

# January 2014

## 4th January - Middlesex Cross Country Champs Wormwood Scrubs

### Under 13 girls (3000m approx)

6	Cecily Turner	12:31
9	Sasha Fear	12:52
12	Jess Wilkinson	13:04
17	Emma Williets	13:33
32	Maxine Chapman	14:28
34	Milly Dunne	14:34
35	Lila Fishwick	14:35
36	Kitty Llewelyn	14:38
38	Hanna Sekkides	14:45
39	Isabella Millett	14:47

55 finishers

### Team positions (top 3 of 10)

1st	Thames Valley Harriers	21 points
2nd	Shaftesbury Barnet Harriers	23 points
3rd	Highgate Harriers	27 points

### Under 15 girls (4000m approx)

11	Lilah Fear	19:12
13	Esther Pigney	19:20
16	Marjolaine Briscoe	19:34
22	Lucy Fitzpatrick	20:00
28	Senga Russell-Donn	20:48

42 finishers

### Team positions (top 4 of 8)

1st	Thames Valley Harriers	10 points
2nd	Ealing, Southall & Middx	15 points
3rd	Enfield & Harringey	36 points
4th	Highgate Harriers	40 points

### Under 17 women (5000m approx)

1	Georgia Fear	19:44
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20 finishers

### Under 20 women (5000m approx)

1	Hannah Viner	20:55
2	Hattie Brock	22:55

5 finishers

### Senior Women (8000m approx)

4	Katie Meredith	35:09
22	Ashley Scott	38:56
23	Gema Rous	39:02
28	Sophie Sheldrake	40:04
34	Emma Burgess	41:21
38	Natasha Cendrowicz	43:31
47	Alex Goodwin	44:40
58	Sarah Chapman	51:05
61	Kirat Nandra	54:56

67 finishers

### Team positions (top 4 of 8)

1st	Thames Valley Harriers	29 points
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2nd	London Heathside	42 points
3rd	Ealing, Southall & Middx	68 points
4th	Highgate Harriers	77 points

**Under 13 boys (3000m approx)**

11	Oliver Haddad	11:50
12	Callum Anderson	11:53
41	Ruben Prenan	13:21
43	Harvey Dodd	13:24
47	Conleth Gallagher	13:31
51	Oran Gallagher	13:46
58	Augstin Quarez	14:57
60	Reynard Daviene	14:59

61 finishers

**Team position 6th of 9 teams**

**Under 15 boys (4000m approx)**

1	Terry Fawden	15:29
5	Dempster Fawden	16:00
9	Esteban Ghrous	16:27
18	Adam Stewart	17:31
24	Arnold Harrison	18:17

46 finishers

**Team positions (top 3 of 9)**

1st	Highgate Harriers	15 points
2nd	Trent Park	25 points
3rd	Thames Valley Harriers	29 points

**Under 17 men (6000m approx)**

6	Sam Willis	20:16
27	Ivan D'avione	25:14

31 finishers

**Senior Men (12000m approx)**

16	Jonny Laybourne	43:40
19	John McKeane	44:05
28	Mark Townsend	45:58
32	Duncan Burbidge	46:19
38	Tom Christopher	46:52
42	Jack Matthewman	47:25
52	Nick Gold	48:05
58	Michael Ussher	48:24
80	Baard Lynges	50:17
101	Joseph Lowe	51:59
128	Nick Stockman	56:56
130	John O'Shea	57:17

165 finishers

**Team positions (top 3 of 10)**

1st	Thames Valley Harriers	119 points
2nd	Hillingdon	152 points
3rd	Highgate Harriers	175 points

[Full Middlesex 2014 results](#)

**11th January - Active Training World Metropolitan Cross Country League  
Horsenden Hill (Race 4 of 5)**



### Under 13 Girls

11 Jesse Wilkinson 13:18

45 finishers

Match position 9th

League position after race 4 - 11th

### Under 17 Women

18 Esther Pigney (8th U15) 16:30

25 Senga Russell-Donn (12th U15) 17:32

43 finishers

Match position 11th

League position after race 4 - 9th

### Under 17 Men

11 Ben Hatch 13.36

12 Esteban Ghrous (5th U15) 13:39

17 Joshia Mills 14.05

21 Alistair Sleeman (9th U15) 14:18

28 Daniel Light 14:40

32 Adam Stewart (16th U15) 14:48

54 Filip Bastien (32nd U15) 16:19

64 finishers

Match position 3rd

### League table after race 4

(Top 3 of 25)

1st	Highgate Harriers	998 points
2nd	Thames Valley Harriers	947 points
3rd	Herts Phoenix	887 points

### Senior Women

6 Katie Meredith 24:08

7 Alex Gounelas 24:10

9 Hannah Viner (1st U20) 24:36

11 Imogen Turner 24:44

20 Heather Bijman 25:32

33 Harriot Brock (2nd U20) 26:25

43 Sophie Sheldrake 27:03

52 Nora Rossberg 27:29

54 Emma Burgess 27:47

66 Fallon Everitt 28:20

77 Natasha Cendrowicz 29:01

93 Alex Goodwin 29:51

135 Sarah Chapman 34:36

144 Kirat Nandra 37:24

152 finishers

Match Position 2nd

### League table after race 4

(Division 1 - top 3)

1st	Highgate Harriers	1414 points
2nd	Serpentine RC	1322 points
3rd	Shaftesbury Barnet Harriers	1190 points

