

**Middlesex Schools Cross Country Championships**  
**Harrow School 11<sup>th</sup> February 2009**

**Under 19 Men**

1	Jake Shelly	Barnet	20.35
2	Chad Lambert	Harrow	20.38
3	Robert Thompson	Hillingdon	20.45
4	Sam Ashcroft	Ealing	21.03
5	J Taylor Calderwell	Richmond	21.36
6	James Laing	Hillingdon	21.51
7	Andrew Wallace	Barnet	21.57
8	Alex Hunter	Harrow	22.02
9	Luke Nicholas	Ealing	22.07
10	Chris Hepworth	Ealing	22.17
11		Harrow	22.27
12	James Francis	Hillingdon	22.37
13	Alex Vetch	Enfield	22.41
14	Fred Richards	Richmond	23.00
15	Adil Hussain	Enfield	23.03
16	Magnus Assmundson	Richmond	23.05
17	A Shaw	Ealing	23.06
18	Amish Patel	Richmond	23.07
19	P Vila De Macha	Richmond	23.20
20	Ben Johnson	Barnet	23.27
21	Edward Parson	Harrow	23.41
22	Michael Allan-Dan	Haringey	24.14
23	Chris Hutchingson	Richmond	24.17
24	Abdillahi Mohammed	Barnet	24.30
25	Nick Ashbourne	Richmond	24.31
26	Alex Leslie	Ealing	24.32
27	Josh Perelle	Richmond	24.37
28	Cliff Gaughran	Enfield	24.57
29	Steffano Fontanini	Enfield	25.02
30	Mark Winterbourne	Richmond	25.08
31	James Taylor	Richmond	25.26
32	Martin Shelly	Ealing	25.38
33	Jonathan Lowry	Enfield	25.45
34	Kieran Morland	Barnet	26.09
35	Tommy Rowan	Enfield	26.26
	<b>Team Results</b>		
1	Richmond	95	
2	Ealing	98	
3	Barnet	122	
4	Enfield	153	

**Under 17 Men**

1	Richard Goodman	Brent	20.35
2	Matthew Fayers	Hillingdon	21.33
3	Charlie Crane	Ealing	21.42
4	Richard Charles	Ealing	21.45
5	Joe Sherry	Enfield	21.49
6	Bradley Goater	Hounslow	21.52
7	Taylor Nunn	Richmond	21.58
8	Tadhig Grant	Harrow	22.04
9	Jack Perry-Williams	Barnet	22.05
10	Conar Hearn	Ealing	22.10
11	Jack Killip	Hounslow	22.11
12	Chris Charles	Ealing	22.39
13	Alex Cordell	Enfield	22.49

14	Carl Yates	Hillingdon	22.53
15	Timmy Drury	Hillingdon	22.57
16	Jack Walker	Richmond	22.59
17	Ross Franks	Richmond	23.02
18	Archie Patch	Haringey	23.09
19	Jack Stow	Harrow	23.11
20	Hugh Bailey	Harrow	23.11
21	Tom Fearnley	Enfield	23.15
22	Ed Smith	Richmond	23.21
23	OgyenVerhagen	Harrow	23.22
24	Matthew Lewis	Harrow	23.30
25	Alex Youngman	Barnet	23.34
26	Roland T-Ritson	Richmond	23.36
27	Joe Carton	Hillingdon	23.39
28	Gavin Bailey	Hillingdon	23.52
29	Luke Wilson	Richmond	23.57
30	Bob Leonard	Harrow	23.57
31	Luke Callis	Enfield	24.01
32	Archie Jones	Ealing	24.03
33	Henderson	Harrow	24.10
34	Abdulullahi Artan	Harrow	24.43
35	Henry Saunders	Enfield	24.47
36	Mark Cameron	Ealing	24.49
37	James Jackson	Enfield	24.54
38	A Gilbert	Hounslow	25.07
39	Miles Itom	Richmond	25.08
40	James O'Donovan	Hillingdon	25.27
41	James Skelton	Harrow	25.28
42	Avi Fagerman	Barnet	25.29
43	Barnaby Gnaanithra	Barnet	25.30
44	Bertie Shelley	Barnet	26.11
45	J Woodward	Hounslow	26.13
46	Nasif Nioaisha	Haringey	26.23
47	Tom Pye	Barnet	28.32
48	Andrew Falan	Enfield	28.57
49	Elliot Dobbs	Ealing	29.11
50	Mustafa Jaffa	Hillingdon	29.28
51	Daniel McDonnell	Ealing	30.01
52	Jake Gronin	Hillingdon	30.13
53	Peter Haynes	Barnet	30.22
54	Rhys Thoroughgood	Hillingdon	30.25
55	Sam Preston	Enfield	30.28
	<b>Team Results</b>		
1	Ealing	97	
2	Richmond	117	
3	Harrow	124	
4	Hillingdon	126	
5	Enfield	142	
6	Barnet	210	

