

Middlesex Cross Country Championships 2025/26

U/11 Girls (2,000m)

1	5143	Amelia WILKES-TURPIE	FU11	Shaftesbury Barnet Harriers	08:12
2	4860	Florence PHILLIPS	FU11	Highgate Harriers	08:24
3	5212	Bay ELKINS	FU11	Thames Valley Harriers	08:26
4	5141	Lily JANMOHAMED	FU11	Shaftesbury Barnet Harriers	08:27
5	5292	Kathryn NELSON	FU11	Trent Park Running Club	08:27
6	4704	Abigail BENNETT	FU11	Ealing Eagles Running Club	08:33
7	4804	Orla THORPE	FU11	Harrow AC	08:36
8	4652	Bronagh O'HAGAN-SMITH	FU11	Barnet & District AC	08:42
9	4803	Annie MCMANAMON	FU11	Harrow AC	08:47
10	4750	Eleanor MORRISON	FU11	Ealing Southall & Middlesex AC	08:53
11	5313	Aurelia ENGELHARDT	FU11	VPH&TH AC	08:56
12	4653	Sunny SHAW	FU11	Barnet & District AC	09:03
13	5003	Lizzie PAITOO	FU11	London Heathside	09:07
14	5001	Eva DEAKIN	FU11	London Heathside	09:08
15	5142	Ruby KONVISER	FU11	Shaftesbury Barnet Harriers	09:09
16	4932	Rafferty DEATH	FU11	Hillingdon AC	09:10
17	4801	Bella BRIODY - WEST	FU11	Harrow AC	09:17
18	4706	Alva NISSER	FU11	Ealing Eagles Running Club	09:22
19	4654	Demmi SYDENHAM-WILLIAMS	FU11	Barnet & District AC	09:23
20	4707	Imogen TRINGALI	FU11	Ealing Eagles Running Club	09:24
21	5140	Elsie BETTRIDGE	FU11	Shaftesbury Barnet Harriers	09:25
22	4936	Bathsheba NNOKO	FU11	Hillingdon AC	09:27
23	5002	Robin HINSON	FU11	London Heathside	09:31
24	4934	Rome GOSLING	FU11	Hillingdon AC	09:44
25	5005	Olivia ZALI	FU11	London Heathside	09:58
26	5184	Abigail SNAITH	FU11	St Mary's Richmond AC	10:01
27	5004	Esther SCHOFIELD	FU11	London Heathside	10:03
28	4859	Florence MAILE	FU11	Highgate Harriers	10:18
29	4858	Erin ELLIOTT- BOARDER	FU11	Highgate Harriers	10:19
30	4748	Alison DUARTE	FU11	Ealing Southall & Middlesex AC	10:27
31	4935	Francesca MCCARTHY BELL	FU11	Hillingdon AC	10:52
32	4705	Joanna EGERTON	FU11	Ealing Eagles Running Club	10:55
33	4931	Margot CUCHEVAL	FU11	Hillingdon AC	10:59
34	4802	Cara CROXFORD	FU11	Harrow AC	13:21

Team:-

1st Shaftesbury Barnet Harriers (1,4,15) 20 pts

2nd Harrow AC (7,9,17) 33 pts

3rd Barnet & District AC (8,12,19) 39 pts

4th Ealing Eagles Running Club (6,18,20) 44 pts

5th London Heathside (13,14,23) 50 pts

6th Highgate Harriers (2,28,29) 59 pts

7th Hillingdon (16,22,24) 62 pts

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U/11 Boys (2,000m)

1	5101	Frederick PRYTHERCH STROBL	MU11	Queens Park Harriers	07:28
2	5144	Daniyal JANMOHAMED	MU11	Shaftesbury Barnet Harriers	07:32
3	4868	Owen LEWIS	MU11	Highgate Harriers	07:42
4	4651	Harry HEWITT	MU11	Aldershot Farnham & District	07:47
5	5185	Xander HARDING	MU11	St Mary's Richmond AC	07:59
6	4871	Alexander ROTHWELL	MU11	Highgate Harriers	08:01
7	5006	Nat BUCHAN	MU11	London Heathside	08:04
8	5146	Rian VARIA	MU11	Shaftesbury Barnet Harriers	08:05
9	4755	Daniel ROSS	MU11	Ealing Southall & Middlesex AC	08:08
10	5213	Adi KANSAGRA	MU11	Thames Valley Harriers	08:08
11	4753	Maïeul GIRARD-REYDET	MU11	Ealing Southall & Middlesex AC	08:08
12	5100	Arthur MILLER	MU11	Queens Park Harriers	08:15
13	4937	Johnny CAMPBELL	MU11	Hillingdon AC	08:16
14	5098	Angus BAIRD	MU11	Queens Park Harriers	08:17
15	4942	Aleksander WEIR	MU11	Hillingdon AC	08:18
16	4939	Mattia SCIALPI	MU11	Hillingdon AC	08:21
17	4756	Zayd SHEIKH	MU11	Ealing Southall & Middlesex AC	08:24
18	4655	Cody JORDAN	MU11	Barnet & District AC	08:27
19	4752	Christopher DEL CAMPO-OTU	MU11	Ealing Southall & Middlesex AC	08:27
20	5319	Reuben HAWES	MU11	VPH and TH AC	08:28
21	4862	Hartley CHOPPIN	MU11	Highgate Harriers	08:47
22	5315	Gabriel ALBERTI	MU11	VPH and TH AC	08:48
23	4869	James MAINWOOD	MU11	Highgate Harriers	08:49
24	5317	Edmund ENGELHARDT	MU11	VPH and TH AC	08:51
25	5186	Kit SMITH	MU11	St Mary's Richmond AC	08:51
26	5145	Wyeth PARKES	MU11	Shaftesbury Barnet Harriers	08:52
27	4866	Alexander FUZESI	MU11	Highgate Harriers	08:52
28	4872	Adam SAID	MU11	Highgate Harriers	09:01
29	4754	Archie OZOLS	MU11	Ealing Southall & Middlesex AC	09:08
30	4867	Oscar KIDEL	MU11	Highgate Harriers	09:08
31	5295	Niko PRODMOROU	MU11	Trent Park Running Club	09:09
32	4863	Fleetwood CHOPPIN	MU11	Highgate Harriers	09:10
33	4865	Orson DUQUESNE CORREA	MU11	Highgate Harriers	09:10
34	5214	Orlando WILTON	MU11	Thames Valley Harriers	09:13
35	5294	Max OSBORNE	MU11	Trent Park Running Club	09:33
36	5293	Monty HINE	MU11	Trent Park Running Club	09:35
37	4870	Asher RAMAN	MU11	Highgate Harriers	09:38
38	4940	Aiden SHAH	MU11	Hillingdon AC	09:38
39	5316	Niccolo CAMPOREALE	MU11	VPH and TH AC	09:41
40	5099	Chris CHEW	MU11	Queens Park Harriers	09:42
41	5318	Jabir HAJI	MU11	VPH and TH AC	09:53
42	5320	Yunas HUSSEIN	MU11	VPH and TH AC	10:03
43	4805	Samuel HOLLOWAY	MU11	Harrow AC	10:06

