

SEAA Cross-country Relays - Wormwood Scrubs, London - Team Result
20 October 2018

SM
4x5000m

Posn	Leg 1				Leg 2			Leg 3			Leg 4		
	Time	Team	Name	Time	Name	Time	Name	Time	Name	Time			
1	57:47	Highgate Harriers (A)	Peter Chambers	14:35	5 Roger Poolman	13:55	1 Robert Wilson	14:44	2 Sean Renfer	14:33	1		
2	57:48	Belgrave Harriers (A)	Nick Buckle	15:02	14 Phil Owor	14:02	2 Nick Goolab	13:57	1 Konstantinos Touse	14:47	2		
3	57:49	Thames Valley Harriers (A)	Chris Thomas	14:54	12 Hugo Cayssials	14:40	8 Sayed Yusuf	14:49	6 Mohamad Aadan	13:26	3		
4	58:08	Hillingdon AC (A)	Aramias Zeration	14:53	11 Fahad Abdi	15:30	11 Mohamed Mohamed	14:03	7 Abdishakur Nage Abdulle	13:42	4		
5	58:37	Brighton Phoenix AC	Max Pickard	14:42	6 Declan Neary	14:23	3 Oliver Johnson	15:17	5 Archie Davis	13:48	5		
6	59:24	Windsor S E & Hounslow AC (A)	Alex Goodall	14:58	13 Blake Moore	14:21	5 Adam Moore	14:48	4 Simon Millett	15:17	6		
7	00:00	Medway & Maidstone AC	Teweldebrhan Menges	14:29	3 Ben Tyler	15:00	6 Mark Wilkins	15:31	8 Tom Collins	15:00	7		
8	00:16	London Heathside AC (A)	Andrew Brooker	14:47	8 Thomas Clark	14:57	9 Ewan Gault	15:34	11 Charles Hardy	14:58	8		
9	00:34	Herne Hill Harriers (A)	Mike Cummings	14:32	4 Simon Coombes	15:21	10 Andrew Warburton	15:14	9 Andrew Clarke	15:27	9		
10	00:49	Thames Valley Harriers (B)	Naol Abagibe	15:35	18 Andrew Mitchell	15:24	15 Olivier Wijtenburg	14:17	10 Daniel Garcia-Rasines	15:30	10		
11	01:19	Serpentine RC (A)	Christopher Wright	14:11	2 Hugh Torry	15:22	7 Jonathan Poole	14:17	3 Glenn Hughes	17:29	11		
12	02:54	London City AC	Mathew Speed	15:24	17 Adam Millbery	15:50	16 Calvin Mullings	15:49	15 Josh Slingsby	15:51	12		
13	03:04	Newbury AC	Matthew Green	15:05	15 James Craggs	15:25	13 Thomas Watkins	16:04	12 Phil Marshall	16:30	13		
14	03:31	Herne Hill Harriers (B)	Angus Butler	15:52	21 Jack Dickenson	15:42	18 Alexander Hobley	15:48	17 Jack Brothie	16:09	14		
15	03:41	Reading AC (A)	Edward Stockdale	14:50	10 Gareth Crossley	15:54	14 Ryan Faulkner	15:57	14 Rob Tan	17:00	15		
16	04:35	Windsor S E & Hounslow AC (B)	Kieran Best	16:04	23 James Tidd	15:41	20 Sebastien Pencole	16:16	18 Joe Spicer	16:34	16		
17	04:48	Queens Park Harriers (A)	Matthew Kitching	15:39	19 Neil Hutchison	16:10	23 Sam Sutherland	16:46	19 Edwin Mooney	16:13	17		
18	05:15	Swindon Harriers	Simon Byrne	14:48	9 Ethan Pierce	15:39	12 Simon Dill	16:11	13 Bryan Tonkin	18:37	18		
19	05:56	Serpentine RC (B)	Joost Vogel	15:41	20 Daniel De Palol	16:05	21 Henry Kemp	17:17	20 Jack Wild	16:53	19		
20	06:09	London Heathside AC (B)	Jonathan Litchfield	17:00	30 Peter Gould	16:16	26 Daniel Johns	16:39	24 Andy Barnes	16:14	20		
21	06:29	Belgrave Harriers (B)	Ross Finlay	16:14	24 Ben Hurley	16:44	24 Alex Mills	16:21	23 Chris Warren	17:10	21		
22	06:33	West 4 Harriers (A)	Jonathan Abel	16:46	28 Matthew Sibert	16:22	25 Duncan Grassie	17:43	26 Chris Mason	15:42	22		
