

January 2018

6th January - Middlesex Cross Country Champs Perivale

Under 11 girls (1500m approx)

1	Asmaa Abdirahman (Hillingdon)	7:26
2	Thea Rheinhardt	7:50
4	Ellie Chadwick	8:01
17	Lily Schauer	8:54
20	Eloise Lindley	9:06
30	Lily Boehler	10:15

32 finishers

Under 13 girls (3000m approx)

1	Lara Mannes (Blkhth & Brom)	11:55
3	Isobel Chadwick	12:30
7	Kate Driscoll	12:44
15	Millie Aslan	13:24
23	Hannah Giles	14:00
30	Mae Macadam	14:19
33	Amy Chapman	14:35
39	Nikita Crabb	14:59

53 finishers

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

1st	Thames Valley Harriers	17 points
2nd	Highgate Harriers	25 points
3rd	Hillingdon	51 points

Under 15 girls (4000m approx)

1	Ava White (Blkhth & Brom)	15:23
10	Millie Pettitt	16:59
12	Ellen Donald	17:07
21	Annelise O'Connell	17:41
29	Bianca Le Vu	18:44
43	Isbaella Millet	20:23

49 finishers

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

1st	Blackheath & Bronley	7 points
2nd	London Heathside	26 points
3rd	Highgate Harriers	43 points

Under 17 women (5000m approx)

1	Freya Thomson (Ranelagh)	20:16
16	Hailey Knowles	26:38

18 finishers

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

1st	Ranelagh	11 points
3rd	Ealing, Southall & Middx	26 points
2nd	Shaftesbury Barnet	14 points

Under 20 women (5000m approx)

1	India Weir (TVH)	20:38
4	Esther Pigney	21:56

9 finishers

Senior Women (8000m approx)

1	Gemma Barry (Hillingdon)	31:48
6	Rebecca Johnson	32:48
7	Emma Burgess	32:53
36	Louise Faherty	38:19
39	Jemma Storey	38:36
50	Natasha Cendrowicz	40:34
75	Sarah Chapman	46:38

99 finishers

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

1st	London Heathside	33 points
2nd	Thames Valley Harriers	47 points
3rd	Highgate Harriers	88 points

Under 11 boys (1500m approx)

1	Liam Bailey	7:15
3	Jamie Cameron	7:36
5	Wimeru Nicole	7:39
18	George Parkinson	8:20
19	Arthur Awenat	8:21
23	Alex Scott	8:44
25	Joseph Drinkell	8:57
28	Alex Driscoll	9:28
29	Jack Balme	10:02

32 finishers

Under 13 boys (3000m approx)

1	Sonny Maund (St Marys)	11:19
6	Jesse Hopkins	11:47
12	Franklin Griffiths	12:01
32	Caspar Hopkins	12:54
44	Ezra Banks-Baddiel	13:20
45	Victor Bright	13:34
47	Luca Spacatrosi	13:36

58 finishers

Team positions - 3 to score (top 5 of 9)

1st	London Heathside	16 points
2nd	St Mary's	32 points
3rd	Ealing, Southall & Middx	36 points
4th	Shaftesbury Barnet	43 points
5th	Highgate Harriers	50 points

Under 15 boys (4000m approx)

1	Mohamed Ali (ESM)	13:51
13	Roland Somogyi	15:25
22	Monte Watson	16:09
24	Finlay Sleeman	16:16
29	Eddie Fairhurst	16:34
32	Manny Pigney	16:49

60 finishers

Team positions - 3 to score (top 3 of 11)

1st	Hillingdon	18 points
2nd	Thames Valley Harriers	31 points
3rd	St Mary's	33 points
7th	Highgate Harriers	59 points

Under 17 men (5500m approx)

1	Jem O'Flaherty (L. Heathside)	20:49
5	Isaac Adni	22:18

19 finishers

Team positions - 3 to score (top 1 of 1)

1st Harrow 34 points

Under 20 men (8000m approx)

1 Mukhtar Farah (ESM) 29:19

12 finishers

Team positions - 3 to score (top 1 of 1)

1st Hillingdon 28 points

Senior Men (12000m approx)

1 Abdishakur Abdulle (Hill) 40:07
8 Robert Wilson 42:27
10 Charlie Haywood 42:48
17 Darryl Davison 44:10
52 Alex Davidson 48:05
78 Joseph Lowe 51:11
85 Rob Walker 52:03
88 Duncan Burbidge 52:30
91 Nicola Carniato 52:40
93 Ben Wood 52:45
137 Richard Stewart 60:22

165 finishers

Team positions - 6 to score (top 3 of 11)

1st Hillingdon 83 points
2nd London Heathside 146 points
3rd Vic. Park & Tower Hamlets 170 points
7th Highgate Harriers 250 points

[Full Middlesex 2018 results](#)

14th January - Start Fitness Metropolitan Cross Country League



Wormwood Scrubs (Race 4 of 5)

Under 11 Boys

24 Alex Driscoll (age 10) 7:23
27 Oscar Fletcher (age 9) 7:34
29 Rufus Oglivie (age 9) 7:44

38 finishers

League position 9th of 22

Under 13 Boys

8 Jesse Hopkins 12:32
54 Luca Spaccatrosi 15:00

69 finishers

League position 12th of 23

Under 13 Girls

35 Amy Chapman 15:20

47 finishers

League position 12th of 21

Junior Men (U17)

23	Theo Machin-Paley (15th U15)	15:07
37	Monte Watson (26th U15)	15:51
49	Manny Pigney (36th U15)	16:43

72 finishers

League position 13th of 33

Junior Women (U17)

