

NORTH WEST LONDON YOUNG ATHLETES CROSS COUNTRY LEAGUE

FIXTURE HELD AT TRENT PARK, COCKFOSTERS,

28th NOV. 2015

UNDER 11 GIRLS

1400 metres

1.	I. Haddad.	Hig	7.00	
2.	O. Edwards	DacTr	7.08	
3.	A. Weightman	Sh Bar	7.11	
4.	K. Price	TVH	7.16	
5.	M. Ellwood	Cook	7.23	
6.	R. Keohane	T Pk	7.29	
7.	C. Terry	Cook	7.39	
8.	K. Bastien	Hig	7.42	
9.	L. Dasfter	TVH	7.44	
10.	J. Ridley	Cook	7.51	
11.	I. Fleet	Sh Bar	7.54	
12.	S. Whitlum	DacTr	8.11	
13.	H. Giles	Hig	8.17	
14.	A. Murphy	Sh Bar	8.19	
15.	L. Mitchell	Hig	8.20	
16.	H. Munday	LH	8.22	
17.	E. McCluskey	Bar	8.28	
18.	A. Chapman	Hig	8.35	
19.	L. Kurtulus	Hig	8.38	
20.	N. Goldsmith	Hig	8.39	
21.	P. Allwright	T. Pk	8.40	
22.	B. McCafferty	Cook	8.41	
23.	L. Rachel	Sh Bar	8.42	
24.	R. Jeffrery	Sh Bar	8.44	
25.	I. Nyarko	LH	8.53	
26.	I. Swettenham	QPH	9.04	
27.	E. Cassella	Hig	9.06	
28.	J. Lumineau	Hig	9.18	
29.	F. Weston	LH	9.26	
30.	G. Adeoye-Showole	Hrw		9.29
31.	C. Rousset	TVH	9.32	
32.	R. Moss	Cook	9.40	
33.	F. Bocchetti	T Pk	10.33	
34.	I. McLaughlin	QPH	11.06	
35.	A. Swettenham	QPH	11.10	

U/11 Girls Teams

Cookham A.C.	22
Highgate Hrs 'A'	22
Shaftesbury Barnet Hrs	28
TVH	44
Dacorum& Tring AC	50
Highgate Hrs 'B'	52
Trent Park R.C.	60
London Heathside AC	70
Highgate Hrs 'C'	75
Barnet &Dist AC	89
Queens Pk Hrs	95
Harrow A.C.	102

NW LONDON CC LEAGUE FIXTURE HELD AT TRENT PARK,
COCKFOSTERS

28th November 2015

GIRLS UNDER 13**2450 metres**

1	A. White	TVH	10.28	Teams	
2	E. Gilmore	Hig	10.34	TVH 'A'	11
3	S. Allen	Sh Bar	10.58	Shaftesbury Bar	20
4	L. Salkeld.	TVH	11.04	Highgate Hrs	25
5	E. Roncarati	Sh Bar	11.17	TVH 'B'	35
6	P. Poupart-Lafarge	TVH	11.17	Dacorum& Tring	45
7	M. Duer	TVH	11.20	Trent Park	56
8	O. Colegrave	TVH	11.24	London Heathside	69
9	E. Hathaway	T Pk	11.31	Harrow AC	85
10	E. Donald	Hig	11.32	Ealing, SthlMdx	86
11	R. Garrett	LH	11.46	Barnet &Dist	87
12	J. Moore	Sh Bar	11.48	Cookham AC	87
13	M. Dunne	Hig	11.53	QPH	87
14	A. Cassidy	DacTr	11.58		
15	J. Benveniste	DacTr	11.59		
16	L. Boden	DacTr	12.00		
17	I. D'Amico	Hrw	12.04		
18	F. Coutts	ESM	12.10		
19	A.N. Other	QPH	12.11		
20	C. Cooney-Quinn	TVH	12.23		
21	Z. Allanson	Cook	12.27		
22	M. Dagtoglow	Hig	12.34		
23	I. Brand	T.Pk	12.43		
24	I. Millett	Hig	12.52		
25	K. Nyarko	LH	13.18		
26	L. Emery	DacTr	13.24		
27	C. Rousset	TVH	14.36		
28	P. Thomas Bocking	Bar	14.42		
29	I. Parker	Bar	14.47		
30	E. Fonteyne	Bar	14.49		
31	H. May	Bar	14.54		
32	E. Dawson	Cook	15.08		
33	E. Murphy	Sh Bar	15.40		

