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 Dac Tr 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 Dac Tr 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, Sthl Mdx 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 Dac Tr 11.58
15. J. Benveniste Dac Tr 11.59
16. L. Boden Dac Tr 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 Dac Tr 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 15 GIRLS 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. Ibrahaim 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 Dac Tr 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 Dac Tr 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 Dac Tr 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

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. E. Baddiel-Banks Hig 11.19
7. A. Reed LH 11.30
8. F. N N Coombe ESM 11.21
9. K. Larson Amarefio Hrw 11.23
10. J. Bailey Hig 11.30
11. J. Dilley Cook 11.31
12. B. Moon TVH 11.34
13. B. Briggs Hig 11.46
14. H. Johnston Cook 11.47
15. D. Fane T Pk 11.50
16. A. Nash Bar 11.55
17. R. Weinbracht Hig 11.57
18. J. Herberg Hig 11.59
19. E. Hathaway T Pk 12.02
20. N. Hersi ESM 12.04
21. J. Arthur QPH 12.05
22. D. O’Brien ESM 12.12
23. Z. Younger Hig 12.13
24. H. Williams ESM 12.23
25. T. Berger T Pk 12.25
26. G. Stubbs Sh Bar 12.28
27. A. Dourish Cook 12.31
28. J. Rashid Grant Bar 12.39
29. R. Freeman T Pk 12.42
30. R. Mangat Hrw 12.47
31. S. Day Dac Tr 12.48
32. M. Lamagna ESM 12.49
33. B. Hearsay Cook 12.51
34. M. Kanai ESM 13.06
35. N. Cassidy Dac Tr 13.15
36. M. Eldin-Mahmoud TVH 13.17
37. S. Harris LH 13.19
38. L. Rockett T Pk 13.22
39. M. Ibrahim ESM 13.25

Under 1 Boys continued

1. T. Adeoye Showoki Hrw 13.30
2. T. Lumineau Hig 13.31
3. C. McKenzie Hrw 13.33
4. A. Thomas Bocking Bar 13.50
5. C. Lowe Cook 13.51
6. J. French-Anderson QPH 14.07
7. E. Ridley QPH 14.12
8. H. Hessel Hig 14.14
9. J. Freeman T Pk 14.28
10. B. Pool Bar 14.45
11. L. Whittle Hig 14.53
12. L. Spaccatrosi Hig 14.56
13. M. Walsh Bar 14.58
14. F. Stone QPH 15.08
15. M. Sweltam Cook 15.22
16. S. Steel T Pk 15.27
17. S. Heimer Hig
18. N. Clarke Bar
19. E. Collins QPH

Teams

Highgate Hrs ‘A’ 33

Trent Park RC ‘A’ 39

Ealing, Sthl. Mdx AC 74

Harrow AC 84

Cookham AC 85

Highgate Hrs ‘B’ 99

Shaftesbury Barnet Hrs 135

Barnet & District AC 136

Trent Park R C ‘B’ 140

London Heathside AC 152

TVH 156

QPH 165

Dacorum & Tring AC 174

BOYS UNDER 13 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 Dac Tr 12.45
5. M. Armstrong Dac Tr 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 Dac Tr 14.12
22. O. Gallagher Hig 14.12
23. J. Steel T Pk 14.13
24. S. Russell T Pk 14.16
25. F. Gavin Plume T Pk 14.20
26. Y. Tonev Dac Tr 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 Dac Tr 15.11
38. A. Findlay Bar 15.21
39. Q. McGrath Hrw 15.31
40. E. Brimmer Dac Tr 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 Dac Tr 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 Enf Har 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 Dac Tr 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 London Heathside AC 83 11 Enfield & Haringey 120

6 Harrow AC 91 12Barnet & District AC 134

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 Hediningen Dac Tr 24.09

 6 L. Burrell TVH 24.17

 7 R. Rowlands Dac Tr 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 WHO ?? 30.26

Teams

Trent Park RC 23

London Heathside AC 41

Dacorum & Tring AC 46

Ealing Sthl. Mdx AC 49

TVH 57

Shaftesbury Barnet Hrs 59