## Senior Men

3	Phil Wylie	30:02
8	Ben Noad	30:31
10	Shaun Dixon	30:44
11	Chris Rainsford	30:50
24	Robel Balhebi	32:01
32	Ben Pochee (1st V40)	32:43
37	Andrew Lawrence	32:54
38	Henry Dodwell	32:58
40	Ryan McKinley	33:02
43	Jonny Laybourn	33:13
47	John McKeane	33:40
48	Tom Christopher	33:43
50	Jonathan Deane	33:47
63	Mark Townsend	34:48
72	Duncan Burbidge	34:59
99	Michael Ussher	36:02
127	Jack Matthewman	37:04
143	Alex Manzano	37:41
174	David Gilbert	38:40
178	Chris Bailey	38:50
201	Joseph Lowe	39:56
235	Martin Bright	41:19
237	Greg Fuzesi	41:26
242	John O'Shea	41:41
258	Stephen Meredith	42:16
293	Tim Gardner	44:51
313	James Rossiter	47:38

*366 finishers*

### Match Position 1st

### League table after race 4

*(Division 1 - top 3)*

1st	Highgate Harriers	4450 points
2nd	Serpentine RC	4127 points
3rd	Woodford Green with Essex Ladies	3586 points

Full Results from the [Met League website](#)    [Photos from Horsenden Hill](#) (by Thomas Wallenda)

## 25th January - South of England Cross Country Championships Parliament Hill Fields

### Under 13 girls (3000m)

42	Sasha Fear	14:07
53	Cecily Turner	14:14
155	Emma Williets	15:25
156	Jess Wilkinson	15:27
171	Lisa Fishwick	15:36
200	Maxine Chapman	16:08
223	Milly Dunne	16:25
228	Kitty Llewellyn	16:32
244	Isabella Millet	16:54
269	Hannah Sekkides	17:44

*292 finishers*

*Team position: 21st of 45 complete teams*

### Under 13 boys (3000m)

124	Callum Anderson	13:37
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134	Oliver Haddad	13:43
235	Ruben Prenan	15:02
262	Harvey Dodd	15:54
264	Oran Gallagher	16:00

*284 finishers*

*Team position: 38th of 45 complete teams*

**Under 15 girls (4000m)**

92	Lilah Fear	17:40
116	Marjolaine Briscoe	18:08
217	Senga Russell Don	20:08
221	Julia Beltrandi	20:14
247	Maya Doolan	21:01
253	Bethany Green	21:12
277	Riya Gosrani	23:04

*285 finishers*

*Team position: 28th of 38 complete teams*

**Under 15 boys (4500m)**

10	Terry Fawden	16:29
62	Dempster Fawden	17:42
86	Alastair Sleeman	18:01
92	Oliver Light	18:06
158	Adam Steawrt	19:04
201	Arnold Harrison	19:55
212	Filip Bastien	20:16

*258 finishers*

*Team position: 9th of 37 complete teams*

**Under 17 women (5000m)**

6	Georgia Fear	20:17
125	Helana Roberts	27:36
137	Ella Jones	28:27
146	Billie Goodrick	33:11
151	Kate Bilton	40:40

*151 finishers*

*Team position: 11th of 13 complete teams*

**Under 17 Men (6000m)**

37	Sam Willis	22:35
56	Ben Hatch	23:09
90	Josh Mills	24:12

*209 finishers*

**Under 20 women (6000m)**

21	Hannah Viner	26:16
38	Hattie Brock	28:06

*78 finishers*

**Under 20 Men (8000m)**

103	Pierce Boyle	36:41
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*105 finishers*

**Senior Women (8000m)**

86	Ashley Scott	36:27
129	Gemma Rous	37:51
149	Nora Rossberg	38:41
161	Sophie Sheldrake	39:05
171	Emma Burgess	39:27
230	Natasha Cendrowicz	41:23
385	Sarah Chapman	49:22

*486 finishers*

Team position: 20th of 72 complete teams

### Senior Men (15000m)

39	Robel Bahelbi	55:05
57	Ryan McKinlay	56:06
98	Jonny Laybourn	58:14
103	Richard Scott	58:20
117	Ben Pochee	58:48
131	Tom Christopher	59:13
180	Rob Walker	60:45
183	Fergal Smithwick	60:54
210	Duncan Burbidge	61:36
213	Mark Townsend	61:40
256	Richard Petty	63:18
260	Jack Matthewman	63:26
343	Maarten Hoeven	65:44
472	Alex Davidson	68:39
498	Richard Stewart	69:22
549	Joseph Lowe	70:38
640	Martin Bright	73:03
642	Greg Fuzesi	73:09
699	Kevin Linehan	74:56
800	Jon Deane	78:56
823	Tim Gardner	79:53
865	James Rossiter	82:30
911	Ollie Kean	86:04

986 finishers

#### Team position

9th of 110 complete teams(6 to score)

2nd of 29 complete teams(12 to score)

Full Results from the [SEAA website](#)    [Photos from Parliament Hill Fields](#) (by Thomas Wallenda)

