hamlets AC
6672 Max LAMY	Victoria Park Harriers and Tower Hamlets AC
6673 Aneirin LESSARD	Victoria Park Harriers and Tower Hamlets AC
6674 Clodia NKUNGA	Victoria Park Harriers and Tower Hamlets AC
6675 Max ROBERT SANCHO	Victoria Park Harriers and Tower Hamlets AC
6676 Aidan WOLPERT	Victoria Park Harriers and Tower Hamlets AC

UNDER 15 GIRLS 11:42

Holder: Jorja March (Barnet)

4,000 Metres approx.

Team: London Heathside

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 48

Last year's Champion Jorja March (B&D) is the clear favourite to retain her title after 3 Met League wins as well as London Youth Games and 5th place in the rearranged English XC Championships. Behind her expect strong runs from Ayla Johnson (ESM), Beth and Katie Dalton (Harrow) and Elina Ponkratjeva (SMR). The Team race looks close with Harrow probably the slight favourite but with 9 potential winners every position is likely to count.

No	Name	Club
6064	Isla KANE	Barnet & District AC
6065	Jorja MARCH	Barnet & District AC
6093	Amelia SINCLAIR	Barnet Schools
6094	Georgia SUMMERS	Barnet Schools
6103	Hissah AL FAISAL	Belgrave Harriers
6104	Trinny FRY	Belgrave Harriers
6105	Emilie SAUNDERS	Belgrave Harriers
6106	Isabel SHAMLIAN	Belgrave Harriers
6107	Sacha TANKWE-FABRY	Belgrave Harriers
6114	Sofia MOSSI	Blackheath & Bromley Harriers AC
6159	Zoe CRICHTON	Ealing Southall & Middlesex AC
6160	Alya JOHNSON	Ealing Southall & Middlesex AC
6161	Cordelia SADLER	Ealing Southall & Middlesex AC
6162	Emilie WALSH	Ealing Southall & Middlesex AC
6185	Felicity FUDGE	Enfield and Haringey A C
6203	Grace CRISP	Harrow AC
6204	Beth DALTON	Harrow AC
6205	Katie DALTON	Harrow AC
6206	Nilou HEATH	Harrow AC
6207	Gracie LEWIS	Harrow AC
6208	Lara RUSSO	Harrow AC
6209	Milly SANDERS	Harrow AC
6261	Sonny ALLEN	Highgate Harriers
6262	Eila HOLDING	Highgate Harriers
6263	Olive O'SHEA	Highgate Harriers
6312	Rosie BISHOP	Hillingdon AC
6313	Charna BOOTH	Hillingdon AC
6314	Ava WRIGHT	Hillingdon AC
6357	Lila BLUSTIN	London Heathside
6358	Margot HUNT	London Heathside
6359	Isla KAVANAGH	London Heathside
6360	Sky PARKE-ANTONIS	London Heathside
6361	Caitlin ROBERTS	London Heathside
6516	Olivia ABBOTT	Shaftesbury Barnet Harriers
6517	Amber JACKSON	Shaftesbury Barnet Harriers
6548	Harriet DUMBRELL	St Mary's Richmond AC
6549	Nina FARNSWORTH	St Mary's Richmond AC
6550	Esme GOULBOURN	St Mary's Richmond AC
6551	Ellina PONKRATIEVA	St Mary's Richmond AC
6552	Rose WILLIAMSON	St Mary's Richmond AC
6574	Sofia BENNETT	Thames Valley Harriers
6575	Calista FENTON	Thames Valley Harriers

6576 Lily FERGUSON	Thames Valley Harriers
6665 Rosa BUULTJENS-GOLD	Victoria Park Harriers and Tower Hamlets AC
6666 Anastasia DINES	Victoria Park Harriers and Tower Hamlets AC
6667 Catrin MARSDEN	Victoria Park Harriers and Tower Hamlets AC
6668 Flora STRAKER-SANDHU	Victoria Park Harriers and Tower Hamlets AC
6695 Maia SANTAVIRTA	Windsor Slough Eton & Hounslow AC

UNDER 17 WOMEN 12:00 **Holder: Allegra Massey (TVH)**
6,000 Metres approx. **Team: VPHTH**
Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview **Entries: 19**

This appears a hard race to call with no standout performer so far this season and reduced entry. Naimah Mossi (B&B) was 3rd in her last Kent League XC, Lyra MacDonald and Ruby James (VPH&TH) have recorded good Met League finishes as has Leoni Delvendahl (Highgate) and Amy Kirk (LH) returning from injury will be looking to impress.

