

NORTH WEST LONDON Y.A. CROSS COUNTRY LEAGUE 2023-24 2023-24

Fixture held at Fryent Park, Kingsbury, Saturday November 4th 2023.

Boys Under 11		2000 METRES	
1	D. Pascal	Sh B	6.19
2	L. Da Silva	TVH	6.28
3	J. Cobbold	Hig	6.29
4	H. Henderson	Sh B	6.31
5	A. Rubenstein	Sh B	6.39
6	J. Day	Sh B	6.42
7	L. Hill	T P	6.46
8	W. Palmer	Hill	6.49
9	A. Panchal	LH	6.51
10	R. Singarayyer	Sh B	6.52
11	Z. Quaye Murrauy	QPH	6.53
12	L. Xie	Sh B	6.54
13	B. Muralidhar	ESM	6.58
14	K. Young	LH	7.01
15	E. Mortimer	ESM	7.01
16	R. Mainwood	Hig	7.02
17	L. Carballo	Camb	7.02
18	B. Frearson	Hrw	7.08
19	L. Greenwood	TP	7.09
20	A. Baird	QPH	7.11
21	K. Duberry	LH	7.12
22	M. Omar Abdi	Hig	7.15
23	S. Rochester	E E	7.17
24	D. Lewis	LH	7.19
25	R. Phillips	Sh B	7.22
26	N. Liborg	EE	7.24
27	A. Thompson	ESM	7.33
28	D. Shah	Bar	7.33
29	J. Bernstein	Sh B	7.35
30	O. Thorburn	WSE	7.36
31	J. Ballard	Hig	7.38
32	F. Annetts	WSE	7.41
33	O. Reed	QPH	7.46
34	P. Moses John	Sh B	7.47
35	E. Pizzi Najada	T P	7.47
36	R. Ojideagu	B Sch	7.47
37	K. Simmonds	Bar	7.48
38	J. Quinby	Bar	7.49
39	L. Gandemer	TVH	7.51
40	R. Khamis	QPH	7.53
41	T. Kane	Bar	7.55
42	A. March	Bar	7.56
43	W. Edwards	LH	7.57
44	N. Dopeke	QPH	7.57
45	A. Marsh	QPH	8.05
46	N. Patel	Hrw	8.06
47	F. Pizzi Najada	TP	8.12
48	L. Brechner	Bar	8.14
49	M. Sassa	Hig	8.18
50	R. O'Flynn	Hig	8.19
51	C. Hill	Hig	8.3

Boys Under 11	Teams	
1	Shaftesbury Barnet	16
2	London Heathside	68
3	Highgate	68
4	Shaftesbury Barnet 'B'	76
5	QPH	104
6	Ealing, southall & Mdx	106
7	Trent Park	108
8	TVH	145
9	Barnet & Dist	144
10	Ealing Eagles	151
11	Windsor, Slough & Eton	164
12	Hillingdon	164
13	Harrow	166
14	Cambridge Hrs	173
15	Barnet Schools	192

Boys Under 13**3000 metres**

1	J. Hayward	ESM	11.31
2	E. Pascal	Sh B	11.44
3	R. Willis	LH	11.48
4	R. Greenwood	T P	11.59
5	L. Boulting	ESM	12.11
6	A. Charles	WSE	12.16
7	C. Nicolson	LH	12.19
8	M. Muers	ESM	12.33
9	A. Kirk	LH	12.34
10	L. Mullen	QPH	12.36
11	A. Pettican	Hig	12.38
12	E. Moss	Sh B	12.42
13	J. Phillips	ESM	12.42
14	V. Chopra	Hrw	12.48
15	S. Clements	Sh B	13.02
16	M. Pilbrow	TVH	13.09
17	T. Cockerell	Sh B	13.11
18	T. Jones	EE	13.16
19	E. Hinds	Hrw	13.16
20	O. Stubbins	ESM	13.19
21	E. Jamal	Hrw	13.19
22	A. Farley	Hill	13.27
23	L. Rizzello	Hrw	13.38
24	R. Parkes	Sh B	13.39
25	J. Norman	Sh B	13.43
26	K. Liyanage	ESM	13.46
27	E. Sly	Hrw	13.49
28	A. Robertson	Hig	14.01
29	H. Samuel	Sh B	14.02
30	D. Lomba	TVH	14.03
31	N. Grella Bekele	LH	14.11
32	T. Fellows	Sh B	14.41
33	G. Driscoll Edwards	TP	14.45
34	A. Kelly	Hig	14.51
35	O. Othulo	Sh B	15.09
36	J. Hill	TP	15.25
37	M. Kolesnikov	Hig	15.26
38	E. Graeme	TP	15.33
39	E. Hobbs	Hrw	15.36
40	P. Young	LH	15.52
41	E. Estifanos	Hill	16.09
42	A. O'Shea	QPH	18.01
43	M. Mackenzie	QPH	18.6

