

NORTH LONDON CROSS COUNTRY ASSOCIATION

2013 WOMEN'S 6000 metres Championship Race Results

Venue, Mad Bess Woods, Ruislip – host Club Hillingdon A.C.

1	A. Gounelas	Eton Manor AC	21.55	
2	J. Kent	Barnet & Dist AC	21.56	1 st Vet
3	K. Meredith	Highgate Hrs	22.08	
4	H. Viner	Hig	22.21	
5	H. Bijman	Hig	22.56	
6	F. Kennedy	ESM	22.58	2 nd Vet
7	K. Murphy	Bar	23.05	3 rd Vet
8	A. Trafford	Hig	23.10	
9	J. Singer	VPH & TH	23.20	4 th Vet
10	E. Mack	Hil	23.27	
11	S. Rust	LH	23.40	
12	S. Bint	WPH & TH	23.34	5 th Vet
13	M. Munk-Jacobsen	Sh Bar (Guest)	23.37	
14	C. Harper	Serp	24.16	
15	H. Wells	Hil	24.19	
16	B. Napleton	LH	24.20	6 th Vet
17	C. Jeremiah	LH	24.21	
18	S. Richardson	ESM	24.25	7 th Vet
19	S. Sheldrake	Hig	24.26	
20	S. Gome	ESM (Guest)	24.39	
21	E. Burgess	Hig	24.41	
22	N. Rossberg	Hig	24.53	
23	A. Hopkins	ESM	25.01	8 th Vet
24	Z. Woodward	E.Mnr	25.02	9 th Vet
25	G. Wu	Serp	25.07	10 th Vet
26	H. Sloy	M.C.	25.38	
27	J. Ruhland	ESM	25.39	11 th Vet
28	J. Ravenhill	MP	25.45	12 th Vet
29	R. Morrison	VPH & TH	25.51	
30	J. Nodder	MC	25.53	13 th Vet
31	C. Shelley	Serp	25.54	14 th Vet
32	M. McKenzie Niniufe	Serp	26.04	15 th Vet
33	L. Pettitt	Serp	26.18	16 th Vet
34	C. Meah	ESM	26.21	17 th Vet
35	F. Everitt	Hig	26.23	
36	L. Wilson	ESM	26.27	18 th Vet
37	S.Darch	Hil Guest	26.33	
38	A. Riddell	MC	26.41	19 th Vet
39	C. Wagh	EMnr	26.46	
40	A. Sanders-Reece	MC	26.49	20 th Vet
41	J. Conn	Serp	26.53	21 st Vet
42	L. Conway	Hil	26.59	22 nd Vet
43	C. White	LH	27.00	23 rd Vet
44	P. Thomas	ESM	27.11	24 th Vet
45	D. Nash	Hil	27.17	25 th Vet
46	C. McCrossin.	LH	27.20	
47	N. Cendrovicz	Hig	27.22	26 th Vet
48	C. Jones	ESM	27.26	27 th Vet

49	V. Pound	LH	27.32	
50	J. Irwin	LH	27.36	28 th Vet
51	J. Berry	VPH & TH	27.38	29 th Vet
52	L. Kilien	Serp	27.47	
53	L. Ward	E Mnr	27.49	30 th Vet
54	K. Harrington	QPH	28.02	
55	C. Boyle	LH	28.06	
56	C. Sacks	Serp	26.09	31 st Vet
57	A. Caspi	MC	28.16	32 nd Vet
58	G. Morgan	ESM	28.30	33 rd Vet
59	P. Fisher	Hil	28.36	34 th Vet
60	S. Edwardson	Hrw	28.43	
61	K. Horswood	MP	28.52	35 th Vet
62	W. Kawaha	Serp	29.08	36 th Vet
63	K. Johnstone	Bar	29.24	37 th Vet
64	N. Smart	Hrw	29.30	
65	G. Johnson	LH	29.48	38 th Vet
66	A. Lapper	MP	30.04	39 th Vet
67	M. Alhambra	VPH & TH	30.10	
68	A. Walsh	QPH	30.11	40 th Vet
69	R. Lamour	MC	30.24	41 st Vet
70	M. Allieu	MP	30.40	42 nd Vet
71	S. Kennedy	QPH	30.44	43 rd Vet
72	M. Hernandez Humm	Hil	31.37	44 th Vet
73	K. Bettis	Serp	31.45	45 th Vet
74	J. Hall	E. Mnr	31.59	
75	R. Brittle	E. Mnr	32.18	46 th Vet
76	A. Harrow	LH	32.20	47 th Vet
77	A. Tebelius	QPH	32.22	
78	R. de la Bertouche	Bar	32.37	48 th Vert
79	J. Stitchbury	EM	33.34	49 th Vet
80	K. Nandra	Hig	33.49	50 th Vet
81	C. Watson	E.Mnr	35.25	51 st Vet

