

MIDDLESEX 10K ROAD CHAMPIONSHIPS - 2025



Finisher	Bib	First name	Last name	Cat	Club	Time
1	59	Sam	Macaulay	SM	London Heathside	00:31:44
2	214	Tom	Aldred	V45	London Heathside	00:31:55
3	57	Tsegay	Berhane	SM	London Heathside	00:32:17
4	40	Fred	Smithers	SM	Serpentine	00:32:18
5	217	James	Hurrell	V40	London Heathside	00:32:41
6	266	Will	Green	V50	Serpentine	00:32:50
7	238	Andy	Barnes	V40	London Heathside	00:32:54
8	628	Adam	Kirk-Smith	SM	Wg&El	00:33:09
9	27	Derik	Evangelista	SM	Serpentine	00:33:09
10	44	Tom	Livermore	SM	London Heathside	00:33:10
11	626	Ed	Gibson	SM	Dulwich Runners	00:33:14
12	4	Christopher	Gracie	SM	London Heathside	00:33:30
13	18	Jeremy	Yen	SM	Vph & Thac	00:33:33
14	20	Isaac	Edwards	SM	London Heathside	00:33:53
15	23	James	Haynes	SM	London Heathside	00:33:56
16	9	Daniel	Kyne	SM	Vph & Thac	00:34:01
17	55	Ciaran	Birch	SM	Vph & Thac	00:34:05
18	1	Matthew	Haynes	SM	Vph & Thac	00:34:05
19	623	Jonathan	Phillips	V40	Dulwich Runners	00:34:06
20	24	Peter	Gould	SM	London Heathside	00:34:08
21	5	Sammy	Keenan	SM	London Heathside	00:34:11
22	48	Robert	Duggleby	SM	Queens Park Harriers	00:34:19
23	22	Wayne	Morley	SM	London Heathside	00:34:21
24	37	Michael	O'Sullivan	SM	Harrow Ac	00:34:27
25	208	Craig	Norris	V40	Vph & Thac	00:34:28
26	268	Daniel	Nichols	V40	Shaftesbury Barnet H	00:34:43
27	609	Tom	Hollis	V40	Lonely Goat Rc	00:34:58
28	224	Matt	Weaver	V55	Highgate Harriers	00:35:00
29	612	Tom	Cotton	SM	Western Tempo	00:35:03
30	630	Samuel	Dames	SM	Kent Ac	00:35:09
31	218	Hugh	Torry	V45	Serpentine	00:35:11
32	7	David	Lee	SM	London Heathside	00:35:11
33	285	Edward	Samuel	V45	London Heathside	00:35:14
34	274	Ryan	Hamdy	V40	Hillingdon Ac	00:35:29
35	26	Laurens	Price-Nowak	SM	London Heathside	00:35:44
36	11	Aviv	Boonin	SM	Highgate Harriers	00:35:45
37	35	Jordan	Marshall	SM	London Heathside	00:35:52
38	558	Rebecca	Piggott	FV35	London Heathside	00:35:56
39	32	Jack	Whitebury	SM	Harrow Ac	00:36:02
40	300	Carl	Selya-Hammer	V45	Vph & Thac	00:36:04
41	64	Conaire	Kerrigan	SM	Vph & Thac	00:36:09
42	53	Peter	Otto	SM	London Heathside	00:36:15

