

# North London Cross Country Championships

Saturday, 30th October 2021

At Hillingdon House Form, Uxbridge, UB8 1ES

## Men's Championships

1	R.Thompson	SM	Hillingdon AC A Team	27:51	57	H.Claxton	VM40	Ealing Eagles Running Club	35:36
2	A.Zeration	SM	Hillingdon AC A Team	28:00	58	J.Lowe	VM40	Highgate Harriers	35:44
3	A.Millberry	SM	VPH&Tower Hamlets A Team	28:13	59	B.Roche	SM	VPH&Tower Hamlets C Team	35:51
4	J.Poole	SM	Serpentine RC A Team	28:23	60	J.Leith	SM	Eton Manor AC	36:13
5	J.Wooldridge	SM	London Heathside AC	28:41	61	N.Liborg	VM40	Ealing Eagles Running Club	36:15
6	J.Hotham	SM	VPH&Tower Hamlets A Team	28:47	62	J.M.Pabon	SM	Ealing Eagles Running Club	36:18
7	J.Laing	SM	Hillingdon AC A Team	29:08	63	Fernades-Lawes	SM	Ealing Eagles Running Club	36:25
8	J.Dale	VM40	VPH&Tower Hamlets A Team	29:10	64	T.Butler	VM40	Shaftesbury Barnet Harriers	36:26
9	J.Taylor-Caldwell	SM	Ealing Southall & Middx AC	29:45	65	A.Jackson	VM40	Queens Park Harriers	36:26
10	J.Submeier	SM	Serpentine RC A Team	29:52	66	R.Sommerville	VM40	Eton Manor AC	36:32
11	H.Torry	VM40	Serpentine RC A Team	29:56	67	F.Womelsdorf	VM40	Serpentine RC B Team	36:35
12	J.Cornuad	SM	VPH&Tower Hamlets A Team	29:59	68	A.Davies	SM	Mornington Chasers	36:59
13	I.Abukar	SM	London Heathside AC	30:04	69	J.Moscrop	VM40	Serpentine RC B Team	37:10
14	P.Dyson	SM	VPH&Tower Hamlets A Team	30:24	70	R.Jenkin	VM40	Hillingdon AC B Team	37:13
15	P.Flewitt	VM40	Ealing Southall & Middx AC	30:27	71	R.Scott	VM40	Barnet & District AC	37:15
16	Kieran Morris	SM	London Heathside AC	30:28	72	P.Norris	SM	Harrow AC	37:23
17	J.Cooper	VM40	Harrow AC	30:56	73	J.Kalman	SM	Ealing Eagles Running Club	37:24
18	Z.Knill	SM	VPH&Tower Hamlets A Team	30:59	74	S.Manktelow	VM40	Trent Park Running Club	37:31
19	M.Bateman	VM40	Hillingdon AC A Team	31:12	75	R.Toone	SM	VPH&Tower Hamlets C Team	37:33
20	P.O'Sullivan	SM	Harrow AC	31:19	76	G.Braine	VM40	Queens Park Harriers	37:36
21	G.Hughes	SM	Serpentine RC A Team	31:35	77	P.York	VM40	Ealing Southall & Middx AC	37:41
22	M.Boulton	SM	VPH&Tower Hamlets B Team	31:44	78	J.Brosnan	VM40	Queens Park Harriers	37:45
23	D.Thompson	SM	Hillingdon AC A Team	31:46	79	D.Digweed	SM	Shaftesbury Barnet Harriers	38:21
24	W.Morris	SM	Barnet & District AC	31:56	80	K.Koloko	VM40	Barnet & District AC	38:22
25	J.Arrowsmith	VM40	Trent Park Running Club	32:01	81	P.Reupke	VM40	Queens Park Harriers	38:30
26	C.Redondo	VM40	Trent Park Running Club	32:08	82	S.Bonner	VM40	VPH&Tower Hamlets C Team	38:39
27	T.Mendes	SM	VPH&Tower Hamlets B Team	32:18	83	A.Malyan	VM40	Hillingdon AC B Team	38:49