11	Ellen Donald (7th U15)	16:48
16	Megan greensmith	17:07
44	Maxine Chapman	19:43

60 finishers

League position 9th of 23

Senior Women

1	Hannah Viner	22:08
2	Molly Renfer	22:12
14	Emma Burgess	24:06
46	Lisa Wenninger	26:16
55	Catherine Airey	26:44
74	Katie Good	27:13
90	Louise Faherty	27:55
129	Nici Audhalm-Gardiner	29:13
137	Natasha Cendrowicz	29:44
225	Sarah Chapman	35:25

262 finishers

Match Position 4th

League table after race 4

(Division 1 - top 4 of 10)

1st	London Heathside	952 points
2nd	Highgate Harriers	870 points
3rd	Serpentine RC	856 points
4th	Victoria Park & Tower Hamlets	801 points

Senior Men

3	Auden Nordtveit	26:13
10	Chris Rainsford	26:36
14	Brahma Pochee	27:09
18	Fergal Smithwick	27:28
25	Robert Wilson	27:37
27	Ben Noad (1st M40)	27:45
32	Charlie Hayward	28:00
45	Alex Crossland	28:41
46	Henry Murdoch	28:44
58	Sean Renfer	29:01
59	Laurent Liote	29:01
61	Oliver Kean	29:04
68	Daniel Brewer	29:17
83	Andres Chau	29:32
91	Jack Matthewman	29:39
114	Chris Goldsack	30:09
146	Duncan Burbidge	31:00
150	Alex Davidson	31:04
157	Aurel Sinko-Urbe (11th U20)	31:17
195	Russell Ashford	32:10
246	Tollan Bell (19th U20)	33:06
269	Ben Wood	33:33
283	Joseph Lowe	33:50
311	Nicola Carniato	34:26

313	John O'Gorman	34:33
318	Simon Atkins	34:44
388	Martin Bright	36:41
416	Richard Stewart	37:24
519	Martin Black	42:15

544 finishers

Match Position 1st

League table after race 4

(Division 1 - top 3)

1st	Highgate Harriers	4556 points
2nd	Serpentine RC	3609 points
3rd	Woodford Green & Essex Ladies	3528 points

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

**27th January - South of England Cross Country Championships
Stanmer Park, Brighton**

Under 13 girls (3000m)

42	Kate Driscoll	11:55
43	Lauren Russell	11:56
183	Mae MacAdam	13:36
190	Amy Chapman	13:45
216	Juliet Lummineau	14:46

222 finishers

Team position: 20th of 25 complete teams

Under 13 boys (3000m)

86	Franklin Griffiths	11:26
233	Ripley Watson	13:04

260 finishers

Team position: Incomplete team

Under 15 girls (4000m)

78	Millie Pettitt	15:53
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211 finishers

Team position: Incomplete team

Under 15 boys (4500m)

98	Theo Machin Paley	16:16
142	Monte Watson	16:56
179	Finlay Sleeman	17:31

232 finishers

Team position: Incomplete team

Under 17 women (5000m)

110	Maxine Chapman	23:56
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115 finishers

Team position: Incomplete team

Senior Women (8000m)

10	Hannah Viner	30:33
39	Emma Burgess	32:44
90	Lisa Wenninger	35:33
133	Kani Hinshelwood	37:35
172	Louise Faherty	39:28
210	Natasha Cendrowicz	41:22

351 finishers

Team positions: 8th of 40 complete teams

Senior Men (15000m)

17	Chris Rainsford	53:55
23	Murray Strain	54:16
32	Rob Wilson	55:03
40	Ben Noad	55:26
42	Sean Renfer	55:31
55	Fergal Smithwick	55:57
67	Peter Hawkings	56:23
94	Charlie Haywood	57:30
96	Henry Murdoch	57:34
115	Darryl Davison	58:46
142	Brahma Pochee	59:42
143	Laurent Liote	59:43
180	Robel Bahelbi	61:14
198	Andres Chau	61:37
213	Tom Cowling	62:07
214	Jack Matthewman	62:07
225	Dave Gilbert	62:20
257	Mikey Dan	63:27
261	Alex Davidson	63:32
284	Brendan Donnelly	64:19
323	James Johnson	65:37
354	Russ Ashford	66:43
377	Ben Wood	67:40
378	Nick Gold	67:40
471	Joseph Lowe	71:26
612	Damien Bidaud	77:26
629	James Rossiter	78:33
641	Emmanuel Lumineau	79:29
706	Richard Stewart	86:50

740 finishers

Team positions (top 3 of 55 complete teams)

1	Bedford & County	185 points
2	Highgate Harriers	209 points
3	Serpentine RC	210 points

Full Results from the [SEAA website](#)

February 2018

10th February - Start Fitness Metropolitan Cross Country League



Trent Park (Race 5 of 5)

Under 11 Boys

5	Liam Bailey (age 10)	6:49
28	Alex Driscoll (age 10)	8:27

42 finishers

League position 9th of 22

Under 13 Boys

5	Franklin Griffiths	13:28
38	Ripley Watson	15:41

50 finishers

League position 12th of 23

Under 13 Girls

5	Lauren Russell	14:46
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33 finishers

League position 8th of 22

Junior Men (U17)

16	Theo Machin-Paley (11th U15)	15:29
24	Monte Watson (16th U15)	15:50
41	Manny Pigney (28th U15)	16:53

59 finishers

League position 10th of 33

Junior Women (U17)

14	Ellen Donald (9th U15)	17:17
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42 finishers

League position 9th of 23

Senior Women

1	Hannah Viner	23:20
12	Emma Burgess	25:32
27	Lisa Wenninger	26:33
47	Ashley Scott-Wilson	27:38
63	Kani Hinshelwood	28:26
69	Katie Good	28:46
81	Louise Faherty	29:31
82	Catherine Airey	29:34
94	Sarah Bailey	30:14
195	Sarah Chapman	38:06

