

NORTH WEST LONDON YOUNG ATHLETES CROSS COUNTRY LEAGUE

Fixture held at Bannister Stadium, Harrow, 6th February 2016

UNDER 11 BOYS

2000 metres

1	S. Greenstein.	SH B	9.08
2	A. Turner	TVH	9.13
3	E. Baddiel-Banks	Hig	9.21
4	N. Douglas	T.P	9.23
5	A. Bickerstaff	Hrw	9.31
6	J. Hopkins	Hig	9.33
7	J. Bailey	Hig	9.35
8	F. McGrath	Cook	9.37
9	F. Coombe	ESM	9.42
10	L. Mansell	Hrw	9.45
11	C. Hopkins	Hig	9.47
12	L. Bailey	Hig	9.51
13	H. Johnston	Cook	9.53
14	T. Ellington	Cook	9.58
15	C. Rollo	TVH	9.59
16	A. Reed	LH	10.00
17	T. Berger	TP	10.06
18	O. Lawrence	ESM	10.08
19	F. Griffith	Hig	10.09
20	N. Kabel	Hrw	10.12
21	B. Biggs	Hig	10.13
22	D. Paine	T.P	10.14
23	T. Herberg	Hig	10.15
24	R. Watson	Hig	10.16
25	O. Huber	TVH	10.25
26	B. Moon	TVH	10.26
27	T. Kabin	Hig	10.27
28	L. Roncarati	Sh B	10.27
29	M. Aitken	T.P	10.29
30	H. Williams	ESM	10.30
31	S. Daly	DacTr	10.30
32	R. Mangat	Hrw	10.36
33	A. Dourish	Cook	10.42
34	M. Ouali-Alami	Hig	10.45
35	J. Cameron	Hig	10.53
36	B. Hearsy	Cook	10.55
37	M. Ibrahim	ESM	11.03
38	M. Kani	ESM	11.12

Under 11 Boys continued

39	T. Showole	Hrw	11.17
40	J. French-Anderson	QPH	11.23
41	T. Lumineau	Hig	11.27
42	T. Henn	Hrw	11.28
43	J. Hayes	Hig	11.45
44	L. Spaccatrosi	Hig	11.57
45	B. Roberts	Cook	12.05
46	K. Mangat	Hrw	12.06
47	E. Paine	T.P	12.13
48	E. Ridley	QPH	12.25
49	E. Collins	QPH	13.10
50	F. Stone	QPH	13.14

TEAMS

Highgate Hrs 'A'	27
Harrow AC	67
TVH	68
Cookham AC	68
Trent Park RC	72
Highgate Hrs 'B'	74
Ealing, Sthl, Mdx AC	94
Highgate Hrs 'C'	120
Shaftesbury Bar Hrs	131
London Heathside	169
Dacorum & Tring AC	184
QPH	187

UNDER 13 BOYS**3000 metres**

1	D. Michel	SH B	13.10
2	M. Crow	Hrw	13.38
3	M. Watson	Hig	13.44
4	O. Gallagher	Hig	14.02
5	L. Hunt	Chilt	14.15
6	F. Gavin-Plume	T.P	14.30
7	M. McAteer	Sh B	14.31
8	A. Brennan	T.P	14.36
9	A. Lytrides	T.P	14.36
10	A. Ferrand	TVH	14.48
11	C. Hudson	Hrw	14.50
12	A. Bate	Cook	14.53
13	E. Hooper	Hrw	14.56
14	N. Barnard	QPH	14.58
15	C. O'Keefe	Sh B	15.05
16	M. Kouwiloyan	ESM	15.20
17	Q. McGrath	Hrw	15.33
18	A. Findlay	Bar	15.46
19	J. Street	T.P	15.54
20	B. Morrison	Sh B	15.59
21	M. Muralitheran	Hrw	16.02
22	C. Charles	Cook	16.07
23	M. Henn	Hrw	16.56

U/13 Boys Teams

Trent Park R.C.	42
Harrow AC	43
Shaftesbury Barnet Hrs	43
Highgate Hrs	55
Cookham AC	82
TVH	82
QPH	86
Ealing, Sthl&Middx AC	88
Barnet & District AC	90

UNDER15 BOYS**4000 metres**

1	L. Edwards	Hrw	16.29
2	O. Weintaub	TVH	16.50
3	O. McGahon	T.P	17.14
4	I. Iman	ESM	17.31
5	N. Duer	TVH	17.35
6	A. Gambrill	Cook	17.42
7	N. Kani	ESM	17.50
8	W. Douglas	T.P	18.01
9	C. Morris	Hrw	18.09
10	N. Barnard	QPH	18.20
11	K. Foster	ESM	1.28
12	S. Lewis	Cook	19.00
13	J. Martin	ESM	19.18
14	J. Wightman	T.P.	19.19
15	O. Quin	QPH	19.38
16	A. Rowlands	Hrw	21.42
17	C. Edwards	ESM	23.13
18	G. Dowding	DacTr	23.28

TEAMS

Ealing, Sthl. Md	35
Trent Park R.C.	44
Harrow AC	45
TVH	45
Cookham AC	48
QPH	55
Dacorum& Tring AC	72

