

MIDDLESEX COUNTY ATHLETIC ASSOCIATION

President: Norma Grimsley, Enfield & Haringey

CROSS-COUNTRY CHAMPIONSHIPS

(Under UKA Rules: permit issued)



Hillingdon House Farm, Gatting Way, Uxbridge, UB8 1ES

SATURDAY 13th December 2025

FIRST RACE STARTS AT 11:10 AM

Organised by Hillingdon AC

INTRODUCTION FROM NORMA GRIMSLEY

"It's fantastic to see such a good number of entrants for this year's Cross-Country Championships. I look forward to supporting the event and awarding our medallists with their well-deserved medals on Saturday."

"It's coming to the end of my year's Presidency, and I would like to thank the committee for giving me this opportunity. It's wonderful to see how much talent and enthusiasm Middlesex Athletes possess. I would also like to extend my thanks to all those volunteers at Club and County level who give so much of their time to allow athletics to thrive in Middlesex."

Norma Grimsley

President,

Middlesex County Athletics Association

Timetable

11:10	Under 11 Boys Race - 2,000 Metres
11:20	Under 11 Girls Race – 2,000 Metres
11:30	Under 13 Boys Race – 3,000 Metres
11:35	Under 13 Girls Race – 3,000 Metres
11:50	Under 15 Boys Race – 4,000 Metres
12:00	Under 15 Girls Race – 4,000 Metres
12:25	Under 17 Men's Race – 6,000 Metres
12:25	Under 20 Men's Race – 6,000 Metres
12:35	Under 17 Women's Race – 6,000 Metres
12:35	Under 20 Women's Race – 6,000 Metres
12:40	Senior Women's Race – 8,000 Metres

First 4 runners to score.

In addition to the normal awards, (see below) the Corlin Trophy will be awarded to the first team that has not finished in the first three positions over the last three years, or is not the current holder of the trophy.

13:30	Senior Men's Race - 12,000 Metres
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First 6 runners to score.

In addition to the normal awards, (see below), a set of bronze medals will be awarded to the first team outside the first three teams to finish 12 runners.

Only affiliated Middlesex clubs will be eligible for team medals.

For all races other than the Seniors, the team competition shall be the first 3 runners to score. Medals will be awarded to the first 3 individuals in each age group and to the first 3 teams in each age group. Presentations will be made as soon as possible after each race.

Please check:- <https://my.raceresult.com/365746/>

The Championships will be used to assist picking the team for the:-

**CAU INTER-COUNTY CROSS-COUNTRY, WOLLATON PARK,
NOTTINGHAM, 7TH MARCH 2026**

Athletes will be contacted by the County Team Managers.

Course Maps:-

MIDDLESEX CHAMPIONSHIPS
13 DECEMBER, 2025

HILLINGDON
ATHLETIC CLUB

TIMETABLE

11:10	U11 Boys	2km	1x Blue
11:20	U11 Girls	2km	1x Blue
11:30	U13 Boys	3km	1x Yellow
11:35	U13 Girls	3km	1x Yellow
11:50	U15 Boys	4km	1x Red
12:00	U15 Girls	4km	1x Red
12:25	U17-U20 Men	6km	2x Yellow
12:35	U17-U20 Women	6km	2x Yellow
13:00	Senior Women	8km	2x Red
13:45	Senior Men	12km	3x Red

Middlesex AA Cross Country Championships

Uxbridge Hosted by Hillingdon AC December 13th 2025

Event Director: Simon Baker
Referee: Lina Ambruleviciute
Asst Referee: Martin Howard
Clerk of Course: Hillingdon AC
Chief Marshall: Malcolm French
Starters: Janet Bensley*, Ivor Wigget
Start Area: Jo Newall*, Martin Black
Finish Area: Gerald Alterman*, Bob Densley, Helen Pugh (TBC)
Timekeepers: Phil Welch*, Alan Keeler
TK Recorders: Christine Roy, Frank Adams
Judge/Recorders: Stuart Pugh*, John Husbands, Steve Treanor
Marshals: Martin Garrett and entered clubs.

(*) Chief

Chip timing is in use but for each race the first 25* finishers and their times will be recorded manually

The County would like to express it thanks to Hillingdon AC and it's officials and volunteers for hosting today's meeting.

Upcoming County Events:-

CAU Inter-County Cross Country Championships

Wollaton Park, Nottingham

7th March 2026

Team Managers will contact athletes selected to represent Middlesex

Middlesex Masters Cross Championships (with Hertfordshire)

Cassiobury Park, Watford

14th March 2026

See County Website for Entry details

Tri Counties Indoor Track and Field Championships (with Kent and Hertfordshire),

Lee Valley

21-22nd March 2026

See County Website for Entry details

Middlesex AA 5000m Championships (in conjunction with Highgate Harriers)

Parliament Hill

15th April 2026

See County Website for Entry details

Middlesex AA Track and Field Championships

Lee Valley

9-10th May 2026

Note:- the U20 and Senior 5000m races will be run at Parliament Hill on 15th April.

See County Website for Entry details

For entry details please regularly check:-

www.Middlesexaa.org.uk

UNDER 11 BOYS 11:10 am

Holder: Edward Polubryukhov (ESM)

Team: SBH

2,000 Metres approx.

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

Race Preview

This age group looks very competitive this year however Daneyal Janmohamed (SBH) with 1 NWLL win and 3 top 3 places in the Met League looks the athlete to beat. Expect strong challenges from Daniel Ross (ESM), Owen Lewis (Highgate) who has 2 NWLL 2nd places, Arthur Miller (QPH), Xander Harding (SMR) and Theo Kane (Barnet)

The team race also looks very open however with a large team Highgate look well places to end Shaftesbury's run of titles although VPH&TH the highest Middlesex team in the Met League standings will also be strong challengers.

Bib	Name	Club
4651	Harry HEWITT	Aldershot Farnham & District
4655	Cody JORDAN	Barnet & District AC
4656	Theo KANE	Barnet & District AC
4684	Ivan BIRD	Barnet Schools
4685	Marko BIRD	Barnet Schools
4686	Rafi RUBENSTEIN	Barnet Schools
4708	Jay TURNER	Ealing Eagles Running Club
4751	Arlo BUTLER	Ealing Southall & Middlesex AC
4752	Christopher DEL CAMPO-OTU	Ealing Southall & Middlesex AC
4753	Maïeul GIRARD-REYDET	Ealing Southall & Middlesex AC
4754	Archie OZOLS	Ealing Southall & Middlesex AC
4755	Daniel ROSS	Ealing Southall & Middlesex AC
4756	Zayd SHEIKH	Ealing Southall & Middlesex AC
4805	Samuel HOLLOWAY	Harrow AC
4806	Ayden THOMAS - WILLIAMS	Harrow AC
4861	Casper ALEXANDER	Highgate Harriers
4863	Fleetwood CHOPPIN	Highgate Harriers
4862	Hartley CHOPPIN	Highgate Harriers
4864	Alexander DAVISON	Highgate Harriers
4865	Orson DUQUESNE CORREA	Highgate Harriers
4866	Alexander FUZESI	Highgate Harriers
4867	Oscar KIDEL	Highgate Harriers
4868	Owen LEWIS	Highgate Harriers
4869	James MAINWOOD	Highgate Harriers
4870	Asher RAMAN	Highgate Harriers
4871	Alexander ROTHWELL	Highgate Harriers
4872	Adam SAID	Highgate Harriers
4937	Johnny CAMPBELL	Hillingdon AC
4938	Noah JONES	Hillingdon AC
4939	Mattia SCIALPI	Hillingdon AC
4940	Aiden SHAH	Hillingdon AC
4941	Alex STEPHENSON	Hillingdon AC
4942	Aleksander WEIR	Hillingdon AC
5006	Nat BUCHAN	London Heathside
5098	Angus BAIRD	Queens Park Harriers
5099	Chris CHEW	Queens Park Harriers

