

North West London Y.A. CC League Fixture at Fryent Country Park, Kingsbury  
 Saturday 28th October 2018

Boys Under 11      2200 metres

|    |                       |          |       |                  |     |
|----|-----------------------|----------|-------|------------------|-----|
|    |                       |          |       | Teams            |     |
| 1  | R. Rock               | TVH      | 8.51  | Barnet Schools   | 36  |
| 2  | B. Bediako            | LH       | 9.01  | Highgate Hrs     | 52  |
| 3  | A. Krzysztan          | Bar Sch  | 9.02  | Ealing Sthl Mx   | 75  |
| 4  | F. Vadon              | ESM      | 9.11  | Cookham          | 81  |
| 5  | M. Manning Beale      | Bar Sch  | 9.16  | TVH              | 112 |
| 6  | J. Lorraine           | Hig      | 9.21  | QPH              | 116 |
| 7  | S. Smith              | Cook     | 9.33  | London Heathside | 118 |
| 8  | H. Englishby          | QPH      | 9.39  | Barnet & Dist    | 120 |
| 9  | L. Baughan Withington | Bar Dist | 9.42  | Dacorum & Tring  | 120 |
| 10 | B. Cooke              | Hig      | 9.45  | Harrow           | 149 |
| 11 | B. Fernandez          | Bar Sch  | 9.51  | Trent Park       | 150 |
| 12 | M. Gilzean            | Tr Pk    | 9.52  | Cookham 'B'      | 153 |
| 13 | I. North              | Dac Tr   | 9.53  |                  |     |
| 14 | K. Prempeh            | ESM      | 9.54  |                  |     |
| 15 | A. Seddon             | Dac Tr   | 9.55  |                  |     |
| 16 | G. Parkinson          | Hig      | 9.56  |                  |     |
| 17 | A. Brilot             | Bar Sch  | 9.58  |                  |     |
| 18 | A. Wallace            | Bar Sch  | 9.59  |                  |     |
| 19 | O. Seraj              | TVH      | 10.01 |                  |     |
| 20 | O. Fletcher           | Hig      | 10.07 |                  |     |
| 21 | G. Forward            | Cook     | 10.07 |                  |     |
| 22 | R. Robles             | ESM      | 10.14 |                  |     |
| 23 | A. Driscoll           | Hig      | 10.18 |                  |     |
| 24 | G. Kendall            | LH       | 10.19 |                  |     |
| 25 | O. Drever             | Cook     | 10.21 |                  |     |
| 26 | S. Jabbar             | QPH      | 10.25 |                  |     |
| 27 | M. Williams           | Bar Sch  | 10.31 |                  |     |
| 28 | F. Mormech            | Cook     | 10.33 |                  |     |
| 29 | R. Kheradmandi        | Bar Sch  | 10.39 |                  |     |
| 30 | O. Sythe              | Bar Dist | 10.41 |                  |     |
| 31 | D. Southron           | Har      | 10.41 |                  |     |
| 32 | R. Desour             | Har      | 10.57 |                  |     |
| 33 | L. House              | Cook     | 11.01 |                  |     |
| 34 | J. Drinkell           | Hig      | 11.02 |                  |     |
| 35 | E. Edgar              | ESM      | 11.05 |                  |     |
| 36 | J. Testa              | QPH      | 11.09 |                  |     |
| 37 | J. Johnson            | Cook     | 11.12 |                  |     |
| 38 | J. McDonagh Sanchez   | Bar Dist | 11.13 |                  |     |
| 39 | O. Leaf               | Cook     | 11.15 |                  |     |
| 40 | A. Cameron            | Hig      | 11.32 |                  |     |
| 41 | W. Hobbs              | Har      | 11.44 |                  |     |
| 42 | E. Thomson            | ESM      | 11.49 |                  |     |
| 43 | O. Dow                | Bar Dist | 12.17 |                  |     |
| 44 | J. Wilkinson          | Cook     | 12.27 |                  |     |
| 45 | I. Jhooti             | Har      | 14.19 |                  |     |

