

# NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

## FIXTURE 5 HELD AT WORMWOOD SCRUBS, HAMMERSMITH SATURDAY MARCH 24TH 2018

### Boys Under 11      2000 metres

1	L. Bailey	Hig	7.24
2	C. Saules	Hig	7.29
3	Z. Jones	Bar	7.33
4	T. Eglington	Cook	7.44
5	J. Lorraine	Hig	7.45
6	R. Rock	TVH	7.51
7	W. Nicols	Hig	7.52
8	G. Forward	Cook	8.06
9	B. Hearsey	Cook	8.09
10	L. Baughan Withington	Bar	8.12
11	H. Turner	TVH	8.14
12	J. Turner	Cook	8.15
13	W. Howard Vyse	TVH	8.16
14	H. Williams	Hil	8.18
15	J. Balme	Hig	8.21
16	T. Chadwick	Hig	8.22
17	A. Awenat	Hig	8.23
18	G. Parkinson	Hig	8.29
19	J. Hayes	Hig	8.31
20	H. Englishby	QPH	8.33
21	J. Rodaway	Hrw	8.35
22	A. Salkeld	QPH	8.35
23	J. Cameron	Hig	8.44
24	H. Jones	E E	8.52
25	H. Bruno	Hig	8.52
26	O. Leaf	Cook	9.02
27	J. Quek	Hrw	9.03
28	A. Cameron	Hig	9.04
29	O. Serji	TVH	9.08
30	L. Reynolds	Cook	9.27
31	J. Drinkell	Hig	9.29
32	T. Hayes	Hig	9.29
33	B. Bediako	LH	9.32
34	O. Smythe	Bar	9.42
35	J. Docherty	QPH	9.54
36	H. Lee	Bar	9.54
37	L. Kercher	TP	9.58
38	J. Peris	Hrw	10.18
39	S. Finnegan	TP	10.29
40	O. Dow	Bar	11.17

## Boys Under 11 Teams

1	Highgate 'A'	15
2	Cookham .	33
3	TVH	59
4	Highgate 'B'	66
5	Barnet & Dist	83
6	Highgate 'C'	95
7	QPH	118
8	Harrow	127
9	Hillingdon	137
10	Ealing Eagles	147
11	London Heathside	156
12	Trent Park	158

# NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

## FIXTURE 5 HELD AT WORMWOOD SCRUBS, HAMMERSMITH SATURDAY MARCH 24TH 2018

### Boys Under 13

### 3000 metres

1	A. Hamud	Hil	10.02
2	E. Russell	Cook	10.07
3	N. Douglas	TP	10.12
4	T. Rollo	TVH	10.16
5	J. Davis	LH	10.18
6	S. Inglis	TVH	10.25
7	M. Bishop	TVH	10.28
8	J. Bailey	Hig	10.28
9	F. Combe	ESM	10.31
10	F. Griffiths	Hig	10.34
11	J. Hopkins	Hig	10.39
12	M. Steel	ESM	10.41
13	E. Isad	Cook	10.43
14	S. Barnet	ESM	10.45
15	M. Rock	TVH	10.47
16	D. Paine	TP	10.51
17	L. Maher	LH	11.08
18	L. Saint	ESM	11.09
19	A. Read	LH	11.11
20	C. Bleazard	Cook	11.11
21	J. Dille	Cook	11.15
22	J. Alden	Bar	11.15
23	N. Holdsworth	Cook	11.18
24	E. Jackson	TP	11.19
25	S. Peris	Hrw	11.38
26	T. Berger	TP	11.41
27	M. Kercher	TP	11.49
28	E. Banks Baddiel	Hig	11.51
29	M. Lamagna	ESM	11.52
30	C. Shervell	Cook	11.56
31	H. Zaaite	ESM	12.01
32	R. Watson	Hig	12.13
33	N. Clarke	Bar	12.44
34	R. Finnegan	TP	12.48
35	T. Musei	ESM	12.54
36	J. McKeich	Dac Tr	12.57
37	J. Ahmed	TVH	13.59
38	E. Collins	QPH	14.26
39	L. Howard	QPH	14.29

### **Under 13 Boys Teams**

1	TVH	32
2	Ealing, Sthl. Mdx	53
3	Cookham	56
4	Highgate	57
5	Trent Park	69
6	London Heathside	81
7	Hillingdon	121
8	Barnet & Dist	135
9	Harrow	145
10	Dacorum & Tring	156
11	QPH	157

# NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

## FIXTURE 5 HELD AT WORMWOOD SCRUBS, HAMMERSMITH SATURDAY MARCH 24TH 2018

	<b>Boys Under 15</b>	<b>4000 metres</b>	
1	T. Archer	LH	13.55
2	B. Reynolds	Cook	14.08
3	A. Abdi	TVH	14.19
4	J. Dodson	Hig	14.23
5	T. Machin-Paley	Hig	13.24
6	E. Love	Cook	13.38
7	S. Umashankar	TVH	13.45
8	M. West	ESM	13.51
9	M. Watson	Hig	13.55
10	B. Rock	TVH	14.57
11	A. Lytrides	TP	15.01
12	T. Durrant Dac Tr	Dac Tr	15.02
13	J. Raine	Dac Tr	15.03
14	B. Abamecha	TVH	15.04
15	T. Trueman	Sh Bar	15.15
16	T. O'Reilly	Dac Tr	15.24
17	D. Sleeman	TP	15.27
18	M. Woolf	TP	15.28
19	S. Burnell	Dac Tr	15.34
20	J. Bull	Cook	15.41
21	B. Woolf	TP	15.43
22	L. Finnegan	TP	15.55
23	A. Schoenen	TVH	15.58
24	F. Sleeman	Hig	15.58
25	V. Bendel	ESM	16.06
26	L. Hanse	LH	16.14
27	A. Ferrand	TVH	16.29
28	R. Davison	ESM	16.39
29	M. Lamarge	ESM	16.44
30	C. Scott	Cook	16.54
31	J. Boret	Bar	17.17
32	P. Backes	E E	17.46
33	S. Shooti	Hrw	18.09

# NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

**FIXTURE 5 HELD AT WORMWOOD SCRUBS, HAMMERSMITH  
SATURDAY MARCH 24TH 2018**

## **Boys Under 15 Teams**

1	TVH	34
2	Highgate	42
3	Cookham	58
4	Trent Park	67
5	Ealing, Sthl. Mdx	90
6	London Heathside	95
7	Barnet & Dist	133
8	Ealing Eagles	134
9	Harrow	135

# NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

## FIXTURE 5 HELD AT WORMWOOD SCRUBS, HAMMERSMITH SATURDAY MARCH 24TH 2018

<b>Men Under 17</b>		<b>4700 metres</b>	
1	H. Turner	Cook	16.47
2	A. Gambrill	Cook	17.03
3	S. March	Cook	17.09
4	E. McArdle	TP	17.13
5	D. Hepworth	Sh Bar	17.39
6	W. Douglas	TP	17.42
7	J. Richard	Hrw	19.04
8	C. Ball	TP	19.23
9	J. Street	TP	23.01

### **Men Under 17 Teams**

1	Cookham	16
2	Trent Park	27
3	Shaftesbury Barnet	35
4	Harrow	37

# NORTH WEST LONDON YOUNG ATHLETES CC. LGE

Fixture 5 Held at Wormwood Scrubs  
24th March 2018

## Girls Under 11

## 1200 metres

1	A. Abdirahman	Hil	4.38
2	M. Sutaria	TVH	4.45
3	M. de Vivenot	E E	4.47
4	C. Reeves	Hig	4.53
5	S. Bishop	TVH	4.58
6	S. Robertson	TVH	4.59
7	C. Allan	Cook	5.04
8	K. Saunders	Hrw	5.06
9	K. Karanikolas	Hig	5.07
10	G. Allan	Cook	5.09
11	A. Kelly	TVH	5.11
12	Kiara Corkin	LH	5.15
13	H. McAlpine	Cook	5.17
14	E. Solanki Jackson	QPH	5.23
15	N. Bennett	E E	5.26
16	L. Corkin	LH	5.28
17	R. Odujebe	Hig	5.33
18	E. Low	TVH	5.34
19	G. Taylor	Hig	5.34
20	N. Jaffa	Hig	5.38
21	H. Fitzgerald	Cook	5.39
22	F. Ceric	TVH	5.41
23	P. Sargeant	QPH	5.45
24	D. Allanson	Cook	5.47
25	I. Ahmed	Hil	5.51
26	P. McLaughlin	QPH	5.54
27	M. Russell	Cook	5.55
28	P. Webster	Dac Tr	5.59
29	I. Hamud	Hil	6.02
30	B. Chadwick	Hig	6.09
31	A. Smith	Hig	6.11
32	L. Dilley	Cook	6.18
33	S. Buzzigoli	ESM	6.24
34	A. Berger	T P	6.43
35	T. Sleeman	T P	6.45