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Team:-

1st Queens Park Harriers (1,12,14) 27 pts

2nd Highgate Harriers (3,6,21) 30 pts

3rd Shaftesbury Barnet Harriers (2,8,26) 36 pts

4th Ealing Southall & Middlesex (9,11,17) 37 pts

5th Hillingdon AC (13,15,16) 44 pts

6th VPH and TH AC (20,22, 24) 66 pts

7th Trent Park Running Club (31,35,36) 102 pts

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U/13 Girls (3,000m)

1	4701	Sophia DAVIES	FU13	Brentwood Beagles AC	11:52
2	5323	Evie BROADFOOT	FU13	VPH and TH AC	12:12
3	4793	Alice CLEMENTS	FU13	Enfield and Haringey A C	12:14
4	5150	Grace ROONEY	FU13	Shaftesbury Barnet Harriers	12:40
5	4709	Cissie BOOTMAN	FU13	Ealing Eagles Running Club	12:42
6	5325	Elsa VALORI	FU13	VPH and TH AC	12:48
7	5322	Olivia BAILEY	FU13	VPH and TH AC	12:53
8	4945	Anna FEAR	FU13	Hillingdon AC	12:54
9	4947	Anna KNIGHT	FU13	Hillingdon AC	13:07
10	5009	Edith DEAKIN	FU13	London Heathside	13:10
11	4658	Mia MARCH	FU13	Barnet & District AC	13:19
12	5148	Sienna DARCY	FU13	Shaftesbury Barnet Harriers	13:20
13	4808	Summer O'LEARY	FU13	Harrow AC	13:22
14	4810	Asimina TZANIDAKI	FU13	Harrow AC	13:22
15	5187	Violet DEARN	FU13	St Mary's Richmond AC	13:25
16	5147	Keenyah ADELISE	FU13	Shaftesbury Barnet Harriers	13:27
17	4702	Isabella DAVIES	FU13	Brentwood Beagles AC	13:32
18	4944	Niamh CUDDIHY	FU13	Hillingdon AC	13:37
19	5217	Stella DAL PONT	FU13	Thames Valley Harriers	13:40
20	5007	Anna BAH	FU13	London Heathside	13:48
21	5216	Clemintine CHAMBERS	FU13	Thames Valley Harriers	13:50
22	5149	Ellen NEELY	FU13	Shaftesbury Barnet Harriers	13:50
23	5012	Kitty Warburton	FU13	London Heathside	13:57
24	4948	Alanna MCDERMOTT	FU13	Hillingdon AC	13:59
25	4710	Isabella HAYES	FU13	Ealing Eagles Running Club	14:05
26	4809	Otilie SLY	FU13	Harrow AC	14:11
27	4873	Natalie BANNON	FU13	Highgate Harriers	14:11
28	5010	Liv MCCLURE	FU13	London Heathside	14:14
29	4878	Holly O'SHEA	FU13	Highgate Harriers	14:18
30	4874	Gaia DAS-GUPTA	FU13	Highgate Harriers	14:19
31	4876	Lila HRISTOU	FU13	Highgate Harriers	14:22
32	5189	Imogen SNAITH	FU13	St Mary's Richmond AC	14:29
33	4879	Matilda RAMAN	FU13	Highgate Harriers	14:30
34	4812	Iyla YADAV	FU13	Harrow AC	14:33
35	4880	Olivia VANEK	FU13	Highgate Harriers	14:36
36	4811	Aaryana VARSANI	FU13	Harrow AC	14:41
37	5102	Isobel BALCH	FU13	Queens Park Harriers	15:10
38	4946	Rebekah FRANCIS-RENNIE	FU13	Hillingdon AC	15:16
39	4759	Hanna MORAWSKA	FU13	Ealing Southall & Middlesex AC	15:25
40	4657	Lia BREMER	FU13	Barnet & District AC	16:05
41	4807	Olivia ANTCLIFFE	FU13	Harrow AC	20:03
42	4760	Elodie NOZIERE	FU13	Ealing Southall & Middlesex AC	20:03

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Team:-

1st VPH and TH AC (2,6,7) 15 pts

2nd Shaftesbury Barnet Harriers (4,12,14) 32 pts

3rd Hillingdon AC (8,9,18) 35 pts

4th London Heathside (10,20,23) 53 pts

5th Harrow (13,14,26) 53 pts

6th Highgate Harriers (27,29,30) 86 pts

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U/13 Boys (3,000m)

