

January 2016

9th January - Middlesex Cross Country Champs Wormwood Scrubs

Under 11 girls (1500m approx)

1	Lydia Louw (Hillingdon)	7:24
4	Siena Thompson	7:55
8	Hannah Giles	8:16
11	Amy Chapman	8:40
16	Lily Mitchell	8:46

26 finishers

Under 13 girls (3000m approx)

1	Maayan Radus (Blkhth & Brom)	13:28
4	Ava Mulvihill	14:11
9	Ellie Gilmore	14:43
10	Ellen Donald	14:46
17	Milly Dunne	15:07
26	Ella Hartley	15:44
28	Isabella Millett	15:48

48 finishers

Team positions - 3 to score (top 3 of 5)

1st	Thames Valley Harriers	14 points
2nd	Highgate Harriers	23 points
3rd	Victoria Park & Tower Hamlets	48 points

Under 15 girls (4000m approx)

1	Isabel Atkins (Ranelagh)	14:58
6	Phoebe Littler	15:59
7	Sasha Fear	16:05
14	Emma Williets	16:54
21	Maxine Chapman	17:21
28	Daisy Griffin	18:06

37 finishers

Team positions - 3 to score (top 3 of 6)

1st	Highgate Harriers	27 points
2nd	Thames Valley Harriers	42 points
3rd	Shaftesbury Barnet	48 points

Under 17 women (5000m approx)

1	India Weir (TVH)	20:29
10	Esther Pigney	23:14

20 finishers

Team positions - 3 to score (top 3 of 4)

1st	Thames Valley Harriers	12 points
2nd	Enfield & Haringey	30 points
3rd	Ealing, Southall & Middx	34 points

Under 20 women (5000m approx)

1	Georgia Fear	19:30
2	Hannah Viner	19:51

12 finishers

Senior Women (8000m approx)

1	Svenja Abel	28:43
5	Emma Burgess	33:00

75 finishers

Team positions - 4 to score (top 3 of 10)

1st	London Heathside	38 points
2nd	Thames Valley Harriers	43 points
3rd	Serpentine	76 points

Under 11 boys (1500m approx)

1	Harry Glyn (VPH & THAC)	6:44
6	Jack Bailey	7:08
9	Caspar Hopkins	7:18
16	Remy Weinbrecht	7:43
19	Sacha Beesley White	7:57
22	Franklin Griffiths	8:24

31 finishers

Under 13 boys (3000m approx)

1	Adam Ireland (Hillingdon)	12:53
6	Patrick Kyle	13:10
7	Roland Somogyi	13:13
8	Monte Watson	13:17
18	Alex Fitzpatrick	14:04
20	Oran Gallagher	14:09
22	Jesse Hopkins	14:13
29	Ezra Banks-Baddiel	14:27
31	Zaki Ibrahim	14:30
53	Lorcan Barnett	16:44

60 finishers

Team positions - 3 to score (top 3 of 8)

1st	Highgate Harriers	21 points
2nd	Ealing, Southall & Middx	36 points
3rd	Enfield & Haringey	48 points

Under 15 boys (4000m approx)

1	James Young (Enf & Har)	13:36
2	Oliver Haddad	13:43
5	Austin Harris	14:10
7	Abel Sinko-Urbe	14:25
33	Ennis Barnett	17:43

34 finishers

Team positions - 3 to score (top 3 of 8)

1st	Highgate Harriers	14 points
2nd	London Heathside	29 points
3rd	Enfield & Haringey	31 points

Under 17 men (6000m approx)

1	Terry Fawden	23:24
4	Louis Griffin	24:39
5	Aurel Sinko-Urbe	24:49
9	Arun White	25:38
14	Dempster Fawden	26:14
29	Charlie Smith	29:23
30	Farid Sousou	29:32

30 finishers

Team positions - 3 to score (top 3 of 4)

1st	Highgate Harriers	10 points
2nd	Ealing, Southall & Middx	39 points
3rd	London Heathside	40 points

Under 20 men (8000m approx)

1	Toby Clyde (TVH)	27:37
10	James Millet	29:44

23 finishers

Team positions - 3 to score (top 3 of 3)

1st	Ealing, Southall & Middx	19 points
2nd	St Marys	24 points
3rd	Thames Valley Harriers	27 points

Senior Men (12000m approx)

1	Richard Phillips (Serpentine)	39:46
2	Chris Rainsford	39:50
7	Rob Wilson	40:34
8	Robel Bahelbi	41:00
17	Jonathan Laybourn	41:56
18	Dominic Smith	41:58
22	Guillaume Cribier	43:14
38	Victor Mound	45:34
62	Alex Davidson	47:49
92	Joseph Lowe	51:07
108	Emmanuel Lumineau	52:39
124	Steve Scruton	54:09
151	Nick Stockman	58:32

179 finishers

Team positions - 6 to score (top 3 of 8)

1st	Highgate Harriers	74 points
2nd	Hillingdon	119 points
3rd	London Heathside	120 points

[Full Middlesex 2016 results](#)

16th January - Start Fitness Metropolitan Cross Country League



Horsenden Hill (Race 4 of 5)

Under 11 Boys & Girls

19	Sienna Thompson (age 10)	9:07
33	Amy Chapman (age 9)	10:05
47	Tristan Lumineu (age 10)	11:07
48	Juliet Lumineu (age 10)	11:12

49 finishers

Under 13 Boys

5	Patrick Kyle	11:33
18	Lucas Porter	12:31
21	Jack Bailey	12:34
27	Finlay Sleeman	12:48

69 finishers

Team position 2nd

League position after race 4 - 4th of 27

Under 17 Women

16	Esther Pigney	16:51
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17	Maxine Chapman (12th U15)	16:55
23	Constanza Sartori (17th U15)	17:38

46 finishers

Team position 5th of 16

League position after race 4 - 4th of 24

Under 17 Men

2	Abel Sinko-Urbe (1st U15)	13:11
8	Louis Griffin	13:34
15	Aurel Sinko-Urbe	14:00
18	Tal Pelmont	14:06
20	Alistair Sleeman	14:11
24	Adam Stewart	14:24
40	Raphael Rossiter	15:29

58 finishers

Match position 1st of 20

League table after race 4

(top 3 of 30)

1st	Highgate Harriers	1103 points
2nd	Herts Phoenix	1072 points
3rd	Trent Park RC	970 points

Senior Women

2	Hannah Viner (1st U20)	23:26
3	Ashley Scott-Wilson	23:46
7	Emma Dixon	24:13
8	Alex Gounelas	24:18
20	Emma Burgess	25:34
40	Kate Jenrick	27:06
94	Lucy McGuinness	29:57
176	Anna Murray	38:34

187 finishers

Match Position 1st of 10

League table after race 4

(Division 1 - top 3 of 10)

1st	Highgate Harriers	1207 points
2nd	London Heathside	946 points
3rd	Serpentine RC	942 points

