

NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

Fixture held at Trent Park, Cockfosters Saturday 23rd November 2024

in conjunction with Chingford C.C. League

Boys Under 11

2000 metres

1	J. Tonge	WGn	8.44	26	L. Foley	WGn	9.54
2	J. Geller	WGn	8.51	27	S. Fayinka	WGn	9.56
3	D. Janmohamed	Sh	8.58	28	M. Leddington-Wright	WSE	9.59
4	L. Xie	Sh	9.04	29	B. Aldridge	LH	10.01
5	H. Cartledge	WSE	9.09	30	T. Kane	Bar	10.03
6	L. Vernal	Orion	9.12	31	R. Wilcox	LH	10.04
7	M. Schofield	LH	9.16	32	M. McCrabbe	Maid	10.06
8	J. Michalik	Sh	9.17	33	T. Samuels	E.Mnr	10.07
9	H. McDonald	Dac	9.19	34	D. Williams	WGn	10.12
10	R. Carefull	Hig	9.23	35	D. O'Brien	TPk	10.14
11	E. Slutzkin	Sh	9.26	36	W. Irving	E & H	10.16
12	A. Ellingham	WGn	9.27	37	J. Flitterman	Hig	10.17
13	P. Langham	WGn	9.31	38	A. Fuzesi	Hig	10.21
14	L. Hill	T Pk	9.32	39	L. Curling	Orion	10.21
15	L. Greenwood	TPk	9.33	40	S. McMillan	Orion	10.23
16	L. Sendar	WGn	9.34	41	D. Tawboug	LH	10.24
17	R. Vira	Sh	9.37	42	C. Tonge	WGn	10.27
18	J. Connor	WGn	9.38	43	K. Rughoo	Lou	10.28
19	A. Baird	QPH	9.39	44	A. Barrow-Smith	WGn	10.29
20	M. Girard-Reydet	ESM	9.41	45	G. Heimann	Hig	10.29
21	G. Davies	WGn	9.43	46	S. Etheridge	WGn	10.31
22	O. Lewis	Hig	9.45	47	O. Gardiner	LH	10.31
23	K. Duberry	LH	9.49	48	S. Spence	WGn	10.34
24	K. Simmons	Bar	9.51	49	H. Ferriman	WSE	10.41
25	L. Hirani	Dac	9.52	50	T. Knapman	Lou	10.51

Under 11 boys continued

51	J. Quinby	Bar	10.53
52	M. Bird	Sh	10.55
53	J. Ferguson-Bentley	LH	10.56
54	E. Cherootich	E & H	10.59
55	I. Bird	Sh	11.01
56	A. Said	Hig	11.02
57	W. Brown	Dac	11.04
58	M. Czelzotka	WGn	11.05
59	A. March	Bar	11.08
60	N. Parker	WGn	11.08
61	D. Genes	LH	11.11
62	A. Scaranaro	LH	11.16
63	H. Cowan	Sh	11.19
64	J. Brown	Dac	11.46
65	R. Clark-Main	E.Mnr	11.51
66	B. Welsford	WGn	11.52
67	A. Zavadsky	Bar	11.54
68	O. Orumwense	LH	11.59
69	J. Luck	TPk	12.06
70	M. Bokhenko	LH	12.21
71	G. Chubarovo	LH	12.22
72	F. Butler	LH	12.23
73	L. Chemi	WGn	12.29
74	J. Oransaye	WGn	12.36
75	O. Everitt	WGn	NTT