1	5220	Luis DA SILVA	MU13	Thames Valley Harriers	10:54
2	5152	Dennys PASCAL	MU13	Shaftesbury Barnet Harriers	10:55
3	5151	Harrison HENDERSON	MU13	Shaftesbury Barnet Harriers	10:57
4	5327	Matteo CINESI	MU13	VPH and TH AC	11:03
5	5157	Lewis WARD	MU13	Shaftesbury Barnet Harriers	11:04
6	5221	Surya Rishi KANSAGRA	MU13	Thames Valley Harriers	11:06
7	4766	Benjamin MURALIDHAR	MU13	Ealing Southall & Middlesex AC	11:28
8	5330	Jamal HAJI	MU13	VPH and TH AC	11:35
9	5359	Joseph KALMAN-FRASCA	MU13	Ealing Eagles Running Club	11:38
10	4768	Sidney ROCHESTER	MU13	Ealing Southall & Middlesex AC	11:44
11	5296	Jack DAVIES	MU13	Trent Park Running Club	12:10
12	5153	Zurrell QUAYE-MURRAY	MU13	Shaftesbury Barnet Harriers	12:14
13	5016	Michael SCHOFIELD	MU13	London Heathside	12:18
14	4885	Robert MAINWOOD	MU13	Highgate Harriers	12:21
15	4714	Louis TURNER	MU13	Ealing Eagles Running Club	12:22
16	5328	Herbie DIMMOCK	MU13	VPH and TH AC	12:29
17	5329	Thomas GORMAN	MU13	VPH and TH AC	12:31
18	4951	Marcus SERY	MU13	Hillingdon AC	12:32
19	4769	Arlo THOMPSON	MU13	Ealing Southall & Middlesex AC	12:33
20	5192	Frank HURLEY	MU13	St Mary's Richmond AC	12:37
21	4884	Alexander EDIS	MU13	Highgate Harriers	12:40
22	5155	Ryle SINGARAYER	MU13	Shaftesbury Barnet Harriers	12:43
23	5193	Alex ROCHESTER	MU13	St Mary's Richmond AC	12:49
24	4883	Harry COLEMAN	MU13	Highgate Harriers	12:54
25	4765	Euan MORTIMER	MU13	Ealing Southall & Middlesex AC	12:55
26	5014	Bruno FANSA	MU13	London Heathside	12:55
27	4882	Rupert CAREFULL	MU13	Highgate Harriers	13:01
28	4711	Charlie CORRIS	MU13	Ealing Eagles Running Club	13:06
29	4949	Finlay KYBERT	MU13	Hillingdon AC	13:07
30	4764	Max LACEY	MU13	Ealing Southall & Middlesex AC	13:08
31	5219	Aleks CAMARGO SCHOLZ	MU13	Thames Valley Harriers	13:09
32	5015	Dylan LEWIS	MU13	London Heathside	13:28
33	4712	Noah LIBORG	MU13	Ealing Eagles Running Club	13:31
34	4886	Arthur MEYER	MU13	Highgate Harriers	13:33
35	4763	Oscar HEPNER	MU13	Ealing Southall & Middlesex AC	13:36
36	4950	Kacey Rico MCCALMON	MU13	Hillingdon AC	13:40
37	5190	Ben GODDIN	MU13	St Mary's Richmond AC	13:40
38	5358	Lucas REYNAERT	MU13	Thames Valley Harriers	13:44
39	4713	Oscar POOLE	MU13	Ealing Eagles Running Club	14:26
40	5191	Harry GREGORY	MU13	St Mary's Richmond AC	14:43
41	5222	Colm RYAN	MU13	Thames Valley Harriers	14:49
42	4762	Edan GROVNER	MU13	Ealing Southall & Middlesex AC	14:52
43	5104	Clement HERMET	MU13	Queens Park Harriers	14:55
44	4661	Joseph QUINBY	MU13	Barnet & District AC	15:35
45	5103	Shayan CHATTERJEE	MU13	Queens Park Harriers	15:40

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46 5013 Khalid ABDULLAH MU13 London Heathside 16:50

Team:-

1st Shaftesbury Barnet Harriers (2,3,5) 10 pts

2nd VPH and TH AC (4,8,16) 28 pts

3rd Ealing Southall & Middlesex (7,10,19) 36 pts

4th Thames Valley Harriers (1,6,31) 38 pts

5th Ealing Eagles Running Club (9,15,28) 52 pts

6th London Heathside (13,26,32) 71 pts

7th Highgate Harriers (21,24,27) 72 pts

8th St Mary's Richmond (20,23,37) 80 pts.

9th Hillingdon AC (18,29,36) 83 pts

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U/15 Girls (4,000m)

1	5297	Jagna FALKOWSKA	FU15	Trent Park Running Club	15:51
2	4775	Violet MURALIDHAR	FU15	Ealing Southall & Middlesex AC	15:53
3	5198	Ellina PONKRATIEVA	FU15	St Mary's Richmond AC	16:08
4	5225	Marni KEAM-GEORGE	FU15	Thames Valley Harriers	16:13
5	4699	Sofia MOSSI	FU15	Blackheath & Bromley Harriers	16:14
6	4780	Emilie WALSH	FU15	Ealing Southall & Middlesex AC	16:17
7	4779	Maria SZYSZKO-WALLS	FU15	Ealing Southall & Middlesex AC	16:19
8	4665	Isla KANE	FU15	Barnet & District AC	16:25
9	4663	Thea CONWAY	FU15	Barnet & District AC	16:33
10	5196	Isobel FINNERTY	FU15	St Mary's Richmond AC	16:42
11	5105	Marie ALLISON	FU15	Queens Park Harriers	16:46
12	4774	Isabella MATSUNAGA MICHALAKIS	FU15	Ealing Southall & Middlesex AC	16:51
13	4817	Ella CHANDRATHEVA	FU15	Harrow AC	16:57
14	4893	Carys TOMLINSON	FU15	Highgate Harriers	17:00
15	4890	Alice GRANGER	FU15	Highgate Harriers	17:03
16	4891	Alexandra O'BRIEN	FU15	Highgate Harriers	17:11
17	4892	Olive O'SHEA	FU15	Highgate Harriers	17:15
18	4820	Nilou HEATH	FU15	Harrow AC	17:16
19	4666	Elfie SHAW	FU15	Barnet & District AC	17:21
20	5334	Alexia PEARMAN	FU15	VPH and TH AC	17:22
21	4667	Victoria ZAVADSKY	FU15	Barnet & District AC	17:24
22	4816	Soufia ATEK	FU15	Harrow AC	17:29
23	5159	Olivia ABBOTT	FU15	Shaftesbury Barnet Harriers	17:30
24	5160	Lucia CASALENUOVO	FU15	Shaftesbury Barnet Harriers	17:33
25	4818	Katie DALTON	FU15	Harrow AC	17:36
26	5199	Lauren RICHARDSON	FU15	St Mary's Richmond AC	17:37
27	5021	Sky PARKE-ANTONIS	FU15	London Heathside	17:42
28	4956	Gia PATEL	FU15	Hillingdon AC	17:45
29	4688	Chloe MEITERN	FU15	Belgrave Harriers	17:48
30	5224	Calista FENTON	FU15	Thames Valley Harriers	17:51
31	4815	Ellen ANTCLIFFE	FU15	Harrow AC	17:57
32	4772	Cleo KUMAR	FU15	Ealing Southall & Middlesex AC	18:02
33	5197	Daisy GOODWIN	FU15	St Mary's Richmond AC	18:03
34	5020	Loren IRWIN	FU15	London Heathside	18:08
35	5019	Rebecca HARE	FU15	London Heathside	18:17
36	5107	Marissa MCCARRON	FU15	Queens Park Harriers	18:23
37	4954	Ava O'SULLIVAN	FU15	Hillingdon AC	18:27
38	4958	Keira WICKENDEN	FU15	Hillingdon AC	18:29
39	4664	Capree COOPER	FU15	Barnet & District AC	18:31
40	4773	Edie KUMAR	FU15	Ealing Southall & Middlesex AC	18:31
41	5223	Eugenia CALVO	FU15	Thames Valley Harriers	18:32
42	4889	Ira AGRAWAL	FU15	Highgate Harriers	18:33
43	5017	Sara ANDERSSON-KING	FU15	London Heathside	18:52
44	4953	Ada MITCHELL	FU15	Hillingdon AC	19:22
45	5335	Shivani TURNBULL	FU15	VPH and TH AC	19:31
46	4770	Noa ARCHER	FU15	Ealing Southall & Middlesex AC	19:36
47	4955	Amariah ODOGWU	FU15	Hillingdon AC	19:37