225 finishers

Match Position 4th

League table after final race 5

(Division 1 - top 4 of 10)

1st	London Heathside	1196 points
2nd	Serpentine RC	1128 points
3rd	Highgate Harriers	1047 points
4th	Victoria Park & Tower Hamlets	1025 points

Senior Men

6	Chris Rainsford	29:41
12	Robel Bahelbi	30:33
13	Sean Renfer	30:36
15	Robert Wilson	30:43
21	Fergal Smithwick	31:14
31	Henry Murdoch	32:01
39	Laurent Liote	32:24
46	Charlie Hayward	32:46
48	Daniel Brewer	32:51
52	Chris Goldsack (5th U20)	33:03
58	Tom Cowling (6th U20)	33:22
60	Nick Gold	33:23
63	Andres Chau	33:24
68	Ed Spencer	33:28
88	Duncan Burbidge	34:02

96	Jack Matthewman	34:23
98	Alex Davidson	34:25
101	Russell Ashford	34:41
175	Damien Bidaud	37:18
187	Rob Walker	37:39
188	Joseph Lowe	37:40
190	Simon Atkins	37:44
195	Ben Wood	37:48
210	Chris Bailey	38:18
222	John O'Gorman	38:36
279	Richard Stewart	41:09
285	Martin Bright	41:36
306	Emmanuel Lumineau	42:11
326	James Rossiter	43:04
387	Martin Black	49:34

412 finishers

Match Position 1st

League table after final race 5

(Division 1 - top 3)

1st	Highgate Harriers	5630 points
2nd	Serpentine RC	4416 points
3rd	Woodford Green & Essex Ladies	4151 points

Howard Williams Senior Trophy

Men and Women

(top 3 of 23 clubs)

1st	Highgate Harriers	44 points
2nd	Serpentine RC	44 points
3rd	London Heathside	40 points

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

**24th February - English National Cross Country Championships
Parliament Hill Fields, London**

Under 13 girls (3K)

1	Maisy Luke (Cornwall AC)	12:25
85	Isobel Chadwick	13:54
99	Kate Discoll	14:00
131	Lauren Russell	14:15
269	Louise Pradayrol	15:14
300	Nikita Crabb	15:27
363	Amy Chapman	16:03
377	Mae MacAdam	16:12
447	Juliet Lumineau	18:01
448	Natasza Goldsmith	18:03

467 finishers

Team position 19th of 51 teams

Under 13 boys (3K)

1	William Rabjohns (Poole AC)	11:22
126	Jack Bailey	13:06
158	Franklin Griffiths	13:15
191	Jesse Hopkins	13:26
405	Caspar Hopkins	14:36
440	Victor Bright	14:51

466	Ezra Baddiel-Banks	15:01
490	Ripley Watson	15:17
501	Luca Spaccatrosi	15:25
521	Lucas Doukaki	15:53

570 finishers

Team position 31st of 56 teams

Under 15 girls (4K)

1	Sian Heslop (Macclesfield)	14:35
152	Ellen Donald	16:54
212	Millie Pettitt	17:25
232	Annelise O'Connell	17:38

464 finishers

Under 15 boys (4½K)

1	Mahamed Ali (ESM AC)	15:13
188	Roland Somogyi	17:52
227	Monte Watson	18:11
231	Eddie Fairhurst	18:14
265	Finlay Sleeman	18:31
269	Theo Machin-Paley	18:33
459	Charlie Gundy	20:56
471	George Bayley	21:31

504 finishers

Team position 33rd of 52 teams

Under 17 women (5K)

1	Ella McNiven (Liverpool Harriers)	18:27
85	Megan Greensmith	21:24
212	Emillie Sunnucks	23:56
238	Maxine Chapman	25:13
247	Hailey Knowles	25:51

276 finishers

Team position 24th of 26 teams

Under 17 men (6K)

1	David Stone (Shaftesbury)	19:29
160	Alfie Zak	22:59
163	Abel Sinko-Urbe	23:03
197	Isaac Adni	23:28

356 finishers

Junior women (6K)

1	Harriet Knowles-Jones (Warrington)	24:07
83	Esther Pigney	30:15

146 finishers

Junior men (10K)

1	Mahamed Mahamed (Southampton)	31:26
92	Terence Fawden	36:59
156	Aurel Sinko-Urbe	39:47
170	Alistair Sleeman	40:21
190	Tollan Bell	41:14

220 finishers

Team position 11th of 11 teams

Senior Women (8K)

1	Phoebe Law (Kingston & Poly)	28:33
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22	Hannah Viner	30:41
36	Tessa Hill	31:14
70	Rebecca Johnson	32:31
86	Emma Burgess	33:02
148	Ashley Scott	34:37
199	Lisa Wenninger	35:42
310	Kani Hinshelwood	37:35
337	Catherine Airey	38:11
383	Louise Faherty	38:50
475	Sarah Bailey	40:10
484	Natasha Cendrowicz	40:16
516	Nicola Audhlam Gardiner	40:43
952	Sarah Chapman	49:37

1113 finishers

Team positions (Top 6)

1	Sale Harriers Manchester	76 points
2	Cambridge & Coleridge	85 points
3	Leeds City AC	91 points
4	Aldershot, Farnham & District	184 points
5	Ribble Valley Harriers	214 points
6	Highgate Harriers	214 points

112 teams completed

Senior Men (12K)

