

**SHAFTESBURY BARNET HARRIERS - MENS CROSS COUNTRY POINTS TABLES 2025-2026**  
**UPDATED 10-01-26 FOLLOWING THE METROPOLITAN LEAGUE AT WELWYN GARDEN CITY**

| UNDER 11 BOYS      | MET LGE (1) | MET LGE (2) | MET LGE (3) | HERTS OR | MET LGE (4) | MET LGE (5) | TOTAL PTS |
|--------------------|-------------|-------------|-------------|----------|-------------|-------------|-----------|
|                    |             |             |             | MIDDXX   |             |             |           |
| DANIYAL JANMOHAMED | 8           | 8           | 8           | 8        | /           |             | 32        |
| MARKO BIRD         | 6           | 7           | /           | /        | 8           |             | 21        |
| IVAN BIRD          | 5           | 6           | /           | /        | 6           |             | 17        |
| RIAN VARIA         | 7           | /           | /           | 7        | /           |             | 14        |
| THEO BETTRIDGE     | /           | /           | /           | /        | 7           |             | 7         |
| WYETH PARKES       | /           | /           | /           | 6        | /           |             | 6         |
| MAX FISHMAN        | /           | 5           | /           | /        | /           |             | 5         |
|                    |             |             |             |          |             |             |           |

| UNDER 13 BOYS        | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|----------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| DENNYS PASCAL        | 8           | 8           | 8           | /           |          |             |          | 24        |
| HARRISON HENDERSON   | 7           | 7           | 7           | /           |          |             |          | 21        |
| PRINCE-MOSES JOHN    | 4           | 6           | /           | 4           |          |             |          | 14        |
| ALBERT KORTH         | 5           | /           | /           | 6           |          |             |          | 11        |
| LEWIS WARD           | /           | /           | /           | 8           |          |             |          | 8         |
| JENSON DAY           | /           | /           | /           | 7           |          |             |          | 7         |
| ZURRELL QUAYE-MURRAY | /           | /           | 6           | /           |          |             |          | 6         |
| ARI RUBENSTEIN       | 6           | /           | /           | /           |          |             |          | 6         |
| JAKE MICHALIK        | /           | /           | /           | 5           |          |             |          | 5         |
| ETHAN SLUTZKIN       | /           | /           | /           | 3           |          |             |          | 3         |
|                      |             |             |             |             |          |             |          |           |
|                      |             |             |             |             |          |             |          |           |
|                      |             |             |             |             |          |             |          |           |

| UNDER 15 BOYS      | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|--------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| BEN KASPAR         | 8           | 8           | 8           | /           |          |             |          | 24        |
| TAHA COCKERELL     | /           | 6           | 4           | 8           |          |             |          | 18        |
| EDWARD PASCAL      | /           | 7           | 7           | /           |          |             |          | 14        |
| THOMAS FELLOWS     | /           | 4           | /           | 7           |          |             |          | 11        |
| ROAN PARKES        | 7           | /           | /           | /           |          |             |          | 7         |
| SAM CLEMENTS       | 6           | /           | /           | /           |          |             |          | 6         |
| DOV GOTKINE        | /           | /           | 5           | /           |          |             |          | 5         |
| AARON HIDALGO-HUDI | /           | 5           | /           | /           |          |             |          | 5         |
|                    |             |             |             |             |          |             |          |           |

| UNDER 17 MEN          | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|-----------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| PABLO QUESADA-CARMONA | 2           | 8           | 6           | 6           |          |             |          | 22        |
| SAM TURNER            | 8           | /           | 7           | 7           |          |             |          | 22        |
| ARTHUR PHILLIPS       | 7           | /           | /           | 8           |          |             |          | 15        |
| JORGEN INGEBRETSEN    | 6           | /           | 8           | /           |          |             |          | 14        |
| SAM DARCY             | 1           | 7           | 5           | /           |          |             |          | 13        |
| EUAN PHILLIPS         | /           | /           | /           | 5           |          |             |          | 5         |
| JESSE ABRAHAMS        | 5           | /           | /           | /           |          |             |          | 5         |
| LADDIE SHAW           | 0           | /           | 4           | /           |          |             |          | 4         |
| CALAB HILTON          | 4           | /           | /           | /           |          |             |          | 4         |
| MATTHEW MAY           | 3           | /           | /           | /           |          |             |          | 3         |
| JACOB SUGARMAN        | 0           | /           | /           | /           |          |             |          | 0         |
|                       |             |             |             |             |          |             |          |           |

| UNDER 20 MEN          | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|-----------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| ADAM O'GORMAN         | 7           | 8           | /           | 8           |          |             |          | 23        |
| JOHN-MICHAEL DIRACLES | 8           | /           | 8           | /           |          |             |          | 16        |
| TOMMY NARVAEZ-WHITE   | /           | /           | /           | 7           |          |             |          | 7         |
| JAI DARYANANI         | 6           | /           | /           | /           |          |             |          | 6         |
|                       |             |             |             |             |          |             |          |           |

| SENIOR MEN      | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|-----------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| FINN MACCARTHY  | 11          | 11          | 11          | 11          |          |             |          | 44        |
| THOMAS BUTLER   | /           | 12          | 12          | 12          |          |             |          | 36        |
| LIAM DEE        | 12          | /           | /           | /           |          |             |          | 12        |
| MARK COTTLE V35 | /           | /           | /           | 10          |          |             |          | 10        |
|                 |             |             |             |             |          |             |          |           |

| MASTERS MEN 40-49  | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|--------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| DANIEL NICHOLS V40 | /           | 8           | 8           | 8           |          |             |          | 24        |
| JOEL PHILLIPS V45  | /           | /           | /           | 7           |          |             |          | 7         |
| TIM PARKIN V45     | /           | 7           | /           | /           |          |             |          | 7         |
|                    |             |             |             |             |          |             |          |           |

| MASTERS MEN 50-59  | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|--------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| JONNY SHAW V50     | 8           | 8           | 8           | 8           |          |             |          | 32        |
| PAUL MACCARTHY V55 | 5           | 7           | 6           | 6           |          |             |          | 24        |
| BARRY HAWS V50     | 6           | 6           | 5           | 5           |          |             |          | 22        |
| ANDREW PORTER V50  | 7           | /           | 7           | 7           |          |             |          | 21        |
|                    |             |             |             |             |          |             |          |           |

| MASTERS MEN 60-69     | MET LGE (1) | MET LGE (2) | MET LGE (3) | MET LGE (4) | SOUTHERN | MET LGE (5) | NATIONAL | TOTAL PTS |
|-----------------------|-------------|-------------|-------------|-------------|----------|-------------|----------|-----------|
| PHILIP CUNNINGHAM V60 | 7           | 8           | 7           | 8           |          |             |          | 30        |
| ROBERT RIGBY V60      | /           | 8           | 8           | /           |          |             |          | 16        |
| DAVID GREENSTEIN V60  | 8           | /           | /           | /           |          |             |          | 8         |
|                       |             |             |             |             |          |             |          |           |

UNDER 11 BOYS BEST 4 OUT OF 6 RESULTS TO COUNT

UNDER 13, 15, 17, U20, SENIOR AND MASTERS MEN BEST 5 OUT OF 7 RESULTS TO COUNT