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48	5333	Ana BJELANOVIC	FU15	VPH and TH AC	19:56
49	5106	Amelia HERMET	FU15	Queens Park Harriers	20:25
50	5018	Amba COLEMAN	FU15	London Heathside	23:12

Team:-

1st Ealing Southall & Middlesex AC (2,6,7) 15 pts

2nd Barnet & District AC (8,9,19) 36 pts

3rd St Mary's Richmond (3,10,26) 39 pts

4th Highgate Harriers (14,15,16) 45 pts

5th Harrow AC (13,18,22) 53 pts

6th Thames Valley Harriers (4,30,41) 75 pts

7th Queens Park Harriers (11,36,49) 96 pts

8th London Heathside (27,34,35) 96 pts

9th Hillingdon AC (28,37,38) 103 pts

10th VPH and TH AC (20,45,48) 113 pts

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U/15 Boys (4,000m)

1	5339	Max LAMY	MU15	VPH and TH AC	13:14
2	5300	Robin GREENWOOD	MU15	Trent Park Running Club	13:18
3	5023	Felip KOUNOUPAS PRASTALO	MU15	London Heathside	13:37
4	5342	Aidan WOLPERT	MU15	VPH and TH AC	13:45
5	5022	Alex KIRK	MU15	London Heathside	13:47
6	5299	Ben DAVIES	MU15	Trent Park Running Club	13:53
7	4781	Leon BOULTING	MU15	Ealing Southall & Middlesex AC	14:00
8	4689	Shunsei KWAN	MU15	Belgrave Harriers	14:04
9	5025	James MCGUIRE	MU15	London Heathside	14:28
10	4785	Marcus MUERS	MU15	Ealing Southall & Middlesex AC	14:34
11	4895	Zain BROACHI	MU15	Highgate Harriers	14:36
12	4787	Owen STUBBINS	MU15	Ealing Southall & Middlesex AC	14:46
13	5165	Roan PARKES	MU15	Shaftesbury Barnet Harriers	14:46
14	4899	Heath ROBIN	MU15	Highgate Harriers	14:50
15	5341	Leo TOGHER	MU15	VPH and TH AC	14:51
16	4690	Alessandro PECCE	MU15	Belgrave Harriers	14:54
17	4963	Jack KERR	MU15	Hillingdon AC	14:56
18	4822	Vivek CHOPRA	MU15	Harrow AC	14:58
19	5201	Josh CAIN	MU15	St Mary's Richmond AC	14:59
20	5337	Hobbs DINOLT	MU15	VPH and TH AC	15:03
21	5336	Giacomo CAMPOREALE	MU15	VPH and TH AC	15:08
22	5163	Taha COCKERELL	MU15	Shaftesbury Barnet Harriers	15:15
23	4670	Antoni SOSZYNSKI	MU15	Barnet & District AC	15:16
24	4823	Eliyaan JAMAL	MU15	Harrow AC	15:19
25	5226	Zack HOPKINS	MU15	Thames Valley Harriers	15:24
26	4671	Rhys STARK	MU15	Barnet & District AC	15:28
27	5360	Toby JONES	MU15	Ealing Eagles Running Club	15:40
28	5162	Sam CLEMENTS	MU15	Shaftesbury Barnet Harriers	15:47
29	4786	Clem POULSON	MU15	Ealing Southall & Middlesex AC	15:48
30	4896	Jack COBBOLD	MU15	Highgate Harriers	15:50
31	4669	Sebastian CAYER	MU15	Barnet & District AC	15:50
32	4784	Harry MARTIN	MU15	Ealing Southall & Middlesex AC	15:50
33	4962	Mason HAMDY	MU15	Hillingdon AC	15:56
34	5024	Noah LANDAU	MU15	London Heathside	15:59
35	5202	Alfred HURLEY	MU15	St Mary's Richmond AC	16:00
36	4668	Azat ATILIGIL	MU15	Barnet & District AC	16:07
37	4961	Alex FARLEY	MU15	Hillingdon AC	16:32
38	5200	Josh BULLOCK	MU15	St Mary's Richmond AC	16:40
39	5357	Jasper REYNAERT	MU15	Thames Valley Harriers	16:43
40	5340	Hector PITKETHLY	MU15	VPH and TH AC	16:45
41	4959	Alastair BURTON	MU15	Hillingdon AC	16:46
42	4964	Oscar RICHARDS	MU15	Hillingdon AC	16:48
43	4960	Deven DUARKA	MU15	Hillingdon AC	17:37
44	4897	Bowie PAK	MU15	Highgate Harriers	17:42
45	4716	Ryan EDWARDS	MU15	Ealing Eagles Running Club	19:19
46	4794	Amor ZAYANA	MU15	Enfield and Haringey A C	58:43