1	Adam Hickey (Southend On Sea)	39:35
2	Andy Maud	39:44
25	Murray Strain	41:35
40	Chris Rainsford	42:07
89	Shaun Dixon	43:13
105	Robel Bahelbi	43:31
124	Fergal Smithwick	43:53
126	Robert Wilson	43:55
156	Benjamin Noad	44:33
164	Roger Poolman	44:44
227	Henry Murdoch	45:50
304	Alex Crossland	46:40
311	Charlie Haywood	46:48
379	Chris Goldsack	47:32
407	Nick Gold	47:57
419	Andres Chau	48:08
431	Ed Spencer	48:19
453	Gareth Creagh	48:32
482	William De Doncker	48:49
517	Tom Cowling	49:06
588	Duncan Burbidge	49:50
617	Alex Davidson	50:12
625	James Johnson	50:22
707	Russell Ashford	51:03
909	William Dawber	53:09
910	Ben Wood	53:09
1082	Chris Beecham	54:44
1091	Brendan Donnelly	54:49
1289	Damien Bidaud	56:47
1341	Chris Bailey	57:17
1356	Rob Walker	57:22
1610	Richard Stewart	60:12
1796	James Rossiter	62:40

2328 finishers

Team positions (Top 6)

1	Tonbridge	131 points
2	Bristol & West AC	291 points
3	Aldershot, Farnham & District	314 points
4	Highgate Harriers	385 points
5	Cambridge & Coleridge	541 points
6	Shaftesbury Barnet	594 points

162 teams completed

[Full results on the ECCA website](#)

[Photos from Parliament Hill Fields](#) (by Thomas Wallenda)

March 2018

18th March - South of England Road Relay Championships
Milton Keynes

Event cancelled due to weather

April 2018

4th April

Highgate Harriers/City of London Open Meeting
Parliament Hill



[Full Results](#)



14th April - English National Road Relay Championships
Sutton Park - Sutton Coldfield

Men (12 stage)

Leg 1 (L)	Danny Russel (18th)	27:12
Leg 2 (S)	Brahma Pochee (11th)	15:56
Leg 3 (L)	Robel Bahelbi (11th)	27:27
Leg 4 (S)	Peter Chambers (5th)*	15:42
Leg 5 (L)	Andy Maud (1st)**	26:08
Leg 6 (S)	Alex Crossland (1st)	15:51
Leg 7 (L)	Shaun Dixon (2nd)	27:13
Leg 8 (S)	Fergal Smithwick (2nd)	16:10
Leg 9 (L)	Chris Rainsford (2nd)	27:52
Leg 10 (S)	Roger poolman (2nd)	15:44
Leg 11 (L)	Murray Strain (2nd)	27:47
Leg 12 (S)	Robert Wilson (2nd)	15:54

* 10th fastest short leg of the day

** 3rd fastest long leg of the day

L = Long leg / S = Short leg

Team Positions

1	Tonbridge AC	4:17:24
2	Highgate Harriers	4:18:56
3	Swansea Harriers	4:19:42

62 teams finished

[Full results](#)

Women 6 stage

'A' team

Leg 1 (L)	Hannah Viner (8th)	30:41
Leg 2 (S)	Emma Burgess (4th)	18:28
Leg 3 (S)	Rebecca Johnson (4th)	18:29
Leg 4 (L)	Molly Renfer (4th)	31:18
Leg 5 (S)	Tessa Hill (4th)	18:33
Leg 6 (S)	Yasmin Goater (4th)	18:44

Incomplete 'B' team

Leg 1 (L)	Kate Good (47th)	38:17
Leg 2 (S)	Ashley Scott (37th)	19:08
Leg 3 (S)	Kani Hinshelwood (32nd)	21:09

L = Long leg / S = Short leg

Team Positions

1	Leeds City AC	2:11:27
2	Cambridge & Coleridge	2:14:19
3	Rotherham Harriers	2:15:45
4	Highgate Harriers	2:16:13

48 teams finished

[Full results](#)

ERRA 5Km Road Champs

Under 15 boys

11	Jadon Dobson	17:46
14	Theo Machin-Paley	18:20
22	Monte Watson	19:28

27 finishers

Team Positions

1	Aldershot, Farnham & District 'A'	8 points
2	Aldershot, Farnham & District 'B'	28 points
3	Birchfield Harriers	31 points
4	Woodford Green with Essex Ladies	34 points
5	Highgate Harriers	47 points

7 teams finished

[Full results](#)

14th April - Sweatshop Southern Athletics League (Division 3N) Perivale



Match 1 - Division 3N

1	Ealing, Southall & Middx	344 points
2	Biggleswade AC	279 points
3	Basildon	271½ points
4	Highgate Harr. & Mornington Ch.	191½ points
5	Barnet & District	131 points

[Full Results](#)

**21st April - Middlesex Young Athletics League
Parliament Hill**

Match 1

1	Highgate Harriers	1068 points
2	Shaftesbury Barnet	868 points
3	London Heathside	771 points
4	Ealing Southall & Middx	704 points
5	Cookham	668 points
6	Barnet & District AC	606½ points
7	Trent Park	290 points
8	Enfield & Haringey	229 points
9	Serpentine	198 points
10	Queens Park Harriers	0 points

League position after match 1 - 1st of 10

[Full Results](#)

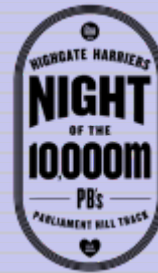
May 2018

**19th May - Highgate Harriers Night of the 10000m PBs
Including the European 10,000m Cup
Parliament Hill**



[Full Results](#)

[Night of the PBs](#)



**20th May - Sweatshop Southern Athletics League (Division 3N)
Watford**



Match 2 - Division 3N

1	Wycombe Phoenix Harriers	297 points
2	Watford Harriers	281 points
3	Highgate Harr. & Mornington Ch.	220 points
4	Vale of Aylesbury	207 points
5	Newham & Essex	197 points
6	Barnet & District	105 points

