

MIDDLESEX 10K ROAD CHAMPIONSHIPS - 2026



Finisher	First name	Last name	Club	Cat	Time
1	Will	Lewis	Hercules Wimb	SM	00:30:38
2	Kyalo	Burt-Fulcher	Vph & Thac	SM	00:31:59
3	James	Hurrell	London Heathside	V40	00:32:14
4	Andy	Barnes	London Heathside	V40	00:32:45
5	Victor	Lio	Serpentine	SM	00:32:53
6	Matthew	Haynes	London Heathside	SM	00:33:18
7	Hector	De Fontaines	London Heathside	SM	00:33:20
8	Szymon	Kubica	Thames Valley H	SM	00:33:30
9	James	Haynes	London Heathside	SM	00:33:52
10	Will	Coates	Ealing Eagles	SM	00:34:07
11	Craig	Norris	Vph & Thac	V40	00:34:22
12	Jack	Whitebury	Harrow Ac	SM	00:34:41
13	Sam	Mccutcheon	Harrow Ac	SM	00:34:46
14	Ed	Samuel	Ealing Eagles	SM	00:34:47
15	Etienne	Daries	London Heathside	SM	00:35:04
16	Victor	Tanguy	London Heathside	SM	00:35:09
17	Matthew	Sciberras	Serpentine	SM	00:35:14
18	Conaire	Kerrigan	Vph & Thac	SM	00:35:17
19	Daniel	Chapman	Harlow Ac	V45	00:35:18
20	Robert	Duggleby	Queens Park Harriers	SM	00:35:35
21	Tom	Shakhli	Dulwich Runners	V40	00:35:42
22	Mark	Parry	Unattached	V45	00:35:45
23	Hugh	Torry	Serpentine	V45	00:35:48
24	Angus	Bain	Ealing Eagles	SM	00:35:49
25	Ewan	Maynard	Serpentine	SM	00:35:51
26	Nico	Worrall	London Heathside	SM	00:36:02
27	Sam	Sutherland	Queens Park Harriers	V40	00:36:02
28	Christopher	Tsantoulas	Serpentine	V45	00:36:03
29	Edoardo	Barbieri	Serpentine	SM	00:36:07
30	Michele	Bottone	Serpentine	V45	00:36:08
31	Nehal	Lavey-Khan	Barnet & District	SM	00:36:11
32	Wayne	Lashley	Dulwich Runners	V45	00:36:14
33	Carmelo	Quattrocchi	Barnet & District	V45	00:36:15
34	Nicholas	Hodges-Gibson	London Heathside	SM	00:36:16
35	Jade	Dos Santos	Vph & Thac	SL	00:36:20
36	Robert	Hickman	London Heathside	SM	00:36:23
37	Edward	De Los Rios	Trent Park Rc	V50	00:36:27
38	Ruben	Carvajal	Queens Park Harriers	V40	00:36:30
39	David	Jones	Vph & Thac	V40	00:36:36
40	Alexander	Harrison	Ealing Eagles	SM	00:36:42
41	David	Edwrads	Unattached	SM	00:36:46
42	Alex	Shuker	Barnet & District	V45	00:36:49
43	Laurens	Price-Nowak	London Heathside	SM	00:36:52
44	James	Larkin	Vph & Thac	SM	00:37:00
45	Niels	Wagner	Serpentine	SM	00:37:04
46	Joshua	Poncia	Harrow Ac	SM	00:37:07
47	Daniel	John	Unattached	SM	00:37:11