5100	Arthur MILLER	Queens Park Harriers
5101	Frederick PRYTHERCH STROBL	Queens Park Harriers
5144	Daniyal JANMOHAMED	Shaftesbury Barnet Harriers
5145	Wyeth PARKES	Shaftesbury Barnet Harriers
5146	Rian VARIA	Shaftesbury Barnet Harriers
5185	Xander HARDING	St Mary's Richmond AC
5186	Kit SMITH	St Mary's Richmond AC
5213	Adi KANSAGRA	Thames Valley Harriers
5214	Orlando WILTON	Thames Valley Harriers
5293	Monty HINE	Trent Park Running Club
5294	Max OSBORNE	Trent Park Running Club
5295	Niko PRODMOROU	Trent Park Running Club
5315	Gabriel ALBERTI	Victoria Park Harriers and Tower Hamlets AC
5316	Niccolo CAMPOREALE	Victoria Park Harriers and Tower Hamlets AC
5317	Edmund ENGELHARDT	Victoria Park Harriers and Tower Hamlets AC
5318	Jabir HAJI	Victoria Park Harriers and Tower Hamlets AC
5319	Reuben HAWES	Victoria Park Harriers and Tower Hamlets AC
5320	Yunas HUSSEIN	Victoria Park Harriers and Tower Hamlets AC
5321	Henning KRAUSE	Victoria Park Harriers and Tower Hamlets AC

Entries: 55

UNDER 11 GIRLS 11:20 am

Holder: Sophia Davies (TVH)

Team: Barnet & District

2,000 Metres approx.

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

Race Preview

The outstanding performer in this age group this season is Amelia Wilkes-Turpie (SBH) with 3 Met League wins as well as 2 1st places and one 2nd in the NWLL. The remaining medallists should come from a pack of girls have run well this autumn including Lily Janmohamed (SBH), Charlotte Knipe (Highgate) who has 3 top 3 finishes in the NWLL as well as Annie McManahan (Harrow), Tabitha Norris (VPH&TH) and Florence Philips (Highgate).

Given their likely strength at the front of the field it is hard to seen any other club than SBH taking the team title.

Bib	Name	Club
4652	Bronagh O'HAGAN-SMITH	Barnet & District AC
4653	Sunny SHAW FU11	Barnet & District AC
4654	Demmi SYDENHAM-WILLIAMS	Barnet & District AC
4704	Abigail BENNETT	Ealing Eagles Running Club
4705	Joanna EGERTON	Ealing Eagles Running Club
4706	Alva NISSER	Ealing Eagles Running Club
4707	Imogen TRINGALI	Ealing Eagles Running Club
4748	Alison DUARTE	Ealing Southall & Middlesex AC
4749	Lily MILANOV	Ealing Southall & Middlesex AC
4750	Eleanor MORRISON	Ealing Southall & Middlesex AC
4801	Bella BRIODY - WEST	Harrow AC
4802	Cara CROXFORD	Harrow AC
4803	Annie MCMANAMON	Harrow AC
4804	Orla THORPE	Harrow AC
4857	Abigail BRONFENTRINKER	Highgate Harriers
4858	Erin ELLIOTT- BOARDER	Highgate Harriers
4859	Florence MAILE	Highgate Harriers
4860	Florence PHILLIPS	Highgate Harriers
4931	Margot CUCHEVAL	Hillingdon AC
4932	Rafferty DEATH	Hillingdon AC
4933	Yashvi GORASIA	Hillingdon AC
4934	Rome GOSLING	Hillingdon AC
4935	Francesca MCCARTHY BELL	Hillingdon AC
4936	Bathsheba NNOKO	Hillingdon AC
5000	Freya CONSTANCE	London Heathside
5001	Eva DEAKIN	London Heathside
5002	Robin HINSON	London Heathside
5003	Lizzie PAITOO	London Heathside
5004	Esther SCHOFIELD	London Heathside
5005	Olivia ZALI	London Heathside
5140	Elsie BETTRIDGE	Shaftesbury Barnet Harriers
5141	Lily JANMOHAMED	Shaftesbury Barnet Harriers
5142	Ruby KONVISER	Shaftesbury Barnet Harriers
5143	Amelia WILKES-TURPIE	Shaftesbury Barnet Harriers
5184	Abigail SNAITH	St Mary's Richmond AC
5212	Bay ELKINS	Thames Valley Harriers

5291 Emma NELSON
5292 Kathryn NELSON
5313 Aurelia ENGELHARDT
5314 Marie KRAUSE
Entries: 41

Trent Park Running Club
Trent Park Running Club
Victoria Park Harriers and Tower Hamlets AC
Victoria Park Harriers and Tower Hamlets AC

UNDER 13 BOYS 11:30 am

Holder: Ben Kasper (SBH)

Team: SBH

3,000 Metres approx.

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

Race Preview

A number of athletes will be in contention this year. Dennys Pascal (SBH) with 2 2nd and a 3rd places is the highest Met League runner plus a 2nd place at the LYG however Luis da Silva (TVH) has a Met League and two NWLL wins this season and won the SEAA Inter-Counties XC wearing Middlesex colours. Ben Muralidhah has a NWLL win and 4 top 10 finishes with Mateo Cinesi (VPH&TH), Harrison Henderson (SBH) and Jamal Haji (VPH&TH) also having started the season well.

The team competition should be interesting with a number of potential Clubs in with a good chance while VPH&TH lead the Met League SBH and ESM are likely to be close on their heels.