Senior Men

4	Shaun Dixon	30:06
8	Ben Noad	30:28
9	Chris Rainsford	30:33
13	Peter Chambers	30:48
19	Robel Bahelbi	31:29
21	Robert Wilson	31:37
32	Jonny Laybourn	32:27
34	Dominic Smith	32:36
36	Victor Mound	32:42
39	Peter Hawkins	32:52
55	Ash Chambers	33:57
57	Edward Hickman-Casey	34:01
77	Laurent Liote	34:43
78	Jonathan Deane	34:48
83	Michael Dan	34:58
106	Peter Downie	35:39
110	Oliver Kean	35:48
143	James Johnson	37:01

148	Justin Bere	37:09
156	Alex Davidson	37:24
179	Joseph Lowe	38:15
180	Johan Ghillebert	38:15
232	Emmanuel Lumineau	40:25
234	Chris Wilson	40:34
253	Martin Bright	41:14
267	James Rossiter	41:58
285	Steve Scruton	42:51
294	Arthur Brown	43:29
329	Nick Stockman	45:40
364	Martin Black	49:22

406 finishers

Match Position 1st of 10

League table after race 4

(Division 1 - top 3)

1st	Highgate Harriers	4595 points
2nd	Serpentine RC	4225 points
3rd	Woodford Green/Essex Ladies	4188 points

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

**30th January - South of England Cross Country Championships
Parliament Hill Fields**

Under 13 girls (3000m)

38	Ava Mulvihill	13:54
105	Ellie Gilmore	14:35
166	Ellen Donald	15:17
180	Ella Hartley	15:27
184	Isabella Millet	15:28
238	Ella Herzog	16:28

268 finishers

Team position: 23rd of 34 complete teams

Under 13 boys (3000m)

52	Patrick Kyle	12:56
53	Monte Watson	12:56
64	Roland Somogyi	13:02
93	Finlay Doyle	13:19
130	Alex Fitzpatrick	13:46
131	Lucas Porter	13:46
135	Oran Gallagher	13:48
158	Finlay Sleeman	14:06
194	Danesh Ganeshamoorthy	14:40
198	Lorcan Barnett	14:44

267 finishers

Team position: 9th of 30 complete teams

Under 15 girls (4000m)

18	Phoebe Littler	18:33
50	Sasha Fear	19:24
102	Maxine Chapman	20:18
132	Emma Williets	20:56
137	Constanza di Borgoricco	21:02

244 finishers

Team position: 10th of 27 complete teams

Under 15 boys (4500m)

31	Abel Sinko-Uribe	17:41
100	Austin Harris	18:46
271	T Elwes	48:41

271 finishers

Under 17 women (5000m)

119	Lilah Fear	26:08
136	Esther Pigney	27:03
137	Senga Russell Don	27:07

170 finishers

Under 17 Men (6000m)

20	Terry Fawden	21:42
65	Aurel Sinko-Uribe	22:53
121	Oliver Kemp	24:37
152	Farid Sousou	25:53
153	Chris Smith	26:03

173 finishers

Team position: 9th of 16 complete teams

Under 20 women (6000m)

5	Hannah Viner	23:24
16	Georgia Fear	24:45

85 finishers

Under 20 Men (8000m)

59	James Millett	32:00
67	Andres Chau	32:23
82	Andrew Collins	33:47

94 finishers

Senior Women (8000m)

2	Svenja Abel	30:43
33	Ashley Scott-Wilson	33:21
69	Emma Burgess	35:09
95	Sophie Sheldrake	36:05
253	Natasha Cendrowicz	41:00
475	Kirat Nandra	54:56

501 finishers

Team position: 5th of 53 complete teams

Senior Men (15000m)

5	Shaun Dixon	50:25
8	Andy Maud	50:47
17	Chris Rainsford	51:55
30	Ben Noad	53:12
42	Robel Bahelbi	53:46
60	Rob Wilson	54:38
93	Peter Hawkins	56:04
94	Victor Mound	56:07
107	Jonny Laybourn	56:49
108	Dominic Smith	56:51
137	Brahma Pochee	57:31
156	Guillaume Cribier	58:15
205	Tom Wilner-Reid	59:31
215	Laurent Liote	59:52
222	Daryl Davison	60:10
247	Duncan Burbidge	60:39

250	Oliver Kean	60:51
252	Michael Dan	60:53
271	Peter Downie	61:20
288	James Johnson	61:55
318	Rob Walker	62:45
319	Ed Spencer	62:46
371	William De Doncker	63:51
390	Jack Matthewman	64:31
396	Patrick Davis	64:34
443	Alex Davidson	65:35
448	Chris Beecham	65:46
592	D Russell	69:34
605	Emmanuel Lumineau	69:49
681	James Rossiter	71:39
812	Martin Bright	75:55
836	D Devecchio	76:57

1026 finishers

Team positions (6 to score)

1	Highgate Harriers	162 points
2	Serpentine RC	186 points
3	Bedford & County	206 points

70 teams finished

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

February 2016

13th February - Start Fitness Metropolitan Cross Country League



Alexandra Palace (Race 5 of 5)

Under 13 Boys

5	Patrick Kyle	13:37
11	Monte Watson	14:09
12	Theo Machin-Paley	14:12
17	Lucas Porter	14:33
38	Manny Pigney	16:29

52 finishers

Team position 2nd

Final League position after race 5 - 3rd of 28

Under 13 Girls

23	Florence Haddad	16:33
24	Eliza Herzog	16:36

38 finishers

Team position 11th

Final League position after race 5 - 10th of 19

Under 17 Women

2	Sasha Fear (1st U15)	18:14
9	Emma Williets (5th U15)	18:45
12	Esther Pigney	19:04

38 finishers

Team position 2nd of 15
Final League position after race 5 - 3rd of 25

Under 17 Men

1	Terry Fawden	15:16
5	Oliver Haddad (3rd U15)	16:04
10	Alistair Sleeman	16:42
13	Dempster Fawden	17:01
17	Oliver Kemp	17:23
39	Alfie Zak (24th U15)	19:17

48 finishers

Match position 1st of 20
Final League table after race 5
(top 3 of 31)

1st	Highgate Harriers	1268 points
2nd	Herts Phoenix	1210 points
3rd	Trent Park RC	1076 points

Senior Women

1	Svenja Abel	20:45
3	Hannah Viner (1st U20)	21:37
5	Emma Dixon	22:02
6	Ashley Scott-Wilson	22:08
10	Alex Gounelas	22:47
20	Emma Burgess	23:40
25	Sophie Sheldrake	23:56
57	Lucy McGuinness	26:29
72	Natasha Cendrowicz	27:40
128	Kirat Nandra	34:49

137 finishers

Match Position 1st of 10
Final League table after race 5
(Division 1 - top 3 of 10)

1st	Highgate Harriers	1469 points
2nd	London Heathside	1154 points
3rd	Serpentine RC	1109 points

