

January 2017

7th January - Middlesex Cross Country Champs Hillingdon

Under 11 girls (1500m approx)

1	Nicola McGovern (Hillingdon)	7:02
5	Thea Rheinhardt	7:35
15	Ella Aslan	8:06
20	Amy Chapman	8:41

27 finishers

Under 13 girls (3000m approx)

1	Naomi Toft (Blkhth & Brom)	11:15
9	Ellen Donald	12:36
14	Annelise O'Connell	12:52
24	Kate Driscoll	13:17
29	Millie Aslan	13:41
31	Florence Haddad	13:48
39	Nikita Crabb	14:29
41	Hannah Giles	14:32
43	Eliza Herzog	14:36

62 finishers

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

1st	Victoria Park & Tower Hamlets	43 points
2nd	Thames Valley Harriers	43 points
3rd	London Heathside	44 points
4th	Highgate Harriers	47 points

Under 15 girls (4000m approx)

1	Yasmin Marghini (Blkhth & Brom)	14:43
10	Sasha Fear	16:37
14	Ellie Gilmore	16:55
16	Emile Sunnucks	16:58
18	Emma Williets	17:00
25	Isabella Haddad	17:30
26	Milly Dunne	17:33
34	Maxine Chapman	18:24
37	Hailey Knowles	18:31
38	Isbaella Millet	18:38

47 finishers

Team positions - 3 to score (top 3 of 7)

1st	Thames Valley Harriers	27 points
2nd	St Marys	32 points
3rd	Highgate Harriers	40 points

Under 17 women (5000m approx)

1	Kosana Weir (TVH)	18:31
5	Megan Greensmith	19:11
14	Sophie Boehler	21:04
17	Alice Mouly	21:52

23 finishers

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

1st	Thames Valley Harriers	14 points
2nd	Ealing, Southall & Middx	32 points
3rd	Highgate Harriers	36 points

Under 20 women (5000m approx)

1	Eilish O'Grady (Harrow)	18:51
3	Esther Pigney	20:15

6 finishers

Senior Women (8000m approx)

1	Tracy Barlow (TVH)	28:58
2	Hannah Viner	29:39
7	Emma Burgess	31:59
31	Lucy McGuinness	35:39

90 finishers

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

1st	Hillingdon	40 points
2nd	London Heathside	46 points
3rd	Thames Valley Harriers	74 points

Under 11 boys (1500m approx)

1	George Simpson (ESM)	6:59
4	Liam Bailey	7:08
15	Alex Driscoll	8:24

20 finishers

Under 13 boys (3000m approx)

1	Ruairi McGonagle (Lon. Heathside)	10:56
6	Theo Machin-Paley	11:20
8	Sam Amdor	11:42
9	Monte Watson	11:45
10	Finlay Sleeman	11:47
24	Lucas Porter	12:28
29	Ezra Banks-Baddiel	12:38
33	Jesse Hopkins	12:47

57 finishers

Team positions - 3 to score (top 3 of 9)

1st	Hillingdon	13 points
2nd	Highgate Harriers	23 points
3rd	London Heathside	29 points

Under 15 boys (4000m approx)

1	Mohamed Sharif Ali (Hillingdon)	13:17
12	Thoeodore Elwes	15:00

40 finishers

Team positions - 3 to score (top 3 of 7)

1st	Hillingdon	11 points
2nd	Shaftesbury Barnet	25 points
3rd	Trent Park	34 points

Under 17 men (6000m approx)

1	James Young (Enf & Harr)	20:51
8	Isaac Adni	22:01
9	Dempster Fawden	22:23
11	Abel Sinko Uribe	23:01
18	Tal Pelmont	24:28

22 finishers

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

1st	London Heathside	23 points
2nd	Highgate Harriers	28 points
3rd	Ealing, Southall & Middx	29 points

Under 20 men (8000m approx)

1	Terence Fawden	26:54
7	Alex Machin-Paley	28:15
9	Aurel Sinko-Urbe	28:38
13	James Millett	29:58

21 finishers

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

1st	Highgate Harriers	17 points
2nd	Ealing, Southall & Middx	26 points
3rd	Hillingdon	38 points

Senior Men (12000m approx)

1	Rich Goodman (Shaftesbury)	37:29
16	Danny Russell	40:46
17	Fergal Smithwick	41:05
18	Jonathan Laybourn	41:10
19	Sean Renfer	41:25
33	James Johnson	43:25
36	Nick Gold	43:45
46	Alex Davidson	44:49
77	Joseph Lowe	47:54

165 finishers

Team positions - 6 to score (top 3 of 10)

1st	Serpentine	110 points
2nd	Hillingdon	136 points
3rd	Highgate Harriers	139 points

[Full Middlesex 2017 results](#)

14th January - Start Fitness Metropolitan Cross Country League



Trent Park (Race 4 of 5)

Under 11 Boys & Girls

9	Liam Bailey (age 9)	6:40
35	Jamie Cameron (age 9)	7:17
61	Alex Driscoll (age 9)	8:04
68	Rufus Oglivie (age 9)	8:18

82 finishers

Under 13 Boys

12	Finlay Sleeman	12:56
15	Lucas Porter	13:13
26	Ezra Baddiel-Banks	13:37
28	Jesse Hopkins	13:40

54 finishers

Team position 3rd of 20

League position after race 4 - 3rd of 24

Under 13 Girls

5	Ellen Donald	13:27
22	Kate Driscoll	14:48
25	Millie Aslan	14:57

44 finishers
Team position 7th of 16
League position after race 4 - 9th of 20

Under 17 Men

23	Tal Pelmont	15:08
53	Jamie McCarty	16:44
71	Ali Addison (52nd U15)	18:32

78 finishers
Team position 14th of 24
League position after race 4 - 9th of 32

Under 17 Women

1	Megan Greensmith	15:47
14	Maxine Chapman (9th U15)	17:41
20	Ella Hartley (13th U15)	18:25

48 finishers
Team position 4th of 18
League position after race 4 - 3rd of 23

Senior Women

1	Molly Renfer	22:28
4	Hannah Viner	23:06
5	Emma Dixon	23:17
7	Ashley Scott-Wilson	23:51
11	Emma Butcher	24:16
14	Alex Gounelas	24:36
24	Emma Burgess	25:23
39	Esther Pigney (2nd U20)	26:39
51	Morven Lean	27:21
58	Georgia Doolan	27:44
59	Louise Faherty	27:48
61	Lucy McGuinness	28:03