Bib	Name	Club
4660	Alex MARCH	Barnet & District AC
4661	Joseph QUINBY	Barnet & District AC
4662	Asser YOSRI	Barnet & District AC
4711	Charlie CORRIS	Ealing Eagles Running Club
4712	Noah LIBORG	Ealing Eagles Running Club
4713	Oscar POOLE	Ealing Eagles Running Club
4714	Louis TURNER	Ealing Eagles Running Club
4762	Edan GROVNER	Ealing Southall & Middlesex AC
4763	Oscar HEPNER	Ealing Southall & Middlesex AC
4764	Max LACEY	Ealing Southall & Middlesex AC
4765	Euan MORTIMER	Ealing Southall & Middlesex AC
4766	Benjamin MURALIDHAR	Ealing Southall & Middlesex AC
4767	Oliver OZOLS	Ealing Southall & Middlesex AC
4768	Sidney ROCHESTER	Ealing Southall & Middlesex AC
4769	Arlo THOMPSON	Ealing Southall & Middlesex AC
4813	Ezra CARSTENS	Harrow AC
4814	Ethan HUBERT	Harrow AC
4881	Victor BIELECKI	Highgate Harriers
4882	Rupert CAREFULL	Highgate Harriers
4883	Harry COLEMAN	Highgate Harriers
4884	Alexander EDIS	Highgate Harriers
4885	Robert MAINWOOD	Highgate Harriers
4886	Arthur MEYER	Highgate Harriers
4887	Artham PAPADAKIS	Highgate Harriers
4888	Hector STEELE	Highgate Harriers
4949	Finlay KYBERT	Hillingdon AC
4950	Kacey Rico MCCALMON	Hillingdon AC
4951	Marcus SERY MU13	Hillingdon AC
5013	Khalid ABDULLAH	London Heathside
5014	Bruno FANSA	London Heathside
5015	Dylan LEWIS	London Heathside
5016	Michael SCHOFIELD	London Heathside
5103	Shayan CHATTERJEE	Queens Park Harriers
5104	Clement HERMET	Queens Park Harriers
5151	Harrison HENDERSON	Shaftesbury Barnet Harriers
5152	Dennys PASCAL	Shaftesbury Barnet Harriers

5153	Zurrell QUAYE-MURRAY	Shaftesbury Barnet Harriers
5154	Ari RUBENSTEIN	Shaftesbury Barnet Harriers
5155	Ryle SINGARAYER	Shaftesbury Barnet Harriers
5156	Ethan SLUTZKIN	Shaftesbury Barnet Harriers
5157	Lewis WARD	Shaftesbury Barnet Harriers
5158	Lucas XIE	Shaftesbury Barnet Harriers
5190	Ben GODDIN	St Mary's Richmond AC
5191	Harry GREGORY	St Mary's Richmond AC
5192	Frank HURLEY	St Mary's Richmond AC
5193	Alex ROCHESTER	St Mary's Richmond AC
5194	Seth SMITH	St Mary's Richmond AC
5219	Aleks CAMARGO SCHOLZ	Thames Valley Harriers
5220	Luis DA SILVA	Thames Valley Harriers
5221	Surya Rishi KANSAGRA	Thames Valley Harriers
5222	Colm RYAN	Thames Valley Harriers
5296	Jack DAVIES	Trent Park Running Club
5326	Zayn AHMED	Victoria Park Harriers and Tower Hamlets AC
5327	Matteo CINESI	Victoria Park Harriers and Tower Hamlets AC
5328	Herbie DIMMOCK	Victoria Park Harriers and Tower Hamlets AC
5329	Thomas GORMAN	Victoria Park Harriers and Tower Hamlets AC
5330	Jamal HAJI	Victoria Park Harriers and Tower Hamlets AC
5331	Beaujack HUDSON	Victoria Park Harriers and Tower Hamlets AC
5332	Luka WERTHERN-PILCH	Victoria Park Harriers and Tower Hamlets AC

Entries: 59

UNDER 13 GIRLS 11:35 am

Holder: Violet Muralidhar (ESM)

Team: ESM

3,000 Metres approx.

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

Race Preview

This looks like an intriguing race and the first with host club Hillingdon likely to contest for 1st place with Catronia Barclay (Hillingdon) fresh from a 2nd place in the SEAA Inter-Counties leading the Middlesex Team to gold. However, Laura Graham (SMR) with three Met League wins this season is likely to be close and finished one place ahead of her in 3rd at the LYG as did Sophia Davies (Brentwood Beagles) who headed both in 2nd place. The other girls who have started the season well and likely to contest the medals include Alice Clement (E&H), Anna Murray (Highgate) with one NWLL win, Grace Rooney (SBH), Cisse Bootman (EE) and Evie Broadfoot (VPH&TH).

The team race could go many ways with VPH&TH the leading Met League team however SBH, Hillingdon and SMR are all likely to give them a close contest.

Bib	Name	Club
4657	Lia BREMER	Barnet & District AC
4658	Mia MARCH	Barnet & District AC
4659	Stella TURBETT	Barnet & District AC
4687	Darcey SMURFITT	Belgrave Harriers
4702	Isabella DAVIES	Brentwood Beagles AC
4701	Sophia DAVIES	Brentwood Beagles AC
4709	Cissie BOOTMAN	Ealing Eagles Running Club
4710	Isabella HAYES	Ealing Eagles Running Club
4757	Anneka BUTLER	Ealing Southall & Middlesex AC
4758	Marin HAYWARD	Ealing Southall & Middlesex AC
4759	Hanna MORAWSKA	Ealing Southall & Middlesex AC
4760	Elodie NOZIERE	Ealing Southall & Middlesex AC
4761	Maya RICHARDSON	Ealing Southall & Middlesex AC
4793	Alice CLEMENTS	Enfield and Haringey A C
4807	Olivia ANTCLIFFE	Harrow AC
4808	Summer O'LEARY	Harrow AC
4809	Ottillie SLY	Harrow AC
4810	Asimina TZANIDAKI	Harrow AC
4811	Aaryana VARSANI	Harrow AC
4812	Iyla YADAV	Harrow AC
4873	Natalie BANNON	Highgate Harriers
4874	Gaia DAS-GUPTA	Highgate Harriers
4875	Scarlett DUQUESNE CORREA	Highgate Harriers
4876	Lila HRISTOU	Highgate Harriers
4877	Anna MURRAY	Highgate Harriers
4878	Holly O'SHEA	Highgate Harriers
4879	Matilda RAMAN	Highgate Harriers
4880	Olivia VANEK	Highgate Harriers
4943	Catriona BARCLAY	Hillingdon AC
4944	Niamh CUDDIHY	Hillingdon AC
4945	Anna FEAR	Hillingdon AC
4946	Rebekah FRANCIS-RENNIE	Hillingdon AC
4947	Anna KNIGHT	Hillingdon AC
4948	Alanna MCDERMOTT	Hillingdon AC

5007	Anna BAH	London Heathside
5008	Livia BELKIN	London Heathside
5009	Edith DEAKIN	London Heathside
5010	Liv MCCLURE	London Heathside
5011	Milly RATCLIFFE	London Heathside
5012	Kitty Warburton	London Heathside
5102	Isobel BALCH	Queens Park Harriers
5147	Keenyah ADELISE	Shaftesbury Barnet Harriers
5148	Sienna DARCY	Shaftesbury Barnet Harriers
5149	Ellen NEELY	Shaftesbury Barnet Harriers
5150	Grace ROONEY	Shaftesbury Barnet Harriers
5187	Violet DEARN	St Mary's Richmond AC
5188	Laura GRAHAM	St Mary's Richmond AC
5189	Imogen SNAITH	St Mary's Richmond AC
5215	Zoë ALLSOP	Thames Valley Harriers
5216	Clemintine CHAMBERS	Thames Valley Harriers
5217	Stella DAL PONT	Thames Valley Harriers
5218	Kira TAN	Thames Valley Harriers
5322	Olivia BAILEY	Victoria Park Harriers and Tower Hamlets AC
5323	Evie BROADFOOT	Victoria Park Harriers and Tower Hamlets AC
5324	Hafsa HUSSEIN	Victoria Park Harriers and Tower Hamlets AC
5325	Elsa VALORI	Victoria Park Harriers and Tower Hamlets AC

Entries: 56

UNDER 15 BOYS 11:50 am

Holder: Arjuna Pflug (Highgate)

Team: VPH&TH

4,000 Metres approx.