Middlesex Cross Country Championships 2025/26

Team:-

1st London Heathside (3,5,9) 17 pts

2nd VPH and TH AC (1,4,15) 20 pts

3rd Ealing Southall & Middlesex (7,10,12) 29 pts

4th Highgate Harriers (11,14,30) 55 pts

5th Shaftesbury Barnet Harriers (13,22,28) 63 pts

6th Barnet & District (23,26,31) 80 pts

7th Hillingdon AC (17,33,37) 87 pts

8th St Mary's Richmond (19,35,38) 92 pts

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U/17 Women (6,000m)

1	4900	Sonny ALLEN	FU17	Highgate Harriers	22:43
2	5232	Arabella NICHOL	FU17	Thames Valley Harriers	23:18
3	5169	Posie SHAW	FU17	Shaftesbury Barnet Harriers	24:54
4	5032	Amy KIRK	FU17	London Heathside	25:27
5	5034	Rose SCHOFIELD	FU17	London Heathside	25:53
6	4700	Naimah MOSSI	FU17	Blackheath & Bromley Harriers	26:06
7	5030	Lettice GUNDRY	FU17	London Heathside	26:27
8	5027	Lila BLUSTIN	FU17	London Heathside	26:41
9	4694	Emilie SAUNDERS	FU17	Belgrave Harriers	26:47
10	5031	Margot HUNT	FU17	London Heathside	26:50
11	5205	Rose WILLIAMSON	FU17	St Mary's Richmond AC	27:11
12	5033	Amelie RANDALL	FU17	London Heathside	27:29
13	4966	Emma MAGERDICHIAN	FU17	Hillingdon AC	27:29
14	5029	Ivy GRAY	FU17	London Heathside	27:43
15	4901	Eloise LINDLEY	FU17	Highgate Harriers	27:49
16	4691	Honor BARCLAY	FU17	Belgrave Harriers	27:51
17	5170	Georgia SUMMERS	FU17	Shaftesbury Barnet Harriers	27:59
18	5035	Mina SCHOFIELD	FU17	London Heathside	28:41
19	5028	Rosa CORMACAIN	FU17	London Heathside	28:50
20	5204	Esme GOULBOURN	FU17	St Mary's Richmond AC	29:08
21	4967	Ava WRIGHT	FU17	Hillingdon AC	29:40
22	5167	Mahdieh ABBASSIAN	FU17	Shaftesbury Barnet Harriers	29:48
23	5343	Sofia BUTLER-ARANGO	FU17	VPH and TH AC	29:48
24	4825	Lara RUSSO	FU17	Harrow AC	30:37
25	5230	Lily FERGUSON	FU17	Thames Valley Harriers	30:39
26	4695	Isabel SHAMLIAN	FU17	Belgrave Harriers	31:00
27	4824	Grace CRISP	FU17	Harrow AC	31:04
28	4692	Clementine MUIR	FU17	Belgrave Harriers	31:49

Team:-

1st London Heathside (4,5,7) 16 pts

2nd Shaftesbury Barnet Harriers (3,17,22) 42 pts

3rd Belgrave Harriers (9,16,26) 51 pts

Middlesex Cross Country Championships 2025/26

U/20 Women (6,000m)

1	4902	Leoni DELVENDAHL	FU20	Highgate Harriers	23:34
2	5346	Lyra MACDONALD	FU20	VPH and TH AC	24:16
3	5345	Ruby JAMES	FU20	VPH and TH AC	24:34
4	5347	Monika PANOUTSOU	FU20	VPH and TH AC	24:41
5	4696	Ines BEERNAERT	FU20	Belgrave Harriers	25:37
6	4904	Lizzie WORTSMAN	FU20	Highgate Harriers	27:04
7	4903	Josephine LUIS	FU20	Highgate Harriers	27:08
8	5036	Lucy CORKIN	FU20	London Heathside	27:16
9	5037	Amaya SHANKARDASS	FU20	London Heathside	27:31
10	4826	Sian WRIGHT	FU20	Harrow AC	27:50

Team:-

1st VPH&TH AC (2,3,4) 9 pts

2nd Highgate Harriers (1,6,7) 14 pts

Middlesex Cross Country Championships 2025/26

U/17 Men (6,000m)

1	4906	Arjuna PFLUG	MU17	Highgate Harriers	20:09
2	5207	Daniel JELFS	MU17	St Mary's Richmond AC	20:33
3	5208	Ewan KIEFER	MU17	St Mary's Richmond AC	20:35
4	4856	Max BARCKHAHN	MU17	Hercules Wimbledon AC	20:54
5	5352	Aneirin LESSARD	MU17	VPH and TH AC	21:04
6	4908	Luke TOMLINSON	MU17	Highgate Harriers	21:11
7	5176	Sam TURNER	MU17	Shaftesbury Barnet Harriers	21:15
8	5351	Khalid HUSSEIN	MU17	VPH and TH AC	21:22
9	5301	Adam FALKOWSKA	MU17	Trent Park Running Club	21:28
10	5043	Dylan MILLS	MU17	London Heathside	21:32
11	5349	Leonardo GALLETTO	MU17	VPH and TH AC	21:34
12	4907	Aron SINKO URIBE	MU17	Highgate Harriers	22:04
13	4789	Noah LEVY	MU17	Ealing Southall & Middlesex AC	22:07
14	4970	Barnabe LESENNE WARD	MU17	Hillingdon AC	22:15
15	5233	Alfred CHEN	MU17	Thames Valley Harriers	22:22
16	5206	Tugra BAYAZITOGLU	MU17	St Mary's Richmond AC	22:24
17	5174	Pablo QUESADA-CARMONA	MU17	Shaftesbury Barnet Harriers	22:24
18	5041	Ennio KALOUKIAN	MU17	London Heathside	22:36
19	4790	Mika STRIPP	MU17	Ealing Southall & Middlesex AC	22:40
20	4703	James HENDERSON	MU17	Chiltern Harriers AC	22:41
21	4697	Alexander MELLIS	MU17	Belgrave Harriers	22:58
22	4673	Joshua MCDONAGH-SANCHEZ	MU17	Barnet & District AC	23:04
23	5045	Louis SCARFO	MU17	London Heathside	23:07
24	4829	Blake MITCHELL	MU17	Harrow AC	23:08
25	4827	Dominic FREARSON	MU17	Harrow AC	23:10
26	5236	Kirill KHATIN	MU17	Thames Valley Harriers	23:22
27	4973	Adam STRINIC	MU17	Hillingdon AC	23:25
28	4795	Jack BUSH	MU17	Enfield and Haringey A C	23:42
29	5175	Laddie SHAW	MU17	Shaftesbury Barnet Harriers	23:53
30	5302	Dylan HANKS	MU17	Trent Park Running Club	24:10
31	5172	Sam DARCY	MU17	Shaftesbury Barnet Harriers	24:14
32	4972	Luke SERVY	MU17	Hillingdon AC	24:19
33	5039	Felix BENISE	MU17	London Heathside	24:43
34	4788	Solomon B FLEMONS	MU17	Ealing Southall & Middlesex AC	25:03
35	4905	Denis O'SHEA	MU17	Highgate Harriers	25:16
36	5237	Damon WALKER	MU17	Thames Valley Harriers	25:20
37	5348	Romeu DE ANTONI SOUTO	MU17	VPH and TH AC	25:26
38	4969	Oskar KRAWCZYK	MU17	Hillingdon AC	26:04
39	5044	Seb RODGERS	MU17	London Heathside	26:06
40	4968	Joseph HOLMS	MU17	Hillingdon AC	26:15
41	5350	Sachin GHARU	MU17	VPH and TH AC	26:57