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43	242	Angus	Beaumont	V50	Serpentine	00:36:15
44	2	Callan	Coughlan	SM	Serpentine	00:36:16
45	273	Maciej	Kolterniak	V45	Queens Park Harriers	00:36:24
46	65	Ben	Walker	SM	Vph & Thac	00:36:34
47	269	Alex	Sweet	V40	London Heathside	00:36:42
48	63	Craig	Beattie	SM	Vph & Thac	00:36:44
49	259	Chris	Thompsonstone	V40	Queens Park Harriers	00:36:55
50	52	Alexander	Carr	SM	London Heathside	00:37:13
51	61	Patrick	Mcelroy	SM	Vph & Thac	00:37:14
52	6	Mathew	Jones	SM	London Heathside	00:37:15
53	260	Jonathan	Moscrop	V50	Serpentine	00:37:15
54	422	Jade	Dos Santos	SL	Vph & Thac	00:37:30
55	247	Glenn	Hughes	V40	Serpentine	00:37:36
56	10	Tim	Kerr	SM	Highgate Harriers	00:37:41
57	408	Eliza	Bond	SL	London Heathside	00:37:45
58	420	Lydia	Briggs	SL	Vph & Thac	00:37:50
59	528	Marta	Bagnati	FV40	Serpentine	00:37:56
60	410	Anna	Rawsthorne	SL	London Heathside	00:38:00
61	215	Kwasi	Agyei-Owusu	V40	London Heathside	00:38:08
62	30	Patrick	Thomas	SM	Vph & Thac	00:38:11
63	278	Pep	Pamies	V45	London Heathside	00:38:14
64	254	Edward	De Los Rios	V50	Trent Park Rc	00:38:26
65	51	Kenny	Kwong	SM	Vph & Thac	00:38:40
66	265	Andrew	McGeary	V45	London Heathside	00:38:51
67	43	Tyler	Cameron St Luce	SM	Vph & Thac	00:38:54
68	556	Natasha	Sheel	FV35	Serpentine	00:38:58
69	42	Alfonso	Estepa Palacios	SM	London Heathside	00:39:01
70	403	Lucy	Browne	SL	London Heathside	00:39:05
71	299	Chris	Notton	V50	Serpentine	00:39:09
72	228	Philip	Hogg	V55	London Heathside	00:39:17
73	28	Robert	Hawkes	SM	Harrow Ac	00:39:36
74	213	Ruben	Carvajal	V40	Queens Park Harriers	00:39:47
75	803	Teresa	Murphy	FV45	Kent Ac	00:40:00
76	216	Stphhen	Topp	V45	London Heathside	00:40:07
77	271	Anthony	Withstandley	V50	Vph & Thac	00:40:17
78	248	Alex	Giffin	V50	Hillingdon Ac	00:40:24
79	49	Dean	Daoud	SM	Ealing Southall & Middlesex Ac	00:40:40
80	50	Jonathan	Carter	SM	London Heathside	00:40:46
81	203	Frank	Womelsdorf	V45	Serpentine	00:40:48
82	47	Oliver	Pomeroy	SM	Vph & Thac	00:40:52
83	258	Paul	Ward	V60	Trent Park Rc	00:40:53
84	219	Oliver	Murray	V55	London Heathside	00:40:54
85	607	George	Hill	U15	St Albans Ac	00:40:55
86	616	Richard	Gill	V40	East End Road Runners	00:40:57