There are only 3 Clubs with teams entered so the medals will go to VPH&TH, London Heathside and Highgate with VPH&TH favourites to retain their title from last year.

No	Name	Club
6095	Katya ROTAR	Barnet Schools
6115	Naimah MOSSI	Blackheath & Bromley Harriers AC
6216	Amae VAN ZYL	Harrow AC
6217	Sian WRIGHT	Harrow AC
6268	Louise BAROU	Highgate Harriers
6269	Leoni DELVENDAHL	Highgate Harriers
6270	Eloise LINDLEY	Highgate Harriers
6271	Josephine LUIS	Highgate Harriers
6272	Elizabeth WORTSMAN	Highgate Harriers
6371	Ivy GRAY	London Heathside
6372	Lettice GUNDRY	London Heathside
6373	Amy KIRK	London Heathside
6374	Mina SCHOFIELD	London Heathside
6375	Alice WAITES	London Heathside
6524	Erin GIBLIN	Shaftesbury Barnet Harriers
6579	Natasha BENNETT	Thames Valley Harriers
6677	Ruby JAMES	Victoria Park Harriers and Tower Hamlets AC
6678	Lyra MACDONALD	Victoria Park Harriers and Tower Hamlets AC
6679	Monika PANOUTSOU	Victoria Park Harriers and Tower Hamlets AC

UNDER 20 WOMEN 12:00 **Holder: Lauren Russell (HIGH)**
6,000 Metres approx. **Team: No Team**
Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview **Entries: 11**

It will be interesting to see how Allegra Massey (TVH) last year's U17 champion fares in this older age group. Emma McCluskey (B&D) and Issy Watkins (LH) have both recorded good Met League performances.

With 4 declared runners TVH are favourites for the team title ahead of London Heathside.

No	Name	Club
6067	Charlotte HARRIS	Barnet & District AC
6068	Emma MCCCLUSKEY	Barnet & District AC
6321	Hollie FORD	Hillingdon AC

6376 Hattie MUNDAY	London Heathside
6378 Issy WATKINS	London Heathside
6377 Millie WATKINS	London Heathside
6555 Ava HOLT	St Mary's Richmond AC
6580 Millie May COLLINS SMITH	Thames Valley Harriers
6581 Charlotte EDGE	Thames Valley Harriers
6582 Zenia GORDON	Thames Valley Harriers
6583 Allegra MASSEY	Thames Valley Harriers

UNDER 17 MEN 12:05pm

Holder: Thomas Chadwick (HIGH)

6,000 Metres approx.

Team: Highgate

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 38

This should be an intriguing race with a number of potential winners.

Isaac Mezey (ESM) won the last Met League at Uxbridge, however Sam Turner (LH), Reggie Rock (TVH), Joshua Fanta (E&H) with last year's U15 Champion Daniel Jelfs (SMR) a potential medalist.

The team race looks competitive with a big entry from ESM while Shaftesbury have a small but strong team however Enfield & Haringey may produce a surprise.