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

Race Preview

Another age group brimming with talent probably sees Charlie Nicolson (LH) slight favourite with 2nd place in the LYG and SEAA Inter-Counties and just winning the Inter-Boys School XC Cup title. Robin Greenwood (TP) is the leading U15 in the Met League and has 2 NWLL wins as well as 4th place at the LYG. Last year's Southern U13B Champion Filip Kounoupas Prastalo (LH) will also be looking to make an impression with a NWLL win and 5th place in the LYG. Max Lamy (VPH&TH), Aidan Wolpert (VPH&TH) and Ben Davies (TP) will all also be chasing the medal places.

Again the Team title looks open with VPH&TH, TP and LH likely medalists.

Bib	Name	Club
4668	Azat ATILGIL	Barnet & District AC
4669	Sebastian CAYER	Barnet & District AC
4670	Antoni SOSZYNSKI	Barnet & District AC
4671	Rhys STARK	Barnet & District AC
4689	Shunsei KWAN	Belgrave Harriers
4690	Alessandro PECCE	Belgrave Harriers
4716	Ryan EDWARDS	Ealing Eagles Running Club
5360	Toby JONES	Ealing Eagles Running Club
4781	Leon BOULTING	Ealing Southall & Middlesex AC
4782	Jack HAYWARD	Ealing Southall & Middlesex AC
4783	Harley HURSEY-WILLIAMS	Ealing Southall & Middlesex AC
4784	Harry MARTIN	Ealing Southall & Middlesex AC
4785	Marcus MUERS	Ealing Southall & Middlesex AC
4786	Clem POULSON	Ealing Southall & Middlesex AC
4787	Owen STUBBINS	Ealing Southall & Middlesex AC
4794	Amor ZAYANA	Enfield and Haringey A C
4822	Vivek CHOPRA	Harrow AC
4823	Eliyaan JAMAL	Harrow AC
4894	Nathan ANDERSON	Highgate Harriers
4895	Zain BROACHI	Highgate Harriers
4896	Jack COBBOLD	Highgate Harriers
4897	Bowie PAK	Highgate Harriers
4898	Alexander PETTICAN	Highgate Harriers
4899	Heath ROBIN	Highgate Harriers
4959	Alastair BURTON	Hillingdon AC
4960	Deven DUARKA	Hillingdon AC
4961	Alex FARLEY	Hillingdon AC
4962	Mason HAMDY	Hillingdon AC
4963	Jack KERR	Hillingdon AC
4964	Oscar RICHARDS	Hillingdon AC
5022	Alex KIRK	London Heathside
5023	Felip KOUNOUPAS PRASTALO	London Heathside
5024	Noah LANDAU	London Heathside
5025	James MCGUIRE	London Heathside
5026	Charlie NICOLSON	London Heathside

5162	Sam CLEMENTS	Shaftesbury Barnet Harriers
5163	Taha COCKERELL	Shaftesbury Barnet Harriers
5164	Aaron HIDALGO-HUDI	Shaftesbury Barnet Harriers
5165	Roan PARKES	Shaftesbury Barnet Harriers
5166	Edward PASCAL	Shaftesbury Barnet Harriers
5200	Josh BULLOCK	St Mary's Richmond AC
5201	Josh CAIN MU15	St Mary's Richmond AC
5202	Alfred HURLEY	St Mary's Richmond AC
5226	Zack HOPKINS	Thames Valley Harriers
5227	Maxim KHATIN	Thames Valley Harriers
5228	Elijah NIELSEN	Thames Valley Harriers
5229	Max PILBROW	Thames Valley Harriers
5357	Jasper REYNAERT	Thames Valley Harriers
5298	Kevin BAGATE	Trent Park Running Club
5299	Ben DAVIES	Trent Park Running Club
5300	Robin GREENWOOD	Trent Park Running Club
5336	Giacomo CAMPOREALE	Victoria Park Harriers and Tower Hamlets AC
5337	Hobbs DINOLT	Victoria Park Harriers and Tower Hamlets AC
5338	Dembo JAWARA SUKNA	Victoria Park Harriers and Tower Hamlets AC
5339	Max LAMY	Victoria Park Harriers and Tower Hamlets AC
5340	Hector PITKETHLY	Victoria Park Harriers and Tower Hamlets AC
5341	Leo TOGHER	Victoria Park Harriers and Tower Hamlets AC
5342	Aidan WOLPERT	Victoria Park Harriers and Tower Hamlets AC

Entries: 56

UNDER 15 Girls 12:00 pm

Holder: Jorjia March (Barnet & District)

Team: St Mary's Richmond

4,000 Metres approx.

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

Race Preview

Jagna Falkowska (TP) looks like the athlete to beat in this age group leading the Met League rankings and with 2 NWLL wins under her belt as well as 9th in the LYG. Marni Keam-George with a win in the last Met League will be thereabouts too. Isla Kane (B&D) has improved as the season has progressed with teammate Capree Cooper having a NWLL win. Carys Tomlinson (Highgate), Marie Allison (QPH) and Eilie Walsh (ESM) may be close to medals but this is an open race.

Leading the Met League Barnet & District look favourites to take the team title.

