

N.W. LONDON YOUNG ATHLETES CROSS COUNTRY LEAGUE

FIXTURE HELD AT MAD BESS WOODS, RUIUSLIP = NOV. 23RD 2013

HOST CLUB HILLINGDON A.C.

Girls Under 11--1200 metres

Teams

1	D. Brock	Hig	4.34	Highgate Hrs 'A'	12
2	E. Gilmore	Hig	4.36	Harrow AC 'A'	18
3	L. Jane Foley	Hrw	4.49	Shaftesbury Bar	32
4	S. Andrews	Hrw	4.51	TVH	42
5	M. Ratus	SH	4.52	Highgate Hrs 'B'	42
6	E. Blayne	SH	5.07	Hillingdon AC 'A'	68
7	K. McKenzie	TP	5.08	Highgate Hrs 'C'	71
8	R. Garrett	LH	5.10	London Heathside	72
9	M. Dunne	Hig	5.11	Harrow AC 'B'	81
10	I. Millett	Hig	5.12	Trent Park RC	82
11	S. Nabney	Hrw	5.12	Hillingdon AC 'B'	97
12	F. Scaap	TVH	5.12	Barnet & Dist AC	101
13	N. O'Brien	Hrw	5.21	Hillingdon AC 'C'	122
14	A. Pernthaller	TVH	5.22	Ealing, Sthl, Mdx	134
15	C. Mee	Hig	5.23		
16	C. Cooney-Quinn	TVH	5.24		
17	O. Dumbell	Hig	5.26		
18	J. Moore	Bar	5.26		
19	N. Malam	Hil	5.27		
20	K. Spurlock	Hig	5.28		
21	A. Corbo	SH	5.30		
22	T. Adams	SH	5.33		
23	C. Trafford	Hil	5.34		
24	F. Mace	Hig	5.35		
25	K. Crisp	LH	5.36		
26	J. Mounier	Hil	5.37		
27	X. RamerizEspain	Hig	5.38		
28	D. Spooner	Hig	5.40		
29	E. Barter	SH	5.45		
30	E. Hathaway	TP	5.46		
31	N. Jones	Hil	5.49		
32	L. Thompson	Hil	5.57		
33	E. Hall	Hrw	5.57		
34	K. Palmer-Cheung	Hil	6.00		
35	L. Quinnell	Hrw	6.01		
36	E. Murphy	Bar	6.03		
37	A. Traczyk	Hil	6.05		
38	N. Swinhoe	LH	6.08		
39	F. Weston	LH	6.11		
40	A. Kerry	ESM	6.12		
41	I. Spooner	Hig	6.18		
42	I. Farley	Hil	6.25		
43	A. Parmar	Hil	6.25		
44	K. Whitewick	Hil	6.27		
45	P.J. Allwright	TP	6.38		
46	E. McLenan	Hil	7.05		

Boys Under 11 – 2000 metres

Teams

1	L. Hunt	Hrw	7.53	Highgate Hrs 'A'	33
2	J.J. Lewis	Enf&Har	7.55	Hillingdon AC 'A'	64
3	R. McGonagle	LH	8.08	Highgate Hrs 'B'	67
4	F. Doyle	Hig	8.12	Harrow AC	70
5	J. Steel	T.P	8.15	London Heathside	73
6	B. Forde	Hil	8.16	Trent Park RC	76
7	T. Horne	Bar	8.17	Highgate Hrs 'C'	124
8	O. Gallagher	Hig	8.23	Enfield & Haringey	134
9	M. Harris	SH	8.24	Hillingdon AC 'B'	139
10	F. Bright	Hig	8.26	Barnet & Dist AC	139
11	A. Fitzpatrick	Hig	8.28	Shaftesbury Bar	141
12	A. Johnson	Hil	8.32	TVH	147
13	T. Machin Paley	Hig	8.33	Ealing SthIMdx	157
14	B. Shaw	TP	8.34		
15	M. Longuoria	TVH	8.35		
16	G. Brennan	Hig	8.36		
17	M. Muralitheran	Hrw	8.37		
18	F. Sleeman	Hig	8.39		
19	T. Atkin	Hil	8.39		
20	M. Watson	Hig	8.41		
21	L. Porter	Hig	8.49		
22	S. Munk	LH	8.53		
23	K. Crisp	LH	8.54		
24	L. Mansell	Hrw	9.02		
25	Z. Paul	LH	9.14		
26	T. Berger	TP	9.15		
27	B. Jhuboo	Hil	9.19		
28	C. O'Grady	Hrw	9.22		
29	I. Bloodworth	Hil	9.24		
30	V. Bright	Hig	9.27		
31	B. Banks	TP	9.39		
32	K. Willis	ESM	9.41		
33	O. Donoghue	Hil	9.46		
34	A. Cairns	Hrw	9.49		
35	R. Watson	Hig	9.50		
36	N. Bevan	Hrw	9.52		
37	A. Solanki	Hil	9.55		
38	M. Harvey	Hig	9.58		
39	D. Foster	ESM	10.16		
40	J. McHugh	Hil	10.33		
41	D. Andrew	Hil	10.37		
42	M. Kouwiloyan	ESM	10.50		
43	A. Sadrian	Hil	11.01		

