



## MIDDLESEX COUNTY AA CHAMPIONSHIPS RESULTS SHEET

### Senior Men - 12,000m (approx)

Position	Time	Number	Name	Club
1	38:18	109	Phillip Crout	SBH
2	38:20	116	Alex Lepretre	Barnet
3	38:34	140	Christopher Wright	Serpentine
4	39:08	112	Will Ryle-Hodges	SBH
5	39:38	179	Hugo Cayssials	TVH
6	39:40	2	Daniel Carpenter	E&H
7	39:43	74	Robert Wilson	Highgate
8	40:02	34	Robert Thompson	Hillingdon
9	40:05	198	Chris Smith	TVH
10	40:09	135	Jonathon Poole	Serpentine
11	40:14	36	Aramias Zeraton	Hillingdon
12	40:19	100	Tom Aldred	L.Heathside
13	40:45	9	Nick Impey	Ranelagh
14	40:46	167	Aaron McGrady	VPH&THAC
15	40:46	62	Jonathan Laybourn	Highgate
16	40:51	199	Sayed Yusuf	TVH
17	40:51	132	Will Green	Serpentine
18	40:55	207	Moe Hashi	ESM
19	41:03	110	Matthew Grant	SBH
20	41:12	183	James Ellis	TVH
21	41:24	180	Robert Collins	TVH
22	41:38	80	Charles Hardy	L.Heathside
23	41:51	185	Daniel Garcia-Rasines	TVH
24	41:57	141	Hugh Torry	Serpentine
25	42:08	68	Sean Renfer	Highgate
26	42:15	26	James Laing	Hillingdon
27	42:17	57	Darryl Davison	Highgate
28	42:21	174	Matthew Stevens	VPH&THAC
29	42:29	87	Pete Northall	L.Heathside
30	42:50	16	Jim Cooper	Harrow
31	43:06	129	Daniel De Palol	Serpentine
32	43:08	114	Ben Boxer	Barnet
33	43:17	190	Andrew Mitchell	TVH
34	43:28	133	James Gillanders	Serpentine
35	43:31	21	Fahad Abdi	Hillingdon
36	43:31	191	Calum Nicol	TVH
37	43:33	204	Peter Flewitt	ESM
38	43:33	4	Mike Boucher	AF&D

39	43:37	14	Chris Jones	Harrow
40	43:43	165	William Kirk	VPH&THAC
41	43:49	103	Andy Barnes	L.Heathside
42	43:55	162	Stephen Fabes	VPH&THAC
43	43:58	59	Nick Gold	Highgate
44	44:01	19	Jonathan Hill	Harrow
45	44:02	159	Joe Dale	VPH&THAC
46	44:04	171	Samuel Priestley	VPH&THAC
47	44:05	89	Francesco Melloni	L.Heathside
48	44:12	43	Matthew Kitching	QPH
49	44:14	95	Joseph McKeown	L.Heathside
50	44:24	29	Richard Mann	Hillingdon
51	44:39	97	Alex Sweet	L.Heathside
52	44:40	60	Alex Holley	Highgate
53	44:50	121	Carl Redondo	Trent Park
54	44:57	214	Santosh Rai	ESM
55	45:14	163	Michael Hughes	VPH&THAC
56	45:21	8	Ted Mockett	Ranelagh
57	45:23	78	Peter Gould	L.Heathside
58	45:38	125	Jose Manuel Pabon	Ealing Eagles
59	45:39	217	Nick Steel	ESM
60	45:41	187	Gordon Low	TVH
61	45:44	81	Martin Potter	L.Heathside
62	45:56	90	Scarlett Parker	L.Heathside
63	46:06	154	Simeon Bennett	VPH&THAC
64	46:12	6	Mark Herbert	Ranelagh
65	46:19	227	Gregory Smith	West 4
66	46:23	27	Paul Leppard	Hillingdon
67	46:29	201	Reece Asik	ESM
68	46:35	195	Todd Oates	TVH
69	46:38	203	Mukhtar Farah	ESM
70	46:45	99	Matthew Cockerill	L.Heathside
71	46:49	200	Akira Anzai-Jackson	ESM
72	46:53	25	Scott Farley	Hillingdon
73	46:55	3	Des Crinion	Dulwich R
74	46:57	50	Sam Sutherland	QPH
75	46:58	106	Danny O'Reilly	L.Heathside
76	47:36	63	Adam Lennox	Highgate
77	47:39	111	Robert Rigby	SBH
78	47:41	79	Joseph Clemoes	L.Heathside
79	47:43	148	Ronan Hoare	Mornington C
80	47:48	211	Mark Kencroft	ESM
81	47:49	102	Tom Haworth	L.Heathside
82	47:52	77	Gavin Evans	L.Heathside
83	48:08	17	Declan Traynor	Harrow
84	48:13	10	Crispin Allen	The Stragglers
85	48:21	181	Manuel Da Silva	TVH
86	48:22	136	Jonathon Moscrop	Serpentine
87	48:26	47	Tom Mann	QPH
88	48:28	101	Mark Jefford	L.Heathside
89	48:31	215	Martin Shelley	ESM