### Under 15 Boys

1	Luke Ames-Blackably	Haringey	13.38
2	Chandi Uduwawala	Barnet	13.50
3	Michael Callegari	Barnet	14.08
4	Matt McLamghlin	Barnet	14.11
5	Rory Atkins	Richmond	14.21
6	Mohamed Ramli	Barnet	14.24
7	Stanley Harrison	Enfield	14.25
8	Hugo Fleming	Richmond	14.26

9	Ben Chapman	Richmond	14.30
10	Stephen Crosbie	Hillingdon	14.35
11	Dalton McGuigan	Ealing	14.37
12	Josh Ames-Blackably	Haringey	14.47
13	Adrea Kyprianou	Barnet	15.01
14	Austin Eaton	Hillingdon	15.02
15	Declain Ryan	Richmond	15.03
16	Gavin Suddell	Enfield	15.04
17	Charlie Basten-Parker	Harrow	15.07
18	Will David	Harrow	15.11
19	Bhaves Soneji	Harrow	15.13
20	Sam Shindler-Glass	Harrow	15.22
21	Eddie Sogunro	Barnet	15.24
22	Richard Johnson	Barnet	15.25
23	Sam Wilson	Barnet	15.25
24	Conar McCabe	Enfield	15.28
25	Ben Killip	Hounslow	15.30
26	Eliot Webb	Richmond	15.31
27	Amarri Nembhard	Harrow	15.32
28	Mark Parsons	Richmond	15.33
29	Mohammed Muse	Haringey	15.34
30	Oliver Hercum	Harrow	15.34
31	Anthony Haynes	Hillingdon	15.38
32	Joe Battle	Richmond	15.39
33	Matt Benstead	Richmond	15.41
34	Sayanthan Nallanathan	Harrow	15.50
35	Joe Headland	Barnet	15.55
36	Adam Wood	Hillingdon	15.58
37	T Cameron	Hounslow	15.59
38	Sam Hobbs	Ealing	16.02
39	Ollie Berg	Ealing	16.12
40	Lewis Hawkins	Hillingdon	16.15
41	Wandja Omanunga	Haringey	16.29
42	Fellan McGuigan	Ealing	16.31
43	Jamie Galloway	Ealing	16.35
44	Duncan Pinder	Ealing	16.38
45	Sean Hannington	Ealing	16.58
46	Josh Hockney	Barnet	17.12
47	Edwin Okun	Enfield	17.14
48	Jack Westlake	Hillingdon	17.22
49	Jorden Roberts	Harrow	17.23
50	M Welch-Turner	Hounslow	17.24
51	Jordan Hannington	Ealing	17.30
52	Kildare Tesfn	Hillingdon	18.08
53	Omar Ali	Haringey	18.20
54	Charlie Dunkley	Hounslow	18.44
55	Sadiq Gaas	Harrow	18.45
56	L Maxfield	Hounslow	19.38
57	Cyril O'Cansey	Hounslow	19.42
	<b>Team Results</b>		
1	Barnet	49	
2	Richmond	91	
3	Harrow	131	
4	Hillingdon	179	
5	Haringey	196	
6	Ealing	217	
7	Hounslow	279	