## February 2014

### 8th February - Active Training World Metropolitan Cross Country League Wormwood Scrubs (Race 5 of 5)



#### Under 13 Girls

15	Jessie Wilkinson	11:29
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48 finishers

Match position 10th

Final league position after race 5 - 11th of 21

#### Under 17 Women

22	Esther Pigney (11th U15)	16:58
34	Senga Russell-Donn (19th U15)	18:37

44 finishers

Match position 12th

Final league position after race 5 - 9th of 20

### Under 17 Men

9	Terry Fawden (3rd U15)	13.39
18	Joshia Mills	14.23
20	Dempster Fawden (9th U15)	14.37
21	Alistair Sleeman (10th U15)	14:38
30	Adam Stewart (16th U15)	15:02
39	Arnold Harrison (24th U15)	15.36
51	Filip Bastien (32nd U15)	16:15

64 finishers

Match position 4th

### Final League table after race 5

(Top 3 of 25)

1st	Highgate Harriers	1190 points
2nd	Thames Valley Harriers	1147 points
3rd	Shaftesbury Barnet Harriers	1124 points

### Senior Women

3	Becky Penty	26:22
10	Ashley Scott	26:52
11	Alex Gounelas	26:54
13	Hannah Viner (1st U20)	27:07
14	Katie Meredith	27:14
19	Emma Dixon (2nd U20)	27:41
28	Alexia Trafford	28:25
29	Harriot Brock (3rd U20)	28:29
44	Astrid Wingle	29:52
60	Sophie Sheldrake	30:49
63	Emma Burgess	30:59
72	Fallon Everitt	31:39
75	Alex Goodwin	31:47
81	Natasha Cendrowicz	32:18
140	Kirat Nandra	40:02

150 finishers

Match Position 1st

### Final League table after race 5

(Division 1 - top 3)

1st	Highgate Harriers	1782 points
2nd	Serpentine RC	1643 points
3rd	Shaftesbury Barnet Harriers	1481 points

### Senior Men

2	Audun Nordtveit	24:41
9	Ben Noad	25:24
15	Chris Rainsford	25:47
24	Robel Balhebi	26:45
27	Henry Dodwell	26:48
29	Ryan McKinley	26:54
30	Jonny Laybourn	26:55
39	Ben Pochee (1st V40)	27:30
44	Duncan Burbidge (2nd V40)	27:39
45	John McKeane	27:40
48	Andrew Lawrence	27:44
51	Tom Christopher	27:54
53	Jonathan Deane	28:02
79	Marten Van der Hoeven	29:05
100	Michael Ussher	29:40
159	Alex Davidson	31:20
189	Pierce Boyle (U20)	32:11
197	Joseph Lowe	32:31

205	Richard Stewart	32:51
210	Martin Bright	33:03
260	Greg Fuzesi	34:31
262	Stephen Meredith	34:37
327	John Oviasu	38:39

*362 finishers*

**Match Position 1st**

**Final League table after race 5**

*(Division 1 - top 3)*

<b>1st</b>	<b>Highgate Harriers</b>	<b>5555 points</b>
2nd	Serpentine RC	5196 points
3rd	Woodford Green with Essex Ladies	4516 points

**Howard Williams Trophy**

*(Combined senior men and women)*

<b>1st</b>	<b>Highgate Harriers</b>	<b>40 points</b>
2nd	Serpentine RC	38 points
3rd	Shaftesbury Barnet Harriers	35 points

Full Results from the [Met League website](#)    [Photos from Wormwood Scrubs](#) (by Thomas Wallenda)

**22nd February - English National Cross Country Championships  
Wollaton Park, Nottingham**

**Under 13 girls (3K)**

1	Grace Copeland (Wimborne AC)	11:42
149	Cecily Turner	13:43

*431 finishers*

**Under 15 boys (4½K)**

1	Ben Dijkstra (Leicester Coritanian)	13:55
9	Terry Fawden	14:28
157	Alastair Sleeman	16:15
219	Dempster Fawden	16:57
234	Filip Bastien	17:05

*346 finishers*

**Team position 19th of 33 teams**

**Under 17 men (6K)**

1	Zak Miller (Trafford AC)	19:24
163	Ben Hatch	23:09

*272 finishers*

**Junior women (6K)**

1	Georgia Taylor-Brown (Sale Harriers)	21:03
33	Hanah Viner	24:25
53	Hattie Brock	25:05

*134 finishers*

**Senior Women (8K)**



1	Gemma Steel (Charnwood AC)	27:42
64	Ashley Scott	32:05
86	Katie Meredith	32:41
164	Gemma Rous	34:34
286	Sophie Sheldrake	36:36
395	Natasha Cendrowicz	38:57

708 finishers

**Team position 18th of 83 teams**

#### Senior Men (12K)

1	Steve Vernon (Stockport Harriers & AC)	36:23
13	Audun Nordtveit	37:20
32	Shaun Dixon	38:02
39	Danny Russell	38:13
68	Ben Noad	38:53
82	Ryan McKinlay	39:08
145	Henry Dodwell	40:27
179	Robel Bahelbi	41:05
220	Brahma Pochee	41:41
241	Jonathan Laybourn	41:55
325	Jon Deane	42:50
332	Dan Higgins	42:58
472	Jack Matthewman	44:50
526	Michael Ussher	45:32
951	Martin Bright	50:19
1137	Stephen Meredith	52:44

1657 finishers

#### Team positions (6 to score)

1	Bedford & County AC	265 points
2	Notts AC	296 points
3	Leeds City AC	301 points
4	Shaftesbury Barnet Harriers	331 points
5	Aldershot Farnham & District AC	355 points
6	Morpeth H & AC	377 points
7	Highgate Harriers	379 points