Bib	Name	Club
4663	Thea CONWAY	Barnet & District AC
4664	Capree COOPER	Barnet & District AC
4665	Isla KANE	Barnet & District AC
4666	Elfie SHAW	Barnet & District AC
4667	Victoria ZAVADSKY	Barnet & District AC
4688	Chloe MEITERN	Belgrave Harriers
4699	Sofia MOSSI	Blackheath & Bromley Harriers AC
4715	Jasmine PRITCHARD	Ealing Eagles Running Club
4770	Noa ARCHER	Ealing Southall & Middlesex AC
4771	Eve JOHNSON	Ealing Southall & Middlesex AC
772	Cleo KUMAR	Ealing Southall & Middlesex AC
4773	Edie KUMAR	Ealing Southall & Middlesex AC
4774	Isabella MATSUNAGA MICHALAKIS	Ealing Southall & Middlesex AC
4775	Violet MURALIDHAR	Ealing Southall & Middlesex AC
4776	Layla RICHARDSON	Ealing Southall & Middlesex AC
4777	Cordelia SADLER	Ealing Southall & Middlesex AC
4778	Sophia SARGEANT	Ealing Southall & Middlesex AC
4779	Maria SZYSZKO-WALLS	Ealing Southall & Middlesex ACs
4780	Emilie WALSH	Ealing Southall & Middlesex AC
4815	Ellen ANTCLIFFE	Harrow AC
4816	Soufia ATEK	Harrow AC
4817	Ella CHANDRATHEVA	Harrow AC
4819	Beth DALTON	Harrow AC
4818	Katie DALTON	Harrow AC
4820	Nilou HEATH	Harrow AC
4821	Milly SANDERS	Harrow AC
4889	Ira AGRAWAL	Highgate Harriers
4890	Alice GRANGER	Highgate Harriers
4891	Alexandra O'BRIEN	Highgate Harriers
4892	Olive O'SHEA	Highgate Harriers
4893	Carys TOMLINSON	Highgate Harriers
4952	Ganieve JUTTILA	Hillingdon AC
4953	Ada MITCHELL	Hillingdon AC
4954	Ava O'SULLIVAN	Hillingdon AC
4955	Amariah ODOGWU	Hillingdon AC
4956	Gia PATEL	Hillingdon AC
4957	Cara TRAYNOR	Hillingdon AC
4958	Keira WICKENDEN	Hillingdon AC

5017	Sara ANDERSSON-KING	London Heathside
5018	Amba COLEMAN	London Heathside
5019	Rebecca HARE	London Heathside
5020	Loren IRWIN	London Heathside
5021	Sky PARKE-ANTONIS	London Heathside
5105	Marie ALLISON	Queens Park Harriers
5106	Amelia HERMET	Queens Park Harriers
5107	Marissa MCCARRON	Queens Park Harriers
5159	Olivia ABBOTT	Shaftesbury Barnet Harriers
5160	Lucia CASALENUOVO	Shaftesbury Barnet Harriers
5161	Holly CLARKE	Shaftesbury Barnet Harriers
5195	Harriet DUMBRELL	St Mary's Richmond AC
5196	Isobel FINNERTY	St Mary's Richmond ACs
5197	Daisy GOODWIN	St Mary's Richmond AC
5198	Ellina PONKRATIEVA	St Mary's Richmond AC
5199	Lauren RICHARDSON	St Mary's Richmond AC
5223	Eugenia CALVO	Thames Valley Harriers
5224	Calista FENTON	Thames Valley Harriers
5225	Marni KEAM-GEORGE	Thames Valley Harriers
5297	Jagna FALKOWSKA	Trent Park Running Club
5333	Ana BJELANOVIC	Victoria Park Harriers and Tower Hamlets AC
5334	Alexia PEARMAN	Victoria Park Harriers and Tower Hamlets AC
5335	Shivani TURNBULL	Victoria Park Harriers and Tower Hamlets AC

Entries: 61

UNDER 17 Men 12:25 pm

Holder: Harris Austin (Highgate)

Team: Highgate Harriers

5,000 Metres approx.

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

Race Preview

This could be a cracking race with many potential winners Dylan Lewis (Hillingdon) has a Met League win and was 10th in the LYG, Dylan Mills (LH) has 3 NWLL victories. Other contenders include Sam Turner (SBH), Marcus Solomon (SMR), Khalid Hussein (VPH&TH) while Arjuna Pflug (Highgate) last year's U15 Boys champion and 4th in the LYG will be looking to add to his medal collection.

VPH&TH, SBH and Highgate will be aiming for the team prize with Belgrave's large team also in the mix..

Bib	Name	Club
4673	Joshua MCDONAGH-SANCHEZ	Barnet & District AC
4697	Alexander MELLIS	Belgrave Harriers
4703	James HENDERSON	Chiltern Harriers AC
4788	Solomon B FLEMONS	Ealing Southall & Middlesex AC
4789	Noah LEVY	Ealing Southall & Middlesex AC
4790	Mika STRIPP	Ealing Southall & Middlesex AC
4795	Jack BUSH	Enfield and Haringey A C
4828	Benedict FREARSON	Harrow AC
4827	Dominic FREARSON	Harrow AC
4829	Blake MITCHELL	Harrow AC
4830	Luca RUSSO	Harrow AC
4856	Max BARCKHAHN	Hercules Wimbledon AC
4905	Denis O'SHEA	Highgate Harriers
4906	Arjuna PFLUG	Highgate Harriers
4907	Aron SINKO URIBE	Highgate Harriers
4908	Luke TOMLINSON	Highgate Harriers
4968	Joseph HOLMS	Hillingdon AC
4969	Oskar KRAWCZYK	Hillingdon AC
4970	Barnabe LESENNE WARD	Hillingdon AC
4971	Dylan LEWIS	Hillingdon AC
4972	Luke SERY	Hillingdon AC
4973	Adam STRINIC	Hillingdon AC
5356	Lewis WAKE	Hillingdon AC
5039	Felix BENSE	London Heathside
5040	Louis CHARLWOOD	London Heathside
5041	Ennio KALOUIKIAN	London Heathside
5042	Tam MERGIA	London Heathside
5043	Dylan MILLS	London Heathside
5044	Seb RODGERS	London Heathside
5045	Louis SCARFO	London Heathside
5171	Jesse ABRAHAMS	Shaftesbury Barnet Harriers
5172	Sam DARCY	Shaftesbury Barnet Harriers
5173	Arthur PHILLIPS	Shaftesbury Barnet Harriers
5174	Pablo QUESADA-CARMONA	Shaftesbury Barnet Harriers
5175	Laddie SHAW	Shaftesbury Barnet Harriers
5176	Sam TURNER	Shaftesbury Barnet Harriers
5206	Tugra BAYAZITOGU	St Mary's Richmond AC
5207	Daniel JELFS	St Mary's Richmond AC
5208	Ewan KIEFER	St Mary's Richmond AC

5209	Stanley YOUNG	St Mary's Richmond AC
5233	Alfred CHEN	Thames Valley Harriers
5234	Harry COLLINS-SMITH	Thames Valley Harriers
5235	Adrien GAUTHIER-LEWIS	Thames Valley Harriers
5236	Kirill KHATIN	Thames Valley Harriers
5237	Damon WALKER	Thames Valley Harriers
5301	Adam FALKOWSKA	Trent Park Running Club
5302	Dylan HANKS	Trent Park Running Club
5348	Romeu DE ANTONI SOUTO	Victoria Park Harriers and Tower Hamlets AC
5349	Leonardo GALLETO	Victoria Park Harriers and Tower Hamlets AC
5350	Sachin GHARU	Victoria Park Harriers and Tower Hamlets AC
5351	Khalid HUSSEIN	Victoria Park Harriers and Tower Hamlets AC
5352	Aneirin LESSARD	Victoria Park Harriers and Tower Hamlets AC
5353	Max ROBERT-SANCHO	Victoria Park Harriers and Tower Hamlets AC

Entries: 52

UNDER 20 MEN 12:25 pm

Holder: Samuel Greenstein (SBH)

Team: Highgate Harriers

5,000 Metres approx.