No	Name	Club
6069	Joshua MCDONAGH-SANCHEZ	Barnet & District AC
6070	Monty OMELL	Barnet & District AC
6168	Huw BAKER	Ealing Southall & Middlesex AC
6169	Dilan KHURUNA	Ealing Southall & Middlesex AC
6170	Junias LEE	Ealing Southall & Middlesex AC
6171	Noah LEVY	Ealing Southall & Middlesex AC
6172	Isaac MEZEY	Ealing Southall & Middlesex AC
6173	Tom PRICE	Ealing Southall & Middlesex AC
6174	Mika STRIPP	Ealing Southall & Middlesex AC
6186	Joshua FANTA	Enfield and Haringey A C
6187	Billy FUDGE	Enfield and Haringey A C
6188	Michael KAGIRI	Enfield and Haringey A C
6189	Samuel LINDSELL	Enfield and Haringey A C
6218	Sam TARLING	Harrow AC
6273	Harris AUSTIN	Highgate Harriers
6274	Joseph DRINKELL	Highgate Harriers
6275	Wenbo DU	Highgate Harriers
6276	Denis O'SHEA	Highgate Harriers
6277	Nicholas TAYLOR	Highgate Harriers
6379	Frank BAILEY	London Heathside
6380	Laurie GERRARD HEWITT	London Heathside
6381	Dylan MILLS	London Heathside
6382	Ephraim SILESHI	London Heathside
6383	Issac SILVERSTONE	London Heathside
6384	Sam TURNER	London Heathside
6525	Aidan MCAVOY	Shaftesbury Barnet Harriers
6527	Arthur PHILLIPS	Shaftesbury Barnet Harriers
6526	Euan PHILLIPS	Shaftesbury Barnet Harriers
6556	Billy BANNON	St Mary's Richmond AC
6557	Daniel JELFS	St Mary's Richmond AC
6558	Tom MYTHEN	St Mary's Richmond AC
6584	Felix LA TROBE WESTON	Thames Valley Harriers
6585	Reggie ROCK	Thames Valley Harriers
6586	Damon WALKER	Thames Valley Harriers
6635	Dylan HANKS	Trent Park Running Club
6681	Thom MACDONALD	Victoria Park Harriers and Tower Hamlets AC
6682	Milun PITLUCK	Victoria Park Harriers and Tower Hamlets AC
6696	Miko SANTAVIRTA	Windsor Slough Eton & Hounslow AC

UNDER 20 MEN 12:40

Holder: Oliver O'Connor (LONH)

7,000 Metres approx.

Team: London Heathside

Medals to first 3 Individuals and first 3 teams (3 to score)

Race Preview

Entries: 27

Again what looks like an open race Samuel Greenstein (SBH) should finish close to the top having finished 6th overall at the London XC Championships. Ryan Stoddart (Hillingdon) might also feature.while Arthue Hawkes (LH), Lewis Palmer (VPH&TH) and Noah Clarke (B&D) currently sit in the top 5 U20's in the Met League.

Barnet, Harrow, Highgate, LH and SBH will fight out the Club Title.

No	Name	Club
6071	Noah CLARKE	Barnet & District AC
6072	Harrison LEE	Barnet & District AC
6073	Callum SYDENHAM	Barnet & District AC
6124	Raj PATADIA	Ealing Eagles Running Club
6219	Imad AHMER	Harrow AC
6220	Zack ATEK	Harrow AC
6221	Luca MATHARU	Harrow AC
6222	Joseph TARLING	Harrow AC
6278	Liam BAILEY	Highgate Harriers
6279	Daniel GROVES	Highgate Harriers
6280	Felix KENT	Highgate Harriers
6281	Alex MULVIHILL	Highgate Harriers
6282	Wiremu NICOLE	Highgate Harriers
6322	Ryan STODDART	Hillingdon AC
6385	Artie FEENY WILLINGS	London Heathside
6386	Arthur HAWKES	London Heathside
6387	Taran PARKE-ANTONIS	London Heathside
6388	George SAINT	London Heathside
6528	Daniel BANYARD	Shaftesbury Barnet Harriers
6529	Guy FAWCETT	Shaftesbury Barnet Harriers
6530	Rafi GAYER	Shaftesbury Barnet Harriers
6531	Samuel GREENSTEIN	Shaftesbury Barnet Harriers
6532	Adam O'GORMAN	Shaftesbury Barnet Harriers
6559	Elliot HEATH	St Mary's Richmond AC
6587	Thomas HOMES	Thames Valley Harriers
6636	Ethan JACKSON	Trent Park Running Club
6683	Lewis PALMER	Victoria Park Harriers and Tower Hamlets AC

SENIOR WOMEN 12:40
7,000 Metres approx.

Holder: Kaite Olding (TVH)
Team: TVH
Corlin Trophy: Ealing Eagles

Medals to first 3 Individuals and first 3 teams (4 to score)

The Corlin Trophy is presented to the first team to score 4, excluding:

The first 3 teams this year. The first 3 teams in the past 3 years and the Corlin Trophy holders.