[Full Results](#)

**26th May - Middlesex Young Athletics League
Perivale**

Match 2

1	Ealing Southall & Middx	924 points
2	London Heathside	887 points

3	Highgate Harriers	872 points
4	Shaftesbury Barnet	825 points
5	Barnet & District AC	589 points
6	Cookham	503 points
7	Queens Park Harriers	377 points
8	Trent Park	325 points
9	Serpentine	285 points
10	Enfield & Haringey	60 points

[Full Results](#)

June 2018

17th June - Middlesex Young Athletics League Finsbury Park

Match 3

1	London Heathside	997 points
2	Shaftesbury Barnet	993 points
3	Ealing Southall & Middx	982 points
4	Highgate Harriers	891 points
5	Barnet & District AC	611 points
6	Cookham	481 points
7	Queens Park Harriers	290 points
8	Serpentine	266 points
9	Enfield & Haringey	250 points
10	Trent Park	202 points

League position after match 3 - 1st of 10

[Full Results](#)

23rd June - Sweatshop Southern Athletics League (Division 3N) Parliament Hill



Match 3 - Division 3N

1	Dacorum & Tring	315 points
2	Highgate Harr. & Mornington Ch.	300½ points
3	Harlow AC	293½ points
4	Biggleswade AC	253 points
5	Enf & Haringey and HAWCS	113 points
6	Loughton AC	53 points

League position after match 3 - 11th of 23

[Full Results](#)

July 2018

14th July - Sweatshop Southern Athletics League (Division 3N)
Parliament Hill



Match 4 - Division 3N

1	Highgate Harr. & Mornington Ch.	289 points
2	Peterborough AC	259 points
3	Ealing, Southall & Middx	253 points
4	Newham & Essex Beagles	181 points
5	Enf & Harringey and HAWCS	116 points
6	Barnet & District	62 points

League position after match 4 - 10th of 23

[Full Results](#)

22nd July - Middlesex Young Athletics League
Allianz Park, Hendon

Match 4

1	Highgate Harriers	1171 points
2	Shaftesbury Barnet	1069 points
3	Ealing Southall & Middx	801 points
4	London Heathside	632 points
5	Barnet & District AC	565 points
6	Cookham	563 points
7	Trent Park	442 points
8	Queens Park Harriers	295 points
9	Serpentine	188 points
10	Enfield & Haringey	177 points

Final league position after match 4 - 1st of 10

[Full Results](#)

August 2018

18th August - Sweatshop Southern Athletics League (Division 3N)
Battersea Park



Match 5 - Division 3N

1	Wycombe Phoenix Harriers	368 points
2	Harlow AC	311 points
3	Serpentine	284 points
4	Ealing, Southall & Middx	246 points
5	Highgate Harr. & Mornington Ch.	178 points

Final league position after match 5 - 11th of 23

[Full Results](#)

September 2018



12th September Highgate Harriers/City of London Open Meeting Parliament Hill

[Full Results](#)



23rd September - South of England Road Relays Crystal Palace

Senior Women 'A' Team

Leg 1	Emma Burgess (12th)	17:28
Leg 2	Hannah Viner (4th)	16:52
Leg 3	Yasmin Goater (2nd)	17:28
Leg 4	Ashley Scott-Wilson (2nd)	18:25

Senior Women Incomplete 'B' Team

Leg 1	J Storey	19:42
Leg 2	Louise Faherty	20:35
Leg 3	Natasha Cendrowicz	22:13
Leg 4		

Team positions

1st	Guernsey AC	69:25
2nd	Highgate Harriers	70:15
3rd	Wycombe Phoenix Harriers	70:23

45 complete teams finished

Senior Men 'A' Team

Leg 1	Robel Bahelbi (11th)	17:55
Leg 2	Robert Wilson (9th)	18:24
Leg 3	Chris Rainsford (5th)	17:40
Leg 4	Terry Fawden (8th)	18:53
Leg 5	Fergal Smithwick (11th)	19:03
Leg 6	Roger Poolman (8th)	17:32

Senior Men 'B' Team

Leg 1	Peter Chambers (51st)	18:59
Leg 2	Sean Renfer (33rd)	18:40
Leg 3	Jonathan Laybourn (24th)	18:39
Leg 4	Charlie Haywood (18th)	18:39
Leg 5	William De Doncker (19th)	19:29
Leg 6	Andres Chau (21st)	19:23

Senior Men 'C' Team

Leg 1	B Pochee (39th)	18:46
Leg 2	J Millet (61st)	21:04
Leg 3	M Mintrom (51st)	19:33
Leg 4	Davis (51st)	20:10
Leg 5	Rob Walker (56th)	23:50

Team positions

1st	Aldershot, Farnham & District 'A'	1:46:07
2nd	Tonbridge AC 'A'	1:46:43
3rd	Cambridge & Coleridge 'A'	1:47:32
	
8th	Highgate Harriers 'A'	1:49:29
21st	Highgate Harriers 'B'	1:53:53
55th	Highgate Harriers 'C'	2:04:06

77 complete teams finished

Over 40 Men

Leg 1	Alex Davidson (13th)Jon Sleeman	20:39
Leg 2	Michael Ussher (9th)	21:08
Leg 3	Andrea Spaccatrosi (10th)	22:23
Leg 4	John O'Shea (14th)	24:28

Team position 14th of 25 complete teams

[Full Results](#)**29th September - North West London YA League
Greenford**[Full Results](#)**October 2018****6th October - English National Relay Championships
Sutton Park, Birmingham****Senior Men 6 stage relay
(6 x 5.88km)****'A' team**