Senior Men

2	Shaun Dixon	27:38
3	Peter Chambers	27:49
11	Chris Rainsford	28:21
16	Robert Wilson	28:56
18	Robel Bahelbi	29:08
33	Jonny Laybourn	30:04
37	Guillaume Cribier	30:25
38	Dominic Smith	30:28
51	Darryl Davison	31:06
53	Ash Chambers	31:15
56	Tom Christopher	31:23
69	Edward Hickman-Casey	31:46
74	Michael Ussher	31:50
78	Laurent Liote	32:02
82	Jonathan Deane	32:18
83	Oliver Kean	32:22
85	Duncan Burbidge	32:24
86	Rob Walker	32:24
93	Brendon Donnelly	32:44
98	Peter Downie	32:54

123	James Johnson	33:54
125	Alex Davidson	34:05
126	Joseph Lowe	34:06
147	Andrew Collins	34:57
165	Chris Bailey	35:38
190	David Gilbert	36:35
196	Arthur Brown	36:57
238	Chris Wilson	38:49
241	James Rossiter	38:56

356 finishers

Match Position 1st of 10

Final League table after race 5

(Division 1 - top 3)

1st	Highgate Harriers	5583 points
2nd	Woodford Green/Essex Ladies	5099 points
3rd	Serpentine RC	4692 points

Howard Williams Trophy

Men and Women

(top 3 of 22 clubs)

1st	Highgate Harriers	42 points
2nd	London Heathside	38 points
2nd	Serpentine RC	38 points

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

**27th February - English National Cross Country Championships
Donington Park**

Under 13 girls (3K)

1	Nicole Ainsworth (Portsmouth)	13:53
46	Ava Mulvihill	14:58

449 finishers

Under 13 boys (3K)

1	Tommy Dawson (Leeds City)	12:19
268	Finlay Sleeman	15:30

420 finishers

Under 15 girls (4K)

1	Josie Czura (Portsmouth)	16:05
106	Emma Williets	18:41
219	Maxine Chapman	20:00

354 finishers

Under 17 men (6K)

1	Isaac Akers (Corby AC)	19:28
52	Terrence Fawden	21:20
120	Alistair Sleeman	22:47
155	Dempster Fawden	23:23
182	Oliver Kemp	23:46
200	Tal Pelmont	24:22
209	Adam Stewart	24:42
227	Raphael Rossiter	25:59

243 finishers

Team position 16th of 22 teams

Junior women (6K)

1	Harriet Knowles-Jones (Warrington)	21:21
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11	Georgia Fear	23:00
17	Hannah Viner	23:18

129 finishers

Senior Women (8K)

1	Lillian Partridge (AFD)	30:35
9	Svenja Abel	31:22
137	Emma Burgess	36:22
363	Natasha Cendrowicz	41:56

739 finishers

Senior Men (12K)

1	Jonathan Hay (AFD)	42:09
4	Andy Maud	42:55
46	Peter Chambers	45:14
54	Chris Rainsford	45:21
56	Danny Russell	45:25
57	Murray Strain	45:27
119	Shaun Dixon	47:02
127	Robert Wilson	47:11
196	Peter Hawkings	48:41
206	Jonathan Laybourn	48:48
237	Dominic Smith	49:24
268	Robel Bahelbi	49:59
316	Tom Christopher	50:36
394	Laurent Liote	51:56
404	Peter Downie	52:04
840	Emmanuel Lumineau	57:58
1175	James Rossiter	62:58
1430	Gregory O'Toole	67:57

1730 finishers

Team positions (6 to score)

1	Morpeth Harriers	130 points
2	Notts AC	307 points
3	Sale Harriers	326 points
4	Highgate Harriers	336 points
5	Leeds City AC	431 points

123 teams completed

[Full results on the ECCA website](#)

March 2016

20th March - South of England Road Relay Championships Cyclopark, Gravesend

Men (12 stage)

'A' team

Leg 1 (L)	Robel Bahelbi (9th)	20:05
Leg 2 (S)	Jonny Laybourn (9th)	13:41
Leg 3 (L)	Peter Chambers (3rd)	19:28
Leg 4 (S)	Brahma Pochee (3rd)	13:33
Leg 5 (L)	Robert Wilson (3rd)	20:18
Leg 6 (S)	Ed Hickmancasey (3rd)	13:42
Leg 7 (L)	Andy Maud (3rd)	18:46

Leg 8 (S)	Peter Hawkings (2nd)	13:30
Leg 9 (L)	Chris Rainsford (2nd)	19:33
Leg 10 (S)	Dominic Smith (2nd)	13:27
Leg 11 (L)	Ben Noad (2nd)	20:52
Leg 12 (S)	Peter Downie (3rd)	14:10

Long leg = 7.2km / Short leg = 4.8km

'B' team

Leg 1 (L)	Michael Ussher (31st)	22:40
Leg 2 (S)	Joseph Lowe (31st)	14:57
Leg 3 (L)	Andrea Spaccatro (32nd)	23:37
Leg 4 (S)	Michael Dan (28th)	14:03
Leg 5 (L)	Oliver Kean (26th)	21:25
Leg 6 (S)	Martin Bright (27th)	16:25
Leg 7 (L)	Alex Davidson (29th)	23:05
Leg 8 (S)	John O'Shea (29th)	17:35
Leg 9 (L)	David Gilbert (29th)	24:17
Leg 10 (S)	A Machin-Paley(29th)	14:27
Leg 11 (L)	Jonathan Deane (29th)	22:45
Leg 12 (S)	Tom Christopher (28th)	14:39

Long leg = 7.2km / Short leg = 4.8km

Team Positions

1	Shaftesbury Barnet Harriers	3:19:30
2	Aldershot, Farnham & District	3:19:44
3	Highgate Harriers	3:21:05
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27	Highgate Harriers 'B'	3:49:55

34 teams finished

Full Men's Results

Women (6 stage)

'A' team

Leg 1 (S)	Georgia Fear (3rd)	15:00
Leg 2 (L)	Svenja Abel (1st)	22:02
Leg 3 (S)	Sophie Sheldrake (1st)	15:26
Leg 4 (L)	Hannah Viner (1st)	22:42
Leg 5 (S)	Emma Burgess (1st)	16:34
Leg 6 (S)	Ashley Scott-Wilson (1st)	14:53

Long leg = 7.2km / Short leg = 4.8km

Incomplete 'B' team

Leg 1 (S)	Natasha Cendrowicz 35th)	19:35
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Team Positions

1	Highgate Harriers	1:46:37
2	Cambridge & Coleridge	1:48:00
3	Aldershot, Farnham & District	1:49:34

33 teams finished

Full Women's Results

April 2016

6th April - Highgate Harriers/City of London Open Meeting
Parliament Hill



[Full Results](#)

[Alastair Aitken's Report](#)

16th April - English National Road Relay Championships
Sutton Park - Sutton Coldfield