Race Preview

Entries: 88

With her Met League win at Uxbridge Hannah Viner (Highgate) looks in good form to regain the title she last won in 2022. Other contenders may come from Jade Dos Santos (VPH&TH) or Katy Casterton (Serpentine) or Lara Sterritt (TVH) who are all high in the Met League rankings.

TVH are currently leading the Met League and look favourites to retain their Team title.

No	Name	Club
6074	Kathryn ELLIS	Barnet & District AC
6075	Adrienn FRICSKA-NAGY	Barnet & District AC
6076	Yilka ISTEFI	Barnet & District AC
6077	Jana JILKOVA	Barnet & District AC
6078	Chloe MARSHALL	Barnet & District AC
6079	Laura NG	Barnet & District AC
6080	Ann PHILLIPS	Barnet & District AC
6125	Liz AINSWORTH	Ealing Eagles Running Club
6126	Molly DEELY	Ealing Eagles Running Club
6127	Grainne DEVERY	Ealing Eagles Running Club
6128	Helen PUGH	Ealing Eagles Running Club
6129	Helen ROCHESTER	Ealing Eagles Running Club
6130	Michelle STANNARD	Ealing Eagles Running Club
6131	Jennifer WATT	Ealing Eagles Running Club
6132	Holly WILKINSON	Ealing Eagles Running Club
6223	Jennifer KEAL	Harrow AC
6224	Eilish O'GRADY	Harrow AC
6225	Renata OLAS	Harrow AC
6226	Sarah SAUNDERS	Harrow AC
6283	Natasha CENDROWICZ	Highgate Harriers
6284	Louise FAHERTY	Highgate Harriers
6285	Rhian LITTLEWOOD	Highgate Harriers
6286	Karina THORNTON	Highgate Harriers
6287	Hannah VINER	Highgate Harriers
6323	Liz CLARK	Hillingdon AC
6324	Caroline FORD	Hillingdon AC
6325	Freya HOLLINGSWORTH	Hillingdon AC
6326	Hannah LAING	Hillingdon AC
6327	Catrina PATERSON	Hillingdon AC
6389	Tanya ADDISON	London Heathside
6390	Serena BAKER	London Heathside
6391	Kimberli BUTLER	London Heathside
6392	Emily CLARKE	London Heathside
6393	Jessica CRITCHLOW	London Heathside
6394	Lucy DALY	London Heathside
6395	Sue EEDLE	London Heathside

6396 Molly HARRISON	London Heathside
6397 Satu HEITANEN	London Heathside
6398 Annabel JUDD	London Heathside
6399 Rebecca PIGGOTT	London Heathside
6400 Jessica PRIOR	London Heathside
6401 Anna RAWSTHORNE	London Heathside
6402 Ozcan SALTYSIAK	London Heathside
6403 Rebecca WALKER	London Heathside
6404 Jennifer WING	London Heathside
6405 Lily WOOLCOCK	London Heathside
6406 Ann WOULFE	London Heathside
6441 Elizabeth ARYEETAY	Mornington Chasers
6442 Emily MARTYN	Mornington Chasers
6443 Fiona RUSSEL	Mornington Chasers
6448 Sophie BARNARD	Queens Park Harriers
6449 Joanna BRAINE	Queens Park Harriers
6450 Monika KOLTERNAK	Queens Park Harriers
6451 Emma SUTHERLAND	Queens Park Harriers
6470 Sally BAMFORD	Ranelagh Harriers
6471 Louise BEAL	Ranelagh Harriers
6472 Rebecca BISSELL	Ranelagh Harriers
6473 Clare DAY	Ranelagh Harriers
6474 Edel MCKEEVER	Ranelagh Harriers
6476 Miwa AKI	Serpentine RC
6477 Camilla ALLWOOD	Serpentine RC
6478 Katy CASTERTON	Serpentine RC
6479 Natasha EDWARDS	Serpentine RC
6480 Sophie FLANAGAN	Serpentine RC
6481 Ruth GLEDHILL	Serpentine RC
6482 Helen LANE	Serpentine RC
6483 Avril RIDDELL	Serpentine RC
6484 Michelle WONG	Serpentine RC
6533 Nicola PAYNE	Shaftesbury Barnet Harriers
6588 Stephanie AINLEY	Thames Valley Harriers
6589 Lisa DA SILVA	Thames Valley Harriers
6590 Jessica DRING-MORRIS	Thames Valley Harriers
6591 Isabelle FRANCO	Thames Valley Harriers
6592 Clara HARTLEY	Thames Valley Harriers
6593 Fran LOU	Thames Valley Harriers
6594 Jasmine PALMER	Thames Valley Harriers
6595 Lara STERRITT	Thames Valley Harriers
6596 Rosie VALLANCE	Thames Valley Harriers
6597 Louise	Thames Valley Harriers
6621 Sophie BIGGS	The Stragglers Running Club
6622 Sarah BURDETT	The Stragglers Running Club
6623 Nicola DOUGLAS	The Stragglers Running Club
6637 Kat ALPE	Trent Park Running Club
6638 Alex BAIRD	Trent Park Running Club
6639 Anja GREENWOOD	Trent Park Running Club
6640 Melissa O'HARE	Trent Park Running Club
6641 Anna SIKORSKA	Trent Park Running Club
6684 Jade DOS SANTOS	Victoria Park Harriers and Tower Hamlets AC