Girls under 13 – 2000 metres

Teams

1	C. Buckley	TVH	7.34	Shaftesbury Bar	15
2	C. Turner	Hig	7.49	Hillingdon AC 'A'	28
3	L. Radus	SH	7.55	Highgate Hrs 'A'	37
4	L. O'Brien	ESM	7.58	Ealing SthlMdx 'A'	40
5	M. Groom	SH	7.59	Harrow AC	61
6	A. Gizzi	Hil	8.03	Trent Park RC	66
7	S. Kent	SH	8.15	TVH	77
8	A. Grimes McTavish	E & H	8.18	Hillingdon AC 'B'	85
9	L. Hill	Hil	8.19	Highgate Hrs 'B'	86
10	E. Haimes	TP	8.20	Ealing SthlMdx 'B'	86
11	L. Kyriacou	SH	8.25	Enfield & Haringey	98
12	P. Crockford	LH	8.29	London Heathside	100
13	H. Acraman	Hil	8.31	Dacorum&Tring AC	104
14	S. Pond	Dac	8.32	Hillingdon	124
15	M. Hussain	ESM	8.36	Barnet &Dist AC	128
16	J. Wilkinson	Hig	8.37		
17	G. Harper	SH	8.51		
18	S. Tremlett	Hrw	8.53		
19	C. Di Borgoricco	Hig	8.55		
20	A. Freely	Hrw	8.56		
21	A. Ibrahim	ESM	8.57		
22	M. Bracher	TP	8.58		
23	T. Das	Hrw	8.59		
24	A. Manners	Hil	9.04		
25	C. Leisten	Hil	9.05		
26	C. Thomas	ESM	9.06		
27	K. Basten	Hig	9.15		
28	L. Kelly	ESM	9.21		
29	M. Chapman	Hig	9.37		
30	H. Sekkides	Hig	9.38		
31	L. Longuoria	TVH	9.39		
32	R. Cox	ESM	9.41		
33	E. Conlon	LH	9.43		
34	M. Harnett	TP	9.43		
35	E. Stocking	ESM	9.48		
36	K. Liddle	Hil	9.57		
37	S. Freeman	ESM	10.03		
38	V. Peters	Bar	10.06		
39	G. Liverpool	Hil	10.08		
40	A. Cullen	TP	10.14		
41	A. Brennan	Hig	10.20		
42	A. Talbot	Hil	10.24		
43	E. Hester	Hil	10.35		
44	E. Mcllenan	Hil	11.02		

Boys Under 13 – 3000 metresTeams

1	J. Harper	SH	10.13
2	L. Garrett	LH	10.33
3	J. Young	TP	10.42
4	F. Harvey	SH	10.47
5	C. Taylor	Hrw	10.56
6	H. Rocha	SH	10.58
7	K. Imroth	Dac	11.00
8	B. Scott	Hrw	11.04
9	L. Sheehan	ESM	11.06
10	S. Bickerstaff	Hrw	11.07
11	W. Adamo	Hil	11.22
12	S. Lee	SH	11.28
13	L. Edwards	Hrw	11.30
14	J. Forde	Hil	11.40
15	L. McHugh	Hil	11.42
16	C. Warwick	Hil	11.44
17	D. Godden	Hrw	11.52
18	B. Payne	ESM	11.53
19	F. Sturrock	TP	11.54
20	G. Acosto	TP	11.58
21	F. Fox	SH	12.00
22	L. Bunn	Hrw	12.05
23	C. Gallagher	Hig	12.09
24	G. Kaye	TVH	12.09
25	N. Dyer	TVH	12.11
26	C. Phillipou	TP	12.18
27	O. Ash-Curran	Hrw	12.20
28	A. Rowlands	Hrw	12.20
29	R. Connolly	ESM	12.31

Under 13 boys continuedTeams

30	E. Fraser	Bar	12.44	Shaftesbury Bar	23
31	K. Dalvair	Hrw	12.52	Harrow AC 'A'	36
32	D. Gallow	TP	12.56	Hillingdon AC	56
33	T. Wallace	ESM	13.07	Trent Park RC 'A'	68
34	T. Malt	Dac	13.15	Ealing SthlMdx	89
35	C. Morris	Hrw	13.18	TVH	90
36	R. McHugh	Hrw	13.21	Harrow AC 'B'	94
37	J. Toon	SH	13.23	Dacorum&Tring	136
38	J. Coles	TP	13.28	Trent Park RC 'B'	151
39	B. Coles	TP	13.31	London Heathside	152
40	R. D'Avione	Hig	13.32	Highgate Hrs	163
41	E. Gaye	TVH	13.35	Barnet &Dist AC	180
42	J. Houpt	TP	13.37		
43	J. Lee	Hil	13.56		
44	E. McArdle	TP	14.02		
45	J. Amos	Dac	14.10		
46	C. Ayres	ESM	14.24		
47	K. Foster	ESM	14.27		
48	B. Hooley	Hil	14.41		
49	W. Doyle	Hil	14.47		