28	C.Gracie	SM	London Heathside AC	32:22	84	J.O'Shea	VM40	Highgate Harriers	38:59
29	L.Holbrook	SM	Hillingdon AC A Team	32:28	85	C.Bailey	VM40	Highgate Harriers	39:05
30	P.Boddey	VM40	Eton Manor AC	32:35	86	A.Maizer	VM40	Serpentine RC B Team	39:33
31	S.Sutherland	SM	Queens Park Harriers	32:35	87	A.Tilly	VM40	Hillingdon AC B Team	39:55
32	P.Brennan	VM40	Trent Park Running Club	32:35	88	M.Quirke	VM40	Queens Park Harriers	40:06
33	S.Moss	VM40	Trent Park Running Club	32:39	89	P.Ellis	VM40	Barnet & District AC	40:12
34	P.Thomas	SM	VPH&Tower Hamlets B Team	32:41	90	B.Lamichane	VM40	Ealing Eagles Running Club	40:24
35	J.Gillanders	VM40	Serpentine RC A Team	32:42	91	P.Dodounou	VM40	Ealing Eagles Running Club	41:05
36	A.Davidson	VM40	Highgate Harriers	32:43	92	O.Humphreys	VM40	Ealing Eagles Running Club	41:10
37	C.Edwards	SM	Hillingdon AC B Team	32:47	93	I.Ahmed	VM40	Serpentine RC B Team	41:42
38	G.Fernandez	SM	Eton Manor AC	33:16	94	S.Li	VM40	Serpentine RC B Team	41:48
39	M.Curons	VM40	Harrow AC	33:19	95	C.Violet	VM40	Barnet & District AC	41:52
40	J.Polo Lopez	VM40	Hillingdon AC B Team	33:22	96	K.Parker	VM40	Trent Park Running Club	42:19
41	G.White	SM	Eton Manor AC	33:23	97	P.J.Ogden	VM40	Serpentine RC B Team	42:25
42	S.Fitzpatrick	SM	Mornington Chasers	33:35	98	J.Rose	VM40	Trent Park Running Club	42:52
43	S.Bennett	VM40	VPH&Tower Hamlets B Team	33:56	99	S.Lammel	VM40	Hillingdon AC B Team	42:54
44	J.Northcott	VM40	London Heathside AC	34:04	100	M.Searle	VM40	Hillingdon AC	43:00
45	R.Rigby	VM40	Shaftesbury Barnet Harriers	34:16	101	C.Armitage	VM40	Serpentine Running Club	43:06
46	S.Sivathas	SM	Queens Park Harriers	34:35	102	D.Shortridge	VM40	VPH&Tower Hamlets C Team	44:06
47	M.Kencroft	VM40	Ealing Southall & Middx AC	34:40	103	D.Byrne	VM40	Barnet & District AC	44:08
48	P.Whitehouse	SM	Serpentine RC A Team	34:51	104	E.Byrne	VM40	Mornington Chasers	44:36
49	M.Kalerniak	VM40	Queens Park Harriers	34:55	105	T.Steeple	VM40	Hillingdon AC	44:58
50	V.Valeanu	VM40	London Heathside AC	35:01	106	P.Hart	VM40	Trent Park Running Club	45:18
51	T.Murray	VM40	VPH&Tower Hamlets B Team	35:06	107	J.Falvey	VM40	Ealing Southall & Middx A	45:41
52	A.Walker	VM40	Trent Park Running Club	35:14	108	G.Homewood	VM40	Mornington Chasers	45:44
53	L.Stibbard-Hawkes	SM	Mornington Chasers	35:16	109	G.Akrigg	VM40	VPH&Tower Hamlets C Team	45:51
54	M.Ogg	SM	VPH&Tower Hamlets B Team	35:20	110	L.Tabraham	VM40	Eton Manor AC	50:54
55	D.Cato	VM40	Eton Manor AC	35:25	111	W.Burbridge-James	VM40	VPH&Tower Hamlets C Team	54:45
56	L.Connor	SM	London Heathside AC	35:28					