Under 13 Boys**Teams**

1	Ealing, Southall & Mdx	27
2	Shaftesbury Barnet	46
3	London Heathside	50
4	Harrow	77
5	Hillingdon	107
6	Highgate	110
7	Trent Park	111
8	TVH	134
9	Windsor, Slough & Eton	138
10	QPH	149
11	Ealing Eagles	150

Boys Under 15 4000 metres

1	S. Turner	LH	13.53
2	E. Kaloukian	LH	14.22
3	J. McDonagh-Sanchez	Bar	14.25
4	L. Tomlinson	Hig	14.26
5	G. Robertson	Hig	14.41
6	M. Stripp	ESM	14.42
7	T. Carter	TPk	14.44
8	W. Howes	WSE	14.51
9	F. La Trobe Weston	TVH	14.52
10	O. Wilkinson.	ESM	14.52
11	H. Baker	ESM	14.53
12	N. Levy	ESM	14.54
13	T. Querfurth Waterman	Hig	14.55
14	Z. Moore	TVH	14.57
15	O. Flemming	Bar	15.01
16	A. Strinic	Hill	15.12
17	W. Goshong	LH	15.12
18	D. Frearson	Hrw	15.15
19	S. Tarling	Hrw	15.17
20	T. Mergia	LH	15.18
21	D. Walke	TVH	15.38
22	A. Falkowska	TPk	15.42
23	A. Reupke	QPH	15.46
24	L. Bestmann	LH	16.01
25	D. Hanks	TPk	16.07
26	O. Miah	Sh B	16.11
27	R. Gaskill	QPH	16.24
28	J. Testa	Hig	16.38
29	T. Price	ESM	17.07
30	C. Chung	ESM	17.13
31	S. Darcy	Sh B	17.23
32	H. James Worrall	Hig	18.08
33	A. Spencer Richardson	QPH	18.19
34	A. Shreeharen	Hrw	22.54

Boys Under 15 Teams

1	Ealing, Southall & Mdx	39
2	London Heathside	40
3	Highgate	50
4	TVH	79
5	Barnet & Dist	88
6	Trent Park	89
7	Harrow	106
8	Windsor, Slough & Eton	113
9	QPH	118
10	Hillingdon	121
11	Shaftesbury Barnet	127

Men Under 17**5000 metres**

1	L. Bailey	Hig	16.18
2	J. Hayes	Hig	16.32
3	J. Tarling	Hrw	17.13
4	E. Flewitt	ESM	17.31
5	R. Rock	TVH	17.35
6	F. Beale (U20M)	LH	17.47
7	M. Omell	Bar	17.54
8	K. Carmargo Scholtz	TVH	18.03
9	O. Tivnann	TP	18.03
10	J. Drinkell	Hig	18.05
11	A. Hobbs	Hrw	18.15
12	D. Baah Okyere	LH	18.21
13	J. Cameron	Hig	18.42
14	A. Macavoy	Sh B	19.08
15	L. Samuels	Bar	19.08
16	J. Lee	ESM	19.32
17	A. Feeny Willings	LH	19.47
18	D. Khuruna	ESM	19.48
19	H. Jones	ESM	20.13
20	J. Andrews	Bar	20.19
21	H. Lee	Bar	20.21
22	B. Ryan	LH	21.53

Men Under 17 Teams

1	Highgate	26
2	Ealing, Southall & Middx	54
3	London Heathside	56
4	TVH	59
5	Barnet & Dist	60
6	Harrow	60
7	Trent Park	78
8	Shaftesbury Barnet	82