NWL YA CC LEAGUE FIXTURE HELD AT TRENT PARK, COCKFOSTERS
28th November 2015

UNDER 15GIRLS**3000 metres**

1	P. Littler.	Hig	13.03
2	M. Groom	Sh Bar	13.33
3	L. Kyriacou	Sh Bar	13.34
4	L. O'Brien	ESM	13.42
5	S. Kent	Sh Bar	14.00
6	M. Naylor	LH	14.02
7	A. Ibrahim	ESM	14.03
8	S. Peters	Hrw	14.26
9	M. Hogvett	T. Pk	14.29
10	B. Murray	Cook	14.30
11	M. Chapman	Hig	14.33
12.	K. Michel	Sh Bar	14.35
13	B. Hargruts	T Pk	14.44
14	I. Patel	DacTr	15.02
15	P. Crockford	LH	15.12
16	C. Thomas	ESM	15.22
17	M. Hussain	ESM	15.30
18	M. Alexander	T Pk	15.38
19	L. Rachel	Sh Bar	15.46
20	T. Das	Hrw	15.56
21	N. Gordeaux	T Pk	16.04
22	R. Couchman-Kosir	QPH	16.08

Under 15 girls

23	M. Rees	Cook	16.10
24	S. Tremlett	Hrw	16.17
25	K. Cicco	Bar	16.18
26	I. Shaw	Cook	16.32
27	C. Cicco	Bar	16.37
28	R. Allwright	T Pk	16.58
29	P. Adugna	LH	17.01
30	K. Barkshire	Hrw	17.05
31	L. Neatham	Bar	17.06
32	C. Jugog	DacTr	17.17
33	E. Lambrianou	Bar	18.33
34	E. Blain	T. Pk	18.53

Teams

Shaftesbury Barnet Hrs	10
Ealing, Sthl. Mdx.	27
Trent Park R.C. 'A'	40
Highgate Hrs	47
London Heathside AC	50
Harrow AC	52
Cookham AC	59
Dacorum & Tring AC	81
Barnet & District AC	83
Trent Park RC 'B'	83
Queens Park Harriers	92

NW LONDON Y.A. CC. LEAGUE FIXTURE HELD AT TRENT PARK,
COCKFOSTERS 28th November 2015

WOMEN UNDER 17**4200 metres**

1	G. Kyriacou	Sh. Bar	17.20
2	E. Wallace	ESM	18.45
3	J. Hurley	Sh Bar	19.23
4	L. Stewart	ESM	19.33
5	L. Cottrell	Hrw	20.04
6	E. Pigney	Hig	220.15
7	G. Birdseye	DacTr	20.38
8	R. Andreou	Sh Bar	21.03
9	M. Hopping	Bar	22.02
10	M. Marinkovic	Hrw	22.33
11	R. Lynch	ESM	22.34

TEAMS

Shaftesbury Barnet Hrs	12
Ealing Southall &Mdx	17
Harrow AC	27
Highgate Hrs	30
Dacorum & Tring AC	31
Barnet & Dist AC	33

