

NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

Fixture 2 Held at Fryent Park, Kingsbury November 2nd 2024

Boys Under 11 2000 metres

1	W. Stockdale	Sh	6.12	26	E. Hoyes	WSE	7.08
2	A. Rubenstein	Sh	6.17	27	B. Aldridge	LH	7.11
3	H. MacDonald	Dac	6.21	28	R. Varia	Sh	7.11
4	L. Bruce	Hrw	6.24	29	A. Said	Hig	7.12
5	D. Janmohamed	Sh	6.24	30	T. Kane	Bar	7.14
6	P. Moses John	Sh	6.27	31	N. Thornton	QPH	7.17
7	J. Millichak	Sh	6.27	32	A. Fuzesi	Hig	7.17
8	A. Panghal	LH	6.28	33	G. Helmann	Hig	7.18
9	O. Lewis	Hig	6.29	34	D. Talbot	LH	7.22
10	L. Greenwood	T Pk	6.31	35	J. Bunn	Sh	7.25
11	L. Xie	Sh	6.33	36	C. Uzan	Bar Sc	7.25
12	E. Mortimer	ESM	6.41	37	Z. Bugembe	E E	7.26
13	E. Slutzkin	Bar Sc	6.44	38	H. Ling	Sh	7.26
14	L. Hill	T Pk	6.44	39	J. Mainwood	Hig	7.27
15	M. Schofield	LH	6.46	40	R. Afflum	Hrw	7.45
16	E. Callender	Bar Sc	6.46	41	H. Cowan	Sh	7.54
17	K. Duberry	LH	6.49	42	D. Jeles	LH	8.08
18	D. Bayes Sieff	Sh	6.53	43	I. Bhandal	Hrw	8.21
19	A. Baird	QPH	6.54	44	R. Shah	Hrw	8.29
20	T. Mullan	QPH	6.56	45	A. Smirnov	E E	8.38
21	E. Evans	WSE	6.58	46	K. Hanspal	WSE	8.43
22	M. McCrabbe	Maid.hd	7.01	47	A. Zavadsky	Bar	8.59
23	H. Walmsley	TVH	7.02	48	T. Smith	Dac	9.02
24	D. Syla	Bar Sc	7.06				
25	T. Matthey	WSE	7.07				

Boys Under 11 Teams

1	Shaftesbury Barnet	14
2	London Heathside	61
3	Shaftesbury Barnet 'B'	66
4	Highgate	94
5	Windsor Slough & Eton	107
6	QPH	109
7	Trent Park	115
8	Harrow	120
9	Dacorum	140
10	Ealing, Sthl, Mdx	150
11	TVH	156
12	Maidenhead	158
13	Barnet & dist	163
14	Ealing Eagles	168

Barnet Schools (Bar Sc) athletes competed as guests
Team scores adjusted accordingly

Boys Under 13

3000 metres

1	J. Dean Doherty	Dac	11.32	31	M. Abdi	Hig	14.04
2	J. Day	Sh	11.47	32	W. Edwards	LH	14.09
3	R. Parkes	Sh	11.55	33	M. Lees	T Pk	14.12
4	A. Pettican	Hig	11.57	34	M. Nash	T Pk	14.14
5	O. Stubbins	ESM	11.59	35	D. Shah	Bar	14.16
6	F. Kounoupas Prastalo	LH	12.08	36	<u>B. Frearson</u>	Hrw	14.18
7	H. Cowan	Sh	12.12	37	E. Nielsen	TVH	15.02
8	J. Cobbold	Hig	12.15	38	H. Coleman	Hig	15.16
9	K. Bagate	T Pk	12.17	39	S. Wasserberg	LH	15.24
10	L. Ward	Sh	12.25	40	C. Hayward	T Pk	15.24
11	J. Phillips	ESM	12.27	41	N. McCrabbe	Maid hd	15.46
12	C. Poulson	ESM	12.28	42	K. Tsui	Bar	16.19
13	N. Liborg	E E	12.41	43	E. Hubert	Hrw	17.07
14	J. Shepherd	Hig	12.43				
15	L. Da Silva	TVH	12.58				
16	R. Mainwood	Hig	12.59				
17	T. Cockerell	Sh	13.01				
18	S. Rochester	E E	13.04				
19	A. Yosri	Bar	13.09				
20	I. Zalli	LH	13.11				
21	D. Lewis	LH	13.11				
22	A. Coupar	WSE	13.15				
23	R. Singarayer	Sh	13.18				
24	T. Jones	E E	13.21				
25	E. Hinds	Hrw	13.21				
26	J. Marriott	T Pk	13.24				
27	L. Mullan	QPH	13.29				
28	O. Poole	E E	13.36				
29	L. Di Landro	Sh	13.42				
30	F. Allen	ESM	13.44				

Under 13 Boys Teams		
1	Shaftesbury Barnet	22
2	Highgate	42
3	Ealing, Sthl Mdx	58
4	London Heathside	79
5	Ealing Eagles	83
6	Trent Park	102
7	Dacorum	133
8	Barnet & Dist	140
9	TVH	140
10	Harrow	148
11	Windsor Slough & Eton	154
12	QPH	159
13	Maidenhead	173

