



Middlesex Masters Cross Country Championships 2026

Cassionbury Park, Watford

14.3.26

Male Vets 40 to 59

MV40

- 3 4481 Charlie BRUCE MV40 Trent Park Running Club 37:05
- 4 4473 Pete GREGOROWSKI MV40 The Stragglers Running Club 37:10
- 5 4430 Maciej KOLTERNIAK MV40 Queens Park Harriers 37:15
- 7 4434 Christopher THOMPSTONE MV40 Queens Park Harriers 37:29
- 8 4433 Sam SUTHERLAND MV40 Queens Park Harriers 37:35
- 10 4483 Dave WEIR MV40 Trent Park Running Club 38:25
- 11 4482 Francis MANNION MV40 Trent Park Running Club 39:31
- 12 4428 Dustin DANIEL MV40 Queens Park Harriers 39:37
- 13 4365 Alex SHUKER MV40 Barnet & District AC 39:54
- 19 4371 Thomas BOOTMAN MV40 Ealing Eagles Running Club 41:17
- 20 4373 Tom EGERTON MV40 Ealing Eagles Running Club 41:23
- 21 4412 Jeff SHOTTON MV40 Hillingdon AC 44:02
- 22 4400 Adam LENNOX MV40 Highgate Harriers 44:03
- 23 4450 Abu ASAD MV40 Serpentine RC 44:12
- 26 4366 Daniel WARD MV40 Barnet & District AC 46:43
- 29 4480 Paul BRENNAN MV40 Trent Park Running Club 48:10
- 32 4432 Steve POND MV40 Queens Park Harriers 49:40
- 33 4427 Richard BYRNE MV40 Queens Park Harriers 49:43
- 37 4431 Tim LEWIN MV40 Queens Park Harriers 56:33
- 38 4374 Vincent FILLOL MV40 Ealing Eagles Running Club 57:49

MV50

- 1 4421 David KIRK MV50 London Heathside 36:02
- 2 4402 Matt WEAVER MV50 Highgate Harriers 36:15
- 6 4388 Jim COOPER MV50 Harrow AC 37:27
- 9 4401 Sion PARRY MV50 Highgate Harriers 37:44
- 14 4390 Simon SLY MV50 Harrow AC 40:04
- 15 4465 Christian NIELSEN MV50 Thames Valley Harriers 40:14
- 16 4386 John BIGNALL MV50 Harrow AC 40:40
- 17 4398 Chris BEECHAM MV50 Highgate Harriers 40:46
- 18 4454 Chris NOTTON MV50 Serpentine RC 41:14
- 24 4389 Edward O'CONNOR MV50 Harrow AC 45:18
- 25 4387 Peter BUTLER MV50 Harrow AC 45:55
- 27 4452 Gabriel HOPKINS MV50 Serpentine RC 47:56
- 28 4453 Thomas MARTINI MV50 Serpentine RC 48:01
- 30 4422 Andrew OWEN MV50 London Heathside 48:12
- 31 4466 Simon NIXON MV50 Thames Valley Harriers 48:48
- 34 4426 Robert BAILLIE MV50 Queens Park Harriers 54:05
- 35 4411 Steven O'KEEFE MV50 Hillingdon AC 54:46
- 36 4463 Richard BELL MV50 Thames Valley Harriers 54:51
- 39 4429 Philippe GREZE MV50 Queens Park Harriers 1:02:41