NORTH WEST LONDON YOUNG ATHLETES CROSS COUNTRY LEAGUE

FIXTURE HELD AT TRENT PARK, COCKFOSTERS, 28th NOV. 2015

UNDER 11 BOYS 2450 metres

1.	S. Greenstein.	SB H	10.48
2.	N. Douglas.	T Pk	11.04
3.	M. Parker	T Pk	11.06
4.	J. Hopkins	Hig	11.08
5.	A. Bickerstaff	Hrw	11.17
6.	L. Mansell	Hrw	11.18
7.	E. Baddiel-Banks	Hig	11.19
8.	A. Reed	LH	11.30
9.	F. N N Coombe	ESM	11.21
10.	K. Larson Amarefio	Hrw	11.23
11.	J. Bailey	Hig	11.30
12.	J. Dilley	Cook	11.31
13.	B. Moon	TVH	11.34
14.	B. Briggs	Hig	11.46
15.	H. Johnston	Cook	11.47
16.	D. Fane	T Pk	11.50
17.	A. Nash	Bar	11.55
18.	R. Weinbracht	Hig	11.57
19.	J. Herberg	Hig	11.59
20.	E. Hathaway	T Pk	12.02
21.	N. Hersi	ESM	12.04
22.	J. Arthur	QPH	12.05
23.	D. O'Brien	ESM	12.12
24.	Z. Younger	Hig	12.13
25.	H. Williams	ESM	12.23
26.	T. Berger	T Pk	12.25
27.	G. Stubbs	Sh Bar	12.28
28.	A. Dourish	Cook	12.31
29.	J. Rashid Grant	Bar	12.39
30.	R. Freeman	T Pk	12.42
31.	R. Mangat		
32.	S. Day	DacTr	12.48
33.	M. Lamagna	ESM	12.49
34.	B. Hearsay	Cook	12.51
35.	M. Kanai	ESM	13.06
36.	N. Cassidy	DacTr	13.15
37.	M. Eldin-Mahmoud	TVH	13.17
38.	S. Harris	LH	13.19
39.	L. Rockett	T Pk	13.22
40.	M. Ibrahim	ESM	13.25

Under 1 Boys continued

41.	T. AdeoyeShowoki	Hrw	13.30
42.	T. Lumineau	Hig	13.31
43.	C. McKenzie	Hrw	13.33
44.	A. Thomas Bocking	Bar	13.50
45.	C. Lowe	Cook	13.51
46.	J. French-Anderson	QPH	14.07
47.	E. Ridley	QPH	14.12
48.	H. Hessel	Hig	14.14
49.	J. Freeman T	Pk	14.28
50.	B. Pool	Bar	14.45
51.	L. Whittle	Hig	14.53
52.	L. Spaccatrosi	Hig	14.56
53.	M. Walsh	Bar	14.58
54.	F. Stone	QPH	15.08
55.	M. Sweltam	Cook	15.22
56.	S. Steel	T Pk	15.27
57.	S. Heimer	Hig	
58.	N. Clarke	Bar	
59.	E. Collins	QPH	

Under 11 Boys

Teams

Highgate Hrs 'A'	36
Trent Park RC 'A'	41
Harrow AC	52
Ealing, Sthl. Mdx AC	78
Cookham AC	89
Highgate Hrs 'B'	103
Barnet & Dist	140
Trent Park B	144
London Heathside	146
Shaftesbury Barnet Hrs	148
TVH	150
Dacorum & Tring AC	168
QPH	169

UNDER 13 BOYS 3000 metres

1	L. Stubbs.	Sh Bar	12.35
2	R. McGonagle	LH	12.39
3	D. Michel	Sh Bar	12.40
4	F. Truman-Williams	DacTr	12.45
5	M. Armstrong	DacTr	12.56
6	M. Watson	Hig	13.01
7	M. Crow	Hrw	13.15
8	E. Lowe	Cook	13.25
9	M. Lamagna	ESM	13.30
10	A. Brennan	T Pk	13.37
11	L. Porter	Hig	13.38
12	B. Taylor	Cook	13.39
13	M. McAteer	Sh Bar	13.41
14	A. Banes Lammeothy	Hig	13.51
15	B. Rock	TVH	13.54
16	F. Sleeman	Hig	13.58
17	A. Fitzpatrick	Hig	13.59
18	Z. Ibrahim	Hig	14.00
19	I. Hughes	Cook	14.07
20	A. Fraser	Bar	14.09
21	T. Ashton	DacTr	14.12
22	O. Gallagher	Hig	14.12
23	J. Steel	T Pk	14.13
24	S. Russell	Dac&Tr	14.16
25	F. Gavin Plume	T Pk	14.20
26	Y. Tonev	DacTr	14.23
27	C. Hudson	Hrw	14.25
28	A. Bate	Cook	14.32
29	A. Lytrides	T Pk	14.36
30	O. Gaskin	T Pk	14.37
31	A. Quin	QPH	14.49
32	A. Walsh	Bar	14.52
33	D. Stolarski	Sh Bar	14.56
34	M. Hersi	ESM	14.59
35	C. Charles	Cook	15.01
36	O. O'Connor	LH	15.08
37	S. Burnell	DacTr	15.11
38	A. Findlay	Bar	15.21
39	Q. McGrath	Hrw	15.31
40	E. Brimmer	DacTr	15.32
41	M. Purton	Bar	16.00
42	J. Street	T Pk	16.12
43	A. Gregon	Bar	16.14
44	A. Addison	Hig	16.15