193 finishers

Match Position 1st
League table after race 4
(Division 1 - top 3 of 10)

1st	Highgate Harriers	1090 points
2nd	London Heathside	1057 points
3rd	Serpentine RC	865 points

Senior Men

11	Robel Bahelbi	26:32
12	Chris Rainsford	26:34
13	Peter Chambers	26:38
23	Ben Noad	27:21
28	Fergal Smithwick	27:46
34	Sean Renfer	28:02
36	Laurent Liote	28:15
43	Charlie Hayward	28:37
47	Peter Hawkings	28:46
60	Danny Brewer	29:08
63	Michael Dan	29:10
67	William De-Doncker	29:27
74	James Johnson	29:40
85	Tom Wilner-Reid	30:00
86	Alistair Sleeman	30:01
92	Ed Spencer	30:05
98	Andres Chau	30:15

102	Michael Ussher	30:25
120	Pat Davis	30:57
127	Chris Beecham	31:07
131	Alex Davidson	31:10
162	Johan Ghillebert	31:56
181	Andrew Aitken	32:34
183	Jon Sleaman	32:39
191	Joseph Lowe	32:53
246	Damien Bidaud	34:34
250	Martin Bright	34:42
252	Richard Stewart	34:46
254	Emmanuel Lumineau	34:47
281	Chris Wilson	35:23
286	Chris Bailey	35:42
336	James Rossiter	37:37
368	Richard Solomons	39:40

428 finishers

Match Position 1st

League table after race 4

(Division 1 - top 3)

1st	Highgate Harriers	4642 points
2nd	Woodford Green with Essex Ladies	4169 points
3rd	Serpentine RC	4027 points

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

**28th January - South of England Cross Country Championships
Parliament Hill Fields**

Under 13 girls (3000m)

74	Ellen Donald	13:23
133	S Thompson	13:56
136	Kate Driscoll	13:58
164	Florence Haddad	14:15
167	Millie Aslan	14:18
172	Hannah Giles	14:19
183	B Le Vu	14:35
241	Ella Herzog	15:24
259	B Bannister	15:55
263	Nikita Crabb	16:13

283 finishers

Team position: 19th of 32 complete teams

Under 13 boys (3000m)

80	Jack Bailey	12:14
156	F Griffiths	12:48
164	Jesse Hopkins	12:52
214	Lucas Porter	13:23
219	Ezra Baddiel Banks	13:24
306	Monte Watson	15:37

312 finishers

Team position: 22nd of 37 complete teams

Under 15 girls (4000m)

142	Ellie Gilmore	19:33
164	Maxine Chapman	19:54
166	Emile Sunnucks	19:56

177	Emma Williets	20:08
209	Hailey Knowles	21:03
225	Ella Hartley	21:41
230	C Russell	21:57

270 finishers

Team position: 22nd of 28 complete teams

Under 15 boys (4500m)

105	Theo Elwes	16:48
170	Roland Somogyi	17:38
197	Alfie Zak	18:01

291 finishers

Under 17 women (5000m)

31	Phoebe Littler	21:59
47	Megan Greensmith	22:28
72	Sophie Boehler	23:31
115	Alice Mouly	25:11
140	Jessie Wilkinson	26:38

161 finishers

Team position: 8th of 15 complete teams

Under 17 Men (6000m)

69	Abel Sinko-Urbe	21:37
94	Dempster Fawden	22:04
159	Chris Smith	23:54
182	A Charpentier	26:18

183 finishers

Team position: 14th of 15 complete teams

Under 20 women (6000m)

42	Esther Pigney	26:07
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78 finishers

Under 20 Men (8000m)

39	Aurel Sinko-Urbe	29:41
70	Alistair Sleeman	31:41
85	Farid Sousou	34:47

87 finishers

Senior Women (8000m)

12	Hannah Viner	30:33
15	Emma Dixon	30:40
16	Molly Renfer	30:47
55	Ashley Scott	33:20
74	Emma Burgess	34:02
168	Morven Lean	37:00
183	Louise Faherty	37:22

574 finishers

Team positions (top 3 of 63 complete teams)

1	Aldershot, Farnham & District	17 points
2	Highgate Harriers	98 points
3	Cambridge & Coleridge	126 points

63 teams completed

Senior Men (15000m)

1	Andy Maud	48:27
7	Murray Strain	49:58

10	Chris Rainsford	50:08
30	Peter Chambers	51:47
34	Robel Bahelbi	52:15
39	Danny Russell	52:44
67	Charlie Haywood	53:44
85	Sean Renfer	54:26
123	Guillaume Cribier	55:33
155	Peter Hawkings	56:17
221	James Johnson	58:03
223	Michael Dan	58:05
247	Nick Gold	58:32
251	William De Doncker	58:34
264	Jack Matthewman	58:53
267	Ed Spencer	58:55
368	W Dawber	60:53
376	Michael Ussher	61:02
377	Alex Davidson	61:03
406	Chris Beecham	61:35
560	Tom Wilner-Reid	65:04
571	Joseph Lowe	65:16
666	Emmanuel Lumineau	67:48
714	Chris Wilson	68:54
817	D Darryl	71:44
818	Oliver Kean	71:45
895	Richard Stewart	74:10

1068 finishers

Team positions (top 3 of 69 complete teams)

1	Highgate Harriers	121 points
2	Bedford & County	196 points
3	Shaftesbury Barnet	220 points

Full Results from the [SEAA website](#)