127 teams completed

9-to-score team position 6th of 56

[Full results on the ECCA website](#)

**March 2014**

**April 2014**

**5th April - English National Road Relay Championships  
Sutton Park - Sutton Coldfield**

#### Men (12 stage)

Leg 1 (L)	Shaun Dixon (3rd)	24:54
Leg 2 (S)	Robel Bahelbi (5th)	13:18
Leg 3 (L)	Audun Nordtveit (1st)	24:48
Leg 4 (S)	Ben Pochee (2nd)	13:43
Leg 5 (L)	Danny Russell (1st)	25:00
Leg 6 (S)	Peter Downie (5th)	14:08
Leg 7 (L)	Ben Noad (5th)	25:46
Leg 8 (S)	Henry Dodwell (5th)	14:00

Leg 9 (L)	Richard Scott (7th)	26:19
Leg 10 (S)	Jonathan Deane (7th)	14:01
Leg 11 (L)	Ryan McKinlay (8th)	26:14
Leg 12 (S)	Brahma Pochee (9th)	13:56

L = Long leg / S = Short leg

#### Team Positions

1st	Leeds City AC	3:50:41
2nd	Morpeth Harriers & AC	3:51:38
3rd	Aldershot, Farnham & District	3:51:57
....	....	....
<b>9th</b>	<b>Highgate Harriers</b>	<b>3:56:07</b>

55 teams finished

[Full results](#)

#### Women 6 stage

Leg 1	Ashley Scott (31st)	16:00
Leg 2	Becky Penty (25th)	16:11
Leg 3	Katie Meredith (20th)	16:11
Leg 4	Alexia Trafford (20th)	17:06
Leg 5	Sophie Sheldrake (21st)	17:23
Leg 6	Natasha Cendrowicz (23rd)	19:37

#### Team Positions

1st	Aldershot, Farnham & District	1:27:00
2nd	Swansea Harriers	1:29:28
3rd	Bristol & West AC	1:32:03
....	....	....
<b>23rd</b>	<b>Highgate Harriers</b>	<b>1:42:28</b>

40 teams finished

[Full results](#)

### 9th April - Highgate Harriers/City of London Open Meeting Parliament Hill

[Full Results](#)

### 19th April - Sweatshop Southern Athletics League (Division 2N) Perivale



#### Match 1 - Division 2N

1	Herts Phoenix	220 points
2	Ealing, Southall & Middx	195 points
3	St Albans	141 points
<b>4</b>	<b>Highgate Harriers</b>	<b>130 points</b>

League position after match 1 - 16th of 16

[Full Results](#)

## May 2014

### 3rd May - Youth Development League (Southern N3 Division) Mile End



### Match 1

1	Chelmsford AC	483 points
2	Victoria Park & Tower Hamlets	468 points
3	Newham & Essex Beagles	414 points
4	<b>Highgate Harriers</b>	<b>367 points</b>
5	Cambridge Harriers	332 points
6	London Heathside	165 points

[Full Results](#)



### 10th May - Highgate Harriers Night of the 10000m PBs Parliament Hill

[Full Results](#)

[Power of 10 Results](#)

[Race Report \(Alastair Aitken\)](#)

[YouTube Video](#)



### 17th May - Sweatshop Southern Athletics League (Division 2N) Hemel Hempstead



### Match 2 - Division 2N

1	Basildon	189½ points
2	Dacorum & Tring	174 points
3	Wycombe Phoenix Harriers	167½ points
4	<b>Highgate Harriers</b>	<b>160 points</b>

**League position after match 2 - 16th of 16**

[Full Results](#)

### 31st May - Youth Development League (Southern N3 Division) Eltham



### Match 2

1	Chelmsford AC	524 points
2	Cambridge Harriers	512½ points
3	Victoria Park & Tower Hamlets	488½ points
4	Newham & Essex Beagles	419 points
5	<b>Highgate Harriers</b>	<b>303 points</b>
6	London Heathside	186 points

**League position after match 2 - 5th of 6**

[Full Results](#)

## June 2014

21st June - Sweatshop Southern Athletics League (Division 2N)  
Parliament Hill



### Match 3 - Division 2N

1	Highgate Harriers	222 points
2	Oxford City AC	180 points
3	Newham & Essex Beagles	167 points
4	Peterborough	112 points

League position after match 3 - 10th of 16

[Full Results](#)

[Alastair Aitken's Report](#)

22nd June - Youth Development League (Southern N3 Division)  
Parliament Hill



### Match 3

1	Victoria Park & Tower Hamlets	481 points
2	Chelmsford AC	469 points
3	Highgate Harriers	417 points
4	Newham & Essex Beagles	415 points
5	Cambridge Harriers	371 points
6	London Heathside	245 points

League position after match 3 - 5th of 6

[Full Results](#)

## July 2014

12th July - Sweatshop Southern Athletics League (Division 2N)  
Luton



### Match 4 - Division 2N

1	Harrow	230 points
2	Highgate Harriers	184 points
3	Luton	162 points
4	Ryston Runners	146 points

League position after match 4 - 8th of 16

[Match Results from Luton](#)   [Full Division 2N Results](#)

19th July - Youth Development League (Southern N3 Division)  
Newham



Match 4

1	Chelmsford AC	570 points
2	Victoria Park & Tower Hamlets	490 points
3	Cambridge Harriers	461 points
4	Newham & Essex Beagles	391 points
5	Highgate Harriers	311 points
6	London Heathside	192 points