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

Entries: 15

Race Preview

The smaller field of the U20's make it difficult to forecast the results.

Hillingdon and London Heathside will battle out the team competition.

Bib	Name	Club
4674	Noah CLARKE	Barnet & District AC
4909	Wiremu NICOLE	Highgate Harriers
4974	Zakariya BHATTI	Hillingdon AC
4975	Ahmad BILAL	Hillingdon AC
4976	William MIFSUD	Hillingdon AC
5046	Fred BEALE	London Heathside
5047	Greg BERESFORD SWEET	London Heathside
5048	Artie FEENY WILLINGS	London Heathside
5049	Ben RYAN	London Heathside
5050	George SAINT	London Heathside
5210	Charlie BROOK	St Mary's Richmond AC
5238	Kimi CAMARGO-SCHOLZ	Thames Valley Harriers
5239	Morris ROCK	Thames Valley Harriers
5303	Luke ROGERS	Trent Park Running Club
5354	Thom MACDONALD	Victoria Park Harriers and Tower Hamlets AC

UNDER 17 Women 12:35 pm

Holder: Ruby James (VPH&TH)

Team: VPH&TH

5,000 Metres approx.

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

Race Preview

Despite only being in her 1st year as an U17 the standout athlete this season is Sonny Allen (Highgate) who has wins in the Met League, NWLL, Inter-Counties and LYG. Other medallists are likely to come from Posie Shaw (SBH), Anabella Nichol (TVH), Naimah Mossi (B&B), and Rose Schofield (LH).

The team competition should be fiercely contested with London Heathside, VPH&TH and SBH all with strong teams.

BIB	Name	Club
4691	Honor BARCLAY	Belgrave Harriers
4692	Clementine MUIR	Belgrave Harriers
4693	Hortense PORTE	Belgrave Harriers
4694	Emilie SAUNDERS	Belgrave Harriers
4695	Isabel SHAMLIAN	Belgrave Harriers
4700	Naimah MOSSI	Blackheath & Bromley Harriers AC
4824	Grace CRISP	Harrow AC
4825	Lara RUSSO	Harrow AC
4900	Sonny ALLEN	Highgate Harriers
4901	Eloise LINDLEY	Highgate Harriers
4965	Edey KESTRELL	Hillingdon AC
4966	Emma MAGERDICHIAN	Hillingdon AC
4967	Ava WRIGHT	Hillingdon AC
5027	Lila BLUSTIN	London Heathside
5028	Rosa CORMACAIN	London Heathside
5029	Ivy GRAY	London Heathside
5030	Lettice GUNDRY	London Heathside
5031	Margot HUNT	London Heathside
5032	Amy KIRK	London Heathside
5033	Amelie RANDALL	London Heathside
5035	Mina SCHOFIELD	London Heathside
5034	Rose SCHOFIELD	London Heathside
5108	Eleanor POND	Queens Park Harriers
5167	Mahdieh ABBASSIAN	Shaftesbury Barnet Harriers
5168	Amber JACKSON	Shaftesbury Barnet Harriers
5169	Posie SHAW	Shaftesbury Barnet Harriers
5170	Georgia SUMMERS	Shaftesbury Barnet Harriers
5203	Elise BAY	St Mary's Richmond AC
5204	Esme GOULBOURN	St Mary's Richmond AC
5205	Rose WILLIAMSON	St Mary's Richmond AC
5230	Lily FERGUSON	Thames Valley Harriers
5231	Isaure LUPIANEZ	Thames Valley Harriers
5232	Arabella NICHOL	Thames Valley Harriers
5343	Sofia BUTLER-ARANGO	Victoria Park Harriers and Tower Hamlets AC
5344	Flora STRAKER-SANDHU	Victoria Park Harriers and Tower Hamlets AC

Entries: 35

UNDER 20 WOMEN 12:35 pm

Holder: Allegra Massey (TVH)

Team: Thames Valley Harriers

5,000 Metres approx.

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

Race Preview

Like the Men the limited number of athletes makes it difficult to identify potential winners however Ruby James and Lyra McDonald will feature strongly and help make VPH&TH strong favourites for the team title.

Bib	Name	Club
4672	Emma MCCLUSKEY	Barnet & District AC
4696	Ines BEERNAERT	Belgrave Harriers
4826	Sian WRIGHT	Harrow AC
4902	Leoni DELVENDAHL	Highgate Harriers
4903	Josephine LUIS	Highgate Harriers
4904	Lizzie WORTSMAN	Highgate Harriers
5036	Lucy CORKIN	London Heathside
5037	Amaya SHANKARDASS	London Heathside
5038	Alice WAITES	London Heathside
5345	Ruby JAMES	Victoria Park Harriers and Tower Hamlets AC
5346	Lyra MACDONALD	Victoria Park Harriers and Tower Hamlets AC
5347	Monika PANOUTSOU	Victoria Park Harriers and Tower Hamlets AC

Entries: 12

SENIOR WOMEN 12:40 pm

Holder: Hannah Vinner (Highgate)

Team: London Heathside

Corlin Cup:- Highgate Harriers

8,000 Metres approx.

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

Race Preview

With many of the County's top runners not taking part given the recent run of fixtures this race appears very open with the top ranked Lisa Da Silva (TVH) the highest Met League ranked athlete taking part.

The Club competition is also very open with Holders London Heathside trying to fend off the challenge of Harrow, Highgate and TVH.

Bib	Name	Club
4675	Kathryn ELLIS	Barnet & District AC
4676	Yllka ISTREFI	Barnet & District AC
4677	Jana JILKOVA	Barnet & District AC
4678	Chloe MARSHALL	Barnet & District AC
4717	Elizabeth ADAMS	Ealing Eagles Running Club
4718	Orla BOLLARD	Ealing Eagles Running Club
4719	Sophie COOK	Ealing Eagles Running Club
4720	Grainne DEVERY	Ealing Eagles Running Club
4721	Laura EGERTON	Ealing Eagles Running Club
4722	Claire ELLISON	Ealing Eagles Running Club
4723	Maria FITZGERALD	Ealing Eagles Running Club
4724	Fiona KELLEHER	Ealing Eagles Running Club
4725	Iona MAKIN	Ealing Eagles Running Club
4726	Manprit MALHOTRA	Ealing Eagles Running Club
4727	Cristiane MATSUNAGA	Ealing Eagles Running Club
4728	Carys MORGAN	Ealing Eagles Running Club
4729	Helen PUGH	Ealing Eagles Running Club
4730	Anna SHIERSON	Ealing Eagles Running Club
4731	Rachel WALLS	Ealing Eagles Running Club
4732	Jennifer WATT	Ealing Eagles Running Club
4733	Holly WILKINSON	Ealing Eagles Running Club
4791	Barbro JULIN	Ealing Southall & Middlesex AC
4792	Mariona SORROSAL	Ealing Southall & Middlesex AC
4797	Rachel DERVIS	Enfield Chasers
4798	Rachel DERVISH	Enfield Chasers
4799	Anna-Louise O'TOOLE	Enfield Chasers
4831	Emily ANTCLIFFE	Harrow AC
4832	Claudine CRISP	Harrow AC
4833	Issy JONES	Harrow AC
5355	Sofia LATHAM	Harrow AC
4834	Lesley MCARDLE	Harrow AC
4835	Eilish O'GRADY	Harrow AC
4836	Renata OLAS	Harrow AC
4837	Sarah SAUNDERS	Harrow AC
4910	Nici AUDHLAM-GARDINER	Highgate Harriers
4911	Claire CAMERON	Highgate Harriers
4912	Natasha CENDROWICZ	Highgate Harriers
4913	Louise FAHERTY	Highgate Harriers