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48	James	Gillanders	Serpentine	V45	00:37:12
49	Alexandre	Bernigaud	Serpentine	V50	00:37:15
50	Shane	Donlon	Dulwich Runners	V40	00:37:17
51	Emily	Chong	Highgate Harriers	SL	00:37:19
52	Jacob	Murtagh	Ealing Eagles	V40	00:37:41
53	Alex	Sweet	London Heathside	V45	00:37:51
54	Chris	Thompstone	Queens Park Harriers	V40	00:37:52
55	Simon	Morris	Serpentine	SM	00:38:03
56	Patrick	McElroy	Vph & Thac	SM	00:38:05
57	Harry	Owrid	London Heathside	SM	00:38:07
58	Patrick	Thomas	Vph & Thac	V40	00:38:08
59	Matt	Beard	London Heathside	V55	00:38:09
60	Peter	Clarke	Serpentine	V55	00:38:15
61	Holly	Davies	Vph & Thac	SL	00:38:16
62	Chris	Hartley	London Heathside	V60	00:38:17
63	Helen	Shannon	Dulwich Runners	FV40	00:38:20
64	Holly	Wilkinson	Ealing Eagles	FV45	00:38:25
65	Stephen	Monaghan	London Heathside	V55	00:38:37
66	James	Warsop	Ealing Eagles	SM	00:38:38
67	Raoul	Huysmans	Serpentine	V45	00:38:47
68	Mark	Smith	Harrow Ac	SM	00:38:55
69	Jonathan	Moscrop	Serpentine	V50	00:38:58
70	Lucy	Browne	London Heathside	SL	00:38:59
71	Lars	Martinez Ridley	Dulwich Runners	SM	00:39:00
72	Adam	Reupke	Queens Park Harriers	U18	00:39:03
73	Guy	Harling	London Heathside	V45	00:39:06
74	Thomas	Bootman	Ealing Eagles	V45	00:39:15
75	Molly	Hemmings	Belgrave Harriers	SL	00:39:33
76	James	Waddell	Vph & Thac	SM	00:39:33
77	Lina	Ambruleviciute	Serpentine	FV35	00:39:36
78	Pavel	Linshits	Fulham Rc	SM	00:39:43
79	Sophie	Dunley	Serpentine	SL	00:39:46
80	Rafal	Machnik	Ealing Eagles	V45	00:39:48
81	Helena	Flippance	London Heathside	SL	00:39:51
82	Stephanie	Young	Vph & Thac	SL	00:39:53
83	David	Pang	Vph & Thac	SM	00:39:55
84	Chris	Notton	Serpentine	V50	00:39:58
85	Jonathan	Carter	London Heathside	SM	00:39:58
86	Andrew	Bates	Vph & Thac	SM	00:40:05
87	Richard	Antcliffe	Harrow Ac	V50	00:40:07
88	Tom	James	Ealing Eagles	SM	00:40:09
89	Timothy	Soo	Unattached	SM	00:40:10
90	Philip	Hogg	London Heathside	V55	00:40:13
91	Pep	Pamies	London Heathside	V50	00:40:14
92	Tom	Moberly	Queens Park Harriers	V45	00:40:30
93	Philip	Whitehouse	Serpentine	SM	00:40:32
94	Clara	Higgs	Hillingdon Ac	SL	00:40:33
95	Dustin	Daniel	Queens Park Harriers	V45	00:40:34

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96	Roger	Reid	Serpentine	V55	00:40:35
97	Andrew	Scott	Dulwich Runners	V45	00:40:35
98	Alex	Smith	Unattached	V40	00:40:41
99	Declan	Booth-Brennan	Serpentine	SM	00:40:43
100	Oliver	Pomeroy	Vph & Thac	SM	00:40:44
101	Adam	Lennox	Highgate Harriers	V40	00:40:46
102	Guillaume	Choquard	Unattached	SM	00:40:47
103	Molly	Deely	Ealing Eagles	SL	00:40:49
104	Maria	Carvalho De Sousa	Ealing Eagles	SL	00:40:54
105	Marcin	Kacperczyk	Serpentine	V45	00:40:57
106	Hazel	Norton-Hale	Vph & Thac	FV40	00:40:59
107	Joseph	Lowe	Highgate Harriers	V55	00:41:01
108	Oliver	Murray	London Heathside	V55	00:41:06
109	Toby	Crooks	Serpentine	SM	00:41:12
110	Stephen	Topp	London Heathside	V45	00:41:26
111	Duncan	Grassie	West 4 Harriers	V40	00:41:33
112	Francesco	Maccari	Vph & Thac	SM	00:41:48
113	Gary	Meehan	Dulwich Runners	V60	00:42:06
114	Trevor	Wilson	London Heathside	V55	00:42:11
115	Helen	Rochester	Ealing Eagles	FV55	00:42:15
116	Luke	Croager	Harlow Ac	V40	00:42:28
117	Gabriel	Arnold	Vph & Thac	V40	00:42:29
118	Sharon	Wright	Harlow Ac	FV45	00:42:34
119	Matthew	Durrant	Cambridge Harriers	V40	00:42:37
120	Daniela	Nolan	Queens Park Harriers	SL	00:42:38
121	Adrian	Kerr	Serpentine	V50	00:42:40
122	Richard	Revill	Vph & Thac	V40	00:42:43
123	Andrew	Baranowski	Eynsford Rc	V50	00:42:49
124	Olivier	Roguez	Vph & Thac	V50	00:43:00
125	Jeevan	Blondek Sunner	Queens Park Harriers	SL	00:43:07
126	Sophie	Telfer	Serpentine	SL	00:43:08
127	Tanya	Addison	London Heathside	FV55	00:43:13
128	Samy	Amghar	Serpentine	SM	00:43:14
129	Katie	Smith	Dulwich Runners	FV45	00:43:33
130	Viktoria	Karadzsovszki	Serpentine	FV40	00:43:40
131	Simon	Caney	Serpentine	V55	00:43:54
132	Henry	Hughes	Unattached	SM	00:43:56
133	Melanie	Spencer	Hillingdon Ac	FV50	00:43:56
134	Kim	Butler	London Heathside	FV35	00:43:58
135	Bridget	Wickett	Queens Park Harriers	SL	00:44:04
136	Simon	Hardy	Serpentine	V60	00:44:26
137	Holly	Woodhead	Serpentine	SL	00:44:29
138	Rob	Ferguson	Thames Valley H	V40	00:44:39
139	Francesca	Stocco	London Heathside	SL	00:44:39
140	Alan	Lambert	Barnet & District	V50	00:44:44
141	Anthony	Withstandley	Vph & Thac	V55	00:44:45
142	Marcus	Lloyd	London Heathside	V60	00:44:53
143	Cameron	Sander	Unattached	SM	00:45:13