Girls Under 11**2000 metres**

1	S. Davies	TVH	6.55
2	G. Rooney	Sh B	6.55
3	S. Darcy	Sh B	6.57
4	A. Clements	B O E	7.01
5	F. Hall	WSE	7.08
6	E. Deakin	LH	7.17
7	A. Ross	Sh B	7.13
8	V. Olas	Hrw	7.14
9	D. Sly	Hrw	7.15
10	I. Wraight	LH	7.17
11	M. Hayward	ESM	7.21
12	I. Davies	TVH	7.25
13	L. Sneath	Bar Sc	7.28
14	L. Belkin	LH	7.28
15	C. Bootman	E E	7.29
16	A. Hinds	Hrw	7.31
17	I. Hudson	Sh B	7.31
18	M. Hinson	LH	7.43
19	B. Tidball	Hig	7.51
20	F. Graeme	TP	7.52
21	M. March	Bar.	7.53
22	M. Dalton	LH	7.59
23	K. Caverio Taki	Sh B	8.02
24	E. Minford	Sh B	8.02
25	K. Adelise	Sh B	8.08
26	S. Shaw	Sh B	8.08
27	P. Savage	Hig	8.26
28	H. Scott	Hig	8.33
29	P. Gladstone	Sh B	8.34
30	J. Andre	LH	8.35
31	I. Yadav	Hrw	8.44
32	D. Sydenham Williams	Bar	8.46
33	L. Urhammer	QPH	8.51
34	K. Hannah Woolf	Hig	8.54
35	J. Mailer	QPH	9.04
36	A. Bronfentricker	QPH	9.06
37	H. Connolly	TP	9.16
38	E. Braine	QPH	10.24

Girls Under 11 Teams

1	Shaftesbury Barnet	29
2	London Heathside	48
3	Harrow	64
4	TVH	91
5	Shaftesbury Barnet 'B'	98
6	Highgate	108
7	Boro of Enfield	121
8	Windor Slough & Eton	122
9	Ealing, Southall, Mdx	128
10	Barnet Schools	130
11	Barnet & Dist	131
12	Ealing Eagles	132
13	Trent Park	135
14	QPH	142

Girls Under 13 3000 Metres

1	A. Porter	ShB	12.39
2	I. Marriott	TP	12.47
3	J. Falkowska	TP	12.53
4	B. Dalton	Hrw	12.59
5	K. Dalton	Hrw	12.59
6	D. Abbot	ShB	13.13
7	S. Bennett	TVH	13.37
8	N. Heath	Hrw	13.56
9	L. Casalenuo	ShB	13.58
10	I. Kane	Bar	14.03
11	T. Conway	Bar	14.11
12	C. Tomlinson	Hig	14.22
13	M. Sanders	Hrw	14.25
14	S. Sargeant	ESM	14.45
15	L. Westcarr	Hrw	14.51
16	S. Brechner	Bar	15.19
17	E. Shaw	ShB	15.28
18	E. Clift	ShB	15.38
19	M. McCarron	QPH	15.38
20	S. Brick	QPH	16.01
21	I. Agralial	Hig	16.09

Girls Under 13 Teams

1	Harrow	30
2	Shaftesbury Bar	33
3	Trent Park	57
4	Barnet & District	63
5	Highgate Hrs	80
6	TVH	85
7	QPH	90
8	London Heathside	100
9	Ealing, Southall & Mdx	103

Girls Under 15 4000 Metres

1	A. Johnson	ESM	15.15
2	S. Allen	Hig	15.23
3	M. Hunt	LH	15.41
4	R. Cormacain	LH	16.11
5	L. Blustin	LH	16.43
6	E. Othulo	Sh B	17.23
7	E. Lindley	Hig	17.32
8	M. Cobbold	Hig	17.43
9	E. Buckley	Sh B	18.06
10	M. Denley Patel	Hill	18.51
11	E. McLoughlin	ESM	19.39
12	M. Kelly	Hill	19.52
13	L. Terzopoulos	TP	22.59

Under 15 Girls Teams

1	London Heathside	26
2	Highgate	31
3	Ealing, Southall, Middx	40
4	Shaftesbury Barnet	43
5	Hillingdon	50
6	Trent Park	55

Under 17 Women 5000 Metres

1	M. Rosen	Bar	19.02
2	M. Watkins	LH	19.26
3	N. Hewitt	ESM	20.24
4	L. Devendahl	Hig	20.53
5	I. Martin	TVH	21.35
6	F. Omar Abdi	Hig	21.53
7	J. Luis	Hig	22.48
8	E. Sennis	ESM	22.53
9	P. Music	ShB	22.23
10	A. Dhillon Stapleton	ShB	24.31
11	N. Lind	TVH	25.53

Under 17 Women Teams

1	Highgate	29
2	Ealing, Southall & Mdx	35
3	Barnet & District	37
4	London Heathside	38
5	TVH	40
6	Shaftesbury Barnet	43