## Boys Under 13

## 3000 metres

|    |                     |             |       | Team             |     |
|----|---------------------|-------------|-------|------------------|-----|
| 1  | S. Blake            | LH          | 11.23 | Highgate         | 35  |
| 2  | C. Sydenham         | Bar Dist    | 11.24 | Harrow           | 77  |
| 3  | R. Weinbrecht       | Hig         | 11.47 | Cookham          | 92  |
| 4  | D. Paine            | Tr Pk       | 11.53 | Barnet & Dist    | 100 |
| 5  | P. Opie             | Hig         | 12.09 | Trent Park.      | 102 |
| 6  | T. Fryer            | Dac Tr      | 12.11 | London Heathside | 108 |
| 7  | R. Freeman          | Har         | 12.11 | Dacorum Tring    | 110 |
| 8  | M. Rock             | TVH         | 12.15 | TVH              | 112 |
| 9  | R. Mangat           | Har         | 12.15 | Shaftesbury Bar  | 113 |
| 10 | N. Clarke           | Bar Dist    | 12.19 | Barnet Schools   | 117 |
| 11 | G. Carter           | Cook        | 12.19 | Hillingdon       | 154 |
| 12 | W. Nicole           | Hig         | 12.23 | Ealing Sthl Mdx  | 168 |
| 13 | A. Nash             | Sh Bar      | 12.24 | Harrow 'B'       | 170 |
| 14 | I. Joslin           | LH          | 12.26 | QPH              | 178 |
| 15 | T. Chadwick         | Hig         | 12.31 |                  |     |
| 16 | M. Bishop           | TVH         | 12.37 |                  |     |
| 17 | F. Mohamed          | Hil         | 12.38 |                  |     |
| 18 | A. Edgar            | ESM         | 12.39 |                  |     |
| 19 | G. Hawkins          | Dac Tr      | 12.42 |                  |     |
| 20 | I. Ocheta           | Sh Bar      | 12.45 |                  |     |
| 21 | L. Spacatrosi       | Hig         | 12.45 |                  |     |
| 22 | T. Ellington        | Cook        | 12.51 |                  |     |
| 23 | B. Hearsey          | Cook        | 11.57 |                  |     |
| 24 | E. Jackson          | Tr Pk       | 13.06 |                  |     |
| 25 | ?                   | 172 Bar Sch | 13.07 |                  |     |
| 26 | C. Hopkins          | Hig         | 13.07 |                  |     |
| 27 | O. Southron         | Har         | 13.14 |                  |     |
| 28 | S. Ward             | QPH         | 13.15 |                  |     |
| 29 | D. Banyard          | Bar Sch     | 13.16 |                  |     |
| 30 | J. O'Hara           | Sh Bar      | 13.25 |                  |     |
| 31 | T. Narvaez White    | Bar Sch     | 13.38 |                  |     |
| 32 | L. Cresswell        | Bar Sch     | 13.43 |                  |     |
| 33 | H. Swanton          | Tr Pk       | 13.44 |                  |     |
| 34 | M. Dadomo           | Har         | 13.46 |                  |     |
| 35 | R. Bartlett Tisdall | Dac Tr      | 13.47 |                  |     |
| 36 | S. Colley           | Cook        | 13.47 |                  |     |
| 37 | H. Williams         | Hil         | 13.56 |                  |     |
| 38 | D. Bilboul          | TVH         | 14.01 |                  |     |
| 39 | K. Mangat           | Har         | 14.08 |                  |     |
| 40 | S. Rahman           | Har         | 14.14 |                  |     |
| 41 | E. Paine            | T Pk        | 14.18 |                  |     |
| 42 | E. Powell           | Bar Dist    | 14.21 |                  |     |
| 43 | A. Hunt             | LH          | 14.23 |                  |     |
| 44 | L. Rahman           | Har         | 14.25 |                  |     |
| 45 | O. Tivnann          | Tr Pk       | 14.39 |                  |     |
| 46 | J. Andrews          | Bar Dist    | 15.19 |                  |     |

|    |             |       |       |
|----|-------------|-------|-------|
| 47 | T. McCarthy | Har   | 15.23 |
| 48 | S. Lithman  | Hig   | 15.51 |
| 49 | S. Steel    | Tr Pk | 17.09 |

