

**SEAA Cross-country Relays - Wormwood Scrubs, London - Leg Times**  
**20 October 2018**

**SM**  
**4x5000m**

No	Name	Team	Leg Time	Leg
	Mohamud Aadan	Thames Valley Harriers (A)	13:26	4
2	Abdishakur Nage Abdulle	Hillingdon AC (A)	13:42	4
3	Roger Poolman	Highgate Harriers (A)	13:55	2
4	Nick Goolab	Belgrave Harriers (A)	13:57	3
5	Phil Owor	Belgrave Harriers (A)	14:02	2
6	Mohamed Mohamed	Hillingdon AC (A)	14:03	3
7	Niki Faulkner	Highgate Harriers (B)	14:05	1
8	Christopher Wright	Serpentine RC (A)	14:11	1
9	Archie Davis	Brighton Phoenix AC	14:15	4
10	Jonathan Poole	Serpentine RC (A)	14:17	3
11	Olivier Wijtenburg	Thames Valley Harriers (B)	14:17	3
12	Blake Moore	Windsor S E & Hounslow AC (A)	14:21	2
13	Declan Neary	Brighton Phoenix AC	14:23	2
14	Teweldebrhan Menges	Medway & Maidstone AC	14:29	1
15	Mike Cummings	Herne Hill Harriers (A)	14:32	1
16	Sean Renfer	Highgate Harriers (A)	14:33	4
17	Peter Chambers	Highgate Harriers (A)	14:35	1
18	Hugo Cayssials	Thames Valley Harriers (A)	14:40	2
19	Max Pickard	Brighton Phoenix AC	14:42	1
20	Robert Wilson	Highgate Harriers (A)	14:44	3
21	James McCrae	Nene Valley Harriers	14:46	1
22	Konstantinos Touse	Belgrave Harriers (A)	14:47	4
23	Andrew Brooker	London Heathside AC (A)	14:47	1
24	Adam Moore	Windsor S E & Hounslow AC (A)	14:48	3
25	Simon Byrne	Swindon Harriers	14:48	1
26	Sayed Yusuf	Thames Valley Harriers (A)	14:49	3
27	Edward Stockdale	Reading AC (A)	14:50	1
28	Aramias Zeration	Hillingdon AC (A)	14:53	1
29	Chris Thomas	Thames Valley Harriers (A)	14:54	1
30	Thomas Clark	London Heathside AC (A)	14:57	2
31	Charles Hardy	London Heathside AC (A)	14:58	4
32	Alex Goodall	Windsor S E & Hounslow AC (A)	14:58	1
33	Tom Collins	Medway & Maidstone AC	15:00	4
34	Ben Tyler	Medway & Maidstone AC	15:00	2
35	Nick Buckle	Belgrave Harriers (A)	15:02	1
36	Jonathan Laybourn	Highgate Harriers (B)	15:04	2
37	Matthew Green	Newbury AC	15:05	1
38	Alex Gibbins	Blackheath & Bromley Harriers	15:09	1
39	Andrew Warburton	Herne Hill Harriers (A)	15:14	3
40	Oliver Johnson	Brighton Phoenix AC	15:17	3
41	Simon Millett	Windsor S E & Hounslow AC (A)	15:17	4
42	Simon Coombes	Herne Hill Harriers (A)	15:21	2
43	Hugh Torry	Serpentine RC (A)	15:22	2
44	Mathew Speed	London City AC	15:24	1
45	Andrew Mitchell	Thames Valley Harriers (B)	15:24	2
46	James Craggs	Newbury AC	15:25	2
47	Andrew Clarke	Herne Hill Harriers (A)	15:27	4
48	Fahad Abdi	Hillingdon AC (A)	15:30	2
49	Mark Wilkins	Medway & Maidstone AC	15:31	3