[Full Results](#)

August 2014

2nd August - Sweatshop Southern Athletics League (Division 2N)  
Parliament Hill



Match 4 - Division 2N

1	Marshall Milton Keynes	212 points
2	Thames Valley Harriers	204 points
3	Highgate Harriers	157 points
4	Ipswich	151 points

League position after final match 5 - 10th of 16

[Match Results from Parliament Hill](#)   [Full Division 2N Results](#)

September 2014

10th September - Highgate Harriers/City of London Open Meeting  
Parliament Hill

[Full Results](#)

14th September - Middlesex Young Athletes Relays  
Minet Park, Hayes

[Full Results](#) on the Middlesex AA website

20th/21st September - South of England Road Relays  
Aldershot

Senior Men 'A' Team

Leg 1	Robel Bahelbi (11th fastest)	18:20 (3rd)
Leg 2	Ben Pochee	19:27 (10th)
Leg 3	Shaun Dixon	18:25 (5th)
Leg 4	Robert Wilson	19:21 (7th)
Leg 5	Ben Noad	18:50 (5th)
Leg 6	Auden Nordveit (10th fastest)	18:19 (5th)

### Senior Men 'B' Team

<b>Leg 1</b>	Brahma Pochee	19:41 (36th)
<b>Leg 2</b>	Fergal Smithwick	19:18 (26th)
<b>Leg 3</b>	Ryan McKinlay	19:26 (21st)
<b>Leg 4</b>	Richard Scott	19:37 (20th)
<b>Leg 5</b>	Darryl Davison	20:18 (21st)
<b>Leg 6</b>	Jonathon Laybourne	19:48 (19th)

### Senior Men 'C' Team

<b>Leg 1</b>	Peter Downie	20:13 (45th)
<b>Leg 2</b>	Gregory Rimmer	19:56 (41st)
<b>Leg 3</b>	Thomas Chrstopher	20:26 (40th)
<b>Leg 4</b>	Nick Gold	20:31 (37th)
<b>Leg 5</b>	Jonathon Deane	21:38 (37th)
<b>Leg 6</b>	Michael Dan	20:00 (34th)

### Senior Men 'D' Team

<b>Leg 1</b>	Jack Matthewman	21:53 (74th)
<b>Leg 2</b>	John O'Shea	24:39 (78th)
<b>Leg 3</b>	Pierce Boyle	22:36 (76th)
<b>Leg 4</b>	Ben Cooke	19:50 (69th)
<b>Leg 5</b>	John McKeane	26:51 (73rd)
<b>Leg 6</b>	Dan Higgins	20:16 (67th)

### Team positions

1st	Aldershot, Farnham & District 'A'	1:50:57
2nd	Serpentine RC 'A'	1:52:00
3rd	Kent AC 'A'	1:52:21
4th	Tonbridge AC 'A'	1:52:32
<b>5th</b>	<b>Highgate Harriers 'A'</b>	<b>1:52:42</b>
.....		
<b>19th</b>	<b>Highgate Harriers 'B'</b>	<b>1:58:08</b>
<b>34th</b>	<b>Highgate Harriers 'C'</b>	<b>2:02:44</b>
<b>66th</b>	<b>Highgate Harriers 'D'</b>	<b>2:16:05</b>

*72 complete teams finished*

### [Full Results](#)

## October 2014

### 4th October - English National 6 Stage Relay Championships Sutton Park, Birmingham

#### Senior Men 6 stage relay

##### 'A' team

<b>Leg 1</b>	Robel Bahelbi	17:58 (19th)
<b>Leg 2</b>	Shaun Dixon	17:35 (7th)
<b>Leg 3</b>	Audun Nordtveit	17:34 (3rd)
<b>Leg 4</b>	Ben Noad	18:06 (3rd)
<b>Leg 5</b>	Murray Strain	17:58 (3rd)
<b>Leg 6</b>	Danny Russell	18:14 (2nd)

##### 'B' team

<b>Leg 1</b>	David Bruce	18:23 (36th)
<b>Leg 2</b>	Fergal Smithwick	19:17 (41st)
<b>Leg 3</b>	Robert Wilson	18:54 (35th)
<b>Leg 4</b>	Brahma Pochee	19:42 (37th)
<b>Leg 5</b>	Darryl Davison	19:48 (38th)
<b>Leg 6</b>	Ryan McKinlay	18:52 (34th)

### Team positions

1st	Aldershot, Farnham & District 'A'	1:46:48
2nd	Highgate Harriers 'A'	1:47:25
3rd	Sale Harriers Manchester 'A'	1:47:54
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34th	Highgate Harriers 'B'	1:54:56

*77 complete teams finished*

### [Full Mens Results](#)

## 5th October - English National Young Athletes Relay Championships Sutton Park, Birmingham

### Under 17 men

<b>Leg 1</b>	Terry Fawden	12:17 (9th)
<b>Leg 2</b>	James Millett	13:06 (18th)
<b>Leg 3</b>	Alex Machin-Paley	14:05 (23rd)

### Team positions

1st	Leicester Coritanian AC	35:11
2nd	Aldershot, Farnham & District	35:32
3rd	Tonbridge AC	36:05
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23rd	Highgate Harriers	39:28