February 2017

11th February - Start Fitness Metropolitan Cross Country League



Alexandra Palace (Race 5 of 5)

Under 13 Boys

12	Jesse Hopkins	13:51
20	Lucas Porter	14:23
28	Ezra Baddiel-Banks	15:01

46 finishers

Team position 8th of 16

Final League position after race 5 - 3rd of 24

Under 13 Girls

4	Ellen Donald	14:10
19	Kate Driscoll	15:37

43 finishers

Team position 5th of 17

Final League position after race 5 - 8th of 20

Under 17 Men

29	Charlie Smith	17:28
54	Manny Pigney (43rd U15)	19:44

61 finishers

Team position 13th of 23

Final League position after race 5 - 10th of 32

Under 17 Women

4	Phoebe Littler	18:12
10	Sophie Boehler	19:07
14	Maxine Chapman (7th U15)	19:36
16	Daisy Griffin	19:48
18	Alice Mouley	19:59
25	Jesse Wilkinson	20:49
26	Hailey Knowles (16th U15)	20:54

36 finishers

Team position 1st of 13

Final League position after race 5 - 3rd of 23

Senior Women

1	Molly Renfer	20:17
2	Hannah Viner	20:42
3	Emma Dixon	20:54
7	Ashley Scott-Wilson	21:48
9	Alex Gounelas	22:05
14	Emma Burgess	22:49
26	Esther Pigney (2nd U20)	23:47
43	Morven Lean	24:47
49	Louise Faherty	25:12
109	Rhian Ravenscroft	28:15

170 finishers

Match Position 1st

Final League table after race 5

(Division 1 - top 3 of 10)

1st	Highgate Harriers	1392 points
2nd	London Heathside	1293 points
3rd	Serpentine RC	1089 points

Senior Men

4	Chris Rainsford	27:18
7	Danny Russell	27:44
8	Robel Bahelbi	27:48
15	Terry Fawden (2nd U20)	28:09
17	Robert Wilson	28:13
23	Sean Renfer	28:39
24	Fergal Smithwick	28:40
36	Laurent Liote	29:23
38	Darryl Davison	29:43
40	Danny Brewer	29:47
45	Edward Hickman-Casey	30:03
60	Nick Gold	30:43
61	Michael Dan	30:47
74	Tom Wilner-Reid	31:28
82	Duncan Burbidge	31:45
84	Michael Ussher	31:46
94	James Johnson	32:01
99	Alex Davidson	32:05
108	Chris Beecham	32:18

136	Pat Davis	33:12
159	Andrew Aitken	34:04
179	Joseph Lowe	34:37
201	Andrea Spaccatrosi	35:17
208	Emmanuel Lumineau	35:36
224	Chris Bailey	36:26
263	James Rossiter	38:16
291	Richard Solomons	39:36
335	Martin Black	43:37

359 finishers

Match Position 1st

Final League table after race 5

(Division 1 - top 3)

1st	Highgate Harriers	5748 points
2nd	Serpentine RC	5039 points
3rd	Woodford Green with Essex Ladies	4740 points

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

**25th February - English National Cross Country Championships
Wollaton Park, Nottingham**

Under 13 boys (3K)

1	Jaden Kennedy (Herne Hill)	12:00
139	Theo Machin-Paley	13:55
197	Finlay Sleeman	14:14
265	Lucas Porter	14:41
279	Franklin Griffiths	14:49

458 finishers

Team position 31st of 48 teams

Under 15 boys (4½K)

1	Kristian Imroth (Dacorum & Tring)	14:23
35	Oliver Haddad	15:29

379 finishers

Under 17 women (5K)

1	Amelia Quirk (Bracknell)	18:35
62	Megan Greensmith	21:26
168	Daisy Griffin	23:33
204	Jessica Wilkinson	24:28

252 finishers

Junior women (6K)

1	Harriet Knowles-Jones (Warrington)	22:03
90	Esther Pigney	27:54

148 finishers

Junior men (10K)

1	Ellis Cross (AFD)	32:25
127	Alexander Machin-Paley	38:10

211 finishers

Senior Women (8K)

1	Jessica Judd (Chelmsford)	29:07
23	Molly Renfer	30:57
28	Hannah Viner	31:19

46	Emma Dixon	32:10
57	Ashley Scott-Wilson	32:22
134	Emma Burgess	34:37

788 finishers

Team positions (4 to score)

1	Aldershot, Farnham & District	22 points
2	Charnwood AC	107 points
3	Highgate Harriers	154 points

93 teams completed

Senior Men (12K)

1	Ben Connor (Derby AC)	39:35
16	Andy Maud	40:40
65	Robel Bahelbi	42:32
73	Chris Rainsford	42:49
92	Peter Chambers	43:10
119	Robert Wilson	43:38
155	Shaun Dixon	44:14
223	Danny Russell	45:19
267	Darryl Davison	46:04
274	Charlie Haywood	46:07
280	William De Doncker	46:13
535	Michael Ussher	49:30
815	Jon Sleeman	52:50
821	Johan Ghillebert	52:54
947	Joseph Lowe	54:21
993	Emmanuel Lumineau	55:05
1240	John O'Shea	58:43

1762 finishers

Team positions (6 to score)

1	Tonbridge	289 points
2	Morpeth Harriers	293 points
3	Bedford & County	304 points
4	Sale Harriers	324 points
5	Notts AC	353 points
6	Shaftesbury Barnet	382 points
7	Highgate Harriers	520 points

131 teams completed

[Full results on the ECCA website](#)

March 2017

25th March - South of England Road Relay Championships Cyclopark, Gravesend

Men (12 stage)

'A' team

Leg 1 (L)	Robel Bahelbi (11th)	20:22
Leg 2 (S)	Ed Hickman-Casey (10th)	13:44
Leg 3 (L)	Ben Noad (12th)	21:34
Leg 4 (S)	Terry Fawden (6th) *	13:12
Leg 5 (L)	Andy Maud (2nd) **	19:07
Leg 6 (S)	Charlie Haywood (1st)	13:32
Leg 7 (L)	Peter Chamber (1st)	20:21