Men (12 stage)

Leg 1 (L)	Peter Chambers (8th)	26:31
Leg 2 (S)	Robel Bahelbi (5th)	15:59
Leg 3 (L)	Chris Rainsford (5th)	26:55
Leg 4 (S)	Brahma Pochee (4th)	16:19
Leg 5 (L)	Danny Russell (2nd)	26:36
Leg 6 (S)	Ben Noad (2nd)	16:02
Leg 7 (L)	Shaun Dixon (2nd)	26:42
Leg 8 (S)	Peter Hawkings (2nd)	16:05
Leg 9 (L)	Robert Wilson (3rd)	27:38
Leg 10 (S)	Victor Mound (2nd) *	15:40
Leg 11 (L)	Andy Maud (1st) **	26:12
Leg 12 (S)	Murray Strain (1st)	15:51

* 13th fastest short leg of the day

** 3rd fastest long leg of the day

L = Long leg / S = Short leg

Team Positions

1	Highgate Harriers	4:16:30
2	Aldershot, Farnham & District	4:17:15
3	Bristol & West AC	4:18:08

64 teams finished

[Full results](#)

Women 6 stage (Incomplete team)

Leg 1 (L)	Hannah Viner (7th)	30:56
Leg 2 (S)	Ashley Scott (5th)	18:12
Leg 3 (S)		
Leg 4 (L)		
Leg 5 (S)		
Leg 6 (S)		

Team Positions

1	Aldershot, Farnham & District	2:08:44
2	Leeds City AC	2:13:41
3	Cambridge & Coleridge	2:16:32

42 teams finished

[Full results](#)

16th April - Sweatshop Southern Athletics League (Division 2W)
Woking



Match 1 - Division 2W

1	Woking	219 points
2	Brighton & Hove	180 points
3	Highgate Harriers	164 points
4	Plymouth, Erme Valley & Tavistock	141 points

League position after match 1 - 11th of 16

[Full Results](#)

**23rd April - Youth Development League (U13/U15)
Southern Central 2 Division
Parliament Hill**



YDL Lower Age Group

Match 1

1	Victoria Park & Tower Hamlets	663 points
2	Herts Phoenix	507 points
3	Team Hounslow	496 points
4	Cambridge Harriers	411 points
5	Highgate Harriers	360 points
6	Dartford Harriers	324 points
7	London Heathside	291 points
8	Belgrave Harriers	181 points

League position after match 1 - 5th of 8

[Full Results](#) from the YDL website

May 2016

**1st May - Youth Development League (U17/U20)
Southern NE 2 Division
Darford**



YDL Upper Age Group

Match 1

1	Dartford Harriers & AC	447 points
2	Herts Phoenix AC	435 points
3	Victoria Tower Highgate	302 points
4	Walton & Reigate	297 points
5	Bexley AC	275 points
6	St Marys Richmond AC	214 points

League position after match 1 - 3rd of 6

[Full Results](#) from the YDL website

**9th May - Southern Counties Vets League
Battersea**

Mid London Division - match 1

1	Herne Hill Harriers	143 points
2	Serpentine	139 points
3	Hillingdon	123 points
4	Thames Valley Harriers	59 points
5	Highgate Harriers	52 points
6	Metros	45 points
7	British Airways	18 points

League position after match 1 - 5th of 7

[Full Results](#)

**14th/15th May - Middlesex County Championships
Lee Valley**

[Full Results](#) from the Middlesex website

**21st May - Youth Development League (U13/U15)
Southern Central 2 Division
Sutcliffe Park**



YDL Lower Age Group

Match 2

1	Victoria Park & Tower Hamlets	692 points
2	Cambridge Harriers	571 points
3	Herts Phoenix	503 points
4	Dartford Harriers	467 points
5	Highgate Harriers	422 points
6	Team Hounslow	398 points
7	Belgrave Harriers	250 points
8	London Heathside	246 points

League position after match 2 - 6th of 8

[Full Results](#) from the YDL website

**21st May - Highgate Harriers Night of the 10000m PBs
Parliament Hill**

[Full Results](#)

[Watch the races at runjumpthrow.com](http://runjumpthrow.com)

[Photos \(Thomas Wallenda\)](#)



**22nd May - Sweatshop Southern Athletics League (Division 2W)
Perivale**

Match 2 - Division 2W

1	Ealing, Southall & Middx	193½ points
2	North Devon	187 points
3	Highgate Harriers	184 points
4	Havant AC	145½ points

League position after match 2 - 11th of 16

[Full Results](#)

**29th May - Youth Development League (U17/U20)
Southern NE 2 Division
Mile End**



YDL Upper Age Group

Match 2

1	Herts Phoenix AC	420 points
2	Dartford Harriers & AC	372 points
3	Victoria Tower Highgate	277 points
4	Walton & Reigate	266 points
5	St Marys Richmond AC	239 points
6	Bexley AC	220 points

League position after match 2 - 3rd of 6

[Full Results](#) from the YDL website

June 2016

**6th June - Southern Counties Vets League
Hillingdon**

Mid London Division - match 2

1	Herne Hill Harriers	137 points
2	Hillingdon	127 points
3	Serpentine	114 points
4	Thames Valley Harriers	69 points
5	Metros	55 points
6	Highgate Harriers	49 points
7	British Airways	19 points

League position after match 2 - 5th of 7

[Full Results](#)

**18th June - Sweatshop Southern Athletics League (Division 2W)
Bracknell**

Match 3 - Division 2W

1	Bracknell	234 points
2	Hillingdon AC	164 points
3	Oxford City AC	159 points
4	Highgate Harriers	133 points

[Full Results](#)

**19th June - Youth Development League (U13/U15)
Southern Central 2 Division
Battersea**



YDL Lower Age Group

Match 3

1	Victoria Park & Tower Hamlets	634 points
2	Cambridge Harriers	590½ points
3	Highgate Harriers	436 points
4	Herts Phoenix	415 points
5	Team Hounslow	384½ points
6	Dartford Harriers	364½ points
7	Belgrave Harriers	350½ points
8	London Heathside	224 points

[Full Results](#) from the YDL website

**20th June - Southern Counties Vets League
Battersea**

Mid London Division - match 3

1	Herne Hill Harriers	166 points
2	Hillingdon	139 points
3	Serpentine	136 points
4	Thames Valley Harriers	61 points
5	Metros	52 points
6	Highgate Harriers	40 points
7	British Airways	2 points

League position after match 3 - 6th of 7

[Full Results](#)

**26th June - Youth Development League (U17/U20)
Southern NE 2 Division
Parliament Hill**



YDL Upper Age Group

Match 3

1	Victoria Tower Highgate	388 points
2	Herts Phoenix AC	371 points
3	Walton & Reigate	320½ points
4	Dartford Harriers & AC	317 points
5	Bexley AC	216½ points
6	St Marys Richmond AC	210 points