Boys Under 13

3000 metres

1	E. Frith	WGn	10.39	31	F. Buckley	Lou	13.59
2	O. Stubbins	ESM	10.48	32	W. Edwards	LH	14.41
3	H. Cowan	Sh	10.52	33	J. Hill	T Pk	14.44
4	L. Ward	Sh	11.01	34	K. Tsui	Bar	15.16
5	W. Quareshi	WGn	11.05				
6	J. Cobbold	Hig	11.07				
7	L. Da Silva	TVH	11.15				
8	W. Godsave	Lou	11.16				
9	H. Richards	WGn	11.17				
10	K. Bagate	TPk	11.21				
11	R. Parkes	Sh	11.31				
12	J. Phillips	ESM	11.33				
13	A. Yosri	Bar	11.38				
14	N. Liborg	EE	11.39				
15	R. Mainwood	Hig	11.58				
16	A. Jokmiya	WGn	12.05				
17	J. Marriott	TPk	12.11				
18	J. Shepherd	Hig	12.14				
19	M. Winton	WSE	12.15				
20	D. Lewis	LH	12.16				
21	E. Barry	WSE	12.21				
22	O. Poole	EE	12.28				
23	A. Rankin	LH	12.42				
24	J. Thackeray	Orion	12.43				
25	M. Nash	TPk	12.45				
26	D. Hayden	WGn	12.48				
27	D. Shah	Bar	12.56				
28	F. Allen	ESM	13.08				
29	A. O'Shea	QPH	13.15				
30	E. Grosvenors	ESM	13.24				

Boys Under 15 4000 metres

1	A. Pflug	Hig	13.22	25	K. Liyange	ESM	18.12
2	O. McDonald	Dac	13.37	26	M. Van Dam	Orion	18.32
3	Z. Moore	TVH	14.05	27	A. Lushi	E & H	19.22
4	R. Greenwood	T Pk	14.14	28	A. Atligil	Bar	19.31
5	A. Kirk	LH	14.27				
6	E. Kaloukian	LH	14.32				
7	L. Tomlinson	Hig	14.41				
8	A. Falkowski	TPk	14.41				
9	A. Chen	TVH	14.55				
10	C. Robert	Hrw	15.03				
11	M. Braysher	WG	15.18				
12	M. Muers	ESM	15.21				
13	J. Skelsey	LH	15.23				
14	C. Barr	Dac	15.32				
15	Z. Broachi	Hig	15.47				
16	S. Clements	Sh	15.52				
17	L. Shaw	Sh	16.09				
18	J. Bush	E & H	16.24				
19	N. Kotwica	TPk	16.26				
20	T. Long	E.Mnr	16.34				
21	S. Cooper	WSE	16.42				
22	L. Stokes	Lou	17.27				
23	A. Findlay	Orion	17.39				
24	T. Ulyatt	Lou	18.11				

Men Under 17 5000 metres

1	R. Rock	TVH	19.43	27	J. Moody	Dac	24.45
2	S. Turner	LH	19.46	28	Q. Edwards	Dac	25.07
3	T. Silvey	WSE	20.38	29	D. Khuruna	ESM	25.08
4	A. MacAvoy	Sh	20.41	30	H. Gillman	Orion	25.19
5	S. Lindsell	E & H	20.43	31	C. Alldritt	TPk	25.54
6	D. Mills	LH	20.51	32	D. O'Shea	Hig	26.31
7	F. Mormech	WSE	20.53	33	A. Johns	Orion	28.58
8	O. Buckley	Dac	21.01				
9	J. McDonagh-Sanchez	Bar	21.29				
10	J. Drinkell	Hig	21.35				
11	M. Stripp	ESM	21.37				
12	N. Levy	ESM	21.52				
13	T. Smith	Maid	21.55				
14	J. Lee	ESM	22.05				
15	I. Silverstone	LH	22.32				
16	V. Redondo	TPk	22.41				
17	D. Easten	Maid	22.46				
18	O. Smith-Yeadon	Maid	22.57				
19	M. Callender-Galbraith	ESM	23.08				
20	O. Flemming	Bar	23.12				
21	D. Walker	TVH	23.21				
22	S. Gillespie	Maid	23.36				
23	G. Buckley	Lou	23.38				
24	A. Buckley	Lou	23.42				
25	M. O'Mell	Bar	24.01				
26	A. Rada	Maid	24.17				

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. Jan Mohammed	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. Gilbba	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 Cavero	Sh	14.01
13	N. 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	TVH	67
5	QPH	80
6	Harrow	82
7	Dacorum	85
8	Barnet & Dst	93
9	Highgate	94
10	Windsor Slough & Eton	94

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. Falkowsla	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	Hill	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	82
2	Ealing, Sthl. Mdx	41	8	Hillingdon	84
3	Harrow	64	9	QPH	93
4	Trent Park	67	10	Highgate	113
5	Windor, Slough & Eton	68			
6	London Heathside	79			

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.