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Team:-

1st Highgate Harriers (1,6,12) 19 pts

2nd St Mary's Richmond (2,3,16) 21 pts

3rd VPH and TH AC (5,8,11) 24 pts

4th London Heathside (10,18,23) 51 pts

5th Shaftesbury Barnet Harriers (7,17,29) 53 pts

6th Ealing Southall & Middlesex (13,19,34) 66 pts

7th Hillingdon AC (13,19,34) 73 pts

8th Thames Valley Harriers (15,26,36) 77 pts

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U/20 Men (6,000m)

1	5046	Fred BEALE	MU20	London Heathside	20:50
2	5050	George SAINT	MU20	London Heathside	20:57
3	5210	Charlie BROOK	MU20	St Mary's Richmond AC	21:30
4	4909	Wiremu NICOLE	MU20	Highgate Harriers	21:46
5	4674	Noah CLARKE	MU20	Barnet & District AC	22:36
6	4976	William MIFSUD	MU20	Hillingdon AC	23:19
7	4974	Zakariya BHATTI	MU20	Hillingdon AC	23:23
8	5354	Thom MACDONALD	MU20	VPH and TH AC	24:07
9	5048	Artie FEENY WILLINGS	MU20	London Heathside	25:15
10	5303	Luke ROGERS	MU20	Trent Park Running Club	26:05

Team:-

1st London Heathside (1,2,9) 12 pts

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Senior Women (8,000m)

1	5281	Nic DOUGLAS	FS	The Stragglers Running Club	31:13
2	5177	Nicola PAYNE	FS	Shaftesbury Barnet Harriers	31:39
3	5280	Sophie BIGGS	FS	The Stragglers Running Club	31:46
4	5130	Cecily DAY	FS	Ranelagh Harriers	31:55
5	5355	Sofia LATHAM	FS	Harrow AC	31:59
6	4733	Holly WILKINSON	FS	Ealing Eagles Running Club	32:07
7	4835	Eilish O'GRADY	FS	Harrow AC	32:14
8	5240	Lily BAYLEY	FS	Thames Valley Harriers	32:18
9	5053	Lucy BROWNE	FS	London Heathside	32:27
10	5066	Lily WOOLCOCK	FS	London Heathside	32:50
11	5062	Rebecca WALKER	FS	London Heathside	32:52
12	5242	Lisa DA SILVA	FS	Thames Valley Harriers	32:57
13	4831	Emily ANTCLIFFE	FS	Harrow AC	34:01
14	4724	Fiona KELLEHER	FS	Ealing Eagles Running Club	34:06
15	5241	Lydia BLYTHE	FS	Thames Valley Harriers	34:09
16	5058	Ciera KENNEDY	FS	London Heathside	34:16
17	5249	Tara WALKER	FS	Thames Valley Harriers	34:26
18	4916	Sabina RUSSELL	FS	Highgate Harriers	34:31
19	4913	Louise FAHERTY	FS	Highgate Harriers	34:45
20	5246	Joanna MOBED	FS	Thames Valley Harriers	34:49
21	4980	Clara HIGGS	FS	Hillingdon AC	34:58
22	5243	Zenia GORDON	FS	Thames Valley Harriers	35:06
23	5055	Flavia DENT	FS	London Heathside	35:15
24	5306	Anja GREENWOOD	FS	Trent Park Running Club	35:21
25	4833	Issy JONES	FS	Harrow AC	35:31
26	4915	Ellen KERR	FS	Highgate Harriers	35:46
27	5304	Beata FALKOWSKA	FS	Trent Park Running Club	36:12
28	4912	Natasha CENDROWICZ	FS	Highgate Harriers	36:18
29	4983	Kirsty O'ROURKE	FS	Hillingdon AC	37:05
30	4718	Orla BOLLARD	FS	Ealing Eagles Running Club	37:37
31	5133	Sarah MACKENZIE	FS	Serpentine RC	37:40
32	5093	Fiona RUSSELL	FS	Mornington Chasers	37:56
33	5110	Sophie BARNARD	FS	Queens Park Harriers	37:59
34	4678	Chloe MARSHALL	FS	Barnet & District AC	38:00
35	5051	Serena BAKER	FS	London Heathside	38:04
36	5059	Jasmine LA GRICE	FS	London Heathside	38:14
37	4979	Caroline FORD	FS	Hillingdon AC	38:22
38	4728	Carys MORGAN	FS	Ealing Eagles Running Club	38:34
39	4677	Jana JILKOVA	FS	Barnet & District AC	38:57
40	5245	Fran LOU	FS	Thames Valley Harriers	39:16
41	5054	Lucy DALY	FS	London Heathside	39:28
42	5134	Clare Finola THOMAS	FS	Serpentine RC	40:14
43	4722	Claire ELLISON	FS	Ealing Eagles Running Club	40:23
44	4676	Yllka ISTREFI	FS	Barnet & District AC	40:32
45	5307	Anna SIKORSKA	FS	Trent Park Running Club	40:50
46	5057	Hester HILL	FS	London Heathside	41:39
47	5056	Molly HARRISON	FS	London Heathside	41:39