[Full Results](#) from the YDL website

July 2016

9th July - Sweatshop Southern Athletics League (Division 2W) Parliament Hill



Match 4 - Division 2W

1	Highgate Harriers	209 points
2	Kingston Polytechnic Harriers	194½ points
3	City of Portsmouth	180 points
4	Winchester	131½ points

League position after match 4 - 12th of 16

[Full Results](#)

13th July - Southern Counties Vets League Perivale

Mid London Division - match 4

1	Herne Hill Harriers	143 points
2	Hillingdon	129 points
3	Serpentine	119 points
4	Thames Valley Harriers	63 points
5	Metros	53 points
6	Highgate Harriers	32 points
7	British Airways	14 points

Final league position after match 4 - 6th of 7

[Full Results](#)

16th July - Youth Development League (U13/U15) Southern Central 2 Division Mile End



YDL Lower Age Group

Match 4

1	Cambridge Harriers	649 points
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2	Victoria Park & Tower Hamlets	637 points
3	Herts Phoenix	598½ points
4	Highgate Harriers	439 points
5	Team Hounslow	383½ points
6	Dartford Harriers	357 points
7	London Heathside	235 points
8	Belgrave Harriers	200 points

Final league position after match 4 - 4th of 8

[Full Results](#) from the YDL website

**24th July - Youth Development League (U17/U20)
Southern NE 2 Division
Walton-on-Thames**



YDL Upper Age Group

Match 4

1	Herts Phoenix AC	467 points
2	Bexley AC	327 points
3	Dartford Harriers & AC	303 points
4	Walton & Reigate	300 points
5	St Marys Richmond AC	293 points
6	Victoria Tower Highgate	257 points

Final league position after match 4 - 3rd of 6

[Full Results](#) from the YDL website

August 2016

**14th August - Middlesex Young Athletes League
Allianz Park, Cophall**

1	Ealing, Southall & Middx	526 points
2	Highgate Harriers	483 points
3	Shaftesbury	479 points
4	Thames Valley Harriers	418 points
5	London Heathside	289 points
6	Enfield & Haringey	262 points
7	Barnet	218 points
8	Trent Park	196 points

[Full Results](#)

**20th August - Sweatshop Southern Athletics League (Division 2W)
Wycombe**



Match 5 - Division 2W

1	Yeovil	197 points
2	Wycombe Phoenix	196 points
3	Newbury	191 points
4	Highgate Harriers	139 points

Final league position after 5 - 13th of 16

[Full Results](#)

September 2016

8th September - Highgate Harriers/City of London Open Meeting Parliament Hill



[Full Results](#)

11th September - Middlesex Young Athletes Relays Minet Park, Hayes

[Full Results](#)

25th September - South of England Road Relays Bedford Autodrome

Under 17 Women

Leg 1	Phoebe Littler	10:22 (15th)
Leg 2	Jessica Wilkinson	11:08 (14th)
Leg 3	Daisy Griffin	11:17 (16th)

Team position 16th of 34 complete teams

Under 17 Men

Leg 1	Austin Harris	14:55 (8th)
Leg 2	Dempster Fawden	16:16 (13th)
Leg 3	Jamie McCarty	16:45 (13th)
Leg 4	Isaac Adni	15:55 (10th)

Team position 10th of 23 complete teams

Senior Women 'A' Team

Leg 1	Ashley Scott-Wilson	16:24 (13th)
Leg 2	Svenja Abel	16:12 (7th)
Leg 3	Sophie Sheldrake	17:28 (6th)
Leg 4	Hannah Viner	16:19 (6th)

Senior Women 'B' Team

Leg 1	Emma Burgess	17:21 (23rd)
Leg 2	Emma Simpson-Dore	18:41 (25th)
Leg 3	Emma Butcher	17:50 (21st)
Leg 4	Georgia Doolan	19:43 (22nd)

Team positions

1st	Aldershot, Farnham & District 'A'	62:40
2nd	Windsor SE & Hounslow 'A'	65:45
3rd	Cambridge & Coleridge	65:59
6th	Highgate Harriers 'A'	66:23

22nd Highgate Harriers 'B' 73:35

42 complete teams finished

Senior Men 'A' Team

Leg 1	Brahma Pochee	18:16 (21st)
Leg 2	Rob Wilson	18:14 (11th)
Leg 3	Robel Bahelbi	18:12 (7th)
Leg 4	Jonny Laybourn	18:58 (7th)
Leg 5	Peter Hawkings	18:41 (6th)
Leg 6	Chris Rainsford	18:05 (5th)

Senior Men 'B' Team

Leg 1	Terry Fawden	18:33 (30th)
Leg 2	Ben Noad	18:42 (21st)
Leg 3	Ed Hickman-Casey	20:00 (22nd)
Leg 4	Tom Willner-Reid	20:03 (23rd)
Leg 5	James Millet	19:24 (21st)
Leg 6	Michael Dan	19:42 (20th)

Senior Men 'C' Team

Leg 1	Alex Machin-Paley	19:26 (43rd)
Leg 2	Alex Houghton	20:18 (47th)
Leg 3	Nick Gold	20:10 (39th)
Leg 4	Jack Matthewman	20:38 (39th)
Leg 5	James Johnson	20:45 (37th)
Leg 6	Brendan Donnelly	21:20 (37th)

Senior Men 'D' Team

Leg 1	Andrew Collins	21:02 (61st)
Leg 2	Martin Bright	22:45 (60th)
Leg 3	Alex Davidson	21:54 (60th)
Leg 4	Richard Stewart	22:45 (55th)
Leg 5	John O'Shea	25:25 (57th)
Leg 6	Oliver Kean	21:34 (50th)

Team positions

1st	Aldershot, Farnham & District 'A'	1:46:12
2nd	Tonbridge AC 'A'	1:48:11
3rd	Newham & Essex Beagles 'A'	1:50:06
4th	Bedford & County 'A'	1:50:26
5th	Highgate Harriers 'A'	1:50:26
20th	Highgate Harriers 'B'	1:56:24
37th	Highgate Harriers 'C'	2:02:37
50th	Highgate Harriers 'D'	2:15:25

57 complete teams finished

[Full Results](#)

October 2016

8th October - English National Relay Championships
Sutton Park, Birmingham

Senior Men 6 stage relay

'A' team

Leg 1	Robel Bahelbi	17:34 (9th)
Leg 2	Danny Russell	18:22 (13th)
Leg 3	Robert Wilson	18:33 (17th)

Leg 4	Chris Rainsford	18:04 (15th)
Leg 5	Andy Maud	17:36 (11th)
Leg 6	Shaun Dixon	17:49 (9th)

'B' team

Leg 1	Jonathan Laybourn	18:28 (35th)
Leg 2	Terry Fawden	19:11 (49th)
Leg 3	Ben Noad	19:10 (44th)
Leg 4	Alex Machin-Paley	20:28 (51st)
Leg 5	Dominic Smith	19:48 (48th)
Leg 6	Peter Chambers	18:42 (45th)