### **Girls Under 11 Teams**

1 TVH	13
2 Cookham	30
3 Highgate	45
4 TVH 'B'	51
5 Ealing Eagles	54
6 Hillingdon	55
7 QPH	63
8 London Heathside	64
9 Cookham 'B'	72
10 Harrow	80
11 Highgate 'B'	81
12 Dacorum & Tring	100
13 Ealing Sthl & Mdx	105
14 Trent Park	105

# NORTH WEST LONDON YOUNG ATHLETES CC. LGE

Fixture 5 Held at Wormwood Scrubs

24th March 2018

## Girls Under 13 2000 metres

1	O. Edwards	Dac Tr	7.34
2	S. Whitlum	Dac Tr	7.36
3	C. Terry	Cook	7.38
4	L. Russell	Hig	7.42
5	C. Edge	TVH	7.45
6	J. Ridley	Cook	7.51
7	A. Acheampong	TVH	7.54
8	S. Bracato	Cook	7.57
9	A. Robertson	TVH	7.58
10	L. Dafter	TVH	8.09
11	L. Pradayol	Hig	8.09
12	A. Taylor	Cook	8.11
13	Z. Gordon	TVH	8.12
14	S. Capelli	TVH	8.16
15	K. Horner	Cook	8.17
16	F. Sutaria	TVH	8.29
17	J. Booker	ESM	8.31
18	A. Chapman	Hig	8.36
19	S. Ergun	Hig	8.43
20	L. Ergun	Hig	8.47
21	E. Lord	Bar	8.55
22	K. Price	TVH	8.57
23	F. Weston	L H	9.08
24	N. Goldsmith	Hig	9.13
25	A. Freemantle	ESM	9.14
26	G. Oldfield	TVH	9.14
27	J. Summers	T P	9.45
28	F. Humphrey	Bar	9.49
29	A. Dussailant	ESM	9.56

## Girls Under 13 Teams

1	Cookham	17
2	TVH	21
3	Dacorum & Tring	33
4	TVH 'B'	37
5	Highgate	48
6	Ealing, Sthl Mdx	71
7	Barnet & District	79
8	London Heathside	83
9	Trent Park	87

# NORTH WEST LONDON YOUNG ATHLETES CC. LGE

Fixture 5 Held at Wormwood Scrubs  
24th March 2018

<b>Girls Under 15</b>		<b>3000 metres</b>	
1	M. Matten	LH	10.42
2	E. Donald	Hig	10.44
3	E. Hathaway	T P	10.45
4	M. Duer	TVH	11.06
5	O. Colegrave	TVH	11.11
6	N. Murphy	TVH	11.21
7	C. Rousset	TVH	12.01
8	M. Hannay	TVH	12.31
9	Z. Allanson	Cook	12.39
10	F. Coutts	ESM	12.42
11	L. Beale	ESM	12.56
12	L. Salkeld	TVH	12.58
13	E. Power	TVH	14.07
14	E. Humphrey	Bar	14.14

## **Under 15 Girls Teams**

1	TVH	15
2	TVH 'B'	27
3	London Heathside	31
4	Highgate	32
5	Trent Park	33
6	Ealing Southall & Middx	36
7	Barnet	44

# NORTH WEST LONDON YOUNG ATHLETES CC. LGE

Fixture 5 Held at Wormwood Scrubs  
24th March 2018

## Under 17 Women

## 4700 metres

1	A. Casey	TVH	16.45
2	M. Naylor	L H	17.02
3	L. Cheshire	TVH	17.09
4	L. McKay	L H	17.41
5	M. Chapman	Hig	18.22
6	J. Wilkinson	Hig	18.37
7	B. Murray	Cook	18.59
8	A. Freely	Hrw	19.17
9	I. Shaw	Cook	19.44
10	A. Hadid	L H	20.17
11	M. Sammes	Cook	20.58

## Teams

1	London Heathside	16
2	TVH	16
3	Highgate	23
4	Cokham	27
5	Harrow	32

# NORTH WEST LONDON Y.A. CROSS COUNTRY LEAGUE 2017-18

Final Team League tables after 5 fixtures

## Under 11 Boys

Highgate	9	10	10	10	10	49
Cookham	10	9	7	9	9	44
Barnet & Dist	7	6	9	7	6	35
TVH	8	7	4	6	8	33
Highgate 'B'	5	4	8	5	7	29
Harrow	1	8	6	8	3	26
QPH	3	3	3		4	13
Ealing Sth Mdx	4	1	5			10
Hillingdon	1	5	1	1	2	10
Highgate 'C'			2		5	7
Cookham 'B'	6					6
Ealing Eagles	1	2	1	1	1	6
London Heathside	2		1	2	1	6
Trent Park	1	1	1	1	1	5
Harrow 'B'				4		4
Dacorum & Tring				3		3