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50	Daniel Garcia-Rasines	Thames Valley Harriers (B)	15:33	4
51	Ewan Gault	London Heathside AC (A)	15:34	3
52	Naol Abagibe	Thames Valley Harriers (B)	15:35	1
53	Matthew Kitching	Queens Park Harriers (A)	15:39	1
54	Ethan Pierce	Swindon Harriers	15:39	2
55	Joost Vogel	Serpentine RC (B)	15:41	1
56	James Tidd	Windsor S E & Hounslow AC (B)	15:41	2
57	Genci Pepaj	Redway Runners	15:41	4
58	Chris Mason	West 4 Harriers (A)	15:42	4
59	Jack Dickenson	Herne Hill Harriers (B)	15:42	2
60	Abdirahman Hamud	Hillingdon AC (B)	15:43	2
61	Alexander Hobley	Herne Hill Harriers (B)	15:48	3
62	Calvin Mullings	London City AC	15:49	3
63	Adam Millbery	London City AC	15:50	2
64	Josh Slingsby	London City AC	15:51	4
65	Angus Butler	Herne Hill Harriers (B)	15:52	1
66	Gareth Crossley	Reading AC (A)	15:54	2
67	Ryan Faulkner	Reading AC (A)	15:57	3
68	Stephen Woodford	Hillingdon AC (B)	16:00	1
69	Thomas Watkins	Newbury AC	16:04	3
70	Kieran Best	Windsor S E & Hounslow AC (B)	16:04	1
71	Robert Vallance	Thames Valley Harriers (C)	16:05	4
72	Daniel De Palol	Serpentine RC (B)	16:05	2
73	Jack Brotchie	Herne Hill Harriers (B)	16:09	4
74	Neil Hutchison	Queens Park Harriers (A)	16:10	2
75	Simon Dill	Swindon Harriers	16:11	3
76	Edwin Mooney	Queens Park Harriers (A)	16:13	4
77	Ross Finlay	Belgrave Harriers (B)	16:14	1
78	Andy Barnes	London Heathside AC (B)	16:14	4
79	Peter Gould	London Heathside AC (B)	16:16	2
80	Sebastien Pencole	Windsor S E & Hounslow AC (B)	16:16	3
81	John Wray	Fulham Running Club (A)	16:19	4
82	Alex Mills	Belgrave Harriers (B)	16:21	3
83	Tom Desborough	Blackheath & Bromley Harriers	16:22	2
84	Matthew Sibert	West 4 Harriers (A)	16:22	2
85	Francesco Melloni	London Heathside AC (C)	16:27	2
86	Phil Marshall	Newbury AC	16:30	4
87	Joe Spicer	Windsor S E & Hounslow AC (B)	16:34	4
88	Graham Sutherland	Clapham Chasers RC (A)	16:36	1
89	Daniel Johns	London Heathside AC (B)	16:39	3
90	Matt Kaufman	Ealing Eagles Running Club (A)	16:40	4
91	Tom Pollard	Fulham Running Club (A)	16:42	1
92	Laurence Elliott	Ealing Eagles Running Club (A)	16:43	1
93	Ben Hurley	Belgrave Harriers (B)	16:44	2
94	Jonathan Abel	West 4 Harriers (A)	16:46	1
95	Sam Sutherland	Queens Park Harriers (A)	16:46	3
96	Jack Wild	Serpentine RC (B)	16:53	4
97	Maceij Kolternick	Queens Park Harriers (B)	16:59	4
98	Jack McKeon	Thames Valley Harriers (C)	16:59	1
99	Jonathan Litchfield	London Heathside AC (B)	17:00	1