4914	Karima HARRIS	Highgate Harriers
4915	Ellen KERR	Highgate Harriers
4916	Sabina RUSSELL	Highgate Harriers
4977	Andrea CAPERA PATINO	Hillingdon AC
4978	Ruth COSTELLO	Hillingdon AC
4979	Caroline FORD	Hillingdon AC
4980	Clara HIGGS	Hillingdon AC
4981	Freya HOLLINGSWORTH	Hillingdon AC
4982	Hannah LAING	Hillingdon AC
4983	Kirsty O'ROURKE	Hillingdon AC
4984	Catriona PATTERSON	Hillingdon AC
5051	Serena BAKER	London Heathside
5052	Kat BALDWIN	London Heathside
5053	Lucy BROWNE	London Heathside
5054	Lucy DALY	London Heathside
5055	Flavia DENT	London Heathside
5056	Molly HARRISON	London Heathside
5057	Hester HILL	London Heathside
5058	Ciera KENNEDY	London Heathside
5059	Jasmine LA GRICE	London Heathside
5060	Elena MARQUEZ	London Heathside
5061	Rebecca MARSHALL	London Heathside
5062	Rebecca WALKER	London Heathside
5063	Jackie WASTELL	London Heathside
5064	Genevieve WESTON	London Heathside
5065	Caroline WHITE	London Heathside
5066	Lily WOOLCOCK	London Heathside
5092	Rafaele LAMOUR	Mornington Chasers
5093	Fiona RUSSELL	Mornington Chasers
5109	Sarah BAILEY	Queens Park Harriers
5110	Sophie BARNARD	Queens Park Harriers
5111	Lucy BIRRELL	Queens Park Harriers
5112	Susan KENNEDY	Queens Park Harriers
5113	Alexandra PHILLIPS	Queens Park Harriers
5114	Catherine WALKER	Queens Park Harriers
5127	Sally BAMFORD	Ranelagh Harriers
5128	Rebecca BISSELL	Ranelagh Harriers
5130	Cecily DAY	Ranelagh Harriers
5129	Clare DAY	Ranelagh Harriers
5132	Camilla ALLWOOD	Serpentine RC
5133	Sarah MACKENZIE	Serpentine RC
5134	Clare Finola THOMAS	Serpentine RC
5177	Nicola PAYNE	Shaftesbury Barnet Harriers
5240	Lily BAYLEY	Thames Valley Harriers
5241	Lydia BLYTHE	Thames Valley Harriers
5242	Lisa DA SILVA	Thames Valley Harriers
5243	Zenia GORDON	Thames Valley Harriers
5244	Rosie GREGORY	Thames Valley Harriers
5245	Fran LOU	Thames Valley Harriers
5246	Joanna MOBED	Thames Valley Harriers
5247	Christine MUNDEN	Thames Valley Harriers
5248	Lara STERRITT	Thames Valley Harriers
5249	Tara WALKER	Thames Valley Harriers
5280	Sophie BIGGS	The Stragglers Running Club
5281	Nic DOUGLAS	The Stragglers Running Club
5282	Chrissie GLEW	The Stragglers Running Club
5283	Julie HAWORTH	The Stragglers Running Club
5284	Tracey LENTHALL	The Stragglers Running Club

5304	Beata FALKOWSKA	Trent Park Running Club
5305	Theodosia GREEN	Trent Park Running Club
5306	Anja GREENWOOD	Trent Park Running Club
5307	Anna SIKORSKA	Trent Park Running Club

Entries: 99

SENIOR MEN 1:30 pm

Holder: Terry Fawden (Highgate)

Team: Thames Valley Harriers

12 to Score:- Queen Park Harriers

12,000 Metres approx.

Medals to first 3 Individuals and first 3 teams (6 to score)

Race Preview

Of the entered runners Alex Lepretre (Highgate) has a strong XC pedigree while Niki Faulkner (TVH) is the highest ranked Met League runner. Current champion Terry Fawden will also be seeking to retain his title.

The Team competition should be highly competitive with big entries from Highgate and TVH likely to secure the top two places.

Bib	Name	Club
4679	Willam COOPER	Barnet & District AC
4680	Nehal LAVEY-KHAN	Barnet & District AC
4681	Alex SHUKER	Barnet & District AC
4682	Chris VIOLET	Barnet & District AC
4683	Boon WU	Barnet & District AC
4698	Ben HURLEY	Belgrave Harriers
4734	Thomas BOOTMAN	Ealing Eagles Running Club
4735	Jonny BRAMLEY	Ealing Eagles Running Club
4736	Toby BRYANT	Ealing Eagles Running Club
4737	Jack DAVEY	Ealing Eagles Running Club
4738	Nick DAVIES	Ealing Eagles Running Club
4739	Paul DUFFY	Ealing Eagles Running Club
4740	Thomas EGERTON	Ealing Eagles Running Club
4741	Craig FERGUSON	Ealing Eagles Running Club
4742	John FOXALL	Ealing Eagles Running Club
4743	Nils-Kristian LIBORG	Ealing Eagles Running Club
4744	Jose Manuel PABON	Ealing Eagles Running Club
4745	Ed SAMUEL	Ealing Eagles Running Club
4746	Joseph WILLIAMS	Ealing Eagles Running Club
4747	Ravi WOODS	Ealing Eagles Running Club
4796	Semi MOKENEN	Enfield and Haringey AC
4800	Andy BROCKWELL	Enfield Chasers
4838	Richard ANTCLIFFE	Harrow AC
4839	John BIGNALL	Harrow AC
4840	Peter BUTLER	Harrow AC
4841	Jabbil CHIBWANA	Harrow AC
4842	Jim COOPER	Harrow AC
4843	Mike CRISP	Harrow AC
4844	Chris DAVIES	Harrow AC
4845	Dan DRAPER	Harrow AC
4846	Chris FINILL	Harrow AC
4847	Rob HAWKES	Harrow AC
4848	Tejas HIRANI	Harrow AC
4849	Chris HUDSON	Harrow AC
4850	Nick JONES	Harrow AC
4851	Luca MATHARU	Harrow AC
4852	Sam MCCUTCHEON	Harrow AC
4853	Simon SLY	Harrow AC
4854	Declan TRAYNOR	Harrow AC