*49 complete teams finished*

### [Full Young Athletes Results](#)

## 11th October - Active Training World Metropolitan Cross Country League Claybury, Woodford Green (Race 1 of 5)



### Under 11 Boys & Girls

23	Karolina Bastien (age 9)	6:27
27	Jack Bailey (age 9)	6:35

*62 finishers*

### Under 13 Boys

31	Finlay Sleeman	13.13
39	Manny Pigney	14.09

*45 finishers*

*Team position 14th of 17*

### Under 17 Women

31	Esther Pigney	19:06
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*56 finishers*

*Team position 16th of 19*

### Under 17 Men

2	Terry Fawden	13:59
9	Aurel Sinko-Urbe	14:51
17	Alistair Sleeman	15:14
24	Adam Stewart	15:34
25	Hwwa Marouf	15:37

27	Abel Sinko-Urbe (8th U15)	15:38
42	Oliver Kemp	16:17
47	Hilton Whittle	16:27
56	Filip Bastien (24th U15)	17:18

74 finishers

Team position 2nd of 22

### Senior Women

5	Hannah Viner (1st U20)	22:37
12	Harriot Brock (2nd U20)	23:05
17	Ashley Scott	23:24
19	Imogen Turner	23:31
30	Emma Burgess	24:09
31	Emma Dixon (6th U20)	24:10
42	Jennifer Cruickshanks	25:14
48	Gemma Rous	25:27
69	Louise Faherty	26:35
104	Natasha Cendrowicz	29:06
116	Lucy McGuinness	29:34

169 finishers

Match Position 2nd

League table after race 1

(Division 1 - top 3)

1st	Serpentine RC	272 points
2nd	Highgate Harriers	260 points
3rd	London Heathside	258 points

### Senior Men

1	Audun Nordtveit	24:35
4	Robel Balhebi	25:00
9	Shaun Dixon	25:19
11	Ben Noad	25:26
16	Danny Russell	26:10
21	Ryan McKinley	26:27
26	Fergal Smithwick	26:39
27	Robert Wilson	26:47
38	Brahma Pochee	27:20
63	Michael Dan	28:20
68	Jonny Laybourn	28:29
70	Peter Hawkings	28:35
79	Peter Downie	28:52
87	Oliver Keane	29:07
99	Dominic Smith	29:38
138	Laurent Liote	30:33
141	Luke McMullan	30:36
159	Chris Bailey	31:06
160	Michael Ussher	31:07
180	David Gilbert	31:39
218	Joseph Lowe	32:45
246	Stephen Beechinor	33:32
267	Jon Sleeman	34:09
312	Pierce Boyle (U20)	35:56
315	Nick Stockman	36:01
355	Steve Scruton	38:15

417 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3)

1st	Highgate Harriers	1133 points
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2nd	Serpentine RC	970 points
3rd	Woodford Green with Essex Ladies	934 points

Full Results from the [Met League website](#)

## 25th October - Liddiard Trophy and North of the Thames Championships Kingsbury

### Women (3 miles)

2	Emma Burgess	18:15
3	Joane Pemberton	18:31
9	Louise Faherty	19:23
34	Natasha Cendrowicz	23:01

*50 finishers*

### Liddiard Trophy Teams (3 to score)

1st	Highgate Harriers	11 points
2nd	Serpentine RC	20 points
3rd	Ealing, Southall & Middx	44 points

*7 teams finished*

### North of the Thames Teams (4 to score)

1st	Serpentine RC	37 points
2nd	Highgate Harriers	45 points
3rd	Ealing, Southall & Middx	78 points

*6 teams finished*

### Men (5 miles)

3	Ryan McKinley	26:08
4	Jonny Laybourne	26:09
6	Kerr Millar	27:18
8	Tom Christopher	27:47
9	Chris Beecham	27:57
13	John McKeane	28:13
20	Luke McMullan	28:23
22	Duncan Burbidge	28:25
35	Michael Ussher	29:11
42	Richard Stewart	30:07
44	Dave Gilbert	30:12
65	John O'Shea	31:34
83	Nick Stockman	33:30
101	Steve Scruton	35:32

*132 finishers*

### Liddiard Trophy Teams (8 to score)

1st	Highgate Harriers	70 points
2nd	Serpentine RC	145 points
3rd	Thames Valley Harriers	411 points

*8 teams finished*

### North of the Thames Teams (4 to score)

1st	Highgate Harriers	21 points
2nd	Serpentine RC	35 points
3rd	Hillingdon	66 points

*10 teams finished*

**Highgate Harriers also won the 6-to-score, 8-to-score  
and the Middlesex Cup (12 to score)**

[Full Results](#)

**November 2014**

**1st November - English Cross Country Relays  
Mansfield**

**Senior Women (3 x 3km)**

<b>Leg 1</b>	Becky Penty	10:32 (23rd)
<b>Leg 2</b>	Asley Scott	11:16 (23rd)
<b>Leg 3</b>	Emma Burgess	11:47 (26th)

**Team positions**

1st	Aldershot, Farnham & District	29:46
2nd	Birchfield Harriers	30:28
3rd	City of Stoke	30:47
<b>26th</b>	<b>Highgate Harriers</b>	<b>33:36</b>

*98 complete teams*

**Senior Men (4 x 5km)**

**'A' Team**

<b>Leg 1</b>	Danny Russell	15:27 (17th)
<b>Leg 2</b>	Shaun Dixon	15:27 (3rd)
<b>Leg 3</b>	Ben Noad	15:32 (2nd)
<b>Leg 4</b>	Auden Nordtveit	15:28 (3rd)