UNDER 17 MEN**4700 metres**

1	J. Fielding	ESM	19.22
2	G. Kerry	ESM	20.34
3	J. Martin-Hillier	T.P	22.13

TEAMS

Ealing, Southall &Mdx.	11
Trent Park RC	15

UNDER 11 GIRLS 1200 metres

1	I. Haddad	Hig	6.26
2	O. Edwards	DacTr	6.27
3	R. Keohane	T.P	6.42
4	L. Dafter	TVH	6.44
5	A. Weightman	Sh B	6.45
6	M. Elwood	Cook	6.51
7	M. Addison	Hrw	7.08
8	J. Ridley	Cook	7.09
9	B. McCafferty	Cook	7.14
10	E. O'Goan	Hrw	7.18
11	S. Ellington	Cook	7.21
12	H. Giles	Hig	7.23
13	A. Chapman	Hig	7.34
14	I. Spooner	Hig	7.34
15	H. Munday	LH	7.37
16	L. Mitchell	Hig	7.39
17	L. Kurtulus	Hig	7.41
18	M. Salkeld	TVH	7.43
19	A. Murphy	Sh B	7.47
20	S. Richardson	Sh B	7.47
21	E. McCluskey	Bar	7.47
22	P. J Allwright	T.P	7.49
23	N. Keohane	T.P.	7.54
24	I. Nyarko	LH	8.08
25	I. Spencer	Cook	8.09
26	I. Swettenham	QPH	QPH
27	G. Showole	Hrw	8.25
28	C. Pelmont	Hig	8.39
29	M. Barker	Hig	8.49
30	A. Swettenham	QPH	9.34
31	P. McLaughlin	QPH	9.39
32	I. McLaughlin	QPH	9.57

Teams

1	Cookham AC	23	7	TVH	55
2	Highgate Hrs 'A	26	8	Dacorum & Tring AC	68
3	Shaftesbury Bar. Hrs	44	9	London Heathside AC	72
4	Harrow AC	44	10	Barnet & District AC	87
5	Highgate Hrs 'B'	47	11	Queens Park Hrs	87
6	Trent Park R.C.	48			

GIRLS UNDER 13**2000 metres**

1	A. White	TVH	9.12
2	M. Duer	TVH	9.38
3	M. Heath	LH	9.43
4	E. Donald	Hig	9.45
5	E. Hathaway	T.P	9.46
6	L. Salkeld	TVH	10.03
7	A. Zilbeti	Hrw	10.15
8	I. D'Amico	Hrw	10.29
9	E. Hartley	Hig	10.30
10	C. Cooney-Quinn	TVH	10.42
11	E. Roncarati	Sh B	10.45
12	L. Lamy	Sh B	10.49
13	L. Jane Foley	Hrw	10.54
14	M. Cresto-Dina	Hig	11.02
15	I. Parker	Bar	11.17
16	C. Ballentine	Hrw	11.18
17	B. Bannister	Hig	11.19
18	H. May	Bar	11.21
19	B. Le Vu	Hig	11.24
20	K. Nyrako	LH	11.54
21	I. Brand	T.P.	12.05
22	S. Lawrence	ESM	12.31

Teams

1	TVH	9
2	Highgate Hrs	27
3	Harrow AC	28
4	Shaftesbury Barnet Hrs	46
5	LondonHeathside AC	46
6	Trent Park RC	49
7	Barnet& District AC	56
8	Ealing, Sthl. &Middx AC	68

UNDER 15 GIRLS**3000 metres**

1	A. Ibrahim	ESM	14.38
2	M. Chapman	Hig	14.43
3	A. Casey	TVH	14.53
4	S. Peters	Hrw	15.09
5	B. Hargreaves	T.P.	15.14
6	M. Harnett	T.P.	15.21
7	K. Michel	Sh B	15.28
8	C. Thomas	ESM	15.46
9	B. Murray	Cook	15.55
10	M. Alexander	T.P.	15.58
11	A. Freely	Hrw	16.03
12	M. Rees	Cook	16.37
13	N. Summerfield	TVH	16.56
14	T. Das	Hrw	17.02
15	S. Tremlett	Hrw	17.27
16	R. Allwright	T.P.	17.36
17	L. Neatham	Bar	18.11
18	K. Barkshire	Hrw	18.47

TEAMS

1	Trent Park RC	21	
2	Ealing, Sthl&Middx AC		28
3	Harrow AC	29	
4	TVH	35	
5	Cookham AC	40	
6	Highgate Hrs	40	
7	Shaftesbury Barnet Hrs		45
8	Barnet& District AC	56	

UNDER 17 WOMEN**4000 metres**

1	N. Ravenhill	ESM	18.28
2	A. Harray	TVH	18.29
3	L. Stewart	ESM	19.38
4	R. Lynch	ESM	20.55
5	R. Haddow	Hrw	21.09
6	L. Cottrell	Hrw	21.21
7	M. Marinkovic	Hrw	21.34
8	M. Hopping	Bar	22.23
9	A. Howard-Beadle	Hrw	24.40

TEAMS

Ealing, Sthl. Mdx	8
Harrow AC	18
TVH	22
Barnet & District AC	28