Leg 8 (S)	Fergal Smithwick (2nd)	14:00
Leg 9 (L)	Laurent Liote (3rd)	20:40
Leg 10 (S)	Peter Hawkings (3rd)	15:11
Leg 11 (L)	Chris Rainsford (3rd)	20:40
Leg 12 (S)	Darryl Davison (3rd)	13:55

Long leg = 7.2km / Short leg = 4.8km

* 2nd fastest short leg of the day

** Fastest long leg of the day

'B' team

Leg 1 (L)	Oliver Kean (42nd)	22:57
Leg 2 (S)	Jonny Laybourn (31st)	13:45
Leg 3 (L)	Alex Houghton (29th)	22:28
Leg 4 (S)	Michael Dan (21st)	13:59
Leg 5 (L)	Jack Matthewman (27th)	23:45
Leg 6 (S)	Richard Stewart (31st)	16:55
Leg 7 (L)	Michael Ussher (31st)	23:06
Leg 8 (S)	Alex Machin-Paley(28th)	14:19
Leg 9 (L)	Brendan Donnelly (30th)	23:30
Leg 10 (S)	Alex Davidson (30th)	16:05
Leg 11 (L)	Brahma Pochee (28th)	23:03
Leg 12 (S)	Andrea Spacctrosi (29th)	16:06

Long leg = 7.2km / Short leg = 4.8km

Team Positions

1	Tonbridge AC	3:23:05
2	Serpentine	3:24:22
3	Highgate Harriers	3:26:18
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29	Highgate Harriers 'B'	3:49:58

41 teams finished

Full Men's Results

Women (6 stage)

'A' team

Leg 1 (S)	Sophie Sheldrake (11th)	16:28
Leg 2 (L)	Hannah Viner (6th) *	23:08
Leg 3 (S)	Emma Dixon (5th) **	15:32
Leg 4 (L)	Molly Renfer (4th) ***	22:39
Leg 5 (S)	Emma Burgess (4th)	16:25
Leg 6 (S)	Ashley Scott-Wilson (4th)	15:33

Long leg = 7.2km / Short leg = 4.8km

* 9th fastest long leg of the day

** 10th fastest short leg of the day

*** 6th fastest long leg of the day

Team Positions

1	Winchester & District	1:47:16
2	Thames Valley Harriers	1:47:32
3	Aldershot, Farnham & District	1:48:14
4	Highgate Harriers	1:49:45

31 teams finished

Full Women's Results

April 2017

8th April - English National Road Relay Championships Sutton Park - Sutton Coldfield

Men (12 stage)

Leg 1 (L)	Robel Bahelbi (15th)	27:04
Leg 2 (S)	Terry Fawden (14th)	16:24
Leg 3 (L)	Peter Chambers (17th)	28:11
Leg 4 (S)	Fergal Smithwick (19th)	16:28
Leg 5 (L)	Ben Noad (18th)	28:16
Leg 6 (S)	Darryl Davison (18th)	17:05
Leg 7 (L)	Chris Rainsford (19th)	28:12
Leg 8 (S)	Charlie Haywood (17th)	16:18
Leg 9 (L)	Murray Strain (16th)	27:47
Leg 10 (S)	Jonathan Laybourn (14th)	16:30
Leg 11 (L)	Andy Maud (10th) *	26:14
Leg 12 (S)	Ed Hickman-Casey (9th)	16:33

* 9th fastest long leg of the day

L = Long leg / S = Short leg

Team Positions

1	Swansea Harriers	4:15:06
2	Bristol & West AC	4:19:55
3	Liverpool Harriers & AC	4:20:51

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9	Highgate Harriers	4:25:02
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61 teams finished

[Full results](#)

Women 6 stage

Leg 1 (L)	Molly Renfer (7th) *	31:14
Leg 2 (S)	Emma Burgess (14th)	19:32
Leg 3 (S)	Ashley Scott (6th) **	18:01
Leg 4 (L)	Hannah Viner (9th)	32:04
Leg 5 (S)	Jemima Storey (13th)	23:27
Leg 6 (S)	Sophie Sheldrake (10th)	19:54

* 11th fastest long leg of the day

**10th fastest short leg of the day

L = Long leg / S = Short leg

Team Positions

1	Leeds City AC	2:12:44
2	Swansea Harriers	2:16:21
3	Winchester & District AC	2:16:35

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10	Highgate Harriers	2:24:12
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46 teams finished

[Full results](#)

15th April - Sweatshop Southern Athletics League (Division 3N) Finsbury Park

Match 1 - Division 3N

1	Woodford Green with Essex Ladies	316 points
2	St Albans AC	308 points
3	Highgate Harriers	262 points
4	Barnet & District AC	218 points
5	Mornington Chasers	17 points
6	Loughton AC	

[Full Results](#)

**22nd April - Middlesex Young Athletics League
Perivale**

Match 1

1	Highgate Harriers	1073 points
2	Cookham	703 points
3	Ealing Southall & Middx	600½ points
4	London Heathside	558½ points
5	Shaftesbury Barnet	511 points
6	Trent Park	253 points
7	Barnet & District AC	215 points
8	Enfield & Haringey	198 points
9	Queens Park Harriers	194 points

League position after match 1 - 1st of 9

[Full Results](#)

May 2017

**20th May - Highgate Harriers Night of the 10000m PBs
Parliament Hill**



[Full Results](#)

[Watch the races at VincoSport](#)



**20th May - Middlesex Young Athletics League
Finsbury Park**

Match 2

1	Highgate Harriers	862½ points
2	London Heathside	854½ points
3	Ealing Southall & Middx	597½ points
4	Cookham	596 points
5	Shaftesbury Barnet	540½ points
6	Trent Park	488 points