C. Sowerby (29-57) & S. Knox (38-33) Serpentine started late & ran a slightly shorter course

Team Race

Highgate Harriers	20
Ealing, Southall & Midx	74
London Heathside	87
Highgate B	97
Victoria Park with Towerr Hamlets	101
Serpentine Runners	102
Hillingdon AC	112
Eton Manor AC	117
Mornington Chasers	134
Barnet & District AC	151
Serpentine Runners 'B'	182
Met Police AC	227
Eton Manor AC 'B'	313

Veterans Team Race

Ealing, Southall & Middx AC	19
Serpentine Runners	32
Victoria Pk & Tower Hamlets AC	37
Barnet & District AC	40
Mornington Chasers	46
London Heathside AC	55
Serpentine Runners 'B'	65
Met. Police AC	71
Ealing, Sthl. Middx 'B'	72
Hillingdon AC	78
Eton Manor AC	82
Mornington Chasers AC 'B'	91
Serpentine Runners 'D'	120

NORTH LONDON CROSS COUNTRY ASSOCIATION

2013 Men's 8000 metres Championship Race Results

Venue Mad Bess Woods, Ruislip – Host Club Hillingdon A.C.

1	T. Stasionis	Eton Manor AC	25.08	
2	T. Aldred	Ldn. Heathside	25.21	
3	R. McKinlay	Highgate Hrs	26.09	
4	J. Laing	Hil	26.16	
5	W. Green	Serp	26.43	
6	A. Wray	Hrw	26.50	1 st Vet
7	H. Dodwell	Hig	26.52	
8	J. Laybourn	Hig	26.58	
9	J. Deane	Hig	27.18	
10	C. Beecham	Hig	27.25	2 nd Vet
11	M. Convery	LH	27.35	
12	T. Lashmar	VPH & TH	27.45	
13	E. Samuel	LH	27.49	
14	K. Millar	QPH	27.50	
15	D. Mckeown	LH	27.51	
16	J. Hogg	Serp	28.00	
17	D. De-Palol	Serp	28.06	
18	T. Livermore	LH	28.09	
19	T. France	LH	28.21	
20	J. Southcott	SH Bar Guest	28.26	
21	S. Elson	ESM	28.33	
22	D. Helliard	LH	28.34	
23	N. Pask	QPH	28.35	
24	D. Thompson	Hil	28.37	
25	C. Wooley	Hil	28.39	
26	A. Brooker	LH	28.42	
27	M. Cursons	Hrw	28.43	3 rd Vet
28	S. Barrett	Serp	28.44	
29	A. Reeves	Serp	28.48	4 th Vet
30	S. Farley	Hil	28.49	5 th Vet
31	C. Woods	Serp	28.59	
32	P. Hull	Hil	29.04	6 th Vet
33	L. Hawkins	Hrw	29.08	
34	M. Walker	Bar	29.09	
35	J. Flahive	LH	29.11	7 th Vet
36	H. Gold	LH	29.13	8 th Vet
37	A. Davidson	Hig	29.14	9 th Vet
38	P. Wright	LH	29.27	
39	J. Manley	Hil	29.30	
40	S. Connell	Hil	29.34	
41	D. Evans	Serp	29.36	
42	R. Rigby	SH Bar Guest	29.40	
43	W. Godfrey	Hil	29.46	
44	R. Peters	MP	29.47	
45	B. Tolputt	Serp	29.47	
46	R. Stewart	Hig	29.48	
47	C. Hartley	LH	29.50	
48	D. Newman	Hil	29.55	10 th Vet