Middlesex Masters Cross Country Championships 2026

Cassionbury Park, Watford

14.3.26

Female

2	4436	Sarah BAILEY	FV50	Queens Park Harriers	30:55	
5	4435	Jennifer ARMSON	FV40	Queens Park Harriers	31:32	
8	4381	Helen ROCHESTER	FV50	Ealing Eagles Running Club		32:14
9	4479	Pam WHITTER	FV60	The Stragglers Running Club	32:21	
11	4405	Natasha CENDROWICZ	FV50	Highgate Harriers	32:42	
12	4458	Sarah MACKENZIE	FV40	Serpentine RC	32:57	
13	4437	Sophie BARNARD	FV50	Queens Park Harriers	33:10	
14	4459	Colleen RENIHAN	FV50	Serpentine RC	33:17	
16	4378	Christiane MATSUNAGA	FV50	Ealing Eagles Running Club		33:22
17	4382	Jennifer WATT	FV50	Ealing Eagles Running Club	33:31	
23	4375	Liz AINSWORTH	FV50	Ealing Eagles Running Club	34:11	
27	4367	Yllka ISTREFI	FV40	Barnet & District AC	35:45	
30	4368	Jana JILKOVA	FV40	Barnet & District AC	36:02	
34	4380	Helen PUGH	FV50	Ealing Eagles Running Club		37:02
36	4457	Helen LANE	FV60	Serpentine RC	37:10	
37	4424	Ruth MILLER	FV60	London Heathside	37:42	
38	4425	Ann WOULFE	FV40	London Heathside	37:44	
39	4449	Catherine WALKER	FV50	Queens Park Harriers	38:15	
40	4438	Lucy BIRRELL	FV50	Queens Park Harriers	39:06	
42	4379	Alison MCCULLOCH	FV50	Ealing Eagles Running Club		39:10
45	4441	Anna FEILD	FV50	Queens Park Harriers	39:56	
46	4384	Barbro JULIN	FV60	Ealing Southall & Middlesex AC	40:07	
49	4385	Louise PRINCE	FV50	Ealing Southall & Middlesex AC	42:12	
50	4447	Emma SUTHERLAND	FV40	Queens Park Harriers	42:46	
51	4443	Susan KENNEDY	FV60	Queens Park Harriers	42:47	
53	4440	Sarah COOKE	FV60	Queens Park Harriers	43:52	
55	4475	Sally BOULTON	FV70+	The Stragglers Running Club	44:58	
56	4377	Manprit MALHOTRA	FV40	Ealing Eagles Running Club		47:12
57	4470	Christine MUNDEN	FV50	Thames Valley Harriers	50:34	
60	4455	Nicky HARMAN	FV70+	Serpentine RC	53:17	

MV60

1	4394	Chris FINILL	MV60	Harrow AC	29:48	
3	4471	Simon RUBENS	MV60	Thames Valley Harriers	31:01	
4	4469	Kevin MCALEER	MV60	Thames Valley Harriers	31:15	
6	4415	Richard JENKIN	MV60	Hillingdon AC	31:57	
7	4442	Andrew JACKSON	MV60	Queens Park Harriers	32:02	
10	4408	John O'SHEA	MV60	Highgate Harriers	32:28	
15	4396	Mike LEPPS	MV60	Harrow AC	33:21	
18	4485	Keithly MUSSINGTON	MV70	Victoria Park Harriers and Tower Hamlets AC		33:34
19	4407	Nadi JAHANGIRI	MV60	Highgate Harriers	33:42	
20	4419	Alan TILLY	MV60	Hillingdon AC	33:49	
21	4445	Maurice QUIRKE	MV60	Queens Park Harriers	33:57	

22	4446	Peter REUPKE	MV60	Queens Park Harriers	34:02	
24	4460	Andrew ROBERTS	MV70	Serpentine RC	34:42	
25	4393	Kevin CONCANNON	MV60	Harrow AC	35:16	
26	4478	Andy GREEN	MV60	The Stragglers Running Club	35:25	
28	4370	David WILCOCK	MV70	Barnet & District AC	35:48	
29	4476	Simon BRAZIL	MV60	The Stragglers Running Club	35:59	
31	4395	Nick JONES	MV60	Harrow AC	36:04	
32	4477	Pedro DAS GUPTA	MV60	The Stragglers Running Club	36:56	
33	4404	Martin BLACK	MV60	Highgate Harriers	36:57	
35	4413	Stevan DOKIC	MV60	Hillingdon AC	37:04	
41	4448	Philip VOKE	MV70	Queens Park Harriers	39:06	
43	4484	Russell GILLET-TOONE	MV60	Victoria Park Harriers and Tower Hamlets AC	39:14	
44	4418	Trevor STEEPLE	MV60	Hillingdon AC	39:49	
47	4414	John DOYLE	MV60	Hillingdon AC	40:44	
48	4397	Tom MORRIS	MV60	Harrow AC	41:47	
52	4369	Andrew WELSH	MV70	Barnet & District AC	43:01	
54	4439	Ian COOKE	MV60	Queens Park Harriers	43:52	
58	4420	Alan WELLS	MV60	Hillingdon AC	50:49	
59	4417	Douglas MILSOM	MV70	Hillingdon AC	51:23	
61	4444	William O'CONNOR	MV70	Queens Park Harriers	56:14	