7	Queens Park Harriers	313 points
8	Barnet & District AC	310 points
9	Enfield & Haringey	250 points

League position after match 2 - 1st of 9

[Full Results](#)

**21st May - Sweatshop Southern Athletics League (Division 3N)
Mile End**



Match 2 - Division 3N

1	Victoria Park & Tower Hamlets	319 points
2	Basildon AC	283 points
3	Peterborough AC	255 points
4	Highgate Harriers	223 points
5	Enfield & Haringey and HAWCS	184 points
6	Barnet & District	139 points

League position after match 2 - 11th of 24

[Full Results](#)

June 2017

**17th June - Sweatshop Southern Athletics League (Division 3N)
Braintree**



Match 3 - Division 3N

1	Watford Harriers	349 points
2	Braintree & District	275 points
3	Colchester & Tendring	253 points
4	Biggleswade AC	186 points
5	Barnet & District	156 points
6	Highgate Harriers	120 points

League position after match 3 - 16th of 24

[Full Results](#)

**18th June - Middlesex Young Athletics League
Parliament Hill**

Match 3

1	Highgate Harriers	932 points
2	Ealing Southall & Middx	849½ points
3	London Heathside	721½ points
4	Shaftesbury Barnet	618 points
5	Cookham	507 points
6	Barnet & District AC	478 points
7	Trent Park	382 points

8	Queens Park Harriers	216 points
9	Enfield & Haringey	194 points

League position after match 3 - 1st of 9

[Full Results](#)

July 2017

**8th July - Sweatshop Southern Athletics League (Division 3N)
St Ives, Cambridgeshire**



Match 4 - Division 3N

1	Huntingdonshire	310 points
2	Braintree & District	239 points
3	Newham & Essex Beagles	188 points
4	West Norfolk AC	137 points
5	Highgate Harriers	110 points
6	West Suffolk	102 points

League position after match 4 - 16th of 24

[Full Results](#)

**15th July - Middlesex Young Athletics League
Allianz Park, Hendon**

Match 4

1	Highgate Harriers	830 points
2	Shaftesbury Barnet	766 points
3	London Heathside	632 points
4	Ealing Southall & Middx	631 points
5	Cookham	571 points
6	Barnet & District AC	375 points
7	Trent Park	294 points
8	Queens Park Harriers	204 points
9	Enfield & Haringey	197 points

League position after final match - 1st of 9

[Full Results](#)

August 2017

September 2017



13th September Highgate Harriers/City of London Open Meeting Parliament Hill



[Full Results](#)

24th September - South of England Road Relays Crystal Palace

Under 17 Men

Leg 1	Alfie Zak	14:07
Leg 2	Austin Harris	12:36
Leg 3	Oliver Haddad	13:13
Leg 4	Isaac Adni	12:46

Team position 18th of 24 complete teams

Senior Women 'A' Team

Leg 1	Hannah Viner	12:36
Leg 2	Ashley Scott-Wilson	13:01
Leg 3	Emma Burgess	13:25
Leg 4	Esther Pigney	14:54

Senior Women Incomplete 'B' Team

Leg 1	Natasha Cendrowicz	16:30
Leg 2		
Leg 3		
Leg 4		

Team positions

1st	Aldershot, Farnham & District 'A'	49:42
2nd	Cambridge & Coleridge	51:28
3rd	West Suffolk AC	51:40
	
15th	Highgate Harriers 'A'	53:56

82 complete teams finished

Senior Men 'A' Team

Leg 1	Brahma Pochee	15:18
Leg 2	Robel Bahelbi	15:05
Leg 3	Shaun Dixon	15:04
Leg 4	Peter Chambers	14:53
Leg 5	Auden Nordveit	14:50
Leg 6	Chris Rainsford	15:02

Senior Men 'B' Team

Leg 1	Jonathon Laybourn	15:28
Leg 2	Darryl Davison	16:38
Leg 3	Terry Fawden	15:45
Leg 4	Fergal Smithwick	15:44
Leg 5	Charlie Haywood	15:56
Leg 6	Robert Wilson	16:00

Senior Men 'C' Team

Leg 1	Sean Renfer	15:34
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Leg 2	Peter Hawkings	16:21
Leg 3	Ben Noad	
Leg 4	Laurent Liote	
Leg 5	William De Doncker	16:30
Leg 6	Victor Mound	16:10

Senior Men 'D' Team

Leg 1	Jack Matthewman	17:35
Leg 2	Pat Davis	
Leg 3	Tom Wilner-Reid	
Leg 4	David Gilbert	
Leg 5	Richard Stewart	19:59
Leg 6	Andres Chau	

Team positions

1st	Highgate Harriers 'A'	1:30:11
2nd	Tonbridge AC 'A'	1:30:26
3rd	Aldershot, Farnham & District 'A'	1:30:39
17th	Highgate Harriers 'B'	1:35:30
22nd	Highgate Harriers 'C'	1:37:34
62nd	Highgate Harriers 'D'	1:47:46

87 complete teams finished

Over 50 Men

Leg 1	Jon Sleeman	17:52
Leg 2	Nadi Jahangiri	19:05
Leg 3	Justin Bere	18:37
Leg 4	Alex Davidson	18:04

Team position 5th of 16 complete teams

[Full Results](#)

30th September - North West London YA League Greenford

[Full Results](#)

October 2017

7th October - English National Relay Championships Sutton Park, Birmingham

Senior Men 6 stage relay (6 x 5.88km)

'A' team

Leg 1	Robel Bahelbi	17:41 (14th)
Leg 2	Peter Chambers	17:44 (3rd)
Leg 3	Auden Nordtveit	17:51 (2nd)
Leg 4	Robert Wilson	18:40 (6th)
Leg 5	Fergal Smithwick	18:39 (7th)
Leg 6	Jonathan Laybourn	18:47 (9th)

'B' team

Leg 1	Sean Renfer	19:19 (67th)
Leg 2	Terry Fawden	20:08 (70th)
Leg 3	William De Doncker	19:34 (64th)
Leg 4	Charlie Haywood	18:57 (54th)
Leg 5	Peter Hawkings	19:23 (52nd)
Leg 6	Brahma Pochee	18:58 (49th)