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144	Toby	Diment-Aylott	Unattached	SM	00:45:13
145	Sandra	Buckton	London Heathside	FV55	00:45:16
146	Hans	Ho	Serpentine	V40	00:45:18
147	David	Musgrave	Highgate Harriers	V50	00:45:20
148	Tony	Wain	Serpentine	V60	00:45:23
149	Alberto	Gatta	Vph & Thac	SM	00:45:32
150	Gary	Hobbs	Ealing Eagles	V55	00:45:34
151	Alex	Jeffreys	Serpentine	V50	00:45:54
152	Nadia	Morris	Queens Park Harriers	SL	00:45:55
153	Jeff	Shotton	Hillingdon Ac	V45	00:46:00
154	Nigel	Riberio	Hillingdon Ac	V50	00:46:00
155	Kevin	Mcaleer	Thames Valley H	V65	00:46:16
156	John	O'Shea	Highgate Harriers	V60	00:46:42
157	Colleen	Renihan	Serpentine	FV55	00:46:44
158	James	Turner	Serpentine	V45	00:46:46
159	James	Liu	Vph & Thac	V40	00:46:47
160	Elena	Micu	Thames Valley H	FV35	00:46:50
161	Clare	Thomas	Serpentine	FV45	00:46:53
162	Peter	Reupke	Queens Park Harriers	V60	00:46:58
163	Billie	Armstrong	London Heathside	SL	00:46:58
164	Dragan	Prlja	Serpentine	V55	00:47:07
165	Isla	Kane	Barnet & District	FU18	00:47:07
166	Tom	Seddon	Queens Park Harriers	V45	00:47:31
167	Andrew	Roberts	Serpentine	V70	00:47:55
168	Anthony	Small	Ealing Eagles	V40	00:48:02
169	Keithly	Mussington	Vph & Thac	V70	00:48:07
170	John	Fassnidge	Serpentine	V70	00:48:10
171	Martin	Maloney	Serpentine	V55	00:48:22
172	Joe	O'Brien	Unattached	SM	00:48:32
173	Stephen	Phillips	Vph & Thac	V55	00:48:34
174	Katharine	Warsop	Ealing Eagles	FV35	00:48:41
175	David	Shortridge	Vph & Thac	V55	00:49:13
176	Mustafa	Arif	Serpentine	V45	00:49:18
177	Russell	Gillett-Toone	Vph & Thac	V60	00:49:19
178	Pablo	Pizarro	London Heathside	SM	00:49:24
179	William	Burbridge-James	Vph & Thac	V65	00:49:28
180	David	Smith	Hillingdon Ac	V60	00:49:49
181	Marie	Lhomond	Serpentine	FV50	00:49:55
182	Suha	Lagu	Ealing Eagles	FV45	00:50:02
183	Tanreece	Chahal	Vph & Thac	SM	00:50:05
184	Elizabeth	Coulter	Vph & Thac	FV35	00:50:05
185	Maureen	Noel	Belgrave Harriers	FV60	00:50:19
186	Vicko	Marelic	Queens Park Harriers	V40	00:50:25
187	Alan	Cox	Nej Running Club	V65	00:50:32
188	Martin	Black	Highgate Harriers	V60	00:50:45
189	Joe	Neanor	Unattached	V70	00:51:02
190	Nina	Filia Kelly	Unattached	SL	00:51:03
191	Eleanor	Heathcott	Queens Park Harriers	SL	00:51:20