4855	Jack NISBET	Hayes & Harlington Road Runners	5097	Daniel LEWIS	Mornington Chasers
4917	Chris BAILEY	Highgate Harriers	5115	Stephen ALLISON	Queens Park Harriers
4918	Chris BEECHAM	Highgate Harriers	5116	John BROSNAN	Queens Park Harriers
4919	Duncan BURBIDGE	Highgate Harriers	5117	Ruben CARVAJAL	Queens Park Harriers
4920	Alex DAVIDSON	Highgate Harriers	5118	Saikat CHATTERJEE	Queens Park Harriers
4921	Darryl DAVISON	Highgate Harriers	5119	Dustin DANIEL	Queens Park Harriers
4922	Terry FAWDEN	Highgate Harriers	5120	Angus DOWIE	Queens Park Harriers
4923	Prasoon JAISWAL	Highgate Harriers	5121	Phillipe GREZE	Queens Park Harriers
4924	Adam LENNOX	Highgate Harriers	5122	Maciej KOLTERNIAK	Queens Park Harriers
4925	Alexander LEPRETRE	Highgate Harriers	5123	Nicholas LE BEULZE	Queens Park Harriers
4926	Joseph LOWE	Highgate Harriers	5124	Andrew MCCARRON	Queens Park Harriers
4927	Jack MCVANN	Highgate Harriers	5125	Steve POND	Queens Park Harriers
4928	Andrew RADWELL	Highgate Harriers	5126	Peter REUPKE	Queens Park Harriers
4929	James ROSSITER	Highgate Harriers	5131	Joe KILLIP	Ranelagh Harriers
4930	Richard STEWART	Highgate Harriers	5135	Edoardo BARBIERI	Serpentine RC
4985	Neil CLARK	Hillingdon AC	5136	Gabriel HOPKINS	Serpentine RC
4986	Scott FARLEY	Hillingdon AC	5137	Ebrima Peter NOBLE	Serpentine RC
4987	Guy GREEN	Hillingdon AC	5138	Chris NOTTON	Serpentine RC
4988	Neil KIRKHAM	Hillingdon AC	5139	Jonathan POOLE	Serpentine RC
4989	James LAING	Hillingdon AC	5178	Dylan EVANS	Shaftesbury Barnet Harriers
4990	Chris MARCHLAND	Hillingdon AC	5179	Joshua FISHER	Shaftesbury Barnet Harriers
4991	Kirk O'ROURKE	Hillingdon AC	5181	Daniel GREENSTEIN	Shaftesbury Barnet Harriers
4992	Deepak PANDIYARAJAN	Hillingdon AC	5180	David GREENSTEIN	Shaftesbury Barnet Harriers
4993	Simon PERKS	Hillingdon AC	5182	Robert RIGBY	Shaftesbury Barnet Harriers
4994	Dominic SPEIGHT	Hillingdon AC	5183	Jonny SHAW	Shaftesbury Barnet Harriers
4995	Trevor STEEPLES	Hillingdon AC	5211	John FINNERTY	St Mary's Richmond AC
4996	Daniel THOMPSON	Hillingdon AC	5250	Tom BAYLEY	Thames Valley Harriers
4997	Rob THOMPSON	Hillingdon AC	5251	Richard BELL	Thames Valley Harriers
4998	Alan TILLY	Hillingdon AC	5252	Rory BRADFORD	Thames Valley Harriers
4999	Paul WILLIAMS	Hillingdon AC	5253	Michael CAMERON	Thames Valley Harriers
5067	Thomas ARCHER	London Heathside	5254	Hugo CAYSSIALS	Thames Valley Harriers
5068	Matt BEARD	London Heathside	5255	Serdar CETIN	Thames Valley Harriers
5069	Tsegay BERHANE	London Heathside	5256	Edwin CHAN	Thames Valley Harriers
5070	Alexander CARR	London Heathside	5257	Manuel DA SILVA	Thames Valley Harriers
5071	Jonathan CARTER	London Heathside	5258	Niki FAULKNER	Thames Valley Harriers
5072	Lee CONNOR	London Heathside	5259	Ben GALE	Thames Valley Harriers
5073	Etienne DARIES	London Heathside	5260	Nelson GORDON	Thames Valley Harriers
5074	Jake EVANS	London Heathside	5261	Robert GREGORY	Thames Valley Harriers
5075	Denden FISHAYE	London Heathside	5262	Mark HUMPHRIES	Thames Valley Harriers
5076	Ewan GAULT	London Heathside	5263	Neil JAMIESON	Thames Valley Harriers
5077	Peter GOULD	London Heathside	5264	Shayan KHAN	Thames Valley Harriers
5078	Christopher GREENWOOD	London Heathside	5265	Szymon KUBICA	Thames Valley Harriers
5079	James HAYNES	London Heathside	5266	Gordon LOW	Thames Valley Harriers
5080	Robert HICKMAN	London Heathside	5267	Kevin MCALEER	Thames Valley Harriers
5081	Philip HOGG	London Heathside	5268	Jack MCKENNA	Thames Valley Harriers
5082	Seyfu JAMAAL	London Heathside	5269	James MILLETT	Thames Valley Harriers
5083	Oliver NEGUS	London Heathside	5270	Mathieu MOLE-MANONCOURT	Thames Valley Harriers
5084	Zac NICHOLSON	London Heathside	5271	Oliver NEWTON	Thames Valley Harriers
5085	Oliver O'CONNOR	London Heathside	5272	Christian NIELSEN	Thames Valley Harriers
5086	Leo PEMBERTON	London Heathside	5273	Harry REYNOLDS	Thames Valley Harriers
5087	Martin POTTER	London Heathside	5274	Simon RUBENS	Thames Valley Harriers
5088	Laurens PRICE-NOWAK	London Heathside	5275	Jabir TAHORI	Thames Valley Harriers
5089	Francisco SANCHEZ	London Heathside	5276	Chris TURNER	Thames Valley Harriers
5090	Kader SEYED	London Heathside	5277	Shami UMASHANKAR	Thames Valley Harriers
5091	Glen TAYLOR	London Heathside	5278	Geoff WILLIAMSON	Thames Valley Harriers
5094	Daniel BERRY	Mornington Chasers	5279	Shengjun YU	Thames Valley Harriers
5095	Rory CLARK	Mornington Chasers	5285	Simon BRAZIL	The Stragglers Running Club
5096	Gary HOMEWOOD	Mornington Chasers	5286	Ted FRASER	The Stragglers Running Club

5287	Andy GREEN	The Stragglers Running Club
5288	Pete GREGOROWSKI	The Stragglers Running Club
5289	Ed RANDALL	The Stragglers Running Club
5290	Philip SCARD	The Stragglers Running Club
5308	Richard ALLEN	Trent Park Running Club
5309	Paul BRENNAN	Trent Park Running Club
5310	Eamonn CULLEN	Trent Park Running Club
5311	Carl REDONDO	Trent Park Running Club
5312	Paul WARD	Trent Park Running Club

Entries: 164