NORTH WEST LONDON YOUNG ATHLETES CC. LEAGUE

FIXTURE 3 HELD AT TRENT PARK, COCFOSTERS SAT NOV 23RD 2024

GIRLS UNDER 11 ALL PARTICIPATING CLUBS

1		
1	Windsor, Slough & Eton AC	42
2	Woodford Green AC	48
3	Shaftesbury Barnet Hrs	95
4	Woodford Green AC 'B'	101
5	TVH	115
6	Highgate Hrs	130
7	London Heathside AC	132
8	Enfield & Haringey AC	134
9	Barnet & District AC	137
10	Woodford Green AC 'C'	156
11	Ealing, Southall & Mdx AC	159
12	Trent Park R	160
13	Dacorum AC	169
14	Ealing Eagles AC	170
15	Eton Manor AC	171
16	London Heathside AC 'B'	190
17	Loughton AC	196
18	Orion Hrs	197
19	QPH	206

GIRLS UNDER !! NWL YA LGE CLUBS ONLY

1	Windsor, Slough & Eton AC	32
2	Shaftesbury Hrs	66
3	TVH	83
4	London Heathside AC	89
5	Highgate Hrs	94
6	Enfield & Haringey AC	96
7	Barnet & District AC	97
8	Trent Park RC	112
9	Ealing, Southall & Mdx	112
10	Dacorum AC	119
11	Ealing Eagles RC	120
12	London Heathside AC 'B'	133
13	QPH	145

GIRLS UNDER 13 ALL PARTICIPATING CLUBS

1	Woodford Green AC	28
2	Windsor, Slough & Eton AC	64
3	Woodford Green AC 'B'	74
4	London Heathside AC	74
5	Barnet & District AC	87
6	Shaftesbury Barnet Hrs	94
7	Ealing, Southall & Middx AC	109
8	Highgate Hrs	112
9	Woodford Green AC 'C'	121
10	Dacorum AC	132
11	QPH	123
12	Enfield & Haringey AC	144
13	Orion Hrs	149
14	Trent Park RC	159
15	QPH	161

GIRLS UNDER 13 NWL YA LGE CLUBS ONLY

1	Windsor, Slough & Eton AC	43
2	London Heathside AC	48
3	Barnet & District AC	58
4	Shaftesbury Barnet Hrs	67
5	Highgate Hrs	76
6	Ealing, Southall & Middx AC	77
7	Dacorum AC	91
8	QPH	97
9	Enfield & Haringey AC	101
10	Trent Park RC	111

GIRLS UNDER 15 ALL PARTICIPATING CLUBS

1	Woodford Green AC	57
2	Harrow AC	61
3	TVH	67
4	Eaking, Southall & Mdx AC	69
5	Windsor, Slough & Eton AC	71
6	Highgate Hrs	77
7	Trent Park RC	90
8	Dacorum AC	93
9	Maidenhead AC	93
10	London Heathside AC	94

GIRLS UNDER 15 NWL YA LGE ONLY

1	Harrow AC	51
2	TVH	55
3	Windsor, Slough & Eton Ac	57
4	Ealing, Southall & Mdx AC	60
5	Highgate Hrs	63
6	Trent Park RC	72
7	Maidenhead AC	75
8	Dacorum AC	77
9	London Heathside AC	78

WOMEN U/17 ALL PARTICIPATING CLUB

1	Dacorum AC	29
2	Highgate Hrs	33
3	London Heathside AC	42
4	QPH	48
5	Windsor, Slough & Eton AC	51
6	Harrow AC	55
7	Woodford Green AC	57

