

NORTH WEST LONDON Y.A. CC. LGE FIXTURE HELD AT FINSBURY PARK
Saturday 12TH December 2015

U/11 Girls 1500 metres

1	O. Edwards	Dac Tr	6.12	Teams	
2	C. Terry	Cook	6.26	Cookham AC	21
3	S. Thompson	Hig	6.28	Shaftesbury Barnet Hrs	29
4	A. Weightman	Sh Bar	6.30	Highgate Hrs 'A'	30
5	R. Keohane	TPk	6.31	London Heathside AC 'A'	37
6	S. Whitlum	Dac Tr	6.39	Dacorum & Tring AC	51
7	L. Dafter	TVH	6.41	London Heathside AC 'B'	61
8	L. Dumbleton	LH	6.43	Trent Park RC	62
9	J. Ridley	Cook	6.46	Highgate Hrs 'B'	70
10	E. Roberts	Cook	6.52	Highgate Hrs 'C'	85
11	E. Palmer	Sh Bar	6.54	London Heathside AC 'C'	88
12	H. Giles	Hig	6.58	TVH	89
13	E. Smith	LH	7.04	Harrow AC	91
14	L. Rachel	Sh Bar	7.08	Queens Park Hrs	123
15	L. Mitchell	Hig	7.10		
16	P. Oliveira	LH	7.12		
17	I Graffag Nino	Hrw	7.13		
18	I. Spencer	Cook	7.14		
19	M. Lucas	LH	7.18		
20	A. Metcalf	LH	7.20		
21	L. Kurtulus	Hig	7.23		
22	L. Knight	LH	7.28		
23	P. Allwright	T Pk	7.29		
24	C. Buckley	Hig	7.29		
25	A. Gakmar	Hig	7.29		
26	A. Chapman	Hig	7.31		
27	N. Goldsmith	Hig	7.32		
28	I. Nyarko	LH	7.33		
29	M. Steel	LH	7.34		
30	G. Adeoye Showole	Hrw	7.34		
31	H. Munday	LH	7.35		
32	S. Tilbury	Hig	7.36		
33	K. Bailey	Hig	7.38		
34	E. Dagger	T Pk	7.39		
35	N. Keohane	T Pk	7.40		
36	E. Steel	LH	7.49		
37	F. Weston	LH	8.02		
38	C. Rousset	TVH	8.03		
39	J. Lumineau	Hig	8.16		
40	I. Swettenham	QPH	8.20		
41	P. McCloughlin	QPH	9.27		
42	A. Swettenham	QPH	10.03		
43	I. McCloughlin	QPH	12.26		

U/13 GIRLS – 2100 metres

1	S. Allen	Sh Bar	8.48
2	M. Duer	TVH	9.10
3	E. Donald	Hig	9.15
4	E. Dumbleton	LH	9.24
5	A. Cassidy	Dac Tr	9.25
6	J. Benveniste	Dac Tr	9.28
7	E. Taylor West	Cook	9.29
8	Z. Mossi	TVH	9.31
9	L. Boden	Dac Tr	9.36
10	E. Hathaway	T Pk	9.38
11	O. Colegrave	TVH	9.39
12	M. Heath	LH	9.40
13	C. Cooney-Quinn	TVH	9.42
14	I. Painter	Dac Tr	9.43
15	F. Schapp	TVH	9.45
16	R. Garrett	LH	9.51
17	S. Andrews	Hrw	9.57
18	L. Lamy	Sh Bar	10.04
19	A. Walker	LH	10.14
20	E. Rachel	Sh Bar	10.15
21	E. Hartley	Hig	10.17
22	C. Rousset	TVH	10.18
23	I. D'Amico	Hrw	10.19
24	I. Brand	T Pk	10.24
25	I. Parker	Bar	10.24
26	E. Herzog	Hig	10.39
27	P. Thomas Bocking	Bar	10.43
28	K. Nyarko	LH	11.06
29	I. Brunshill	Bar	11.29

Teams	1	Dacorum & Tring AC	20
	2	TVH 'A'	21
	3	London Heathside AC	32
	4	Shaftesbury Barnet Hrs	39
	5	Trent Park RC	43
	6	TVH 'B'	50
	7	Highgate Hrs	50
	8	Cookham AC	67
	9	Harrow AC	70
	10	Barnet & District AC	81