23	07:33	Thames Valley Harriers (C)	Jack McKeon	16:59	29 Manuel Da Silva	17:20	30 Jibrel Ahmed	17:09	28 Robert Vallance	16:05	23		
24	07:51	Blackheath & Bromley Harriers	Alex Gibbins	15:09	16 Tom Desborough	16:22	17 Dan Marks	17:46	22 Tim Ayres	18:34	24		
25	07:52	Fulham Running Club (A)	Tom Pollard	16:42	26 Christopher Cooper	17:41	31 Stephen Mcleod	17:10	30 John Wray	16:19	25		
26	08:04	London Heathside AC (C)	Jake Spencer	17:13	33 Francesco Melloni	16:27	27 Daniel Haile	17:08	25 Mark Jefford	15:57	26		
27	08:11	Ealing Eagles Running Club (A)	Laurence Elliott	16:43	27 Nils-Kristian Liborg	17:31	29 Bernard Sexton	17:17	29 Matt Kaufman	16:40	27		
28	08:23	Clapham Chasers RC (A)	Graham Sutherland	16:36	25 Gary Salmon	17:28	28 Andrew Blake	17:12	27 Derek Green	17:07	28		
29	08:30	Highgate Harriers (B)	Niki Faulkner	14:05	1 Jonathan Laybourn	15:04	4 Andrea Spaccatrosi	17:57	16 Chris Bailey	21:24	29		
30	09:03	Nene Valley Harriers	James McCrae	14:46	7 Mike Chapman	17:02	22 Jay Belham	17:27	21 Paul Parkin	19:48	30		
31	09:52	Hillingdon AC (B)	Stephen Woodford	16:00	22 Abdirahman Hamud	15:43	19 Peter Warburton	20:05	31 Paul Leppard	18:04	31		
32	10:29	Queens Park Harriers (B)	Michael Dmitrzak	17:10	32 Matthew Peffers	18:24	34 Maurice Quirke	17:56	34 Macej Kolternick	16:59	32		
33	11:08	Ealing Eagles Running Club (B)	Briain O'dowd	17:05	31 Firas Alhawat	17:39	32 Campbell Easton	18:03	32 Kieran Santry	18:21	33		
34	12:07	Clapham Chasers RC (B)	Nic Grgec	17:21	34 Sam Robinson	18:01	33 Tom Rye	17:48	33 David Brenda	18:57	34		
35	13:01	Redway Runners	Adrian Maidment	18:01	40 Neville Rowles	18:53	41 Martyn Douglas	20:26	37 Genci Pepaj	15:41	35		
36	15:19	Ealing Eagles Running Club (C)	Harry Claxton	18:03	41 James Jurkiewicz	18:48	40 Ben Cale	19:06	35 Pardip Singh Minhas	19:22	36		
37	16:23	Fulham Running Club (B)	Paul Barnes	17:32	35 Trevor Ingram	18:51	39 Simon Clarkson	22:18	41 Richard Morris	17:42	37		
38	17:01	Thames Valley Harriers (D)	Paul Woodgate	18:20	42 Richard Hooley	19:49	42 Scott Brewer	19:27	38 Philip Wetton	19:25	38		
39	18:19	Reading AC (B)	Duncan Prior	18:34	43 Gerard O'Driscoll	20:09	43 Darren Stevens	20:02	42 Dan Foster	19:34	39		
40	18:27	Clapham Chasers RC (C)	Luke Frizoni	17:56	39 Alex Ferrario	18:17	38 Matthew Hollingsworth	22:03	40 Richard Doheny	20:11	40		
41	17:58	West 4 Harriers (B)	Andy Bowen	17:52	38 Gregory Smith	17:53	36 Jon Scott-Francis	22:01	39 Adrian Smith	20:12	41		
42	25:43	Barnet & District AC	Andrew Cunningham	18:49	44 Chris Violet	20:54	44 Nicholas Bingham	23:08	43 John Owen	22:52	42		
		Queens Park Harriers (C)	Tom Alexander	19:50	45 Patrick Brennan	21:51	45 Charles Tatham n/s	24:19	44 Stewart Bowring n/s	18:44	Non-scoring Team		
		London Heathside AC	Chris Vincent	17:49	37 Gavin Evans	18:19	37				Incomplete Team		
		Queens Park Harriers (C)	Stewart Bowring n/s	18:44	38						Incomplete Team		
		Vegan Runners UK	Rob Cronshaw	17:37	36 Kerem Guvench	18:06	35 Peter Simpson	21:12	36		Incomplete Team		