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100	Rob Tan	Reading AC (A)	17:00	4
101	Mike Chapman	Nene Valley Harriers	17:02	2
102	Briain O'dowd	Ealing Eagles Running Club (B)	17:05	1
103	Derek Green	Clapham Chasers RC (A)	17:07	4
104	Daniel Haile	London Heathside AC (C)	17:08	3
105	Jibrel Ahmed	Thames Valley Harriers (C)	17:09	3
106	Stephen Mcleod	Fulham Running Club (A)	17:10	3
107	Michael Dmitrzak	Queens Park Harriers (B)	17:10	1
108	Chris Warren	Belgrave Harriers (B)	17:10	4
109	Andrew Blake	Clapham Chasers RC (A)	17:12	3
110	Jake Spencer	London Heathside AC (C)	17:13	1
111	Mark Jefford	London Heathside AC (C)	17:16	4
112	Henry Kemp	Serpentine RC (B)	17:17	3
113	Bernard Sexton	Ealing Eagles Running Club (A)	17:17	3
114	Manuel Da Silva	Thames Valley Harriers (C)	17:20	2
115	Nic Grgec	Clapham Chasers RC (B)	17:21	1
116	Jay Belham	Nene Valley Harriers	17:27	3
117	Gary Salmon	Clapham Chasers RC (A)	17:28	2
118	Glenn Hughes	Serpentine RC (A)	17:29	4
119	Nils-Kristian Liborg	Ealing Eagles Running Club (A)	17:31	2
120	Paul Barnes	Fulham Running Club (B)	17:32	1
121	Rob Cronshaw	Vegan Runners UK	17:37	1
122	Firas Alhawat	Ealing Eagles Running Club (B)	17:39	2
123	Christopher Cooper	Fulham Running Club (A)	17:41	2
124	Richard Morris	Fulham Running Club (B)	17:42	4
125	Duncan Grassie	West 4 Harriers (A)	17:43	3
126	Dan Marks	Blackheath & Bromley Harriers	17:46	3
127	Tom Rye	Clapham Chasers RC (B)	17:48	3
128	Chris Vincent	London Heathside AC	17:49	1
129	Andy Bowen	West 4 Harriers (B)	17:52	1
130	Gregory Smith	West 4 Harriers (B)	17:53	2
131	Luke Frizoni	Clapham Chasers RC (C)	17:56	1
132	Maurice Quirke	Queens Park Harriers (B)	17:56	3
133	Andrea Spaccatrosi	Highgate Harriers (B)	17:57	3
134	Sam Robinson	Clapham Chasers RC (B)	18:01	2
135	Adrian Maidment	Redway Runners	18:01	1
136	Campbell Easton	Ealing Eagles Running Club (B)	18:03	3
137	Harry Claxton	Ealing Eagles Running Club (C)	18:03	1
138	Paul Leppard	Hillingdon AC (B)	18:04	4
139	Kerem Guvench	Vegan Runners UK	18:06	2
140	Alex Ferrario	Clapham Chasers RC (C)	18:17	2
141	Gavin Evans	London Heathside AC	18:19	2
142	Paul Woodgate	Thames Valley Harriers (D)	18:20	1
143	Kieran Santry	Ealing Eagles Running Club (B)	18:21	4
144	Matthew Peffers	Queens Park Harriers (B)	18:24	2
145	Duncan Prior	Reading AC (B)	18:34	1
146	Tim Ayres	Blackheath & Bromley Harriers	18:34	4
147	Bryan Tonkin	Swindon Harriers	18:37	4
148	Stewart Bowring n/s	Queens Park Harriers (C)	18:44	4
149	James Jurkiewicz	Ealing Eagles Running Club (C)	18:48	2

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150	Andrew Cunningham	Barnet & District AC	18:49	1
151	Trevor Ingram	Fulham Running Club (B)	18:51	2
152	Neville Rowles	Redway Runners	18:53	2
153	David Brenda	Clapham Chasers RC (B)	18:57	4
154	Ben Cale	Ealing Eagles Running Club (C)	19:06	3
155	Pardip Singh Minhas	Ealing Eagles Running Club (C)	19:22	4
156	Philip Wetton	Thames Valley Harriers (D)	19:25	4
157	Scott Brewer	Thames Valley Harriers (D)	19:27	3
158	Dan Foster	Reading AC (B)	19:34	4
159	Paul Parkin	Nene Valley Harriers	19:48	4
160	Richard Hooley	Thames Valley Harriers (D)	19:49	2
161	Tom Alexander	Queens Park Harriers (C)	19:50	1
162	Darren Stevens	Reading AC (B)	20:02	3
163	Peter Warburton	Hillingdon AC (B)	20:05	3
164	Gerard O'Driscoll	Reading AC (B)	20:09	2
165	Richard Doheny	Clapham Chasers RC (C)	20:11	4
166	Adrian Smith	West 4 Harriers (B)	20:12	4
167	Martyn Douglas	Redway Runners	20:26	3
168	Chris Violet	Barnet & District AC	20:54	2
169	Peter Simpson	Vegan Runners UK	21:12	3
170	Chris Bailey	Highgate Harriers (B)	21:24	4
171	Patrick Brennan	Queens Park Harriers (C)	21:51	2
172	Jon Scott-Francis	West 4 Harriers (B)	22:01	3
173	Matthew Hollingsworth	Clapham Chasers RC (C)	22:03	3
174	Simon Clarkson	Fulham Running Club (B)	22:18	3
175	John Owen	Barnet & District AC	22:52	4
176	Nicholas Bingham	Barnet & District AC	23:08	3
177	Charles Tatham n/s	Queens Park Harriers (C)	24:19	3