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192	Sasha	Kerbel	Unattached	SM	00:51:40
193	Sabina	Bejasa-Dimmock	Unattached	FV45	00:52:22
194	Belayneh	Diker	Queens Park Harriers	V60	00:52:25
195	Martin	Pearce	Unattached	SM	00:52:54
196	Vincent	Fearron	Thames Valley H	SM	00:53:19
197	Yuan	Ren	Vph & Thac	FV35	00:53:29
198	Michael	Mann	Dulwich Runners	V75	00:53:57
199	Nicola	Kerr	Vph & Thac	FV55	00:54:32
200	Karen	Samuel	Kent Ac	FV65	00:54:41
201	Lucy	Birrell	Queens Park Harriers	FV55	00:54:42
202	Khai	Hoang	Serpentine	SM	00:54:57
203	Marianne	Gibson	London Heathside	FV55	00:55:02
204	June	Barrow-Green	Vph & Thac	FV70	00:55:36
205	Sue	Eedle	London Heathside	FV65	00:55:38
206	Alun	Nash	Unattached	V65	00:56:56
207	Harriet	Allen	Ealing Eagles	FV35	00:57:04
208	Mark	Doerfel	Vph & Thac	V65	00:57:12
209	Marie	Chamillard	Vph & Thac	FV55	00:57:36
210	Elrica	Degirmen	Ealing Eagles	SL	00:57:44
211	Kevin	McLellan	Enfield Chasers	V70	00:57:59
212	David	Anson	Unattached	SM	00:58:41
213	Barrie John	Nicholls	Dulwich Runners	V70	00:58:46
214	Ros	Tabor	Dulwich Runners	FV75	00:59:05
215	Charles	Tatham	Queens Park Harriers	V60	01:00:05
216	Naomi	Stanford	Serpentine	FV75	01:00:39
217	Andy	Murray	Dulwich Runners	V70	01:00:40
218	Maryam	Hulme	Queens Park Harriers	FV60	01:00:47
219	Ruth	Gledhill	Serpentine	FV65	01:03:11
220	Rachel	Lovell	Vph & Thac	FV40	01:04:46
221	Barry	Rowell	Barking Rr	V65	01:06:10

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Middlesex Teams

Men - Overall

1	London Heathside	2+3+5=10
2	VPH&THAC	1=10=17=28
3	Serpentine	4+16+19=39
4	Ealing Eagles	9=13=20=42
5	Harrow	11=12=39=62
6	Queens Park	18+23+44=85
7	Barnet & District	27+28+35=90
8	Highgate	41+76+78=195
9	Thames Valley	7+93+105=205
10	Hillingdon	103+104+123=330

Men - Masters - M40

1	Serpentine	4+6+7=17	(last scorer 14th)
2	London Heathside	1+2+14=17	(last scorer 16th)
3	Queens Park	5+9+15=29	(last scorer 7th)
4	VPH&THAC	3+10+16=29	(last scorer 15th)
5	Ealing Eagles	13+19+20=52	

Men - Masters - M50

1	London Heathside	2+4+5=11
2	Serpentine	3+6+7=16
3	Highgate	12+22+28=62
4	VPH&THAC	16+20+32=68
5	Queens Park	29+41+44=114

Women - Overall

1	VPH&THAC	1+3+10=14	
2	Ealing Eagles	4+12+13=29	
3	Serpentine	7+8+18=33	(last scorer 18th)
4	London Heathside	5+9+19=33	(last scorer 19th)
5	Queens Park	16+17+23=56	

Women - Masters - W40

1	VPH&THAC	2+5+7=14
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Women - Masters - W50

1	London Heathside	2+4+9=15
2	Serpentine	5+6+16=27
3	VPH&THAC	8+11+14=33