## Under 13 Boys

1	Hanif Zarif	Hillingdon	11.55
2	Luke Dee	Barnet	11.56
3	James Kilby	Hillingdon	11.57
4	Gabriel Shala	Enfield	11.59
5	Daniel Lightfoot	Haringey	12.01
6	Tim Shuttleworth	Enfield	12.02
7	Kieran Scott	Richmond	12.04
8	Aiden Doherty	Barnet	12.11
9	Jamie Finnigan	Hounslow	12.11
10	Ethan Ijaz	Richmond	12.11
11	Javindra Singh	Hounslow	12.26
12	Louis Marriott	Ealing	12.39
13	Joe Gammel	Harrow	12.40
14	Jonathan Hill	Harrow	12.49
15	Jamie Doolan	Harrow	12.50
16	Bruno Ahdrada	Haringey	12.52
17	Nirosa Anthony	Hillingdon	12.52
18	Baiden Thotoughgoog	Hillingdon	12.55
19	Jamie Jeffrey	Richmond	12.58
20	James Yates	Harrow	12.59
21	Dean McDonnell	Ealing	13.00
22	James Ferry	Enfield	13.00
23	Massimo Michini	Hillingdon	13.00
24	George Prunty	Hillingdon	13.07
25	Aiden Siani	Enfield	13.08
26	Arawin Sriranjithan	Harrow	13.09
27	Owen Hurcum	Harrow	13.12
28	Joseph O'Halloran	Harrow	13.16
29	Dieudonne Longa	Haringey	13.17
30	Oliver Urmerod	Richmond	13.18
31	Jamie Millbank	Richmond	13.18
32	Jim Philipsun	Richmond	13.18
33	James Keane	Barnet	13.20
34	Jamie Campbell	Richmond	13.21
35	Antonio Paone-Michael	Enfield	13.24
36	Michael Norris	Hillingdon	13.28
37	Toby MacDermit	Harrow	13.29
38	Abdifatah Guhad	Harrow	13.31
39	Abel Markos	Haringey	13.31
40	Ruairi Coles	Enfield	13.32
41	Alistair Keith	Ealing	13.32
42	David Daskin	Barnet	13.35
43	Michael Rose	Barnet	13.35
44	Laurance Townsend	Richmond	13.46
45	Tom Rottier	Enfield	13.59
46	Fred Ireland	Hounslow	14.15
47	Theo Azgathocleous	Barnet	14.17
48	Miran Besarani	Ealing	14.19
49	Bobby baily	Ealing	15.10
50	Sebri Adous	Ealing	15.11
51	J Morrison	Enfield	16.02
52	Archie Bodimeade	Enfield	16.03
	<b>Team Results</b>		
1	Hillingdon	86	
2	Harrow	115	
3	Richmond	129	
4	Enfield	132	
5	Barnet	175	
6	Ealing	221	

### Under 19 Ladies

1	Hannah Pollak	Hounslow	15.35
2	Faith Louise Smith	Richmond	16.17
3	Sophie Proffitt	Barnet	16.22
4	Josie Miller	Richmond	16.33
5	Charoltte Black	Richmond	16.46
6	Zoe Levine	Haringey	16.49
7		Barnet	16.54
8	Lucy Edmunds	Richmond	16.56
9	Poly Kemp-King	Ealing	16.57
10	Victoria Elbourne	Richmond	17.22
11	Alina Mingham	Richmond	17.33
12	Helena French	Ealing	18.05
13	Emma Layton	Barnet	18.43
14	Harriet Caulfield	Barnet	19.24
15	Lauren Bruce	Richmond	19.36
16		Hounslow	20.28
17	Lucy Butcher	Ealing	20.30
18	Elizabeth Matthews	Ealing	21.33
19	Shauna Chambers	Barnet	23.10
20	Chrsitina Gannon	Barnet	24.34
	<b>Team Results</b>		
1	Richmond	36	
2	Barnet	76	

### Under 17 Ladies

1	Yat Wing Smart	Harrow	16.24
2	Shae Antoine	Hillingdon	16.30
3	Katie Bryant	Richmond	16.47
4	Emily Johnson-Purvis	Richmond	16.56
5	Katie Brown	Enfield	17.12
6	Abi Crinall	Richmond	17.15
7	Katie Brady	Harrow	17.15
8	Renate Fromson	Harrow	17.16
9	Emma Davies	Hillingdon	17.26
10	Molly Riglin	Richmond	17.34
11	Clare Vizard	Hillingdon	17.36
12	Faye McCormick	Barnet	17.43
13	Jessica Jackson-Virk	Haringey	17.55
14	Amy Hall	Hillingdon	18.15
15	Georgena Dunford	Barnet	18.17
16	Tabi Brown	Richmond	18.22
17	Hannah Rogers	Richmond	18.23
18	Jade Nettledon	Hillingdon	18.42
19	Anna Sparrow	Richmond	18.46
20	Laura Ramsay	Richmond	18.47
21	Amanda Paish	Hounslow	19.09
22	Amber Tomlinson	Barnet	19.17
23	Stella Ormond	Hillingdon	19.32
24	Emma Vincent	Hillingdon	19.43
25	Nicola Shelley	Ealing	19.45
26	Kathrine Cunningham	Barnet	19.49
27	Sarah Harizi	Haringey	19.52
28	Louisa Cursons	Harrow	19.53
29	Natalia Bereverzina	Barnet	19.57
30	Jessica Monsuato	Barnet	19.59
31	Alicia Slater	Barnet	20.08
32	Emily Chan	Barnet	20.38
33	A Joyce	Hounslow	20.40
34	Andrea Sanderson	Barnet	20.43