Team positions

1st	Swansea Harriers	1:45:16
2nd	Tonbridge AC	1:46:30
3rd	Lincoln Wellington AC	1:46:34

9th	Highgate Harriers 'A'	1:49:22
49th	Highgate Harriers 'B'	1:56:19

82 complete teams finished

[Full Mens Results](#)

Senior Women 4 stage relay (4 x 4.33km)

Team positions

1st	Aldershot, Farnham & District	58:26
2nd	Leeds City AC	59:08
3rd	Swansea Harriers	59:26

85 complete teams finished

[Full Womens Results](#)

14th October - Start Fitness Metropolitan Cross Country League



Claybury, Woodford Green (Race 1 of 5)

Under 11 Boys

24	Alex Driscoll (age 10)	6:59
27	Rufus Oglivie (age 9)	7:16

31 finishers

Team position 12th of 14

Under 11 Girls

52	Emily Lowe (age 10)	7:45
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56 finishers

Team position 16th of 16

Under 13 Boys

24	Caspar Hopkins	12:04
39	Jesse Hopkins	12:27
61	Luca Spacatrosi	13:49

72 finishers

Team position 12th of 22

Under 13 Girls

7	Kate Driscoll	12:31
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43	Amy Chapman	15:06
44	Juliet Lumineau	15:07

52 finishers

Team position 9th of 17

Junior Men (U17)

27	Theo Machin-Paley (14th U15)	15:30
42	Monte Watson (24th U15)	16:11
64	Finlay Sleeman (40th U15)	17:10
72	Manny Pigney (47th U15)	18:01

85 finishers

Team position 12th of 24

Junior Women (U17)

11	Ellen Donald (7th U15)	17:09
37	Maxine Chapman	18:54
43	Bea Bannister (27th U15)	19:13

64 finishers

Team position 10th of 19

Senior Women

2	Hannah Viner	21:41
9	Emma Burgess	23:11
13	Rebecca Johnson	23:30
21	Tara Bage (1st U20)	24:17
40	Emma Butcher	25:30
61	Louise Faherty	26:51
78	Jemima Storey	27:08
81	Sarah Bailey	27:11
102	Katie Good	27:32
103	Natasha Cendrowicz	27:33

211 finishers

Match Position 2nd

League table after race 1

(Division 1 - top 3 of 10)

1st	Serpentine RC	236 points
2nd	Highgate Harriers	226 points
3rd	Thames Valley Harriers	225 points

Senior Men

6	Peter Chambers	25:22
13	Robel Bahelbi	26:00
15	Chris Rainsford	26:10
19	Robert Wilson	26:25
22	Charlie Hayward	26:37
24	Sean Renfer	26:42
36	Peter Hawkings	27:10
39	Ben Noad	27:21
49	William De Doncker	27:44
62	Darryl Davison	28:09
73	Andres Chau	28:22
75	Mark Innocenti	28:30
106	Jack Matthewman	29:31
108	Tal Pelmont	29:34
152	Tom Cowling	30:57
170	Anthony Lewis	31:20
182	Justin Bere	31:37
201	Leo Kirkhaar	32:19
202	Toulon Bell	32:21

209	Damien Bidaud	32:31
218	Russell Ashford	32:39
222	Ben Wood	32:41
232	Andrea Spaccatrosi	32:35
240	Nicola Carniato	33:05
245	Joseph Lowe	33:08
258	Chris Bailey	33:27
267	Simon Atkins	33:50
276	Richard Stewart	34:02
318	Rob Walker	35:15
322	Emmanuel Lumineau	35:27
324	Martin Bright	35:30
345	Gustavo Hinestrosa	36:05
365	James Rossiter	36:37
491	Martin Black	44:00

508 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3)

1st	Highgate Harriers	1118 points
2nd	Serpentine RC	921 points
3rd	Victoria Park & Tower Hamlets	861 points

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

21st October - SEAA Cross Country Relays Wormwood Scrubs

Under 13 girls (3 x 2km)

'A' team

Leg 1	Kate Driscoll	8:24
Leg 2	May Macadam	9:07
Leg 3	Amy Chapman	9:29

Team position: 26th of 34

'B' team

Leg 1	Hannah Giles	9:03
Leg 2	Millie Aslan	9:45
Leg 3	Nikita Crabb	9:54

Team position: 40th of 34

Under 15 girls (3 x 2km)

'A' team

Leg 1	Ellen Donald	7:56
Leg 2	Isabella Millett	8:39
Leg 3	Annelise O'Connell	7:58

Team position: 14th of 31

Incomplete 'B' team

Leg 1	Ella Hartley	9:06
Leg 2	Bianca Le Vu	8:58

Under 17 women (3 x 2½km)

'A' team

Leg 1	Phoebe Littler	8:59
Leg 2	Maxine Chapman	10:02
Leg 3	Daisy Griffin	9:16

Team position: 10th of 16

Under 13 boys (3 x 2km)

'A' team

Leg 1	Remy Weinbrecht	7:40
Leg 2	Caspar Hopkins	8:11
Leg 3	Jesse Hopkins	8:16

Team position: 13th of 28

'B' team

Leg 1	Franklin Griffiths	9:36
Leg 2	Ezra Baddiel-Banks	8:38
Leg 3	Jack Bailey	8:53

Team position: 27th of 28

Under 15 boys (3 x 2km)

'A' team

Leg 1	Theo Machin-Paley	7:04
Leg 2	Monte Watson	7:38
Leg 3	Roland Somogyi	7:22

Team position: 16th of 27

Senior Men (4 x 5km)