**Boys under 15**      4000 metres

|    |                     |         |       |
|----|---------------------|---------|-------|
| 1  | S. Burnell          | Dac Tr  | 12.42 |
| 2  | S. Czapka           | ESM     | 13.02 |
| 3  | C. Hudson           | Har     | 13.03 |
| 4  | T. Machin Paley     | Hig     | 13.07 |
| 5  | J. Raine            | Dac Tr  | 13.13 |
| 6  | J. Bailey           | Dac Tr  | 13.24 |
| 7  | T. O'Reilly         | Dac Tr  | 13.31 |
| 8  | N. Barnard          | QPH     | 13.35 |
| 9  | T. Durrant          | Dac Tr  | 13.36 |
| 10 | J. Davis Blake      | LH      | 13.43 |
| 11 | F. Combe            | ESM     | 13.45 |
| 12 | T. Gaunce           | Dac Tr  | 13.47 |
| 13 | N. Douglas          | Tr Pk   | 13.49 |
| 14 | D. Bunn             | Har     | 13.51 |
| 15 | T. Edgar            | ESM     | 13.54 |
| 16 | F. Sleeman          | Hig     | 13.55 |
| 17 | T. Ashton           | Dac Tr  | 13.58 |
| 18 | B. Rock             | TVH     | 14.03 |
| 19 | F. McGrath          | Cook    | 14.03 |
| 20 | A. Ferrari          | Tr Pk   | 14.18 |
| 21 | C. Rollo            | TVH     | 14.19 |
| 22 | B. Abamecha         | TVH     | 14.24 |
| 23 | L. McNair           | LH      | 14.27 |
| 24 | L. Finnegan         | Tr Pk   | 14.31 |
| 25 | S. Ingram           | LH      | 14.33 |
| 26 | M. Watson           | Hig     | 14.42 |
| 27 | J. Hopkins          | Hig     | 14.47 |
| 28 | L. Mahar            | LH      | 14.51 |
| 29 | A. Ferrand          | TVH     | 14.52 |
| 30 | J. Lilley           | Dac Tr  | 14.55 |
| 31 | J. Bailey           | Hig     | 14.59 |
| 32 | M. Steel            | ESM     | 15.01 |
| 33 | A. Khimasia         | Bar Sch | 15.02 |
| 34 | A. Reed             | LH      | 15.14 |
| 35 | K. Beaumont Epstein | LH      | 15.23 |
| 36 | P. Barry            | QPH     | 15.44 |
| 37 | B. Draskoczy        | LH      | 15.59 |
| 38 | T. Boden            | Sh Bar  | 16.01 |
| 39 | M. Ibrahim          | ESM     | 16.08 |
| 40 | T. Berger           | Tr Pk   | 16.09 |
| 41 | S. Jhooti           | Har     | 16.19 |
| 42 | M. Bunn             | Har     | 16.32 |
| 43 | M. Lamagna          | ESM     | 16.54 |

Teams

|                  |     |
|------------------|-----|
| Dacorum Tring    | 19  |
| Ealing Sthl. Mdx | 60  |
| Dac Tring 'B'    | 68  |
| Highgate         | 73  |
| Ldn Heathside    | 86  |
| TVH              | 90  |
| Trent Park       | 97  |
| Harrow           | 100 |
| QPH              | 142 |
| Cookham          | 168 |
| Barnet Schools   | 180 |
| Shaftesbury Bar  | 185 |
| Barnet & dist    | 195 |

|    |                  |          |       |
|----|------------------|----------|-------|
| 44 | E. Baddiel Banks | Hig      | 17.03 |
| 45 | H. Zaaiter       | ESM      | 17.06 |
| 46 | J. Street        | Tr Pk    | 17.47 |
| 47 | L. Mansell       | Har      | 17.5  |
| 48 | J. Rashid Grant  | Bar Dist | 18.06 |

Under 17 Men 5000 metres

|    |               |        |       |
|----|---------------|--------|-------|
| 1  | E. McArdle    | Tr Pk  | 15.51 |
| 2  | M. Armstrong  | Dac Tr | 15.55 |
| 3  | W. Douglas    | Tr Pk  | 16.19 |
| 4  | A. Saunders   | Dac Tr | 16.38 |
| 5  | D. Hepworth   | Sh Bar | 16.42 |
| 6  | B. Reynolds   | Cook   | 16.45 |
| 7  | S. March      | Cook   | 16.54 |
| 8  | S. Umashankar | TVH    | 16.59 |
| 9  | A. Manget     | ESM    | 17.02 |
| 10 | C. Morris     | Har    | 17.05 |
| 11 | F. Sturrock   | Tr Pk  | 17.06 |
| 12 | A. Lytrides   | Tr Pk  | 17.13 |
| 13 | M. Woolf      | Tr Pk  | 17.56 |
| 14 | M. Lamagna    | ESM    | 18.02 |
| 15 | G. Acosta     | Tr Pk  | 18.23 |
| 16 | C. O'Keefe    | Sh Bar | 19.38 |
| 17 | J. Street     | Tr Pk  | 20.03 |
| 18 | H. Tahir      | Har    | 21.19 |
| 19 | A. Brennan    | Tr Pk  | 22.49 |

Teams

|                 |    |
|-----------------|----|
| Trent Park      | 27 |
| Dacorum & Tring | 46 |
| Cookham         | 53 |
| Shaftesbury Bar | 61 |
| Trent Park 'B'  | 64 |
| Harrow          | 68 |
| TVH             | 68 |
| Ealing Sthl Mdx | 73 |