Boys Under 15 4000 metres

1	A. Pflug	Hig	12.32	25	S. Darcy	Sh	15.33
2	Z. Moore	TVH	13.08	26	A. Hidalgo Hudi	Sh	15.38
3	C. Nicolson	LH	13.12	27	N. Anderson	QPH	15.45
4	R. Greenwood	T Pk	13.19	28	A. Shiffner	ESM	16.06
5	A. Sinko Uribe	Hig	13.22	29	K. Liyanage	ESM	17.04
6	J. Hayward	ESM	13.38	30	L. Thornton	QPH	17.51
7	E. Kaloukian	LH	13.42	31	A. Atligil	Bar	19.47
8	L. Tomlinson	Hig	13.46				
9	B. Mitchell	Hrw	13.48				
10	C. Robert	Hrw	13.56				
11	A. Chen	TVH	14.01				
12	E. Jamal	Hrw	14.21				
13	C. Barr	Dac	14.22				
14	J. Houard	WSE	14.34				
15	L. McCarthy	Dac	14.47				
16	E. Totays	WSE	14.56				
17	D. Frearson	Hrw	14.56				
18	A. Strinil	Hil	15.01				
19	A. Reupke	QPH	15.03				
20	E. Cetin	TVH	15.06				
21	A. Kelly	Hig	15.11				
22	N. Grela Bekele	LH	15.12				
23	Z. Broachi	Hig	15.14				
24	S. Clements	Sh	15.24				
				Under 15 Boys Teams			
				1	Highgate		35
				2	Harrow		48
				3	London Heathside		64
				4	TVH		65
				5	Dacorum		92
				6	Windsor Slough & Eton		94
				7	Ealing Sthl Mdx		98
				8	Trent Park		100
				9	Shaftesbury		107
				10	QPH		108
				11	Hillingdon		114
				12	Barnet & Dist		127

Men Under 17 5000 metres

1	S. Turner	LH	15.39
2	R. Rock	TVH	16.31
3	F. Mormech	WSE	16.39
4	D. Mills	LH	16.43
5	J. McDonagh-Sanchez	Bar	16.51
6	J. Lee	ESM	17.03
7	M. Santarvita	WSE	17.11
8	M. Callender Galbraith	ESM	17.17
9	N. Levy	ESM	17.22
10	M. Stripp	ESM	17.34
11	D. Walker	TVH	18.27
12	O. Smith Yeadon	Maid hd	18.51
13	A. Feeny Willings Guest	LH	18.53
14	H. Baker	ESM	19.02
15	S. Tarling	Hrw	19.15
16	W. Du	Hig	20.34

Under 17 Men Teams

1	Ealing, Southall Mdx	33
2	London Heathside	37
3	Windsor, Slough & Eton	42
4	TVH	45
5	Barnet & District	53
6	Maidenhead	60
7	Harrow	63
8	Highgate	64

NORTH WEST LONDON YOUNG ATHLETES CROSS COUNTRY LEAGUE
 Fixture held at Fryent Park, Kingsbury, Saturday 2nd November 2024

Girls under 11		2000 metres					
1	S. Davies	TVH	6.23	27	B. O'Hagan Smith	Bar	7.48
2	J. Watson	WSE	6.27	28	H. Cowan	Sh	7.51
3	E. Wouters	WSE	6.42	29	C. Smith	Bar Sc	7.59
4	T. Molnar	WSE	6.52	30	A. Thanasi	Sh	7.59
5	E. Smith	WSE	6.56	31	R. Konviser	Sh	8.06
6	P. Gyongi	Hrw	6.58	32	C. Le Masurier	Hig	8.06
7	F. Hall	WSE	6.59	33	E. Deakin	LH	8.14
8	I. Davies	TVH	7.01	34	A. McKeown	LH	8.14
9	C. Bootman	EE	7.03	35	K. Divisevici	LH	8.21
10	F. Phillips	Hig	7.06	36	D. Sydenham-Williams	Bar	8.21
11	F. Wright	WSE	7.09	37	A. Trang Hespel	Hig	8.23
12	G. Stachowak	WSE	7.12	38	T. Neary	QPH	8.26
13	A. Bah	LH	7.16	39	B. Douglas	QPH	8.27
14	F. Graeme	T Pk	7.16	40	L. Murphy	WSE	8.28
15	L.Janmohamed	Sh	7.17	41	K. Godward	Bar Sc	8.35
16	A. Hinds	Hrw	7.23	42	A. Urhammer	QPH	8.36
17	E. Perera	WSE	7.25	43	M. Kojima	Hig	8.37
18	R. Harris	WSE	7.29	44	A. Raja	Bar Sc	8.47
19	S. Shaw	Bar	7.35	45	J. Braine	QPH	8.57
20	A. Bronfentrinker	QPH	7.39	46	E. Elliott Boarder	Hig	9.06
21	M. Buckley	WSE	7.41	47	E. Braine	QPH	9.06
22	L. Powell	Bar Sc	7.42	48	J. Mailer	QPH	9.11
23	E. Bettridge	Sh	7.44	49	M. Haward	LH	9.11
24	L. Gilboa	Bar Sc	7.46	50	H. Thurgood	Dac	9.12
25	B. Shah	Hrw	7.46	51	A. Edwards	LH	9.25
26	O. Zalli	LH					