SENIOR MEN 13:30
10,750 Metres approx.

Holder: Terry Fawden (HIGH)
Team: TVH
Team 12 to score: Ealing Eagles

Medals to first 3 Individuals and first 3 teams (6 to score)
Additional set of bronze medals awarded to the first team outside the top 3 to finish 12

Race Preview

Entries: 184

In what looks a difficult race to call Barry Kelly (LH) is the highest ranked Met League runner taking part while Terry Fawden (Highgate) who was 19th at the re-arranged English XC Championships will be looking to retain his title. Highgate Harriers strength in depth will ensure they will be competing for the Team title however Thames Valley Harriers will be keen to complete another clean sweep of the Senior Club Titles and London Heathside will also be keen to regain the title they last won in 2023.

No	Name	Club
6081	William COOPER	Barnet & District AC
6082	Nehal LAVEY-KHAN	Barnet & District AC
6083	Chun NG	Barnet & District AC
6084	Gary RANDLE	Barnet & District AC
6085	Alex SHUKER	Barnet & District AC
6086	Boon WU	Barnet & District AC
6110	Ben HURLEY	Belgrave Harriers
6111	Alexander JANIAUD	Belgrave Harriers
6112	Eddie JODRELL	Belgrave Harriers
6113	Dan DALMEDO	Birmingham Running Athletics & Triathlon Club
6133	Craig DAVIES	Ealing Eagles Running Club
6134	Jesus DEL MORAL LOPEZ	Ealing Eagles Running Club
6135	Paul DODOUNOU	Ealing Eagles Running Club
6136	Niall GILCHRIST	Ealing Eagles Running Club
6137	Tom JAMES	Ealing Eagles Running Club
6138	Jose Manuel PABON	Ealing Eagles Running Club
6139	Harry PEARSON	Ealing Eagles Running Club
6140	Simon STANNARD	Ealing Eagles Running Club
6141	Joseph WILLIAMS	Ealing Eagles Running Club
6175	Akira ANZAI-JACKSON	Ealing Southall & Middlesex AC
6176	Robert BROWN	Ealing Southall & Middlesex AC
6177	Andy PRICE	Ealing Southall & Middlesex AC
6227	Martin ASLAN	Harrow AC
6228	Graham BARLOW	Harrow AC
6229	Jabbil CHIBWANA	Harrow AC
6230	Jim COOPER	Harrow AC
6231	Daniel DRAPER	Harrow AC
6232	Chris FINILL	Harrow AC
6233	Tejas HIRANI	Harrow AC
6234	Andy HOILES	Harrow AC
6235	Chris HUDSON	Harrow AC
6236	Henry JAKSZTA	Harrow AC
6237	Terry MACKIN	Harrow AC
6238	Damian NEVINS	Harrow AC
6239	Michael O'SULLIVAN	Harrow AC
6240	Richard TARLING	Harrow AC
6241	Declan TRAYNOR	Harrow AC