Girls Under 15 - 3000 metresTeams

1	I. Weir	TVH	10.47	TVH	11
2	N. Ravenhill	ESM	10.58	Ealing SthlMdx	15
3	A. Harray	TVH	10.59	Shaftesbury Bar	24
4	E. Wallace	ESM	11.21	Harrow AC	44
5	G. Kyriacou	SH	11.22	Highgate Hrs	48
6	M. Briscoe	Hig	11.25	Trent Park RC	58
7	V. Walker	TVH	11.27	Dacorum&Tring	63
8	J. Hurley	SH	11.35	Hillingdon	71
9	L. Stewart	ESM	11.40		
10	R. Haddon	Hrw	11.52		
11	G. Marlborough	SH	11.54		
12	L. Cottrell	Hrw	11.55		
13	I. Amos	Dac	12.25		
14	R. Vallance	TVH	12.44		
15	E. Jenes	TP	13.10		
16	B. Halbard	SH	13.20		
17	E. Bell	Hig	13.20		
18	G. Norton	TP	13.21		
19	G. Emanuel	SH	13.22		
20	J. Connelly	ESM	13.25		
21	K. O'Rourke	Hil	13.52		
22	A. Howard	Hrw	13.59		
23	A. McGrath	Hrw	14.00		
24	I. Abeysekera	Hrw	14.00		

Boys under 15 - 4000 metres

1	T. McArdle	TP	13.54
2	J. Fielding	ESM	14.06
3	B. Filby	Hrw	14.14
4	A. Sleeman	Hig	14.22
5	A. Mendes da Costa	TVH	14.28
6	A. Bradshaw	Hil	14.29
7	R. Rowlands	Dac	14..35
8	J. Van Heiningen	Dac	14.36
9	W. McArdle	TP	14.42
10	W. Griffiths	LH	14.46
11	C. Rathbone	TVH	14.49
12	M. McGeary	Hrw	14.50
13	G. Kerry	ESM	14.52
14	A. Sungtong	ESM	15.09
15	T. Fernn	Hrw	15.11
16	L. Lee Cairns	Hrw	15.12
17	T. Dore	Dac	15.13
18	K. O'Rourke	Hil	15.13
19	M. Dietrich	LH	15.17
20	A. Hamud	Hil	15.18
21	R. Kent	SH	15.34
22	M. How	Hil	15.42
23	J. Hooley	TVH	15.44
24	M. Renphrey	Dac	15.50
25	J. Karmovin	Hrw	15.52
26	B. Beckwith	TP	15.53
27	F. Bastion	Hig	16.16
28	R. Alexander	TP	17.07

Boys under 15 continued

29	L. Ader	ESM	17.18
30	E. Bond Vaughan	TVH	17.34
31	D. Ayers	ESM	17.53
32	W. Olney	LH	21.45

Teams

HarrowAC	46
Dacorum&Tring AC	56
Ealing Southall &Mdx AC	58
Trent Park RC	64
Hillingdon AC	66
TVH	69
London Heathside AC	94
Highgate Hrs	97
Shaftesbury Barnet Hrs	120

Under 17 Women – 4000 metres

1	J. Dos Santos	TP	15.51
2	C. Dunnett	Enf&Har	16.29
3	G. Weston	LH	16.33
4	R. Hurley	SH	16.43
5	E. Dwan	SH	16.57
6	S. Parker	Bar	17.01
7	O. Will	ESM	17.10
8	E. O'Grady	Hrw	17.12
9	M. Hill	Hrw	17.18
10	J. Howard	TP	17.40
11	T. Kelly	ESM	17.56

Teams

Shaftesbury Bar Hrs	21
Trent Park RC	23
Enfield & Haringey AC	26
London Heathside AC	27
Harrow AC	29
Barnet &Dist AC	30
Ealing Southall &Mdx AC	36

Under 17 Men – 5000 metres

1	J. Naylor	LH	16.46
2	M. Farah	ESM	16.48
3	T. Butler	Bar	16.56
4	L. Holbrook	Hil	17.03
5	A. Machin-Paley	Hig	17.05
6	L. Burrell	TVH	17.23
7	F. Cryan	Hrw	17.37
8	J. Cooper	TVH	17.42
9	T. Griffiths	LH	18.07
10	J. Hill	Hrw	18.09
11	S. Fenn	Hrw	18.22
12	J. Horrex	TVH	18.54
13	J. Doyle	Hil	19.16
14	M. Cursons	Hrw	19.21
15	T. McDermott	Hrw	19.22
16	M. Cunningham	Bar	19.35
17	J. Rowlands	Hrw	20.43
18	N. Mohamoud	Hrw	20.51
19	K. Lyons	TVH	21.03
20	A. Collins (Guest)	Hig	21.10
21	A. Ibrahim	ESM	22.34

Teams

Harrow AC	42
TVH	45
London Heathside AC	54
Hillingdon AC	61
Barnet & District AC	63
Ealing Southall &Mdx AC	68
Highgate Hrs	71