GIRLS U/15 - 2900 metres

1	Jo Jo Chadwick	Sh Bar	12.30
2	M. Chapman	Hig	12.34
3	S. Butler	Sh Bar	12.34
4	L. O'Brien	ESM	12.37
5	A. Ibrahim	ESM	12.44
6	E. Williets	Hig	12.52
7	M. Naylor	LH	12.55
8	M. Perry	Dac Tr	13.03
9	K. Michel	Sh Bar	13.07
10	L. Cornwall	Sh Bar	13.13
11	B. Murray	Cook	13.18
12	M. Hornett	T Pk	13.23
13	C. Thomas	ESM	13.24
14	B. Hargreaves	T Pk	13.36
15	A. Freely	Hrw	13.40
16	H. Sekkides	Hig	13.48
17	T. Das	Hrw	14.00
18	M. Alexander	T Pk	14.05
19	H. Dearden Hellowell	LH	14.10
20	P. Crockford	LH	14.16
21	E. Coulon	LH	14.43
22	L. Gilbert	LH	14.47
23	R. Allwright	T Pk	14.51
24	I. Shaw	Cook	15.15
25	L. Neatham	Bar	15.37
26	K. Barkshire	Hrw	16.10

Teams	1	Shaftesbury Barnet Hrs	13
	2	Ealing, Southall & Mdx	22
	3	Highgate Hrs	24
	4	Trent Park RC	44
	5	London Heathside AC	46
	6	Harrow AC	58
	7	Cookham AC	62
	8	Dacorum & Tring AC	62
	9	Barnet & District	69

UNDER 17 WOMEN – 3800 metres

1	L. Cotterell	Hrw	17.08	Teams		
2	E. Pigney	Hig	17.29	1	Harrow AC	10
3	R. Haddow	Hrw	18.38	2	Highgate Hrs	14
4	R. Lynch	ESM	20.44	3	Ealing Sthl Mdx AC	16
5	N. Conlon	LH	22.00	4	London Heathside	17

BOYS UNDER 11 – 2000 metres

1	A. Turner	TVH	8.39	TEAMS	
2	S. Greenstein	Sh Bar	8.44	1	Harrow AC 'A' 30
3	A. Bickerstaff	Hrw	8.46	2	Highgate Hrs 'A' 44
4	T. Woodward	Hrw	8.50	3	Cookham AC 57
5	N. Douglas	T Pk	8.52	4	Ealing Sthl Mdx AC 64
6	J. Hopkins	Hig	8.54	5	Trent Park RC 81
7	F. McGrath	Cook	8.59	6	Highgate Hrs 'B' 95
8	F. Coombe	ESM	9.02	7	Shaftesbury Bar Hrs 117
9	L. Mansell	Hrw	9.08	8	London Heathside 'A' 126
10	J. Bailey	Hig	9.11	9	Harrow AC 'B' 127
11	B. Briggs	Hig	9.12	10	Highgate Hrs 'C' 146
12	J. Dilley	Cook	9.13	11	Dacorum & Tring AC 151
13	D. O'Brien	ESM	9.20	12	TVH 165
14	D. Bunn	Hrw	9.23	13	Queens Park Hrs 169
15	A. Reed	LH	9.25	14	London Heathside 'B' 183
16	H. Johnston	Cook	9.27		
17	C. Hopkins	Hig	9.32		
18	D. Paine	T Pk	9.32		
19	N. Hersi	ESM	9.35		
20	L. Bailey	Hig	9.37		
21	Z. Younge	Hig	9.38		
22	A. Dourish	Cook	9.47		
23	J. Arthur	QPH	9.48		
24	H. Williams	ESM	9.49		
25	T. Berger	T Pk	9.50		
26	T. Herberg	Hig	9.55		
27	M. Bunn	Hrw	9.55		
28	R. Watson	Hig	9.57		
29	M. Kanai	ESM	9.57		
30	R. Mangat	Hrw	10.03		
31	T. Adeoye Showolo	Hrw	10.04		
32	M. Alami	Hig	10.07		
33	R. Freeman	T Pk	10.08		
34	S. Harrir	LH	10.08		
35	S. Beesley White	Hig	10.11		
36	N. Cassidy	Dac Tr	10.16		
37	N. Chauhan	LH	10.19		
38	T. Lumineau	Hig	10.33		
39	A. Shreeharen	Hrw	10.37		
40	C. Keaty	LH	10.44		
41	J. Hay	Hig	10.46		
42	A. Dietrich	LH	10.54		
43	T. Sleeman	T Pk	11.04		
44	A. St Giles	QPH	11.08		
45	L. Spaccatrosi	Hig	11.09		
46	L. Rendell	LH	11.19		
47	D. Lyczba	LH	11.25		
48	C. Budden	LH	11.30		
49	J. Finlay	QPH	11.39		
50	H. Harris	LH	11.53		
51	E. Paine	T Pk	11.54		
52	M. Snelham	Cook	12.13		
53	E. Collins	QPH	12.30		
54	F. Schaap	TVH	13.20		