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87	293	Guillaume	Trihan	V40	Vph & Thac	00:40:59
88	627	Nathan	Davies	V50	Str Of Croydon	00:41:01
89	245	Stephen	Monaghan	V55	London Heathside	00:41:07
90	252	Gavin	Evans	V65	London Heathside	00:41:07
91	541	Emily	Antcliffe	FV40	Harrow Ac	00:41:16
92	564	Hazel	Norton-Hale	FV40	Vph & Thac	00:41:23
93	244	Jeff	Shotton	V45	Hillingdon Ac	00:41:23
94	283	Joseph	Lowe	V55	Highgate Harriers	00:41:28
95	280	Raoul	Huysmans	V40	Serpentine	00:41:30
96	60	Francis	McCullagh	SM	Vph & Thac	00:41:36
97	633	Matt	Pointon	V45	Unattached	00:41:44
98	21	Thomas	Thornton	SM	Serpentine	00:42:13
99	600	Peter	Stephens	SM	Unattached	00:42:28
100	34	Sam	Hurley	SM	Hillingdon Ac	00:42:31
101	41	Edward	Lowe	SM	Vph & Thac	00:42:34
102	226	Marcus	Tillotson	V50	London Heathside	00:42:50
103	29	Hardik	Rathod	SM	Queens Park Harriers	00:43:09
104	546	Zoe	Birchenough	FV50	Serpentine	00:43:14
105	246	Dustin	Daniel	V45	Queens Park Harriers	00:43:14
106	565	Jennifer	Armson	FV45	Queens Park Harriers	00:43:29
107	212	Trevor	Wilson	V55	London Heathside	00:43:43
108	620	John	Laidlow	V60	Eynsford Rc	00:43:45
109	255	Mark	George	V55	London Heathside	00:43:48
110	240	Rob	Ferguson	V40	Thames Valley H	00:43:51
111	543	Annabel	Judd	FV55	London Heathside	00:43:54
112	272	Simon	Caney	V55	Serpentine	00:43:55
113	230	Andrew	Radwell	V55	Highgate Harriers	00:44:02
114	568	Fiona	English	FV35	Queens Park Harriers	00:44:04
115	56	Matthew	Ogg	SM	Vph & Thac	00:44:05
116	416	Fran	Griffin	SL	Queens Park Harriers	00:44:05
117	231	Richard	Antcliffe	V45	Unattached	00:44:07
118	537	Tanya	Addison	FV50	London Heathside	00:44:08
119	404	Martha	Murray	SL	London Heathside	00:44:26
120	277	Patrick	Thielemans	V45	Serpentine	00:44:28
121	421	Daniela	Nolan	SL	Queens Park Harriers	00:44:37
122	602	Marcus	Lloyd	V60	London Heathside	00:44:39
123	400	Ciera	Kennedy	SL	London Heathside	00:44:47
124	207	Dragan	Prlja	V55	Serpentine	00:44:51
125	202	Simon	Hardy	V60	Serpentine	00:45:02
126	286	Steve	Edwards	V55	Hillingdon Ac	00:45:02
127	412	Hattie	Barnes	SL	London Heathside	00:45:03
128	276	John	O'Shea	V60	Highgate Harriers	00:45:11
129	256	Dean	Saliba	V45	Vph & Thac	00:45:17
130	566	Sandra	Buckton	FV55	London Heathside	00:45:26
131	575	Sophie	Barnard	FV55	Queens Park Harriers	00:45:35
132	296	Peter	Reupke	V60	Queens Park Harriers	00:45:37

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133	281	Simon	Nichols	V55	London Heathside	00:45:39
134	54	Ryan	McKenna	SM	Ealing Southall & Middlesex Ac	00:45:51
135	251	Iain	Betson	V50	Hillingdon Ac	00:45:59
136	536	Victoria	Barberis Brown	FV50	Serpentine	00:46:04
137	562	Katie	Belkin	FV50	London Heathside	00:46:10
138	282	Keithly	Mussington	V65	Vph & Thac	00:46:14
139	569	Kim	Butler	FV35	London Heathside	00:46:30
140	530	Catkin	Shelley	FV60	Serpentine	00:46:40
141	624	Harsimran	Laidlow-Singh	SM	Unattached	00:46:41
142	292	Stephen	Phillips	V50	Vph & Thac	00:47:02
143	571	Alejandra	Perez Fernandez	FV40	Vph & Thac	00:47:22
144	419	Billie	Armstrong	SL	London Heathside	00:47:35
145	290	Matt	Secker	V45	Vph & Thac	00:47:39
146	613	Colin	Williams	V60	Watford Joggers	00:47:39
147	418	Annabelle	Thompson	SL	Vph & Thac	00:48:02
148	560	Minna	Harrison	FV50	Vph & Thac	00:48:05
149	406	Grace	Mckinlay	SL	Queens Park Harriers	00:48:07
150	529	Jo	Burkett	FV50	Serpentine	00:48:08
151	534	Rachel	Lovell	FV35	Vph & Thac	00:48:09
152	249	Daniel	Lewis	V45	Mornington Chasers	00:48:15
153	229	David	Shortridge	V55	Vph & Thac	00:48:19
154	211	Stephen	Pond	V45	Queens Park Harriers	00:48:27
155	544	Miry	Mayer	FV40	Vph & Thac	00:48:34
156	223	Ariya	Priyasantha	V50	Vph & Thac	00:48:37
157	577	Mya	Daaveed	FV40	Vph & Thac	00:48:40
158	629	Norbert	Van Veldhuizen	V45	Unattached	00:49:08
159	264	Tom	Seddon	V45	Queens Park Harriers	00:49:28
160	298	Jerry	Lockspeiser	V70	Serpentine	00:49:36
161	634	Arran	Kerkvliet	V45	Unattached	00:50:05
162	205	John	Fassnidge	V70	Serpentine	00:50:11
163	423	Rebecca	Richardson	SL	Vph & Thac	00:50:17
164	263	William	Simpson	V60	Serpentine	00:50:34
165	227	Sam	Campbell	V50	Enfield Chasers	00:50:42
166	225	George	Koutsoudes	V40	Enfield Chasers	00:50:43
167	608	Andrew	Hill	V55	Unattached	00:50:52
168	243	Jermoe	Boughton-Mills	V60	London Heathside	00:51:00
169	200	Mustafa	Arif	V45	Serpentine	00:51:09
170	270	Martin	Garrett	V70	Sudbury Court	00:51:15
171	236	Martin	Black	V60	Highgate Harriers	00:51:32
172	621	Jamie	Price	V45	Unattached	00:51:41
173	573	Anna	Trihan	FV40	Vph & Thac	00:51:56
174	291	Joseph	Neanor	V70	Unattached	00:52:03
175	576	Yuan	Ren	FV35	Vph & Thac	00:52:28
176	287	Philip	Voke	V70	Queens Park Harriers	00:52:32
177	551	Lucy	Birrell	FV50	Queens Park Harriers	00:52:43