49	P. Boddey	E.Mnr	29.58	
50	T. Yates	ESM	29.59	
51	J. Bilbao	VPH & TH	30.11	
52	P. Bentley	LH	30.16	
53	R. Brown	ESM	30.18	11 th Vet
54	M. Bateman	Hil	30.27	
55	D. Roscoe	Hil	30.32	
56	R. Jenkin	Hil	30.42	12 th Vet
57	B. Smith	Bar	30.43	
58	J. Diogo	QPH	30.46	13 th Vet
59	A. Ozdemer	Hil	30.52	
60	P. Cates	E.Mnr	30.57	14 th Vet
61	P. Leppard	Hil	31.03	
62	G. Fox	Sh Bar Guest	31.07	
63	J. Arnold	Serp	31.13	
64	P. Brophy	Serp	31.16	
65	A. Dodd	ESM	31.20	
66	T. Butler	Bar	31.22	15 th Vet
67	A. Morris	Bar	31.26	16 th Vet
68	C. Bailey	Hig	31.33	17 th Vet
69	J.McKeown	LH	31.39	
70	F. Johnson	Serp	31.43	18 th Vet
71	R. Bryant	VPH & TH	31.48	19 th Vet
72	R. Gabe	LH	31.59	
73	D. Burch	Hil	32.13	
74	S. Hirons	Hil	32.18	20 th Vet
75	D. Patterson	Hil	32.21	
76	M. Delahunty	ESM	32.33	21 st Vet
77	M. Bright	Hig	32.37	22 nd Vet
78	I. Lambert	E.Mnr	32.35	23 rd Vet
79	P. McCrossin	LH	32.40	24 th Vet
80	F. Danset	Serp	32.48	
81	S. Watkins	E.Mnr	32.49	25 th Vet
82	B. Stanton	Serp	32.49	
83	N. de Sansmevez	LH	32.52	
84	S. Dokic	Hil	32.54	26 th Vet
85	J. Medcraft	VPH & TH	33.05	
86	D. Hall	E.Mnr	33.08	
87	A. Maltan	Hil	33.09	27 th Vet
88	I. Leslie	ESM	33.10	28 th Vet
89	S. Plested	ESM	33.11	29 th Vet
90	A. Angus	QPH	33.12	30 th Vet
91	S. Meredith	Hig	33.15	
92	A. Frost	E.Mnr	33.20	31 st Vet
93	D. Smith	Hil	33.35	32 nd Vet
94	D. Deugirda.	E.Mnr	33.41	33 rd Vet
95	L. Welson	E.Mnr	33.47	34 th Vet
96	A. Malzer	Serp	33.49	35 th Vet
97	A. Torrance	Hil	33.51	36 th Vet
98	C. Adamo	Hil Guest	33.57	
99	J. Castro	Hil	34.05	
100	B. Cooper	VPH & TH	34.09	37 th Vet

101	C. Heeps	LH	34.14	38 th Vet
102	R. Davies	QPH	34.38	39 th Vet
103	R. Sommerville	E.Mnr	34.42	40 th Vet
104	G. Comboy	QPH	34.50	
105	D. Halford	ESM Guest	35.03	
106	M. Howard	Hil	35.07	41 st Vet
107	S. Adams	E.Mnr	35.50	42 nd Vet
108	O. Pound	LH	36.03	
109	L. Tabrakam	E.Mnr	36.03	43 rd Vet
110	R. Howells	ESM	36.10	44 th Vet
111	A. Leung	ESM	36.18	45 th Vet
112	J. Collis	Hil	35.21	
113	N. Kennett	Serp	36.50	46 th Vet
114	N. Bradshaw	Serp	37.29	47 th Vet
115	J. Few	E.Mnr	37.30	48 th Vet
116	R. Burton	Hil	37.32	49 th Vet
117	R. Weston	LH	37.41	50 th Vet
118	I. Hodge	Serp Guest	38.12	
119	C. Brammer	VPH & TH	38.37	51 st Vet
120	J. Clarke	Bar	39.03	52 nd Vet
121	B. Brown	Hil	39.24	53 rd Vet
122	G. Stringer	ESM	40.06	54 th Vet
123	A. Wells	Hil	40.08	55 th Vet
124	R. Wilson	MP	40.50	56 th Vet
125	F. Merrigan	VPH & TH	40.57	
126	B. Gould	LH	41.03	57 th Vet
127	G. Wood	Hil Guest	41.35	
128	R. Fretwell	Serp	42.33	58 th Vet
129	R. Maggio	E.Mnr	42.43	59 th Vet
130	B. Feldman	Hil	44.57	60 th Vet

Team Race

Highgate Harriers	74
London Heathside AC	78
Serpentine Running Club	126
Hillingdon AC	154
Hillingdon 'B'	296
Ealing, Southall & Middx AC	353
Eton Manor AC	355
Serpentine RC 'B'	363
Queens Park Hrs	391
Hillingdon AC;	426
Victoria Park with Tower Hamlets AC	438
Eton Manor AC 'B'	600
Did not close in	
Met Police AC	
Harrow AC	
Barnet & District AC	

Veterans Team Race

Hillingdon AC	35
London Heathside	50
Highgate Hrs	52
Ealing, Southall & Mdx AC	93
Eton Manor AC	97
Serpentine RC	106
Hillingdon AC 'B'	109
Eton Manor 'B'	153
Hillingdon AC 'C'	181

1st B TEAM in CHAMPIONSHIP LONDON HEATHSIDE