## Under 13 Boys

Highgate	10	10	8	9	7	44
Cookham	9	9	1	10	8	37
London Heathside	7	8	9	5	5	34
Trent Park	5	6	6	7	6	30
Harrow	6	7	7	6	2	28
Ealing Sthl Mdx	8	1	5	4	9	27
TVH	3	1	4	8	10	26
Shaftesbury Barnet	1	3	10	3		17
Hillingdon	2	4	2	1	4	13
Dacorum & Tring	4	1	3		1	9
Barnet & Dist	1	1	1	2	3	8
Highgate B		5				5
QPH	1	1	1		1	4
Cookham 'B'		2				2

### Under 15 Boys

TVH	7	10	10	10	10	47
Cookham	9	8		7	8	32
Dacorum & Tring	10	9	8	4		31
Highgate	6	2	5	6	9	28
Trent Park	5	7	3	3	7	25
Shaftesbury Barnet	1	5	7	8		21
London Heathside	2	3	9		5	19
Ealing Sthl Mdx	4	1	2	5	6	18
Hillingdon	8	1	6	2		17
Barnet & Dist	1	6	4	1	4	16
Harrow	1		1	9		13
Ealing Eagles	1	4	1		3	9
QPH	3	1				4
Cookham 'B'	2					2
Shaftesbury Barnet 'B'			1			1

### Under 17 Boys

Trent Park	9	10	10	10	9	48
Shaftesbury Barnet	7	9	8	8	8	40
Harrow	4	7		9	7	27
Cookham	10				10	20
Ealing Sthl Mdx	3	6	5			14
QPH	6	8				14
TVH			5	7		12
Trent Park 'B'			9			9
Barnet & District	2		6			8
Dacorum & Tring	8					8
London Heathside	5					5

### Overall

#### BOYS

Cookham	133
Highgate	121
TVH	118
Trent Park	108
Harrow	92
Shaftesbury Barnet	78
Ealing Sthl Mdx	69
Barnet & Dist	67
London Heathside	64
Dacorum & Tring	51
Hillingdon	40
QPH	35
Ealing Eagles	15

### Under 11 Girls

Highgate	10	10	10	8	8	46
Cookham	7	9	9	6	9	40
Hillingdon	8	8	6	4	5	31
Ealing Eagles	4	6	4	9	6	29
Harrow	5	4	5	10	1	25
TVH	9	1	1	3	10	24
London Heathside	3	2	9	5	3	22
Dacorum & Tring		3	7	7	1	18
Trent Park	6	5	3	2	1	17
QPH	2	7			4	13
TVH 'B'					7	7
Cookham 'B'	1	1	1		2	5
Barnet & Dist	1	1	2			4
Trent Park 'B'	1	1	1			3
Shaftesbury Barnet	1	1	1			3
Ealing Sthl Mdx	1				1	2
Cookham 'C'			1			1
QPH 'B'			1			1
Highgate 'B'					1	1

### Under 13 Girls

TVH	10	9	9	8	9	45
Cookham	9	8	4	9	10	40
Dacorum & Tring	8	10	7	6	8	39
Highgate	4	7	10	10	6	37
TVH 'B'	6	6			7	19
Harrow	5	1	5	5		16
Barnet & Dist	1	3	3	4	4	15
Ealing. Sthl/ Mdx	1	1	1	7	5	15
Cookham 'B'	7	4				11
London Heathside	1	2	1	3	3	10
Trent Park	2	5	1		2	10
Shaftesbury Barnet	1	1	6			8
Highgate Hrs 'B'			8			8
QPH	1	1	2			4
Cookham 'C'	3					3
Trent Park 'B'	1	1				2
Ealing Eagles			1			1
Hillingdon			1			1

### Under 15 Girls

TVH	9	9	10	10	10	48
Highgate	6	10	8	9	7	40
Dacorum & Tring	7	7	7	6		27
London Heathside	8	8	2		8	26
Shaftesbury Bar	10	6	9			25
Trent Park	3	4	3	7		23
Ealing Sthl Mdx	4	3	6	4	5	22
Barnet & District	2	5	4	5	4	20
TVH 'B'					9	9
Cookham				8		8
Shaftesbury Barnet 'B'			5			5
Dacorum & Tring 'B'	5					5
Harrow	1	2	1			4
QPH		1				1
Shaftesbury Barnet 'C'			1			1