Girls Under 13 3000 metres

1	M. Keam-George	TVH	12.44
2	E. Deakin	LH	13.25
3	L. Casanealevvo	Sh	13.25
4	G. Rooney	Sh	13.32
5	E. Johnson	ESM	13.39
6	M. Hinson	LH	13.43
7	S. Darcy	Sh	13.44
8	A. Ross	Sh	13.51
9	M. Hayward	ESM	13.52
10	M. Szyszko Walls	ESM	13.59
11	M. Allison	QPH	13.59
12	K. Taki Caverro	Sh	14.01
13	V. Zavadsky	Bar	14.02
14	A. Winfield	Dac	14.18
15	L. Weijs	Dac	14.26
16	E. Suffield	Hrw	14.29
17	S. Brick	QPH	14.34
18	E. Shaw	Bar	14.39
19	C. Tomlinson	Hig	14.49
20	G. Lawrence	LH	14.51
21	I. Agrawal	Hig	14.51
22	T. Conway	Bar Sc	15.09
23	I. Gaddo	Hig	15.15
24	M. Ratcliffe	LH	15.25
25	I. Smith	Dac	15.26
26	M. McCarron	QPH	15.28
27	I. Hudson	Sh	15.48
28	P. Pulsen	QPH	15.53

29	Y. Thirakaluthy	WSE	15.56
30	I. Steer	QPH	16.05
31	P. Flemming	Bar	17.07
32	S. Murray	LH	17.14

Girls Under 13 Teams

1	Shaftesbury Barnet	22
2	London Heathside	51
3	Ealing, Sthl Mdx	56
4	QPH	80
5	Dacorum	85
6	Barnet & Dist	93
7	Highgate	94
8	TVH	97
9	Harrow	112
10	Windsor Slough & Eton	124

Barnet Schools (Bar Sc) took part as guests
and scores adjusted to calculate team scores.

Girls Under 15 4000 metres

1	A. Johnson	ESM	13.57	21	I. Ferguson	TVH	18.37
2	J. Falkowska	TPk	15.16	22	C. Sadler	ESM	19.05
3	B. Dalton	Hrw	15.39	23	S. Metnout	WSE	19.13
4	S. Bennett	TVH	15.51	24	G. Juttla	Hil	19.48
5	O. Watson	WSE	15.53	25	G. Lewis	Hrw	20.12
6	C. Fenton	TVH	16.09	26	E. James	WSE	21.56
7	E. Walsh	ESM	16.31				
8	I.Gomez De Membrilleradaly	TVH	16.32				
9	F. Whittaker	Dac63	16.32				
10	S. Parke Antonis	LH	16.45				
11	N. Heath	Hrw	16.45				
12	D. Abbot	Sh	16.47				
13	D. Haeri	T Pk	16.55				
14	Z. Crichton	ESM	17.26				
15	B. Bunn	Bar Sc	17.35				
16	E. Groot Wassink	QPH	17.39				
17	M. Santarvita	WSE	17.41				
18	V. Vasquez	LH	17.45				
19	G. Summers	Sh	17.46				
20	E. Smith	ESM	17.46				

Under 15 Girls Teams

1	TVH	38	7	Shaftesbury Barnet	80
2	Ealing, Sthl. Mdx	41	8	Dacorum	84
3	Harrow	64	9	QPH	91
4	Trent Park	65	10	Hillingdon	98
5	Windor, Slough & Eton	68			
6	London Heathside	77			

Bar Schools (Bar Sc) took part as guests

Under 17 Women

5000 metres

1	L. Johnson	Dac	17.35
2	P. Shaw	Sh	18.21
3	A. Dalgas	Dac	19.17
4	K. Peacock	QPH	19.28
5	A. Shankardass	LH	19.41
6	L. Wortsman	Hig	19.43
7	C. Thurgood	Dac	20.08
8	E. Lindley	Hig	21.01
9	O. Kirby	Maid'hd	21.02
10	L. Barou	Hig	21.02
11	L. Stansfield	Dac	21.31
12	A. Suffield	Hrw	21.36
13	M. Schofield	LH	21.46

Girls Under 11 Teams

1	Windsor, Slough & Eton 'A'	14
2	Windsor, Slough & Eton 'B'	46
3	Shaftesbury	90
4	Harrow	94
5	London Heathside	98
6	TVH	107
7	Highgate	116

Teams

1	Dacorum	22
2	Highgate	38
3	Shaftesbury	44
4	London Heathside	46
5	QPH	46
6	Maidenhead	51
7	Harrow	54

8	Barnet & District	128
9	QPH	135
10	London Heathside 'B'	145
11	Ealing Eagles	156
12	Trent Park	

Barnet Schools (Bar Sc) athletes took part as guests
Team scores adjusted accordingly.