Leg 1	Roger Poolman	17:25 (6th)
Leg 2	Chris Rainsford	17:44 (5th)
Leg 3	Robel Bahelbi	18:07 (3rd)
Leg 4	Robert Wilson	18:24 (8th)
Leg 5	Alex Crossland	18:26 (8th)
Leg 6	Charlie Haywood	18:42 (9th)

'B' team

Leg 1	Jonathan Laybourn	18:44 (49th)
Leg 2	Sean Renfer	18:22 (37th)
Leg 3	Henry Murdoch	19:08 (37th)
Leg 4	Peter Chambers	18:33 (31st)

Leg 5	Andres Chau	19:46 (35th)
Leg 6	William De Doncker	19:47 (39th)

Team positions

1st	Stockport Harriers	1:45:07
2nd	Leeds City AC	1:45:32
3rd	Aldershot, Farnham & District	1:45:40

9th	Highgate Harriers 'A'	1:48:48
39th	Highgate Harriers 'B'	1:54:20

76 complete teams finished

[Full Mens Results](#)

Senior Women 4 stage relay (4 x 4.33km)

'A' team

Leg 1	Emma Burgess	15:46 (24th)
Leg 2	Yasmin Goater	15:24 (12th)
Leg 3	Hanah Viner	14:58 (6th)
Leg 4	Kani Hinshelwood	16:53 (12th)

Team positions

1st	Aldershot, Farnham & District	57:56
2nd	Leeds City AC	59:29
3rd	Tonbridge AC	59:56

12th	Highgate Harriers 'A'	63:01

68 complete teams finished

[Full Womens Results](#)

13th October - Start Fitness Metropolitan Cross Country League



Claybury, Woodford Green (Race 1 of 5)

Under 13 Girls

8	Lauren Russell	12:36
37	Amy Chapman	14:55
39	Juliet Lumineau	15:18

49 finishers

Team position 7th of 17

Junior Men (U17)

23	Theo Machin-Paley (7th U15)	15:22
36	Roland Somogyi	16:01
59	Jack Bailey (29th U15)	17:04
76	Monte Watson (43rd U15)	18:05

94 finishers

Team position 12th of 27

Junior Women (U17)

7	Ellen Donald (4th U15)	17:21
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46 Maxine Chapman 22:10

53 finishers

Team position 11th of 19

Senior Women

2	Rebecca Johnson	22:55
3	Yasmin Goater	23:11
4	Emma Burgess	23:32
12	Rachel Baker	24:13
14	Tessa Strain	24:23
22	Tara Bage	24:56
40	Catherine Airey	26:04
49	Sarah Bailey	26:40
50	Ashley Scott-Wilson	26:43
69	Louise Faherty	27:44
91	Natasha Cendrowicz	29:12

233 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3 of 10)

1st	Highgate Harriers	317 points
2nd	London Heathside	275 points
3rd	Victoria Park & Tower Hamlets	266 points

Senior Men

2	Robel Bahelbi	25:21
11	Roger Poolman	26:37
12	Robert Wilson	26:41
15	Terry Fawden (3rd U20)	26:56
21	Sean Renfer	27:12
25	Henry Murdoch	27:26
26	Peter Chambers	27:37
27	Murray Strain	27:42
29	Jonathan Laybourn	27:47
39	Charlie Hayward	28:13
46	Ben Noad	28:28
47	William De Doncker	28:33
80	Darryl Davison	29:33
94	Andres Chau	30:05
127	Laurence Heyes	30:53
152	Alex Holley	31:30
176	Steven South	32:14
181	Adam Lennox	32:21
195	Michael Ussher	32:41
200	Amon Triba	32:58
207	Nicola Carniato	33:08
209	Ben Wood	33:14
214	Rob Walker	33:22
222	Tom Cowling	33:30
231	Joseph Lowe	33:46
341	Richard Stewart	37:10
380	James Rossiter	38:07
398	Emmanuel Lumineau	39:14
430	Frederick Comman	40:52
431	Mark Watson	40:54
462	Martin Black	44:37

489 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3)

1st	Highgate Harriers	1142 points
2nd	Woodford Green & EL	947 points
3rd	Victoria Park & Tower Hamlets	862 points

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

20th October - SEAA Cross Country Relays Wormwood Scrubs

Under 13 girls (3 x 2km)

'A' team

Leg 1	Jess Parry	9:15
Leg 2	Mae MacAdam	10:09
Leg 3	Amy Chapman	9:39

Team position: 33rd of 34

Under 15 girls (3 x 2km)

'A' team

Leg 1	Ellen Donald	7:48
Leg 2	Louise Pradayrol	8:17
Leg 3	Hannah Giles	8:17

Team position: 17th of 33

Incomplete 'B' team

Leg 1	Kate Driscoll	7:56
Leg 2	Caitlin Buckley	8:34

Under 17 women (3 x 2½km)

'A' team

Leg 1	Maxine Chapman	10:45
Leg 2	Hailey Knowles	10:34
Leg 3	Emilie Sunnucks	9:36

Team position: 24th of 26

Under 13 boys (3 x 2km)

'A' team

Leg 1	Remy Weinbrecht	7:20
Leg 2	Jack Balme	8:25
Leg 3	Wiremu Nicole	7:49

Team position: 14th of 27

'B' team

Leg 1	Luca Spaccatrosi	7:58
Leg 2	Ripley Watson	8:51
Leg 3	Arthur Awenat	9:03

Team position: 24th of 27

Under 15 boys (3 x 2km)