6242 Jack WHITEBURY	Harrow AC
6288 Harry ALLAN	Highgate Harriers
6289 Chris BAILEY	Highgate Harriers
6290 Chris BEECHAM	Highgate Harriers
6291 Alex BURNS	Highgate Harriers
6292 Des CRINION	Highgate Harriers
6293 Alex DAVIDSON	Highgate Harriers
6294 Terry FAWDEN	Highgate Harriers
6295 George GURNEY	Highgate Harriers
6296 Adam LENNOX	Highgate Harriers
6297 Joseph LOWE	Highgate Harriers
6298 Sean RENFER	Highgate Harriers
6299 Mark WATSON	Highgate Harriers
6300 Robert WILSON	Highgate Harriers
6328 James LAING	Hillingdon AC
6329 Connell METCALF	Hillingdon AC
6330 Andrew MURPHY	Hillingdon AC
6331 Jeff SHOTTON	Hillingdon AC
6332 Trevor STEEPLES	Hillingdon AC
6333 Dan THOMPSON	Hillingdon AC
6334 Alan TILLY	Hillingdon AC
6335 Paul WILLIAMS	Hillingdon AC
6407 Tom ALDRED	London Heathside
6408 Andy BARNES	London Heathside
6409 Matt BEARD	London Heathside
6410 Tsegay BERHANE	London Heathside
6411 Conor BROWN	London Heathside
6412 Scott COLLER	London Heathside
6413 Matt COLLINS	London Heathside
6414 Lee CONNOR	London Heathside
6415 Hugo COX	London Heathside
6416 Isaac EDWARDS	London Heathside
6417 Jake EVANS	London Heathside
6418 Denden FISHAYE	London Heathside
6419 Federico FORTI	London Heathside
6420 Ewan GAULT	London Heathside
6421 Edouard GILLARD	London Heathside
6422 Christopher GRACIE	London Heathside
6423 Chris HARTLEY	London Heathside
6424 Nicholas HODGES-GIBSON	London Heathside
6425 Philip HOGG	London Heathside
6426 Seyfu JAMAAL	London Heathside
6427 Mihaly JELES	London Heathside
6428 Barry KELLY	London Heathside
6429 Sion LEWIS	London Heathside
6430 Tom LIVERMORE	London Heathside
6431 Jordan MARSHALL	London Heathside
6432 Stephen MONAGHAN	London Heathside
6433 Oliver MURRAY	London Heathside
6434 Oliver NEGUS	London Heathside
6435 Pep PAMIES	London Heathside
6436 Jose SABROSO	London Heathside
6437 Kader SEYED	London Heathside
6438 Rob SHULMAN	London Heathside
6439 Glen TAYLOR	London Heathside
6440 Sotiris YIAKOUMI	London Heathside
6444 Daniel BERRY	Mornington Chasers
6445 Rory CLARK	Mornington Chasers
6446 Gary HOMEWOOD	Mornington Chasers
6447 Daniel LEWIS	Mornington Chasers

6452 Francois ALBA	Queens Park Harriers
6453 Stephen ALLISON	Queens Park Harriers
6454 Stefan ANTON	Queens Park Harriers
6455 John BROSNAN	Queens Park Harriers
6456 Ruben CARVAJAL	Queens Park Harriers
6457 Dustin DANIEL	Queens Park Harriers
6458 Anthony DOOLITTLE	Queens Park Harriers
6459 Robert DUGGLEBY	Queens Park Harriers
6460 Mark GREIG	Queens Park Harriers
6461 Andrew JACKSON	Queens Park Harriers
6462 Maciej KOLERNIAK	Queens Park Harriers
6463 Luke KRETSCHMER	Queens Park Harriers
6464 Thomas MOBBERLY	Queens Park Harriers
6465 William O'CONNOR	Queens Park Harriers
6466 Frederick PURCELL	Queens Park Harriers
6467 Maurice QUIRKE	Queens Park Harriers
6468 Sam SUTHERLAND	Queens Park Harriers
6485 Abu ASAD	Serpentine RC
6486 Nicola BESSON	Serpentine RC