Team positions

1st	Cardiff AC	1:45:52
2nd	Swansea Harriers	1:45:55
3rd	Liverpool Harriers & AC	1:46:20

9th	Highgate Harriers 'A'	1:47:58
45th	Highgate Harriers 'B'	1:55:47

79 complete teams finished

[Full Mens Results](#)

Senior Women 4 stage relay

Incomplete 'A' team

Leg 1	Hannah Viner	15:08 (15th)
Leg 2		
Leg 3		
Leg 4		

Team positions

1st	Aldershot, Farnham & District	58:48
2nd	Birchfield Harriers	59:10
3rd	Cardiff AC	60:03

62 complete teams finished

[Full Womens Results](#)

Under 17 Men 3 stage relay

'A' team

Leg 1	Austin Harris	12:42 (25th)
Leg 2	Isaac Adni	13:12 (22nd)
Leg 3	Dempster Fawden	13:32 (24th)

Team positions

1st	Shaftesbury Barnet Harriers	35:52
2nd	Vale Royal AC	36:05
3rd	Tonbridge AC	36:12

24th	Highgate Harriers 'A'	39:26
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45 complete teams finished

[Full Under 17 Mens Results](#)

15th October - Start Fitness Metropolitan Cross Country League



Claybury, Woodford Green (Race 1 of 5)

Under 11 Boys & Girls

6	Caspar Hopkins (age 10)	5:49
9	Liam Bailey (age 9)	5:53
48	Ella Aslan (age 9)	7:04
55	Tristan Lumineu (age 10)	7:14
63	Juliet Lumineu (age 10)	7:30

63 finishers

Under 13 Girls

26	Ellen Donald	13:46
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50 finishers

Team position 15th of 17

Under 13 Boys

7	Monte Watson	11:24
10	Finlay Sleeman	11:41
21	Theo Machin-Paley	12:05
22	Lucas Porter	12:06
30	Franklin Griffiths	12:37
40	Ezra Baddiel-Banks	12:57

56 finishers

Team position 2nd of 20

Under 17 Women

4	Phoebe Littler	16:25
17	Sophie Boehler	17:50
18	Maxine Chapman (9th U15)	17:50
19	Emma Williets (10th U15)	17:50
21	Ella Hartley (11th U15)	17:56
19	Emily Surnucks (12th U15)	17:59
24	Milly Dunne (14th U15)	18:05

65 finishers

Team position 3rd of 20

Under 17 Men

26	Jamie McCarthy	15:35
55	Zaki Ibrahim (33rd U15)	17:09
69	Oliver Haddad (46th U15)	17:41
83	Manny Pigney (58th U15)	18:59

88 finishers

Team position 13th of 27

Senior Women

6	Emma Dixon	22:21
7	Hannah Viner	22:37
12	Alex Gounelas	23:40
16	Emma Burgess	23:54
26	Ashley Scott-Wilson	24:32
47	Morven Lean	26:08
59	Esther Pigney (1st U20)	26:53

75	Louise Faherty	27:51
99	Natasha Cendrowicz	29:16
124	Emma Wilson	31:04
127	Emily Martyn	31:11

180 finishers

Match Position 2nd

League table after race 1

(Division 1 - top 3 of 10)

1st	London Heathside	257 points
2nd	Highgate Harriers	256 points
3rd	Serpentine RC	234 points

Senior Men

2	Andy Maud	24:52
7	Chris Rainsford	25:25
11	Robel Bahelbi	25:52
20	Ben Noad (1st V40)	26:34
24	Jonny Laybourn	26:41
26	Robert Wilson	26:46
28	Terry Fawden	26:51
33	Peter Hawkings	27:13
38	Charlie Hayward	27:25
44	Fergal Smithwick	27:37
58	Sean Renfer	28:04
67	Dominic Smith	28:20
68	Guillaume Cribier	28:23
76	Alex Apostolidis	28:52
85	Nick Gold	29:00
99	Jack Matthewman	29:27
104	Pat Davis	29:31
120	Oliver Kemp	29:51
121	Michael Dan	29:55
124	Darryl Davison	30:03
140	Barnaby Walker	30:26
160	Brendon Donnelly	31:00
168	Rob Walker	31:12
172	Alex Davidson	31:16
182	Joseph Lowe	31:36
214	Richard Stewart	32:28
254	Emmanuel Lumineau	33:33
259	Martin Bright	33:37
260	Damien Bidaud	33:40
261	Andrew Aitken	33:41
263	Sean Byrne	33:47
272	Chris Bailey	34:04
415	Steve Scruton	40:09
452	Martin Black	43:46

472 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3)

1st	Highgate Harriers	1174 points
2nd	Woodford Green with Essex Ladies	1058 points
3rd	Serpentine RC	973 points

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

**22nd October - SEAA Cross Country Relays
Wormwood Scrubs**

Under 13 girls (3 x 2km)

'A' team

Leg 1	Ellen Donald	8.06 (9th)
Leg 2	Eliza Herzog	8:52 (16th)
Leg 3	Nikita Crabb	8:53 (17th)

Team position: 17th of 28

'B' team

Leg 1	Bea Bannister	9.09 (33rd)
Leg 2	Bianca Le Vu	10:04 (29th)
Leg 3	Imogen Haddad	10:10 (26th)

Team position: 26th of 28

Under 15 girls (3 x 2km)

'A' team

Leg 1	Emma Williets	8.11 (26th)
Leg 2	Maxine Chapman	8:14 (18th)
Leg 3	Ella Hartley	8:23 (20th)

Team position: 20th of 36

'B' team

Leg 1	Milly Dunne	9.12 (43rd)
Leg 2	Isabella Millet	9:24 (39th)
Leg 3	Isabella Haddad	8:22 (34th)

Team position: 33rd of 36

Under 17 women (3 x 2½km)

Incomplete 'A' team

Leg 1	Phoebe Littler	8.51 (7th)
Leg 2	Jessie Wilkinson	9:58 (9th)

Under 13 boys (3 x 2km)

'A' team

Leg 1	Monte Watson	7.32 (9th)
Leg 2	Lucas Porter	7:54 (11th)
Leg 3	Finlay Sleeman	7:45 (10th)

Team position: 10th of 29

'B' team

Leg 1	Jesse Hopkins	8.02 (24th)
Leg 2	Ezra Baddiel Banks	8:25 (28th)
Leg 3	Theo Machin-Paley	7:42 (16th)

Team position: 16th of 29

'C' team

Leg 1	Franklin Griffiths	7.53 (19th)
Leg 2	Billy Briggs	8:34 (27th)
Leg 3	Jack Bailey	8:18 (24th)

Team position: 24th of 29

Under 15 boys (3 x 2km)

