



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Under 20 Men - 8,000m (approx)

Position	Time	Number	Name	Club
1	19:10	522	Jem O'Flaherty	L.Heathside
2	19:21	521	Liam Garrett	L.Heathside
3	19:22	517	Sefyu Jamaal	L.Heathside
4	19:38	528	Edouard Long	TVH
5	19:58	532	George Kerry	ESM
6	20:05	533	Oliver Way	ESM
7	20:19	527	Jake Holley	TVH
8	20:51	529	Tal Pelmont	Highgate
9	20:58	530	Abdirahman Hamud	Hillingdon
10	21:05	534	Isaac Adni	Highgate
11	22:31	531	Mayank Mishra	Hillingdon
12	22:57	525	Max Buckley	TVH
13	22:58	516	Antanas Weston	L.Heathside

**Team Result (3 to score):**

1. L. Heathside (1, 2, 3) = 6

2. TVH (4, 7, 12) = 23