**'C' Team**

<b>Leg 1</b>	Jonathan Laybourne	16:55 (65th)
<b>Leg 2</b>	Michael Dan	17:22 (59th)
<b>Leg 3</b>	Richard Scott	17:28 (54th)
<b>Leg 4</b>	John McKeane	17:25 (45th)

**Incomplete 'B' Team**

<b>Leg 1</b>	Fergal Smithwick	16:35 (54th)
<b>Leg 2</b>	Ryan McKinlay	16:14 (35th)
<b>Leg 3</b>	Stevan Dokic	32:57 (143rd)

**Team positions**

1st	Stockport Harriers	61:10
2nd	Morpeth Harriers	61:34
<b>3rd</b>	<b>Highgate Harriers 'A'</b>	<b>61:54</b>
<b>45th</b>	<b>Highgate Harriers 'C'</b>	<b>69:11</b>

*143 complete teams*

[Full Results](#)

**8th November - Active Training World Metropolitan Cross Country League  
Stevenage (Race 2 of 5)**



**Under 13 Boys**

13	Finlay Doyle	12.03
32	Finlay Sleeman	13.03
55	Manny Pigney	14.31

*62 finishers*

*Team position 9th of 19*

**Under 13 Girls**

35	Millie Dunne	14.56
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*45 finishers*

Team position 15th of 19

**Under 17 Men**

3	Terry Fawden	13:21
7	Aurel Sinko-Uribe	13:46
19	Ben Hatch	14:18
21	Alistair Sleeman	14:19
23	Abel Sinko-Uribe (6th U15)	14:33
26	Adam Stewart	14:36
30	Heewa Marouf	14:41
41	Tal Pelmount (13th U15)	15:16
51	Oliver Kemp	15:32
47	Hilton Whittle	16:27
72	Filip Bastien (29th U15)	16:39

87 finishers

Team position 1st of 22

League position after match 2 - 2nd of 23

**Senior Women**

7	Hannah Viner (1st U20)	22:39
12	Esther Evans	22:51
15	Harriot Brock (2nd U20)	22:56
16	Imogen Turner	23:00
18	Ashley Scott	23:14
22	Emma Dixon (3rd U20)	23:34
31	Emma Burgess	24:06
65	Louise Faherty	25:40
144	Fallon Everitt	29:48
150	Natasha Cendrowicz	30:04
151	Lucy McGuinness	30:07

188 finishers

Match Position 1st

League table after race 2

(Division 1 - top 3)

1st	Highgate Harriers	558 points
2nd	Shaftesbury Barnet Harriers	527 points
3rd	London Heathside	504 points

**Senior Men**

6	Shaun Dixon	25:46
13	Ben Noad	26:35
31	Robert Wilson	27:34
32	Andrew Lawrence	27:38
37	Jonny Laybourn	27:46
42	Brahma Pochee	27:54
47	Fergal Smithwick	28:03
62	Dominic Smith	28:35
75	Peter Downie	28:59
76	Tom Christopher	29:00
84	Oliver Keane	29:12
94	Darryl Davison	29:34
95	Luke McMullan	29:35
119	Duncan Burbidge	30:09
133	Laurent Liote	30:25
134	John McKeane	30:26
154	Andrew Puopolo	30:57
207	Marten Van der Hoeven	32:19
267	Martin Bright	33:33
277	Rob Walker	33:42

324	Nick Stockman	35:20
361	Steve Scruton	36:58
398	Jonathan Oviasu	38:50

442 finishers

**Match Position 2nd of 10**

**League table after race 2**

(Division 1 - top 3)

1st	Highgate Harriers	2147 points
2nd	Serpentine RC	2063 points
3rd	Woodford Green with Essex Ladies	1907 points

Full Results from the [Met League website](#)

**15th November - London Cross Country Championships  
Parliament Hill Fields**

**Senior Women**

3	Hannah Viner	24:47
9	Harriot Brock	25:42
11	Ashley Scott	25:52
15	Emma Burgess	26:24
40	Louise Faherty	28:24
79	Nina Rossberg	30:45
114	Natasha Cendrowicz	32:45

186 finishers

**Team Positions (top 3 of 21 teams)**

1st	Highgate Harriers	38 points
2nd	London Heathside	90 points
3rd	Dulwich Runners	126 points

**Men**

10	Ryan McKinlay	34:44
12	Jon Laybourn	34:47
13	Fergal Smithwick	34:52
26	Don Smith	36:19
33	Chris Beecham	36:31
55	Luke McMullen	38:00
62	Duncan Burbidge	38:25
87	Michael Ussher	39:25
136	Chris Bailey	40:53
173	Richard Stewart	42:02
267	Greg Fuzesi	46:42
287	Steve Scruton	48:06
319	Kerr Millar	51:33

327 finishers

**Team Positions (top 3 of 27 teams)**

1st	Highgate Harriers	61 points
2nd	Herne Hill Harriers	85 points
3rd	Serpentine RC	89 points

[Womens Individual Results](#)   [Womens Team Results](#)

[Mens Individual Results](#)   [Mens Team Results](#)

**22nd November - North London Cross Country Championships  
Alexandra Palace, Hornsey**

**Women**

1	Hannah Viner	20.24
6	Emma Burgess	21.27

25 Louise Faherty 23.30

*87 finishers*

**Men**

2 Ryan McKinlay 26.24  
5 Jon Laybourn 26.50  
9 Luke McMullan 28.03  
13 Chris Beecham (1st Vet) 28.29  
19 Tom Christopher 29.12  
69 Maarten Van der Hoeven 32.07  
81 Richard Stewart 32.45  
118 Greg Fuzesi 35.23  
125 Nick Stockman 35.43