35	Rebecca Walford	Ealing	20.54
36	Charlotte Jeff	Harrow	20.57
37	Rebetcah Dawma	Barnet	21.10
38	T Kitt	Hounslow	21.12
39	Martina Gutbier	Hounslow	21.35
40	Liana Gore	Hillingdon	21.54
41	Amamikia Patel	Harrow	21.58
42	Rachel Walsh	Hounslow	22.05
43	Bille De Buitlear	Hounslow	22.30
44	Judith Low	Harrow	22.38
45	Rosie O'Donnell	Enfield	22.40
46	Sabrina Barr	Harrow	22.42
47	Megan Elliot	Hillingdon	22.53
48	Folake Omisore	Hounslow	23.25
49	Alice Smyth	Enfield	23.57
50	Kitty Lantos	Ealing	24.45
51	Natasha McGovern	Enfield	24.45
52	LaurenLetch	Enfield	25.55
53	Mekeda Lewis	Ealing	26.15
	<b>Team Results</b>		
1	Richmond	56	
2	Hillingdon	77	
3	Harrow	129	
4	Barnet	134	
5	Enfield	206	
6	Hounslow	216	

### Under 15 Girls

1	Sky Draper	Hillingdon	12.15
2	Ruby Woolfe	Richmond	12.24
3	Lauren Major	Richmond	12.34
4	Yee Yeut Smart	Harrow	12.40
5	Freya Lenton	Barnet	12.51
6	Adele Rainford	Harrow	12.58
7	Suzu Sato	Barnet	13.04
8	Molly Patch	Haringey	13.06
9	Christina Paish	Hounslow	13.08
10	Kerry Baily	Ealing	13.09
11	Sarah Protor	Harrow	13.14
12	Bethany Carter	Barnet	13.21
13	Heather Gibbons	Hillingdon	13.24
14	Genevieve Crean	Ealing	13.32
15	Emmy Yatagi	Haringey	13.33
16	Ellis Redmond	Ealing	13.36
17	Ella Paterson	Richmond	13.36
18	Maria Pereverzina	Barnet	13.39
19	Jos Major	Richmond	13.47
20	Bella Taylor	Richmond	13.50
21	Alrthea Calvert-Jorden	Enfield	13.52
22	Nina Harding	Richmond	13.55
23	Eliza Cottington	Richmond	13.58
24	Ellen Burwood	Enfield	14.02
25	Rosalba Ellis	Enfield	14.08
26	Charlotte Wingfield	Barnet	14.09
27	Georgia Jackson-Virk	Haringey	14.11
28	Nan Smart	Hillingdon	14.13
29	Amy Lagnado	Barnet	14.15
30	Esme Stallard	Hillingdon	14.24
31	Eleanor Buckman	Harrow	14.26
32	Molly Savill	Richmond	14.28

33	Katie Fray	Enfield	14.28
34	Emily Ormond	Richmond	14.30
35	Joanna Paish	Hounslow	14.32
36	Mollie Blackie	Hillingdon	14.36
37	Sinead McGovern	Enfield	14.41
38	Katherine Newberry	Hillingdon	14.44
39	Sophie Croft	Enfield	14.49
40	Emma Jones	Hounslow	14.59
41	Hollie Hockley	Enfield	15.08
42	Jessica Emery	Harrow	15.12
43	Emma Hardy	Hounslow	15.16
44	Lauren Dee	Barnet	15.29
45	Kate Eastmond	Hounslow	15.32
46	Martha Coleman	Enfield	15.34
47	Sophie Edwardson	Hillingdon	15.35
48	Sophie Humphrzes	Barnet	15.37
49	Mollie Hogan	Enfield	15.38
50	E Beckly	Harrow	15.44
51	Katie Secuman	Harrow	16.04
52	Emily Ali	Harrow	16.06
53	Josephine Elliot	Ealing	16.11
54	Hannah Balacky	Hounslow	16.14
55	Oliva Birbeck	Ealing	16.16
56	Eleanor McKay	Haringey	16.26
57	Ella Duffy	Barnet	16.31
58	Mari Johnson	Hounslow	16.41
59	Catherine Stout	Harrow	16.42
60	Hamet Winn	Ealing	17.41
61	Daisy Sheehan	Ealing	17.44
62	Sophie Wells	Ealing	17.44
63	Jade O'Brien	Haringey	
64	O Royle	Hounslow	
	<b>Team Results</b>		
1	Richmond	83	
2	Barnet	97	
3	Harrow	144	
4	Hillingdon	146	
5	Enfield	179	
6	Ealing	208	
7	Hounslow	226	
8	Haringey	224	