45	J. Morgan	Sh Bar	16.20
46	F. Devlin	Hig	16.34
47	P. Hodgson	QPH	16.47
48	A. Rosewarm	Hrw	16.50
49	A. Sheeharen	Hrw	16.50
50	J. Walsh	QPH	21.11

Teams

1	Highgate Hrs 'A'	47
2	Shaftesbury Barnet Hrs	50
3	Dacorum & Tring AC	54
4	Cookham AC	67
5	Trent Park RC 'A'	87
6	Highgate Hrs 'B'	101
7	Harrow AC	121
8	Barnet & District AC	131
9	London Heathside AC	140
10	Ealing Sthl. Mdx AC	145
11	TVH	168
12	Queens Park Hrs	179

BOYS UNDER 15**4200 metres**

1	J. Harper	Sh Bar	15.25
2	K. Imroth	DacTr	15.48
3	L. Edwards	Hrw	16.14
4	A. Harris	Hig	16.19
5	H. Turner	Cook	16.21
6	J. O'Flaherty	LH	16.54
7	H. Fulton	Sh Bar	17.06
8	F. Sturrock.	T. Pk	17.19
9	S. March	Cook	17.28
10	N. Barnard	QPH	17.30
11	O. Weintraub	TVH	17.33
12	N. Duer	TVH	17.40
13	D. Greenstein	Sh Bar	17.48
14	K. Foster	ESM	17.52
15	J. Guillen	EnfHar	17.53
16	N. Kanai	ESM	17.54
17	L. Garrett	LH	18.13
18	A. Gambrill	Cook	18.42
19	C. Morris	Hrw	18.46
20	W. Douglas	T Pk	18.48
21	N. Tadesse	Sh Bar	19.09
22	G. Acosta	T Pk	19.12
23	J. Martin	ESM	19.21
24	C. Buchetti	T Pk	19.23
25	G. Bazzarelli	LH	19.25
26	S. Lewis	Cook	19.31
27	S. Hersi	ESM	19.33
28	D. Lamagne	ESM	19.52
29	R. Hilton	Bar	20.10
30	O. Quinn	QPH	20.36
31	L. Burford	DacTr	21.00
32	B. Kelly	Sh Bar	21.14
33	J. Wightman	T Pk	21.20
34	D. Kaddam	Hrw	31.27

Teams

1	Shaftesbury Barnet Hrs	42	7	TVH	93
2	Cookham AC	58	8	Dacorum & Tring AC	103
3	Trent Park RC	74	9	Highgate Hrs	109
4	Ealing, Sthl. Mdx	80	10	QPH	110
5	LondonHeathside AC	83	11	Enfield & Haringey	120
6	Harrow AC	91	12	Barnet & District AC	134

NW LONDON Y.A. CC. LEAGUE FIXTURE HELD AT TRENT PARK ,
COCKFOSTERS

28TH NOVEMBER 2015

MEN UNDER 17**5600 metres**

1	T. McArdle	T. Pk	22.48
2	J. Fielding	ESM	22.53
3	W. McArdle	T Pk	23.29
4	W. Griffiths	LH	23.30
5	J. Van Heiningen	DacTr	24.09
6	L. Burrell	TVH	24.17
7	R. Rowlands	DacTr	24.50
8	O. Greenstein	Sh Bar	24.56
9	J. Martyn Hillier	T Pk	25.00
10	T. Mills	T Pk	25.24
11	L. Gray	LH	25.47
12	I. Costley	LH	25.52
13	L. Adar	ESM	25.59
14	A. Aiyar-Majeed	LH	26.07
15	J. Peppiatt	Bar	26.08
16	R. Alexander	T Pk	28.28
17	A.Suntung	ESM	30.26

Teams

Trent Park RC	23
London Heathside AC	41
Dacorum & Tring AC	46
Ealing Sthl. Mdx AC	50
TVH	57
Shaftesbury Barnet Hrs	59
Barnet & District AC	66