BOYS UNDER 13 – 2900 metres

1	M. Watson	Hig	11.56
2	L. Hunt (Guest)	Chilter	12.11
3	E. Lowe	Cook	12.16
4	T. Ashton	Dac	12.20
5	F. Sleeman	Hig	12.33
6	F. Gavin-Plumme	T Pk	12.36
7	B. Naylor	Cook	12.40
8	Z. Ibrahim	Hig	12.42
9	M. McAteer	Sh Bar	12.43
10	O. Gallagher	Hig	12.44
11	A. Ferrand	TVH	12.46
12	M. Hersi	ESM	12.46
13	C. Hudson	Hrw	12.47
14	S. Burnell	Dac Tr	12.56
15	K. Naylor	LH	12.57
16	A. Lytrides	T Pk	13.05
17	A. Fitzpatrick	Hig	13.10
18	Y. Tonev	Dac Tr	13.12
19	M. Gladwin	Hig	13.14
20	F. Reed	Hig	13.17
21	A. Quin	QPH	13.22
22	Recorded as No 116 but untraceable		13.25
23	T. Mastrogiacomo	LH	13.30
24	M. Kouwiloyan	ESM	13.34
25	O. O'Connor	LH	13.55
26	A. Findlay	Bar	14.05
27	M. Purton	Bar	14.05
28	F. Devlin	Hig	14.20
29	J. Street	T. Pk	14.22
30	D. Sideman	T Pk	15.18
31	A. Shreeharen	Hrw	15.28

TEAMS

1	Highgate Hrs 'A'	24
2	Dacorum & Tring AC	68
3	Cookham AC	74
4	Highgate Hrs 'B'	81
5	Trent Park 'RC	81
6	London Heathside AC	85
7	Ealing Sthl Middx AC	100
8	Shaftesbury Barnet	105
9	TVH	107
10	Harrow AC	108
11	Barnet & District AC	117
12	Queens Park Hrs	117

UNDER 15 BOYS - 3800 metres

1	H. Turner	Cook	14.47
2	S. March	Cook	14.54
3	O. Weintaub	TVH	14.58
4	N. Kanai	ESM	15.15
5	S. Lewis	Cook	15.18
6	O. McGowan	T Pk	15.20
7	N. Duer	TVH	15.31
8	D. Greenstein	Sh Bar	15.35
9	A. Bessadi	LH	15.45
10	G. Bazzarelli	LH	16.15
11	W. Douglas	T Pk	16.20
12	S. Hersi	ESM	16.23
13	G. Acosta	T Pk	16.35
14	F. Yuill	Cook	16.54
15	O. Quin	QPH	17.29
16	N. Barnard	QPH	17.33
17	L. Garrett	LH	17.45
18	M. Yuill	Cook	18.06
19	J. Wightman	T Pk	19.18
20	F. O'Mahoney	T Pk	19.56

Teams	1	Cookham AC	22
	2	Trent Park	49
	3	TVH	52
	4	Ealing, Southall & Mdx	56
	5	London Heathside AC	57
	6	Shaftesbury Bar Hrs	71
	7	Queens Park Hrs	73

UNDER 17 MEN – 4700 metres

1	W.. McArdle	Tr Pk	17.39
2	D. Keto	LH	17.55
3	G. Kerry	ESM	18.09
4	J. Martin-Hillier	T Pk	18.58
5	T. Mills	T Pk	19.02
6	A. Weston	LH	19.09
7	L. Gray	LH	19.21
8	O. Greenstein	Sh Bar	19.23
9	I. Costley	LH	19.39
10	N. Tadesse	Sh Bar	20.41
11	R. Alexander	T Pk	21.06

Teams	1	Trent Park RC	21
	2	London Heathside	24
	3	Ealing Southall & Mdx AC	39
	4	Shaftesbury Barnet Hrs	42