'A' Team

Leg 1	Darryl Davison
Leg 2	Sean Renfer
Leg 3	Charlie Haywood
Leg 4	Robert Wilson

Incomplete 'B' Team

Leg 1	Alex Davidson
Leg 2	Richard Stewart

Team positions

1st	Hillingdon AC	56:28
2nd	Highgate Harriers	57:16
3rd	Belgrave Harriers	57:17

44 complete teams finished

[Full Results](#)

28th October - Liddiard Trophy and North of the Thames Championships Kingsbury

Women (3 miles)

1	Molly Renfer	16:51
2	Emma Burgess	17:24
3	Yasmin Goater	17:27
16	Sarah Bailey	20:08
29	Natasha Cendrowicz	21:36

72 finishers

Liddiard Trophy Teams (4 to score)

1st of 8 teams

North of the Thames Teams (4 to score)

1st of 9 teams

Men (5 miles)

8	Jonathan Laybourn	26:36
14	Jack Matthewman	27:17
16	Oliver Kean	27:20
57	Andrea Spaccatrosi	29:55
65	Nicola Carniato	30:22
69	Russell Ashford	30:34
79	Chris Bailey	30:58
84	Rob Walker	31:09

90	Joseph Lowe	31:25
96	Emmanuel Lumineau	32:15
107	Richard Stewart	33:27

160 finishers

Liddiard Trophy Teams (8 to score)

5th of 10 teams

North of the Thames Teams (6 to score)

5th of 11 teams

North of the Thames Teams (8 to score)

5th of 10 teams

North of the Thames Teams (4 to score Masters)

5th of 9 teams

[Full Results at Power of 10](#)

**28th October - North West London YA League
Kingsbury**

[Full Results](#)

November 2017

**4th November - English Cross Country Relays
Mansfield**

Senior Men (4 x 5km)

'A' Team

Leg 1	Robel Bahelbi (19th)	16:02
Leg 2	Jonathan Laybourn (31st)	17:15
Leg 3	Robert Wilson (26th)	16:56
Leg 4	Fergal Smithwick (19th)	17:03

'B' Team

Leg 1	William DeDoncker (63rd)	17:11
Leg 2	Andres Chau (59th)	18:03
Leg 3	Nick Gold (51st)	17:32
Leg 4	Oliver Kean (40th)	17:03

Team positions

1st	Tonbridge AC	63:11
2nd	Aldershot, Farnham & District	63:14
3rd	Shaftesbury Barnet	64:02
19th	Highgate Harriers 'A'	67:16
40th	Highgate Harriers 'B'	69:50

179 complete teams finished

[Full Results](#)

11th November - Start Fitness Metropolitan Cross Country League



Welwyn Garden City (Race 2 of 5)

Under 11 Boys

2	Liam Bailey (age 10)	6:32
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41 finishers
League position 10th of 17

Under 11 Girls

28 Kate Bailey (age 10) 8:09

56 finishers
League position 15th of 20

Under 13 Boys

18 Jesse Hopkins 11:45

50 Ripley Watson 13:28

60 finishers
League position 12th of 22

Under 13 Girls

29 Amy Chapman 14:13

44 finishers
Team position 11th of 19

Junior Men (U17)

17 Theo Machin-Paley (8th U15) 14:37

44 Monte Watson (29th U15) 15:46

51 Finlay Sleeman (35th U15) 16:00

60 Manny Pigney (42nd U15) 16:39

79 finishers
Team position 10th of 28

Junior Women (U17)

10 Phoebe Littler 16:18

16 Megan Greensmith 16:33

19 Millie Pettitt (9th U15) 16:38

28 Ellen Donald (14th U15) 17:04

48 Maxine Chapman 18:51

55 Hailey Knowles 19:57

65 finishers
Team position 7th of 23

Senior Women

4 Hannah Viner 22:08

17 Tara Bage (4th U20) 23:20

19 Emma Burgess 23:30

79 Louise Faherty 26:34

86 Catherine Airey 26:45

98 Sarah Bailey 27:04

104 Jemima Storey 27:13

119 Katie Good 27:47

158 Natasha Cendrowicz 29:33

249 finishers

Match Position 5th

League table after race 2

(Division 1 - top 4 of 10)

1st London Heathside 456 points

2nd Serpentine RC 437 points

3rd Victoria Park & Tower Hamlets 423 points

4th Highgate Harriers 413 points

Senior Men

3 Auden Nordtveit 23:59

12 Robel Bahelbi 24:32

13	Peter Chambers	24:33
20	Chris Rainsford	24:58
29	Robert Wilson	25:27
40	Fergal Smithwick	25:47
48	Sean Renfer	26:07
57	Charlie Hayward	26:21
66	Jonathan Laybourn	26:31
73	Peter Hawkings	26:34
76	Darryl Davison	26:40
95	Yeshwant Chillakuru	27:28
122	Nick Gold	27:59
123	Tal Pelmont	27:59
126	Barnaby Walker	28:06
131	Oliver Kean	28:13
136	Jack Matthewman	28:18
157	Steven Underwood	28:40
161	Brendan Donnelly	28:48
177	Jonathan Deane	29:12
190	Tom Cowling	29:26
201	Anthony Lewis	29:42
221	Duncan Burbidge	29:55
261	Russell Ashford	30:47
264	Andrea Spaccatrosi	30:51
281	Damien Bidaud	31:17
285	Rob Walker	31:25
295	Ben Wood	31:49
306	Nicola Carniato	32:08
386	Martin Bright	34:14
386	Peter Lanfear	35:13

529 finishers

Match Position 1st

League table after race 2

(Division 1 - top 3)

1st	Highgate Harriers	2239 points
2nd	Woodford Green & Essex Ladies	1880 points
3rd	Serpentine RC	1867 points

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

**18th November - London Cross Country Championships
Parliament Hill Fields**

Senior Women

1	Stephanie Davis (Clapham Chasers)	20.24
2	Hannah Viner	20.50
45	Sarah Bailey	24.05
90	Jemima Storey	25.55
162	Natasha Cendrowicz	28.12
235	Sarah Chapman	32.38

275 finishers

Team Positions (top 3 of 26 teams)