'A' team

Leg 1	Oliver Haddad	6.46 (2nd)
Leg 2	Alfie Zak	7:37 (9th)
Leg 3	Zaki Ibrahim Johare	7:40 (11th)

Team position: 11th of 21

'B' team

Leg 1	Hugo Cox	8.16 (28th)
Leg 2	Roland Somogyi	8:47 (26th)
Leg 3	Finlay Doyle	7:51 (20th)

Team position: 19th of 21

Senior Men (4 x 5km)

'A' Team

Leg 1	Charlie Haywood	14:07 (5th)
Leg 2	Jonathan Laybourn	14:06 (2nd)
Leg 3	Robel Bahelbi	13:33 (1st)
Leg 4	Brahma Pochee	14:44 (1st)

'B' Team

Leg 1	Darryl Davison	14:14 (7th)
Leg 2	Andrew Collins	15:29 (13th)
Leg 3	Guillaume Cribier	15:07 (11th)
Leg 4	Michael Ussher	15:41 (12th)

Incomplete 'C' Team

Leg 1	Chris Bailey	17:37 (35th)
Leg 2	Steve Scruton	20:58 (35th)

Team positions

1st	Highgate Harriers	56:30
2nd	Newham & Essex Beagles	56:56
3rd	Belgrave Harriers	57:14

12th	Highgate Harriers 'B'	60:31

32 complete teams finished

[Full Results](#)

29th October - Liddiard Trophy and North of the Thames Championships Kingsbury

Women (3 miles)

11	Esther Pigney	19:30
18	Jemma Storey	20:00
22	Lucy McGuinness	20:29
26	Natasha Cendrowicz	21:23

61 finishers

Liddiard Trophy Teams (3 to score)

6th of 13 teams

North of the Thames Teams (4 to score)

1st	Ealing, Southall & Middx	39 points
2nd	Eton Manor	63 points
3rd	Highgate Harriers	83 points

9 teams finished

Men (5 miles)

6	Sean Renfer	25:44
7	Dominic Smith	25:46
8	Darryl Davison	25:47
10	Fergal Smithwick	26:20
22	Jack Matthewman	27:15
24	Andrew Collins	27:23
25	Chris Beecham	27:36
36	Alex Davidson	28:35
72	Chris Bailey	31:33
84	Chris Wilson	32:16
123	Steve Scruton	36:24

144 finishers

Liddiard Trophy Teams (8 to score)

1st	Highgate Harriers	147 points
2nd	Thames Valley Harriers	202 points
3rd	Shaftesbury Barnet	258 points

11 teams finished

North of the Thames Teams (4 to score)

1st	Shaftesbury Barnet	27 points
2nd	Highgate Harriers	32 points
3rd	Thames Valley Harriers	67 points

25 teams finished

Highgate Harriers also won the 6-to-score and 8-to-score

[Full Results](#)

**29th October - North West London Young Athletes League
Race 2 - Kingsbury**

[Full Results](#)

November 2016

**5th November - English Cross Country Relays
Mansfield**

Senior Women (3 x 3km)

'A' Team

Leg 1	Hannah Viner	10:41 (33rd)
Leg 2	Emma Burgess	11:31 (35th)
Leg 3	Ashley Scott	10:54 (25th)

Team positions

1st	Aldershot, Farnham & District	29:04
2nd	Charnwod AC	29:48
3rd	Leeds City AC	30:06
25th	Highgate Harriers 'A'	33:08

124 complete teams

Junior men (3 x 3km)

'A' Team

Leg 1	Terry Fawden	9:14 (28th)
Leg 2	Alex Mchin-Paley	10:27 (42nd)
Leg 3	Alistair Sleeman	10:08 (39th)

Team positions

1st	Tonbridge AC	26:21
2nd	Aldershot, Farnham & District	26:28
3rd	Preston Harriers	26:57
39th	Highgate Harriers 'A'	29:50

55 complete teams

Senior Men (4 x 5km)

'A' Team

Leg 1	Chris Rainsford	16:02 (38th)
Leg 2	Andy Maud (9th fastest)	15:06 (11th)
Leg 3	Jonathan Laybourn	16:34 (17th)
Leg 4	Robel Bahelbi	15:55 (10th)

Incomplete 'B' Team

Leg 1	Brendon Donnelly	18:13 (107th)
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Team positions

1st	Aldershot, Farnham & District	60:50
2nd	Tonbridge AC	62:02

3rd Bristol & West AC 62:34
10th Highgate Harriers 'A' 63:38

166 complete teams

[Full Results](#)

12th November - Start Fitness Metropolitan Cross Country League



Stevenage (Race 2 of 5)

Under 11 Boys & Girls

53 Tristan Lumineu (age 10) 6:21
55 Juliet Lumineu (age 10) 6:25

66 finishers

Under 13 Girls

6 Ellen Donald 12:52
13 Kate O'Driscoll 13:36

47 finishers

Team position 6th of 16

League position after race 2 - 13th of 20

Under 13 Boys

7 Monte Watson 12:00
12 Theo Machin-Paley 12:32
23 Jack Bailey 13:12

43 finishers

Team position 5th of 16

League position after race 2 - 3rd of 22

Under 17 Women

2 Phoebe Littler 14:57
15 Sophie Boehler 15:57
17 Maxine Chapman (8th U15) 16:00
24 Emily Surnucks (12th U15) 16:26

51 finishers

Team position 2nd of 19

League position after race 2 - 3rd of 21

Under 17 Men

4 Austin Harris 12:53
9 Dempster Fawden 13:12
26 Tal Pelmont 13:54
51 Charlie Smith 14:51
73 Manny Pigney (48th U15) 16:25

79 finishers

Team position 5th of 24

League position after race 2 - 8th of 27

Senior Women

5 Emma Dixon 22:07
6 Hannah Viner 22:33
13 Ashley Scott-Wilson 23:17

19	Alex Gounelas	23:41
60	Esther Pigney (9th U20)	26:16
78	Louise Faherty	27:06
90	Lucy McGuinness	27:29
110	Natasha Cendrowicz	28:48

182 finishers

Match Position 1st=

League table after race 2

(Division 1 - top 3 of 10)

1st	London Heathside	512 points
2nd	Highgate Harriers	511 points
3rd	Serpentine RC	418 points

Senior Men

12	Robel Bahelbi	26:28
17	Chris Rainsford	26:51
22	Danny Russell	27:07
27	Charlie Hayward	27:19
32	Ben Noad (1st V40)	27:25
36	Terry Fawden (5th U20)	27:35
42	Jonny Laybourn	27:51
44	Robert Wilson	27:57
46	Sean Renfer	28:05
48	Dominic Smith	28:11
60	Fergal Smithwick	28:32
65	Peter Hawkings	28:43
78	Guillaume Cribier	29:06
87	James Johnson	29:15
98	Jack Matthewman	29:31
105	Nick Gold	29:38
108	Tom Wilner-Reid	29:49
131	William De-Doncker	30:28
137	Michael Ussher	30:34
143	Alexander Machin-Paley (17th U20)	30:40
149	Brendon Donnelly	30:53
156	Pat Davis	31:01
173	Alex Davidson	31:25
192	Duncan Burbidge	31:47
209	Joseph Lowe	32:08
215	Anthony Lewis	32:12
228	Rob Walker	32:42
243	Damien Bidaud	33:08
268	Andrew Aitken	33:52
273	Chris Bailey	34:02
283	Chris Wilson	34:16
299	Emmanuel Lumineau	34:41
306	Martin Bright	35:06
431	Martin Black	43:45