'A' team

Leg 1	Theo Machin-Paley	6:45
Leg 2	Finlay Sleeman	6:57
Leg 3	Monte Watson	7:18

Team position: 8th of 26

'B' team

Leg 1	Jack Bailey	7:44
Leg 2	Ezra Baddiel Banks	8:14
Leg 3	Josh Groves	8:04

Team position: 25th of 26

Senior Men (4 x 5km)

'A' Team

Leg 1	Peter Chambers	14:35
Leg 2	Roger Poolman	13:55
Leg 3	Robert Wilson	14:44
Leg 4	Sean Renfer	14:33

'B' Team

Leg 1	Niki Faulkener	14:05
Leg 2	Jonathan Laybourn	15:04
Leg 3	Andrea Spaccatrosi	17:57
Leg 4	Chris Bailey	21:24

Team positions

1st	Highgate Harriers	57:47
2nd	Belgrave Harriers	57:48
3rd	Thames Valley Harriers	57:49

42 complete teams finished

[Full Results](#)

27th October - North West London YA League Kingsbury

[Full Results](#)

27th October - Liddiard Trophy and North of the Thames Championships Kingsbury

Women (3 miles)

4	Kani Hinshelwood	18:29
9	Catherine Airey	18:46
10	Sarah Bailey	19:10
13	Louise Faherty	19:54
22	Natasha Cendrowicz	20:35

77 finishers

Liddiard Trophy Teams (4 to score)

2nd of 15 teams

North of the Thames Teams (4 to score)

2nd of 16 teams

Men (5 miles)

6	Jonathan Laybourn	25:32
23	Russell Ashford	27:48
26	Jack Matthewman	28:07
47	Adam Lennox	29:35
50	Ben Wood	29:41
54	Andrea Spaccatrosi	30:00
68	Dave Gilbert	30:47
83	Patrick Jarvis	31:55
102	Richard Stewart	33:30
115	Chris Bailey	35:07

137 finishers

Liddiard Trophy Teams (8 to score)

4th of 10 teams

North of the Thames Teams (4 to score)

6th of 25 teams

North of the Thames Teams (6 to score)

4th of 15 teams

North of the Thames Teams (8 to score)

6th of 11 teams

[Full Results at Power of 10](#)

November 2018

10th November - Start Fitness Metropolitan Cross Country League



Welwyn Garden City (Race 2 of 5)

Under 11 Girls

11 Ellie Chadwick (age 10) 6:37
48 finishers
Team position 11th of 18

Under 13 Boys

62 Ripley Watson 13:57
74 finishers
Team position 18th of 21

Under 13 Girls

8 Lauren Russell 13:31
18 Lal Ergun 14:04
29 Serlin Ergun 14:46
42 Amy Chapman 15:32
43 Gabrielle Kennedy 15:35
51 finishers
Team position 5th of 18

Junior Men (U17)

12 Theo Machin-Paley (2nd U15) 15:16
26 Finlay Sleeman (10th U15) 15:55
59 Monte Watson (29th U15) 17:05
63 Jesse Hopkins (32nd U15) 17:29
78 Franklin Griffiths (44th U15) 18:08
99 finishers
Team position 10th of 29

Junior Women (U17)

10 Ellen Donald (5th U15) 17:34
52 Maxine Chapman 21:23
61 finishers
Team position 13th of 20

Senior Women

22 Yasmin Goater 23:39
24 Emma Burgess 23:41
35 Lucy Thraves 24:25
58 Kani Hinshelwood 25:18
61 Ashley Scott-Wilson 25:21

66	Lisa Wenninger	25:32
74	Catherine Airey	25:47
90	Louise Faherty	26:28
102	Lucy Hughes	27:10

266 finishers

Match Position 4th

League table after race 2

(Division 1 - top 3 of 10)

1st	Highgate Harriers	548 points
2nd	Victoria Park & Tower Hamlets	540 points
3rd	London Heathside	532 points

Senior Men

8	Roger Poolman	26:24
18	Robel Bahelbi	27:00
22	Peter Chambers	27:13
27	Sean Renfer	27:25
33	Henry Murdoch	27:42
34	Jonathan Laybourn	27:43
37	Charlie Hayward	27:48
38	Robert Wilson	27:50
54	Fergal Smithwick	28:15
67	William De Doncker	28:40
70	Darryl Davison	28:44
73	Ben Noad	28:52
87	Matt Mintrom	29:21
110	Andres Chau	29:53
131	Russell Ashford	30:24
136	Nick Gold	30:31
152	Brendan Donnelly	30:55
154	Steven Underwood	30:58
168	Tom Crowley	31:16
187	Alex Holley	31:43
190	Danny Isaacs	31:46
252	Amon Triba	32:55
253	Michael Ussher	32:58
270	David Gilbert	33:40
288	Rob Walker	34:08
293	Andrew Shipley	34:17
294	Nicola Carniato	34:19
303	Dave Fowler	34:30
316	Nick Langen	34:53
320	Patrick Jarvis	35:00
377	Frederick Comman	36:22
437	Mark Watson	38:48
458	Chris Bailey	39:55
511	Martin Black	44:19

531 finishers

Match Position 1st

League table after race 2

(Division 1 - top 3)

1st	Highgate Harriers	2375 points
2nd	Victoria Park & Tower Hamlets	1747 points
3rd	London Heathside	1557 points

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

**17th November - London Cross Country Championships
Parliament Hill Fields**

Senior Women

1	Jessica Craig (Herne Hill)	22.35
11	Yasmin Goater	23.19
16	Rachel Baker	24.01
35	Kani Hinshelwood	24.59
53	Sarah Bailey	25.35
55	Catherine Airey	25.36
62	Lisa Wenninger	25.52
80	Louise Faherty	26.22

311 finishers

Team Positions (top 3 of 27 teams)