WOMEN U/17 NWL YA CC LGE ONLY

1	Dacorum AC	27
2	Highgate Hrs	31
3	London Heathside AC	40
4	QPH	42
5	Windsor, Slough & Eton AC	45
6	Harrow AC	49

BOYS UNDER 11 ALL PARTICIPATING CLUBS

1	Shaftesbury Barnet Hrs	26
2	Woodford Green AC	28
3	Woodford Green AC 'B'	81
4	London Heathside AC	90
5	Highgate Hrs	107
6	Trent Park RC	133
7	Dacorum AC	146
8	Woodford Green AC 'C'	81
9	Windsor, Slough & Eton AC	158
10	Orion Hrs	161
11	Barnet & Dist AC	164
12	Shaftesbury Bar Hrs 'B'	187
13	London Heathside AC 'B'	202
14	Woodford Green AC 'D'	212
15	Enfield & Haringey AC	242
16	QPH	247
17	Ealing, Southall & Mdx AC	248
18	Eton Manor AC	250
19	Loughton AC	255
20	Maidenhead AC	260
21	London Heathside AC 'C'	271
22	Woodford Green AC 'E'	288

BOYS UNDER 11 NWL YA CC LGE CLUBS ONLY

1	Shaftesbury Barnet Hrs	16
2	London Heathside AC	59
3	Highgate Hrs	72
4	Trent Park RC	87
5	Windsor, Slough & Eton AC	100
6	Dacorum AC	102
7	Barnet & Dist AC	105
8	Shaftesbury Barnet Hrs 'B'	119
9	London Heathside AC 'B'	128
10	Enfield & Haringey AC	156
11	QPH	159
12	Ealing, Southall & Middx AC	160
13	Maidenhead AC	169
14	London Heathside AC 'C'	177

BOYS UNDER 13 ALL PARTICIPATING CLUBS

1	Woodford Green AC	31
2	Shaftesbury Barnet Hrs	53
3	Ealing, Southall & Middx AC	72
4	Highgate Hrs	74
5	Trent Park RC	85
6	Ealing Eagles	106
7	Barnet & Dist AC	109
8	Loughton AC	109
9	London Heathside AC	110
10	Windsor, Slough & Eton AC	110
11	TVH	112
12	QPH	134

BOYS UNDER 13 NWL YA CC LEAGUE CLUBS ONLY

1	Shaftesbury Barnet Hrs	39
2	Ealing, Southall & Middx AC	53
3	Highgate Hrs	55
4	Trent Park RC	62
5	Ealing Eagles	81
6	Barnet & District AC	82
7	London Heathside AC	84
8	Windsor, Slough & Eton AC	84
9	TVH	86
10	QPH	103

BOYS UNDER 15 ALL PARTICIPATING CLUBS

1	Highgate Hrs	52
2	London Heathside AC	53
3	Trent Park RC	60
4	TVH	70
5	Dacorum AC	74
6	Shaftesbury Barnet Hrs	91
7	Ealing, Southall & Middx AC	95
8	Harrow AC	97
9	Woodford Green AC	98
10	Enfield & Haringey AC	103
11	Loughton AC	104
12	Orion Hrs	107
13	Eton Manor AC	107
14	Windsor, Slough & Eton AC	108
15	Barnet & District AC	115

BOYS UNDER 15 NWL YA CC LEAGUE CLUBS ONLY

1	Highgate Hrs	45
2	London Heathside AC	46
3	Trent Park RC	54
4	TVH	58
5	Dacorum Ac	61
6	Shaftesbury Barnet Hrs	77
7	Ealing, Southall & Middx AC	77
8	Harrow AC	79
9	Enfield & Haringey AC	86
10	Windsor, Slough & Eton AC	87
11	Barnet & District AC	92

UNDER 17 MEN ALL PARTICIPATING CLUBS

1	Ealing, Southall & MiddxAC	56
2	London Heathside	57
3	Maidenhead AC	70
4	Windsor, Slough & Eton AC	78
5	Barnet & District AC	88
6	TVH	90
7	Dacorum AC	97
8	Shaftesbury Barnet Hrs	106
9	Enfield & Haringey AC	107
10	Highgate	110
11	Loughton AC	115
12	Trent Park RC	115
13	Orion Hrs	131

UNDER 17 MEN NWL YA LGE CLUB SONLY

1	London Heathside AC	53
2	Ealing, Southall & Middx AC	56
3	Maidenhead AC	70
4	Windsor, Slough & Eton AC	70
5	TVH	82
6	Barnet & District AC	82
7	Dacorum AC	89
8	Shaftesbury Barnet Hrs	94
9	Enfield & Haringey AC	94
10	Highgate Hrs	99
11	Trent Park RC	104