441 finishers

Match Position 1st

League table after race 2

(Division 1 - top 3)

1st	Highgate Harriers	2341 points
2nd	Woodford Green with Essex Ladies	2075 points
3rd	Serpentine RC	1979 points

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

26th November - North West London Young Athletes League
Race 3 - Trent Park

[Full Results](#)

December 2016

3rd December - Start Fitness Metropolitan Cross Country League



Wormwood Scrubs (Race 3 of 5)

Under 11 Boys & Girls

16	Caspar Hopkins (age 10)	6:11
30	Thea Reinhardt (age 9)	6:34
33	Jamie Cameron (age 9)	6:35
51	Liam Bailey (age 9)	7:03
55	Amy Chapman (age 10)	7:06

75 finishers

Under 13 Girls

6	Ellen Donald	13:12
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35 finishers

Team position 11th of 15

League position after race 3 - 12th of 20

Under 13 Boys

11	Jesse Hopkins	12:46
19	Lucas Porter	12:57
29	Theo Machin-Paley	13:30
35	Ezra Baddiel-Banks	13:44

52 finishers

Team position 5th of 19

League position after race 3 - 3rd of 24

Under 17 Women

5	Megan Greensmith	15:52
6	Phoebe Littler	15:54
20	Sophie Boehler	17:03
21	Maxine Chapman (11th U15)	17:09
32	Ella Hartley (19th U15)	17:42
38	Jesse Wilkinson	18:26

55 finishers

Team position 3rd of 20

League position after race 3 - 3rd of 24

Under 17 Men

13	Austin Harris	14:19
19	Dempster Fawden	14:39
25	Tal Pelmont	14:56
28	Aidan Raphael	15:02
56	Charlie Smith	15:58
76	Manny Pigney (48th U15)	18:25

79 finishers
Team position 5th of 26
League position after race 3 - 7th of 31

Senior Women

4	Emma Dixon	22:24
6	Hannah Viner	22:40
12	Alex Gounelas	23:31
27	Emma Burgess	24:45
35	Emma Simpson-Dore	25:14
51	Morven Lean	25:55
59	Esther Pigney (3rd U20)	26:18
66	Louise Faherty	26:39
80	Lucy McGuinness	27:18
146	Emily Martyn	31:02
164	Sarah Chapman	32:49

199 finishers

Match Position 2nd

League table after race 3

(Division 1 - top 3 of 10)

1st	London Heathside	791 points
2nd	Highgate Harriers	763 points
3rd	Serpentine RC	650 points

Senior Men

4	Robel Bahelbi	26:03
7	Chris Rainsford	26:10
15	Terry Fawden (1st U20)	26:43
19	Charlie Hayward	26:50
21	Ben Pochee	27:02
28	Sean Renfer	27:21
33	Jonny Laybourn	27:28
34	Ben Noad	27:29
35	Dominic Smith	27:30
41	Fergal Smithwick	27:43
45	Darryl Davison	27:54
49	Mark Vardy	28:12
55	Guillaume Cribier	28:22
58	James Johnson	28:28
68	Simon Wurr	28:39
70	Nick Gold	28:43
87	Pat Davis	29:11
114	Oliver Kean	29:53
123	Aurel Sinko-Urbe (11th U20)	30:14
127	Brendon Donnelly	30:23
132	Michael Ussher	30:29
157	Alex Davidson	30:55
182	Anthony Lewis	31:25
183	Johan Ghillebert	31:26
210	Rob Walker	32:20
211	Damien Bidaud	32:22
214	Joseph Lowe	32:25
228	Andrew Aitken	32:52
235	Martin Bright	33:01
239	Sean Byrne	33:05
245	Emmanuel Lumineau	33:14
268	Chris Wilson	33:38
310	Chris Bailey	34:52
339	Gus Hinestrosa	35:55

412	Steve Scruton	40:27
423	Martin Black	41:58

441 finishers

Match Position 1st

League table after race 3

(Division 1 - top 3)

1st	Highgate Harriers	3552 points
2nd	Woodford Green with Essex Ladies	3117 points
3rd	Serpentine RC	3078 points

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

**26th December - Boxing Day Bottomist Trophy Race
Parliament Hill Fields**



Course distance was approximately 5k. If you have a query with the results please email Graham Norris at highgateharriers@hotmail.co.uk

1	Aurel Sinko Uribe	16:26
2	Isaac Adni	16:28
3	Abel Sinko Uribe	16:38
4	Charles Addison	18:20
5	Theo Elwes	18:37
6	Nina Halpenny	18:41
7	Kate Jenrick	18:55
8	John Driscoll	18:55
9	Peter Laing	18:59
10	Sophie Boehler	19:05
11	Harry Ashman	19:10
12	Ellen Donald	19:12
13	Chris Giles	19:31
14	Emma Williets	19:41
15	Richard Hill	19:49
16	Honey Millard-Clothier	19:56
17	Phoebe Clothier	20:00
18	Richard Millard	20:21
19	Arnold Harrison	21:26
20	Ali Addison	21:37
21	Jamie Cameron	21:38
22	Stanley Harrison	21:44
23	Eric Sinko Uribe	21:47
24	Claire Cameron	21:27
25	Hannah Giles	22:01
26	Hailey Knowles	22:02
27	Drew Dill	22:02
28	Hannah Ashman	22:03
29	William Laing	22:03

30	Caitlin Russell	22:04
31	Marketa Buonaiuto	22:04
32	Marius Guei	22:06
33	Toby Van Hegan	22:08
34	Martin Black	22:10
35	Thomas Van Hegan	22:15
36	George Laing	22:16
37	Rosie Millard	22:59
38	Jake Baker	23:07
39	Hamish Donald	23:16
40	Clare McVey	23:18
41	Ben Elwes	23:19
42	Thomas Chadwick	23:22
43	Alex Chadwick	23:26
44	Anna Sinko Uribe	23:28
45	Elizabeth Knowles	23:36
46	Tabby Hill	24:58
47	Elsa Giles	25:00
48	Polly Shields	25:04
49	Kate Driscoll	27:19
50	Kate Chadwick	29:35
51	Bea Chadwick	29:48
52	Katie Millard	31:10
53	Adrian Laing	31:14
54	Clement Harrison	31:17
55	David Kanaan	33:42
56	Deborah Laing	33:42

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