Senior Men Cont

No	Name	Club
6487	Michele BOTTONE	Serpentine RC
6488	Simon CANEY	Serpentine RC
6489	Ian COOK	Serpentine RC
6490	James GILLANDERS	Serpentine RC
6491	Victor LIO	Serpentine RC
6492	Ewan MAYNARD	Serpentine RC
6493	Jonathan MOSCROP	Serpentine RC
6494	Ebrima Peter NOBLE	Serpentine RC
6495	Chris NOTTON	Serpentine RC
6496	Paul James OGDEN	Serpentine RC
6497	Jonathan POOLE	Serpentine RC
6498	Fred SMITHERS	Serpentine RC
6499	Thomas THORNTON	Serpentine RC
6534	Mark COTTLE	Shaftesbury Barnet Harriers
6535	Trevor CUMMINS	Shaftesbury Barnet Harriers
6537	David GREENSTEIN	Shaftesbury Barnet Harriers
6536	Oliver GREENSTEIN	Shaftesbury Barnet Harriers
6538	Paul LEWIS	Shaftesbury Barnet Harriers
6539	Joel PHILLIPS	Shaftesbury Barnet Harriers
6540	Robert RIGBY	Shaftesbury Barnet Harriers
6541	Jonny SHAW	Shaftesbury Barnet Harriers
6560	John FINNERTY	St Mary's Richmond AC
6598	Fahad ABDI	Thames Valley Harriers
6599	Yann BOUREMEL	Thames Valley Harriers
6600	Michael CAMERON	Thames Valley Harriers
6601	Toby CLYDE	Thames Valley Harriers
6602	Manuel DA SILVA	Thames Valley Harriers
6603	Niki FAULKNER	Thames Valley Harriers
6604	Nelson GORDON	Thames Valley Harriers
6605	Mark HUMPHRIES	Thames Valley Harriers
6606	Dan KEAM-GEORGE	Thames Valley Harriers
6607	Ryan KEANE	Thames Valley Harriers
6608	Kevin MCALEER	Thames Valley Harriers
6609	Oliver NEWTON	Thames Valley Harriers
6610	Calum NICOL	Thames Valley Harriers
6611	Christian NIELSEN	Thames Valley Harriers
6612	Simon NIXON	Thames Valley Harriers
6613	Stephen NORRIS	Thames Valley Harriers
6614	Harry REYNOLDS	Thames Valley Harriers
6615	Simon RUBENS	Thames Valley Harriers
6616	Petros SURAFEL	Thames Valley Harriers
6617	Yonnas TASEW	Thames Valley Harriers
6618	Chris TURNER	Thames Valley Harriers
6619	Shami UMASHANKAR	Thames Valley Harriers
6620	Geoff WILLIAMSON	Thames Valley Harriers
6624	Ted FRASER	The Stragglers Running Club
6625	Andy GREEN	The Stragglers Running Club
6626	Alastair HALL	The Stragglers Running Club
6627	Pavel PRZEPIORSKI	The Stragglers Running Club
6628	Martin VIVIAN	The Stragglers Running Club
6642	Brian BOWIE	Trent Park Running Club
6643	Edwin COUTTS	Trent Park Running Club
6644	Francis MANNION	Trent Park Running Club
6645	Carl REDONDO	Trent Park Running Club
6646	John ROSE	Trent Park Running Club
6647	Robert SIKORSKI	Trent Park Running Club
6648	Chas TAYLOR	Trent Park Running Club
6649	Paul WARD	Trent Park Running Club

6685 Richard BRYANT	Victoria Park Harriers and Tower Hamlets AC
6686 William BURBRIDGE-JAMES	Victoria Park Harriers and Tower Hamlets AC
6687 Greg DIVALL	Victoria Park Harriers and Tower Hamlets AC
6688 David JONES	Victoria Park Harriers and Tower Hamlets AC
6689 Keithly MUSSINGTON	Victoria Park Harriers and Tower Hamlets AC
6690 Stephen PHILLIPS	Victoria Park Harriers and Tower Hamlets AC
6691 David SHORTRIDGE	Victoria Park Harriers and Tower Hamlets AC
6692 Jason DRAKE	West 4 Harriers
6693 Ciaran GAVIN	West 4 Harriers
6694 Duncan GRASSIE	West 4 Harriers