### Under 17 Girls

London Heathside	8	9	9		10	36
Cookham	6	10		10	7	33
TVH	7	7		8	9	31
Shaftesbury Bar	10		10	9		29
Highgate	4	8	7		8	27
Ealing Southall & Middx	9	6	8			23
Trent Park	5	5		7		17
Harrow					6	6

### Overall after 5 matches.

TVH	148
Highgate	121
Cookham	121
London Heathside	94
Dacorum & Tring	84
Shaftesbury Barnet	65
Ealing Sthl Mdx	62
Trent Park	61
Harrow	51
Barnet & Dist	39
Hillingdon	32
Ealing Eagles	30
QPH	18



NORTH WEST LONDON Y.A. CROSS COUNTRY LEAGUE 2017-2018

End of season Top 10

Individuals	Under 11 Girls	Points
1	A. Abdirahman	Hil 200
2	K. Saunders	Hrw 188
3	H. Munday	L.H. 183
4	S. Bishop	TVH 178
5	M. De Vivenot	Eal E. 174
6	K. Adams	Hrw 163
6	C. Allan	Cook 163
8	G. Allan	Cook 160
9	E. Chadwick	Hig 159
10	H. McAlpine	Cook 134

Individuals	Under 13 Girls	Points
1	S. Whitlum	Dac Tr 195
2	L. Henson	ESM 179
3	Z. Clarke	Cook 168
4	Z. Gordon	TVH 157
5	J. Ridley	Cook 155
6	A. Taylor	Cook 152
7	K. Price	TVH 148
8	O. Edwards	Dac Tr 145
9	L. Russell	Hig 140
9	K. Driscoll	Hig 140

Individuals	Under 15 Girls	Points
1	E. Donald	Hig 191
2	E. Hathaway	TP 180
3	M. Duer	TVH 176
4	E. Roncarti	Sh 148
5	N. Murphy	TVH 135
6	A. Cassidy	Dac Tr 134
7	O. Colegrave	TVH 131
8	J. Miranda	Bar 118
9	I. Lichenko	ESM 116
10	L. Boden	Dac Tr 110

Individuals	Under 17 Women	Points
1	A. Casey	TVH 195
2	B. Murray	Cook 175
3	M. Chapman	Hig 171
4	M. Naylor	LH 139
5	L. McKay	LH 130
6	M. Hussain	ESM 117
7	L. Kyriacou	Sh 100
8	A. Grimes MacTavish	ESM 96
9	E. Conlon	LH 90
10	L. Cheshire	TVH 87

Individuals	Under 11 Boys	Points
1	L. Bailey	Hig 198
2	Z. Jones	Bar 193
3	B. Rock	TVH 183
4	W. Nicols	Hig 176
5	H. Williams	Hil 172
6	B. Hearsey	Cook 170
7	J. Turner	Cook 155
8	L. Baughton Whithington	Bar 146
9	B. Bediako	LH 140
10	J. Hayes	Hig 137

Individuals	Under 13 Boys		
1	A. Hamud	Hil	198
2	N. Douglas	TP	188
3	S. Blake	LH	186
4	J. Bailey	Hig	175
5	F. Coombes	ESM	164
6	D. Paine	T Pk	147
7	L. Maher	LH	139
8	E. Russell	Cook	133
9	F. Griffith	Hig	131
10	N. Holdsworth	Cook	124

Individuals	Under 15 Boys	Points
1	A. Abdi	TVH 191
2	B. Reynolds	Cook 180
3	S. Umashankar	TVH 173
4	B. Rock	TVH 169
5	M. Watson	Hig 167
6	M. Armstrong	Dac Tr 140
7	T. Machin Paley	Hig 137
8	T. O'Reilly	Dac Tr 130
9	E. Lowe	Cook 129
10	M. McAteer	Sh 123

Individuals	Under 17 Men	Points
1	D. Hepworth	Sh 187
2	E. McArdle	TPk 185
3	W. Douglas	TPk 171
4	G. Acosta	TPk 157
5	J. Street	TPk 142
6	C. Ball	T. Pk 129
7	F. Sturrock	TPk 128
8	C. Morris	Hrw 126
9	C. Edwards	ESM 116
10	N. Barnard	QPH 97