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178	552	Maryam	Hulme	FV60	Queens Park Harriers	00:52:52
179	570	Emily	Jenkins	FV50	Serpentine	00:54:13
180	801	Teresa	Clark	FV50	Unattached	00:54:31
181	548	Sue	Eedle	FV65	London Heathside	00:54:44
182	417	Jenny	Gois	SL	Serpentine	00:54:48
183	805	Sarah	Buffa	FV40	Unattached	00:55:12
184	554	Marianne	Gibson	FV55	London Heathside	00:55:55
185	625	Chris	Peacock	V70	Unattached	00:56:09
186	221	William	Burbridge-James	V65	Vph & Thac	00:57:09
187	574	Nicola	Kerr	FV55	Vph & Thac	00:57:22
188	295	Mark	Doerfel	V65	Vph & Thac	00:57:49
189	622	Khawaja	Shahabuddin	V45	Kent Ac	00:57:53
190	235	Kevin	McLellan	V70	Serpentine	00:58:05
191	563	Kimberly	Pond	FV40	Queens Park Harriers	00:58:16
192	232	Gerald	Akrigg	V55	Vph & Thac	00:59:00
193	559	Monika	Kolterniak	FV45	Queens Park Harriers	00:59:04
194	275	Philippe	Greze	V50	Queens Park Harriers	00:59:39
195	610	Alun	Nash	V60	Unattached	01:00:04
196	567	Sophie	Critchlow	FV55	Vph & Thac	01:00:08
197	557	Susan	Kennedy	FV60	Queens Park Harriers	01:01:05
198	561	Sarah	Dent	FV60	Queens Park Harriers	01:01:05
199	604	Anthony	Aldred	V75	Guildford & Godalming	01:06:31
200	279	William	O'Connor	V80	Queens Park Harriers	01:17:23
201	553	Nusrah	Bi	FV45	Queens Park Harriers	01:34:20

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Middlesex Teams

Men - Overall

1	London Heathside	$1+2+3=6$
2	Serpentine	$4+5+8=17$
3	VPH&THAC	$11+14+15=40$
4	Queens Park	$19+38+42=99$
5	Highgate	$24+30+48=102$
6	Harrow	$21+32+59=112$
7	Hillingdon	$28+63+73=164$

Men - Masters - M40

1	London Heathside	$1+2+3=6$
2	VPH&THAC	$4+9+20=33$
3	Serpentine	$6+13+19=38$
4	Queens Park	$10+12+17=39$

Men - Masters - M50

1	Serpentine	$1+3+4=8$
2	London Heathside	$7+11+12=30$
3	Highgate	$2+14+19=35$
4	Hillingdon	$9+23+27=59$
5	VPH&THAC	$8+28+29=65$
6	Queens Park	$25+41+46=112$

Women - Overall

1	London Heathside	$1+3+6=10$
2	VPH&THAC	$2+4+10=16$
3	Serpentine	$5+7+11=23$
4	Queens Park	$12+14+15=41$

Women - Masters

1	Serpentine	$2+3+6=11$
2	London Heathside	$1+8+10=19$
3	Queens Park	$7+9+12=28$
4	VPH&THAC	$5+17+1=40$