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48	4729	Helen PUGH	FS	Ealing Eagles Running Club	41:53
49	5283	Julie HAWORTH	FS	The Stragglers Running Club	42:02
50	5063	Jackie WASTELL	FS	London Heathside	42:05
51	5061	Rebecca MARSHALL	FS	London Heathside	42:39
52	5065	Caroline WHITE	FS	London Heathside	43:05
53	5114	Catherine WALKER	FS	Queens Park Harriers	43:14
54	4911	Claire CAMERON	FS	Highgate Harriers	43:17
55	4721	Laura EGERTON	FS	Ealing Eagles Running Club	43:29
56	5092	Rafaele LAMOUR	FS	Mornington Chasers	44:00
57	5129	Clare DAY	FS	Ranelagh Harriers	44:38
58	4791	Barbro JULIN	FS	Ealing Southall & Middlesex AC	45:15
59	4837	Sarah SAUNDERS	FS	Harrow AC	45:27
60	4720	Grainne DEVERY	FS	Ealing Eagles Running Club	46:26
61	5305	Theodosia GREEN	FS	Trent Park Running Club	47:07
62	4832	Claudine CRISP	FS	Harrow AC	47:22
63	5127	Sally BAMFORD	FS	Ranelagh Harriers	47:45
64	5113	Alexandra PHILLIPS	FS	Queens Park Harriers	48:10
65	5112	Susan KENNEDY	FS	Queens Park Harriers	48:54
66	4792	Mariona SORROSAL	FS	Ealing Southall & Middlesex AC	51:15
67	5132	Camilla ALLWOOD	FS	Serpentine RC	53:24
68	5282	Chrissie GLEW	FS	The Stragglers Running Club	55:37
69	4727	Cristiane MATSUNAGA	FS	Ealing Eagles Running Club	57:23
70	4977	Andrea CAPERA PATINO	FS	Hillingdon AC	2:01:53

Team:-

1st London Heathside (9,10,11,16) 46 pts

2nd Harrow AC (5,7,13,25) 50 pts

3rd Thames Valley Harriers (8,12,16,17) 52 pts

4th Ealing Eagles Running Club (6,14,30,38) 88 pts

5th Highgate Harriers (18,19,26,28) 91 pts

6th The Stragglers Running Club (1,3,49,68) 121 pts

7th Hillingdon AC (21,29,37,70) 157 pts

8th Trent Park (24,27,45,61) 157 pts

9th Queens Park Harriers (33.53.64,65) 215 pts

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Senior Men (12,000m)

1	5067	Thomas ARCHER	MS	London Heathside	39:52
2	5252	Rory BRADFORD	MS	Thames Valley Harriers	40:07
3	5258	Niki FAULKNER	MS	Thames Valley Harriers	40:22
4	5139	Jonathan POOLE	MS	Serpentine RC	40:49
5	4991	Kirk O'ROURKE	MS	Hillingdon AC	41:12
6	5253	Michael CAMERON	MS	Thames Valley Harriers	41:27
7	5254	Hugo CAYSSIALS	MS	Thames Valley Harriers	41:34
8	4849	Chris HUDSON	MS	Harrow AC	41:35
9	5079	James HAYNES	MS	London Heathside	41:37
10	5265	Szymon KUBICA	MS	Thames Valley Harriers	41:39
11	5131	Joe KILLIP	MS	Ranelagh Harriers	41:58
12	5077	Peter GOULD	MS	London Heathside	41:59
13	5268	Jack MCKENNA	MS	Thames Valley Harriers	42:09
14	5095	Rory CLARK	MS	Mornington Chasers	42:13
15	4927	Jack MCVANN	MS	Highgate Harriers	42:31
16	5271	Oliver NEWTON	MS	Thames Valley Harriers	42:46
17	4737	Jack DAVEY	MS	Ealing Eagles Running Club	43:12
18	4989	James LAING	MS	Hillingdon AC	43:19
19	5250	Tom BAYLEY	MS	Thames Valley Harriers	43:19
20	5124	Andrew MCCARRON	MS	Queens Park Harriers	43:37
21	5260	Nelson GORDON	MS	Thames Valley Harriers	43:39
22	4852	Sam MCCUTCHEON	MS	Harrow AC	44:51
23	5122	Maciej KOLTERNIAK	MS	Queens Park Harriers	45:07
24	5135	Edoardo BARBIERI	MS	Serpentine RC	45:07
25	4745	Ed SAMUEL	MS	Ealing Eagles Running Club	45:20
26	5266	Gordon LOW	MS	Thames Valley Harriers	45:25
27	4842	Jim COOPER	MS	Harrow AC	45:27
28	5083	Oliver NEGUS	MS	London Heathside	45:29
29	4848	Tejas HIRANI	MS	Harrow AC	45:57
30	5261	Robert GREGORY	MS	Thames Valley Harriers	46:04
31	5073	Etienne DARIES	MS	London Heathside	46:08
32	5088	Laurens PRICE-NOWAK	MS	London Heathside	46:11
33	5288	Pete GREGOROWSKI	MS	The Stragglers Running Club	46:16
34	4681	Alex SHUKER	MS	Barnet & District AC	46:40
35	4996	Daniel THOMPSON	MS	Hillingdon AC	46:54
36	4744	Jose Manuel PABON	MS	Ealing Eagles Running Club	47:26
37	4988	Neil KIRKHAM	MS	Hillingdon AC	47:30
38	4736	Toby BRYANT	MS	Ealing Eagles Running Club	47:33
39	5089	Francisco SANCHEZ	MS	London Heathside	47:35
40	5120	Angus DOWIE	MS	Queens Park Harriers	47:35
41	5309	Paul BRENNAN	MS	Trent Park Running Club	47:49
42	4680	Nehal LAVEY-KHAN	MS	Barnet & District AC	47:50
43	4987	Guy GREEN	MS	Hillingdon AC	48:22
44	4742	John FOXALL	MS	Ealing Eagles Running Club	48:31
45	5119	Dustin DANIEL	MS	Queens Park Harriers	48:34
46	4739	Paul DUFFY	MS	Ealing Eagles Running Club	48:35
47	5182	Robert RIGBY	MS	Shaftesbury Barnet Harriers	48:42