*159 finishers*

**Team Positions (6 to score)**

1st Serpentine RC 66 points  
2nd London Heathside 114 points  
3rd **Highgate Harriers 117 points**

*16 teams finished*

**29th November - Fraternity Cup / Sorority Cup  
Trent Park**

**Sorority Cup (5 miles) Women**

33 Natasha Cendrowicz 40.32

*54 finishers*

**Top Three Team Positions (4 to score)**

1st Serpentine RC 35 points  
2nd Barnet & District 43 points  
3rd London Heathside 47 points

*9 teams finished*

**Fraternity Cup (5 miles) Men**

3 Ryan McKinlay 26.44  
7 Dom Smith 27.55  
8 Kerr Millar 28.00  
11 John Deane 28.17  
32 Andrew Collins 30.49  
33 Maarten Van der Hoeven 30.52  
48 Richard Stewart 31.42  
53 Jon Sleeman 32.08  
64 Martin Bright 32.58  
88 Steve Scruton 35.43

*133 finishers*

**Top Three Team Positions (6 to score)**

1st London Heathside 68 points  
2nd **Highgate Harriers 94 points**  
3rd Trent Park Running Club 97 points

*14 teams finished*

[Full Fraternity/Sorority Results](#)

**December 2014**

**20th December - Active Training World Metropolitan Cross Country League  
Uxbridge (Race 3 of 5)**



#### Under 13 Boys

12	Theo Machin-Paley	13.24
30	Manny Pigney	16.02

34 finishers

Team position 8th of 12

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#### Under 13 Girls

20	Milly Dunne	16.06
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28 finishers

Team position 13th of 13

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#### Under 17 Men

2	Terry Fawden	14:00
8	Dempster Fawden (2nd U15)	14:35
17	Alexander Machin-Paley	15:20
24	Adam Stewart	15:35
28	Oliver Kemp	15:51

62 finishers

Team position 1st of 22

League position after match 2 - 2nd of 25

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#### Senior Women

5	Esther Evans (1st V40)	22:49
9	Hannah Viner (1st U20)	23:03
17	Emma Burgess	23:35
40	Gemma Rous	25:31
54	Louise Faherty	26:27
58	Sophie Sheldrake	26:31
91	Lucy McGuinness	28:34
106	Natasha Cendrowicz	29:25

156 finishers

#### Match Position 4th

#### League table after race 3

(Division 1 - top 3)

1st	Shaftesbury Barnet Harriers	759 points
2nd	Highgate Harriers	752 points
3rd	London Heathside	735 points

#### Senior Men

2	Audun Nordveit	26:27
3	Shaun Dixon	26:31
13	Chris Rainsford	27:42
23	Robert Wilson	28:29
26	Fergal Smithwick	28:38
31	Andrew Lawrence	28:49
37	Sean Renfer	29:08
44	Ryan McKinley	29:25
48	Dominic Smith	29:29
54	Peter Downie	29:42
59	Danny Russell	29:55
63	Darryl Davison	30:04
64	Jonny Laybourn	30:13

68	Jonathan Deane	30:18
73	Brahma Pochee	30:32
84	Peter Hawkins	30:59
90	Laurent Liote	31:08
98	Luke McMullan	31:25
107	Kerr Millar	31:41
109	Duncan Burbidge	31:44
131	John McKeane	32:21
152	Marten Van der Hoeven	32:53
171	Richard Stewart	33:30
176	Alex Davidson	33:40
195	Chris Bailey	34:14
198	Andre Collins	34:19
222	Rob Walker	35:09
227	Joseph Lowe	35:21
233	Martin Bright	35:31
281	Nick Stockman	37:32
294	Andy Ball	38:13
308	Pierce Boyle (U20)	39:02
310	Michael Ussher	39:12

383 finishers

**Match Position 2nd of 10**

**League table after race 3**

(Division 1 - top 3)

1st	Highgate Harriers	3165 points
2nd	Serpentine RC	3134 points
3rd	Woodford Green with Essex Ladies	2801 points

Full Results from the [Met League website](#)

[Photos from Uxbridge](#)  
(courtesy Mark Easton)

### 26th December - Boxing Day Race Parliament Hill Fields



1	Aurel Sinko Uribe	18.31
2	Hattie Brock	18.46
3	Rob Walker	19.02
4	Andrew Millett	19.06
5	Arnold Harrison	19.17
6	Abel Sinko Uribe	19.25
7	Ade McCormick	19.34
8	Kerr Miller	21.45
9	Emma Williets	22.27
10	George Laing	22.51

11	Eric Sinko Uribe	23.15
12	Phillip Barnett	23.26
13	Jake Baker	25.35
14	Victor Bright	28.15
15	Felix Bright	28.16
16	Martin Bright	28.17
17	Gabriel Barnett	28.49
18	Jeremy Brock	29.04
19	Alana Brennan	30.30
20	Teresa Brennan	30.40
21	Adrian Laing	31.20
22	Charlie Redwood	33.22
23	Nicola Redwood	33.25
24	Clem Harrison	33.35
25	Stanley Harrison	33.36
26	Deborah Laing	33.52

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