90	48:32	194	Stephen Norris	TVH
91	48:35	94	Nick Ohora	L.Heathside
92	48:39	169	Hugh Murdoch	VPH&THAC
93	48:43	107	Paul Mercer	L.Heathside
94	48:52	209	Elliot Jones	ESM
95	48:53	76	Matt Collins	L.Heathside
96	48:59	156	Richard Bryant	VPH&THAC
97	49:00	202	Rob Brown	ESM
98	49:05	223	Will Sutton	West 4
99	49:13	72	Rob Walker	Highgate
100	49:27	64	Joseph Lowe	Highgate
101	49:41	75	Ben Wood	Highgate
102	49:46	54	Nicola Carniato	Highgate
103	49:48	18	Sam Fenn	Harrow
104	49:50	88	Rajiv Ratan	L.Heathside
105	49:52	126	Nils-Kristian Liborg	Ealing Eagles
106	49:55	224	Duncan Grassie	West 4
107	49:58	40	Martin Hanicinec	QPH
108	50:03	130	Lewis Greaves	Serpentine
109	50:10	98	Anthony Leonard	L.Heathside
110	50:15	41	William Harrison	QPH
111	50:17	84	Tom Bedwell	L.Heathside
112	50:25	39	Matthew Duckett	QPH
113	50:26	20	David Maund	St.Marys
114	50:28	91	Andrew Owen	L.Heathside
115	50:30	58	Dave Fowler	Highgate
116	50:35	188	James Malcolm	TVH
117	50:37	32	David Smith	Hillingdon
118	50:40	218	Andy Bowen	West 4
119	50:44	86	Jonathan Litchfield	L.Heathside
120	50:57	117	Michael Martin	Barnet
121	51:06	152	James Kerne	Metros
122	51:12	164	Scott Kelly	VPH&THAC
123	51:21	216	James Steel	ESM
124	51:39	11	Simon Brazil	The Stragglers
125	51:53	104	Francois Barou	L.Heathside
126	52:16	228	Michael Charles	ESM
127	52:21	12	Nick Brown	The Stragglers
128	52:23	122	David Birks	Trent Park
129	52:43	124	Firas Alhawat	Ealing Eagles
130	52:47	212	Ian Leslie	ESM
131	52:52	108	Mark George	L.Heathside
132	52:58	205	David Goodenough	ESM
133	53:39	176	Chris Xenos	VPH&THAC
134	53:40	186	Richard Hooley	TVH
135	53:41	153	Jag Matharu	Metros
136	53:51	69	James Rossiter	Highgate
137	53:55	220	Tom Newman	West 4
138	53:57	155	Simon Bonner	VPH&THAC
139	54:00	208	Sean Hill	ESM
140	54:17	115	Peter Ellis	Barnet

141	54:28	5	Markus Atkins	Ranelagh
142	54:32	192	Christian Nielson	TVH
143	54:33	142	Andrew Roberts	Serpentine
144	54:37	83	Richard Peachment	L.Heathside
145	54:57	118	Matthew Sleeman	Barnet
146	55:05	193	Simon Nixon	TVH
147	55:08	170	Iain O'Donnell	VPH&THAC
148	55:23	139	Neal Bradford	Serpentine
149	55:28	53	Chris Bailey	Highgate
150	55:57	127	Paul Dodounou	Ealing Eagles
151	56:12	225	Peter Jeffery	West 4
152	56:23	206	Ricky Grimes	ESM
153	56:40	184	David Ford	TVH
154	56:51	45	Sean Lightbown	QPH
155	56:58	178	Richard Bell	TVH
156	57:17	119	Chris Violet	Barnet
157	57:40	73	Mark Watson	Highgate
158	57:47	222	Adrian Smith	West 4
159	57:59	210	Liam Kencroft	ESM
160	58:07	137	Robert Whitmarsh	Serpentine
161	58:21	93	Marco Maserati	L.Heathside
162	58:44	33	Trevor Steeples	Hillingdon
163	59:16	48	Bertie Miller	QPH
164	59:30	219	Gary Robinson	West 4
165	59:39	131	Paul Ogden	Serpentine
166	59:54	44	Tim Lewin	QPH
167	60:23	105	Tim Sander	L.Heathside
168	60:51	38	Patrick Brennan	QPH
169	61:16	138	Peter Macintosh	Serpentine
170	61:22	172	David Shortridge	VPH&THAC
171	62:25	51	Charles Tatham	QPH
172	64:35	145	Alon Caspi	Mornington C
173	65:06	113	Nick Bingham	Barnet
174	76:28	49	William O'Connor	QPH
175	80:12	151	Stephen West	Mornington C

**Team Results (6 to score):**

1. TVH (5, 9, 16, 20, 21, 23) = 94
2. Serpentine (3, 10, 17, 24, 31, 34) = 119
3. Highgate (7, 15, 25, 27, 43, 52) = 169
4. Hillingdon (8, 11, 26, 35, 50, 66) = 196
5. L. Heathside (12, 22, 29, 41, 47, 49) = 200
6. VPH&THAC (14, 28, 40, 42, 45, 46) = 215
7. ESM (18, 37, 54, 59, 67, 69) = 304
8. QPH (48, 74, 87, 107, 110, 112) = 538
9. Barnet (2, 32, 120, 140, 145, 156) = 595
10. West 4 (65, 98, 106, 118, 137, 151) = 675

**12 to score (first team outside first 3 teams above):**

- L. Heathside (12, 22, 29, 41, 47, 49, 51, 57, 61, 62, 70, 75) = 576