1st	London Heathside	50 points
2nd	Herne Hill Harriers	76 points
3rd	Victoria Park & Tower Hamlets	91 points
12th	Highgate Harriers	299 points

Men

1	Kadar Abdullahi (Hillingdon)	33:20
6	Chris Rainsford	33:57

27	Charlie Haywood	35:58
30	Alex Crossland	36:10
33	Darryl Davison	36:36
37	Nikki Faulkner	36:50
50	William de Doncker	37:36
69	Nick Gold	38:30
113	Brendan Donnelly	39:58
127	Oliver Kean	40:25
150	Alex Davidson	41:00
175	Damien Lane	41:46
201	Andrea Spaccatrosi	42:29
220	Rob Walker	43:03
260	Joseph Lowe	44:08
263	Giovanni Carriere	44:14
272	Nicola Carniato	44:25
314	Chris Beecham	45:37
333	Chris Bailey	46:18
388	James Rossiter	48:17

494 finishers

Team Positions (top 4 of 34 teams)

1st	Hillingdon AC	33 points
2nd	Serpentine RC	41 points
3rd	Hercules Wimbledon	46 points
4th	Highgate Harriers	96 points

[Full Results](#)

December 2017

2nd December - Start Fitness Metropolitan Cross Country League



Uxbridge (Race 3 of 5)

Under 11 Boys

27 Alex Driscoll (age 10) 8:03

41 finishers

League position 11th of 20

Under 13 Boys

13 Jesse Hopkins 11:19

61 finishers

League position 13th of 23

Under 13 Girls

10 Millie Aslan 12:33

40 finishers

Team position 9th of 21

Junior Men (U17)

44 Theo Machin-Paley (24th U15) 14:16

50 Theodore Elwes 14:31

81 Manny Pigney (50th U15) 16:03

91 finishers

Team position 14th of 32

Junior Women (U17)

16 Ellen Donald (10th U15) 15:40

40 Maxine Chapman 17:27

42 Isabella Millett (29th U15) 17:38

57 finishers

Team position 7th of 23

Senior Women

4 Hannah Viner 19:55

7 Tara Bage (1st U20) 21:07

9 Emma Burgess 21:12

11 Yasmin Goater 21:20

39 Esther Pigney (3rd U20) 22:39

41 Lisa Wenninger 22:45

57 Kani Henshel Wood 23:37

67 Louise Faherty 24:00

70 Jemima Storey 24:11

128 Natasha Cendrowicz 26:34

220 finishers

Match Position 1st

League table after race 3

(Division 1 - top 4 of 10)

1st London Heathside 693 points

2nd Highgate Harriers 662 points

3rd Serpentine RC 635 points

4th Victoria Park & Tower Hamlets 606 points

Senior Men

2 Auden Nordtveit 23:27

5 Robel Bahelbi 24:07

8 Chris Rainsford 24:19

9 Peter Chambers 24:31

17 Robert Wilson 24:59

18 Fergal Smithwick 25:03

23 Charlie Hayward 25:18

31 Ben Noad (1st M40) 25:23

33 Brahma Pochee 25:27

34 Sean Renfer 25:29

41 Jonathan Laybourn 25:44

46 Darryl Davison 25:55

49 Niki Faulkner 26:02

53 Peter Hawkings 26:05

54 William De Doncker 26:06

55 Henry Murdoch 26:06

67 Andres Chau 26:38

76 Oliver Kean 26:52

81 Ben Pochee 27:03

106 Roger Poolman 27:33

114 Aurel Sinko-Urbe 27:43

118 Brendan Donnelly 27:50

165 Alex Davidson 28:53

169 Russell Ashford 29:01

176 Harry Heatherwink-Lammers 29:11

211 Leo Kirkhaar 29:49

234 Justin Bere 30:14

237	Andrea Spaccatrosi	30:16
248	Rob Walker	30:36
251	Nicola Carniato	30:42
255	Damien Bidaud	30:48
264	Giovanni Carriere	30:59
266	Ben Wood	31:02
273	Joseph Lowe	31:10
312	Dave Gilbert	32:15
334	Martin Bright	33:11
415	Mark Watson	35:51
458	Martin Black	38:55

485 finishers

Match Position 1st

League table after race 3

(Division 1 - top 3)

1st	Highgate Harriers	3485 points
2nd	Serpentine RC	2736 points
3rd	Woodford Green & Essex Ladies	2698 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

1	ISAAC ADNI	16.21
2=	ELLEN DONALD	19.34
2=	RAPHAEL RENEY	19.34
4	ARNOLD HARRISON	19.56
5	STANLEY HARRISON	20.08
6	ALEX QUIN	20.24
7	PETER LAING	20.26
8	KANI HINSHELWOOD	20.28
9	HAMISH DONALD	20.30
10	NIEI AUDHLAM-GARDINER	20.30
11	KATE DRISCOLL	20.46
12	JOHN DRISCOLL	20.47
13	CHRIS GILES	20.53
14	TOLLAN BELL	21.02
15	NATASHA CENDROWICZ	21.11
16	CLARE MCVEY	21.12

17	ANDREW OWEN	21.14
18	HANNAH GILES	21.16
19	MARTIN BLACK	21.18
20	HAILEY KNOWLES	22.07
21	DAVID HOLTBY	23.40
22	ELIZABETH KNOWLES	24.16
23	JAKE BAKER	25.27
24	JAMES FOSBROOK	26.51
25	JUSTIN HIRST	27.21
26	TAVI HIRST	27.25
27	LOU HINSHELWOOD	27.32
28	ELIZABETH FOSBROOK	28.12
29	KATIE LAING	28.49
30	HANNAH ASHMAN	30.26
31	ALIMA DIABATE	30.30
32	EMMA	30.37
33	JACQUI ASHMAN	30.39
34	ADRIAN LAING	30.51
35	EMILY HINSHELWOOD	31.09
36	DEBORAH LAING	33.55
37	GIACOMO	N/A

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