### Under 13 Girls

1	Sophia Parvizi-Wayne	Haringey	9.39
2	Rebecca Killip	Hounslow	9.52
3	Niamh O'Donoghue	Hounslow	9.54
4	Ella Widdop Gray	Richmond	9.55
5	Sydney Taylor	Enfield	10.05
6	Saskia Budgett	Ealing	10.09
7	Cordelia Grossman	Haringey	10.11
8	Roberta O'Farrell	Richmond	10.24
9	Zoe Smith	Hillingdon	10.25
10	Lucy Dicks	Hillingdon	10.32
11	Holly Smith	Hillingdon	10.34
12	Xelia Mendes-Junes	Harrow	10.36
13	Anna Donovan	Richmond	10.36
14	Lorraine Bouch	Hillingdon	10.38
15	Holly Stringer	Richmond	10.39
16	Matilda Raphael	Richmond	10.40
17	Molly Garden	Haringey	10.51

18	Unknown runner		10.52
19	Rahwa Solomon	Haringey	10.52
20	Annie Flynn	Harrow	10.52
21	Emily Riberiro	Richmond	10.52
22	Carman Traseira	Richmond	10.53
23	Aisling Draper	Harrow	10.53
24	Chloe Byne	Richmond	10.53
25	Tara Patel	Harrow	10.53
26	Ellie Gdwin	Hounslow	10.54
27	Avralija Ippolito	Harrow	10.54
28	Leah Shevlin	Hounslow	10.54
29	Alice Elwood	Haringey	10.55
30	Aimee Clapham	Barnet	10.55
31	Hetty Rudman	Barnet	10.55
32	Megan Bailey	Harrow	10.56
33	Katherine Ladd	Hillingdon	10.56
34	Clare Kennedy	Enfield	10.56
35	Charlotte Newman	Enfield	10.57
36	Corin Nestor	Enfield	10.58
37	Abigail Downie	Barnet	10.59
38	Lauren Oliver	Ealing	11.02
39	Lydia Herridge	Barnet	11.03
40	Katy Kelly Watkins	Harrow	11.04
41	Pippa Shuttleworth	Barnet	11.14
42	Rebecca Jacques	Enfield	11.17
43	Sophie Parker	Barnet	11.26
44	Alex Howard	Hillingdon	11.29
45	Maria Hills	Harrow	11.38
46	Shanice Miller	Hounslow	11.43
47	Fardonsa Ali	Ealing	11.49
48	Nathalie Dides	Harrow	11.54
49	Ciara Kavanagh	Hounslow	12.03
50	Harriet Stallard	Hillingdon	12.04
51	Issy Morris	Ealing	12.05
52	Bella Dmochowski	Enfield	12.17
53	Imogen King	Richmond	12.20
54	Tanya Monika	Barnet	12.26
55	Rosamund Pullen	Ealing	12.33
56	Eleanor Groner	Enfield	12.44
57	Janan Mustafa	Barnet	12.44
58	Rowan Wilkinson	Ealing	13.11
59	Brenda Nyamichada	Barnet	13.24
60	Manam Khalil	Ealing	13.32
61	Anna Blake	Hounslow	13.40
62	Holly Tyran- Stephens	Hillingdon	13.57
63	Maria Roach	Ealing	14.11
	<b>Team Results</b>		
1	Richmond	77	
2	Hillingdon	121	
3	Haringey	137	
4	Harrow	139	
5	Hounslow	154	
6	Enfield	204	
7	Barnet	226	
8	Ealing	255	