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48	5074	Jake EVANS	MS	London Heathside	48:49
49	4994	Dominic SPEIGHT	MS	Hillingdon AC	48:54
50	5311	Carl REDONDO	MS	Trent Park Running Club	48:57
51	4839	John BIGNALL	MS	Harrow AC	49:21
52	5087	Martin POTTER	MS	London Heathside	49:22
53	4853	Simon SLY	MS	Harrow AC	49:28
54	5211	John FINNERTY	MS	St Mary's Richmond AC	49:56
55	4734	Thomas BOOTMAN	MS	Ealing Eagles Running Club	50:02
56	5117	Ruben CARVAJAL	MS	Queens Park Harriers	50:15
57	5068	Matt BEARD	MS	London Heathside	50:37
58	4854	Declan TRAYNOR	MS	Harrow AC	50:57
59	4920	Alex DAVIDSON	MS	Highgate Harriers	51:00
60	4741	Craig FERGUSON	MS	Ealing Eagles Running Club	51:02
61	4845	Dan DRAPER	MS	Harrow AC	51:22
62	4846	Chris FINILL	MS	Harrow AC	51:35
63	4679	Willam COOPER	MS	Barnet & District AC	51:48
64	4743	Nils-Kristian LIBORG	MS	Ealing Eagles Running Club	51:57
65	4926	Joseph LOWE	MS	Highgate Harriers	51:58
66	4999	Paul WILLIAMS	MS	Hillingdon AC	52:08
67	4740	Thomas EGERTON	MS	Ealing Eagles Running Club	52:21
68	4747	Ravi WOODS	MS	Ealing Eagles Running Club	52:25
69	4847	Rob HAWKES	MS	Harrow AC	52:33
70	5081	Philip HOGG	MS	London Heathside	52:53
71	5138	Chris NOTTON	MS	Serpentine RC	53:04
72	5183	Jonny SHAW	MS	Shaftesbury Barnet Harriers	53:10
73	4923	Prasoon JAISWAL	MS	Highgate Harriers	53:27
74	5312	Paul WARD	MS	Trent Park Running Club	53:40
75	5267	Kevin MCALEER	MS	Thames Valley Harriers	54:10
76	4840	Peter BUTLER	MS	Harrow AC	54:37
77	5274	Simon RUBENS	MS	Thames Valley Harriers	54:47
78	4924	Adam LENNOX	MS	Highgate Harriers	55:17
79	4986	Scott FARLEY	MS	Hillingdon AC	55:21
80	5094	Daniel BERRY	MS	Mornington Chasers	55:30
81	5091	Glen TAYLOR	MS	London Heathside	55:38
82	5072	Lee CONNOR	MS	London Heathside	55:40
83	4838	Richard ANTCLIFFE	MS	Harrow AC	55:45
84	4930	Richard STEWART	MS	Highgate Harriers	56:01
85	5286	Ted FRASER	MS	The Stragglers Running Club	56:58
86	5086	Leo PEMBERTON	MS	London Heathside	57:22
87	5278	Geoff WILLIAMSON	MS	Thames Valley Harriers	57:25
88	5136	Gabriel HOPKINS	MS	Serpentine RC	58:26
89	5115	Stephen ALLISON	MS	Queens Park Harriers	59:00
90	5126	Peter REUPKE	MS	Queens Park Harriers	59:06
91	4993	Simon PERKS	MS	Hillingdon AC	59:26
92	5285	Simon BRAZIL	MS	The Stragglers Running Club	59:40
93	4990	Chris MARCHLAND	MS	Hillingdon AC	59:55
94	4850	Nick JONES	MS	Harrow AC	1:00:11
95	4855	Jack NISBET	MS	Hayes & Harlington Runners	1:00:11
96	5308	Richard ALLEN	MS	Trent Park Running Club	1:00:57

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97	5270	Mathieu MOLE-MANONCOURT	MS	Thames Valley Harriers	1:00:58
98	5289	Ed RANDALL	MS	The Stragglers Running Club	1:00:32
99	4992	Deepak PANDIYARAJAN	MS	Hillingdon AC	1:02:03
100	4985	Neil CLARK	MS	Hillingdon AC	1:03:23
101	5116	John BROSNAN	MS	Queens Park Harriers	1:04:10
102	5287	Andy GREEN	MS	The Stragglers Running Club	1:04:30
103	5251	Richard BELL	MS	Thames Valley Harriers	1:05:10
104	5118	Saikat CHATTERJEE	MS	Queens Park Harriers	1:06:21
105	5137	Ebrima Peter NOBLE	MS	Serpentine RC	1:06:08
106	5310	Eamonn CULLEN	MS	Trent Park Running Club	1:07:20
107	4682	Chris VIOLET	MS	Barnet & District	1:07:53
108	4995	Trevor STEEPLES	MS	Hillingdon AC	1:07:58
109	5096	Gary HOMEWOOD	MS	Mornington Chasers	1:08:20
110	4735	Jonny BRAMLEY	MS	Ealing Eagles Running Club	1:08:37
111	4843	Mike CRISP	MS	Harrow AC	1:10:51
112	5121	Phillipe GREZE	MS	Queens Park Harriers	1:17:04

Team:-

1st Thames Valley Harriers (2,3,6,7,10,13) 41 pts

2nd London Heathside (1,9,12,28,31,32) 113 pts

3rd Hillingdon AC (5,18,35,37,43,49) 187 pts

4th Harrow AC (8,22,27,29,51,53) 190 pts

5th Ealing Eagles (17,25,36,38,44,46) 206 pts

6th Queens Park Harriers (20,23,40,45,56,89) 273 pts