1st	London Heathside	55 points
2nd	Herne Hill Harriers	84 points
3rd	Highgate Harriers	115 points

Men

1	Paul Martelletti (VPH & TH)	34:55
13	Jonathan Laybourn	36:37
16	Charlie Haywood	37:02
17	Henry Murdoch	37:08
19	Alex Crossland	37:12
24	Sean Renfer	37:27
32	Mark Innocenti	38:02
46	Andres Chau	38:54
62	Matt Mintrom	36:10
82	Russell Ashford	40:45
91	Alex Holley	41:08
98	Tom Crowley	41:23
103	Jack Matthewman	41:32
116	Alex Davidson	42:06
131	William de Doncker	42:33
198	David Gilbert	44:21
211	Nicola Carniato	44:38
223	Andrea Spaccatrosi	44:49
270	Joseph Lowe	46:11
303	Richard Stewart	47:41
305	John O'Shea	47:47
324	Damien Bidaud	48:25
367	Duncan Burbidge	50:38
370	James Rossiter	50:49
379	Chris Bailey	51:22
414	Mark Watson	54:02
417	Rob Walker	54:12

461 finishers

Team Positions (top 3 of 35 teams)

1st	Thames Valley Harriers	32 points
2nd	Highgate Harriers	65 points
3rd	Serpentine RC	81 points

[Full Results](#)

**24th November - North West London YA League
Trent Park**

[Full Results](#)

December 2018

1st December - Start Fitness Metropolitan Cross Country League



Uxbridge (Race 3 of 5)

Under 13 Girls

29 Amy Chapman 16:57

48 finishers

Team position 14th of 19

Junior Men (U17)

22 Theo Machin-Paley (6th U15) 15:51

39 Jadon Dodson 16:25

43 Finlay Sleeman (15th U15) 16:28

46 Eddie Fairhurst 16:45

60 Jack Bailey (28th U15) 17:14

65 Jesse Hopkins (32nd U15) 17:36

72 Franklin Griffiths (39th U15) 17:44

91 Alex Burns 19:18

106 finishers

Team position 9th of 30

Junior Women (U17)

13 Ellen Donald (4th U15) 18:16

52 Maxine Chapman 21:23

64 finishers

Team position 15th of 18

Senior Women

5 Emma Burgess 26:25

6 Yasmin Goater 26:30

14 Lucy Thraves 26:55

20 Rachel Baker 27:23

56 Louise Faherty 29:40

74 Lucy Hughes 30:36

100 Natasha Cendrowicz 32:08

215 finishers

Match Position 4th

League table after race 3

(Division 1 - top 3 of 10)

1st London Heathside 816 points

2nd Victoria Park & Tower Hamlets 816 points

3rd Highgate Harriers 783 points

Senior Men

2 Roger Poolman 27:35

7 Robel Bahelbi 28:00

24 Charlie Hayward 28:56

26 Jonathan Laybourn 29:02

29 Fergal Smithwick 29:12

35	Sean Renfer	29:28
37	Henry Murdoch	29:35
47	Ben Noad	29:59
59	William De Doncker	30:24
98	Russell Ashford	32:07
108	Alex Davidson	32:22
123	Tom Cowling	32:39
127	Alex Holley	32:44
143	Leon Cerrone	33:05
145	Duncan Burbidge	33:09
150	Steven Underwood	33:14
167	Steven South	33:44
175	Lewis Freeman	33:55
216	David Gilbert	35:01
223	Dave Fowler	35:17
231	Nicola Carniato	35:30
243	Rob Walker	35:54
261	Frederick Comman	36:39
287	Richard Stewart	37:40
312	Chris Bailey	38:54
320	Matt Gilbride	39:16
343	Dave Sutherland	40:48
345	Mark Watson	40:53
365	Sharaz Badr-Eddine	42:49
385	Martin Black	44:36

413 finishers

Match Position 1st

League table after race 3

(Division 1 - top 3)

1st	Highgate Harriers	3394 points
2nd	Victoria Park & Tower Hamlets	2657 points
3rd	London Heathside	2428 points

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

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

1	Matt Mintrom	15.47
2	Isaac Adni	15.57
3	Alex Chase	19.12
4	Kate Jenrick	19.19
5	Martin Bright	19.26
6	Chris Giles	19.43
7	Peter Laing	20.08
8	Jacques Lorraine	20.35
9	Hannah Giles	20.43
10	Hailey Knowles	21.21
11	Arnold Harrison?	21.23
12	Mog Aslan	21.24
13	Woody Nicole *	21.37
14	Tim Nicole	21.37
15	Martin Black	22.11
16	Mike Smith	22.17
17	Hannah Ashman	22.38
18	Joseph Drinkell	23.05
19	Daniel Hickson	23.05

20	Pete Drinkell	23.08
21	Carla Cutler **	24.28
22	Tony Cutler	24.28
23	Jake Baker	24.39
24	Sophie Lorraine	24.58
25	lucas Mattieson	25.08
26	Donald Mattieson	25.09
27	Elizabeth Knowles	25.15
28	Clare Drinkell	25.22
29	Iris Hickson	25.37
30	Adrienne Quartley	26.57
31	Jen Hickson	26.59
32	Andy Hickson	27.00
33	??	27.05
34	Stanley Harrison	27.07
35	Adrian	27.10
36	April Hughes	27.13
37	John Driscoll	27.14
38	Kate Driscoll	27.30
39	David Laing	27.30
40	Martin ??????	27.40
41	Adrian Laing	29.05
42	Joe Ashman	29.15
43	Mrs Ashman	30.07
44	Harry Ashman	30.08
45	Deborah Laing	33.18

* Ran an extra 1k

** Youngest runner of the day

[Back to January](#)