## Men's Teams

VPH&Tower Hamlets A Team	61	3 + 6 + 8 + 12 + 14 + 18
Hillingdon AC A Team	81	1 + 2 + 7 + 19 + 23 + 29
Serpentine RC A Team	129	4 + 10 + 11 + 21 + 35 + 48
London Heathside AC	156	5 + 13 + 16 + 28 + 44 + 50
VPH&Tower Hamlets B Team	231	22 + 27 + 34 + 43 + 51 + 54
Trent Park Running Club	242	25 + 26 + 32 + 33 + 52 + 74
Eton Manor AC	290	30 + 38 + 41 + 55 + 60 + 66
Queens Park Harriers	345	31 + 46 + 49 + 65 + 76 + 78
Ealing Eagles Running Club	406	57 + 61 + 62 + 63 + 73 + 90
Hillingdon AC B Team	416	37 + 40 + 70 + 83 + 87 + 99
Barnet & District AC	462	24 + 71 + 80 + 89 + 95 + 103
Serpentine RC B Team	506	67 + 69 + 86 + 93 + 94 + 97
VPH&Tower Hamlets C Team	538	59 + 75 + 82 + 102 + 109 + 111

## Men's Vets Teams

Trent Park Running Club	116	25 + 26 + 32 + 33
Serpentine Running Club	182	11 + 35 + 67 + 69
Victoria Park & Tower Hamlets	184	8 + 43 + 51 + 82
Hillingdon AC	212	19 + 40 + 70 + 83
Eton Manor AC	261	30 + 55 + 66 + 110
Highgate Harriers	263	36 + 58 + 84 + 85
Queens Park Harriers	268	49 + 65 + 76 + 78
Ealing Eagles Running Club	299	57 + 61 + 90 + 91
Barnet & District AC	335	71 + 80 + 89 + 95

## Women's Championships

1	E.Divetain	SW	London Heathside A Team	33:07	35	Rukin-White	SW	Eton Manor AC A Team	41:13
2	C.Coulon	VW35	Hillingdon AC A Team	33:10	36	A.Sikorska	VW35	Trent Park Running Club	41:26
3	N.Sheel	SW	Serpentine RC A Team	33:25	37	Z.Dobbs	VW35	Hillingdon AC A Team	41:38
4	S.Flanaghan	VW35	Eton Manor AC A Team	33:58	38	Y.Istrefi	VW35	Barnet & District A Team	41:42
5	H.Wells	SW	Hillingdon AC A Team	34:46	39	A.Drake	SW	Barnet & District A Team	42:27
6	L.Ashe	SW	Harrow AC	34:54	40	J.Berry	VW35	VPH&Tower Hamlets B Team	42:31
7	J.Armson	VW35	Queens Park Hrs A Team	34:56	41	S.Kennedy	VW35	Queens Park Hrs A Team	42:35
8	K.Alpe	VW35	Trent Park RC (Guest)	35:06	42	A.Woulfe	VW35	London Heathside A Team	42:39
9	A.Baird	VW35	Trent Park Running Club	35:24	43	K.O'Rourke	VW35	Hillingdon AC B Team	42:48
10	L.Hunt	SW	London Heathside A Team	35:35	44	A.Fiedlerova	SW	VPH&Tower Hamlets B Team	43:00
11	S.Gerrie	VW35	Ealing Southall & Middx A	36:19	45	I.Gray-Cauvin	VW35	Hillingdon AC B Team	43:15
12	K.Harris	VW35	Queens Park Hrs A Team	36:20	46	K.Ellis	SW	Barnet & District AC	43:16
13	E.Dimmer	SW	Shaftesbury Barnet Harriers	36:22	47	M.Hodson	VW35	Eton Manor AC B Team	43:35
14	L.Briggs	SW	VPH&Tower Hamlets A Team	36:24	48	L.Conway	VW35	Hillingdon AC B Team	43:53
15	S.Allen	SW	VPH&Tower Hamlets A Team	36:34	49	C.Bazlen	SW	Mornington Chasers	44:10
16	J.Haymann	VW35	Eton Manor AC A Team	36:51	50	Pannell	VW35	Eton Manor AC B Team	44:39
17	N.Payne	SW	Ealing Southall & Middx A	37:03	51	S.Ralphs	SW	Barnet & District AC	44:42
18	S.Harris	VW35	Ealing Southall & Middx A	37:03	52	E.Battson	VW35	VPH&Tower Hamlets C Team	44:48
19	S.Cowper	VW35	Ealing Southall & Middx A	37:12	53	B.Wallace	SW	London Heathside AC	45:48
20	E.Seager	SW	VPH&Tower Hamlets A Team	37:21	54	J.Barrow-Green	VW35	VPH&Tower Hamlets C Team	46:02
21	V.Wong	VW35	VPH&Tower Hamlets A Team	37:36	55	A.Nicholson	SW	Queens Park Harriers	46:38
22	S.Bailey	VW35	Queens Park Hrs A Team	37:43	56	J.Durrant	VW35	Eton Manor AC B Team	46:42
23	L.Smith	SW	Ealing Southall & Middx AC	37:54	57	A.Caspi	VW35	Mornington Chasers	47:19
24	C.Kennedy	SW	London Heathside A Team	37:59	58	J.Hood	VW35	Ealing Eagle Running Club	47:29
25	M.Taylor	SW	Serpentine RC A Team	39:42	59	B.Paey	SW	VPH&Tower Hamlets C Team	47:34
26	J.Squire	VW35	Barnet & District A Team	39:46	60	N.Sepanj	SW	Hillingdon AC B Team	47:37
27	A.Jukes	SW	VPH&Tower Hamlets B Team	39:51	61	Z.Scholar	VW35	Eton Manor AC B Team	47:43
28	A.Trihan	VW35	VPH&Tower Hamlets B Team	40:08	62	E.Henderson	SW	Hillingdon AC	47:52
29	S.McIntosh	VW35	Ealing Southall & Middx AC	40:08	63	L.Ni Annrachain	SW	VPH&Tower Hamlets C Team	48:32
30	F.Russell	VW35	Mornington Chasers	40:15	64	L.Ainsworth	VW35	Ealing Eagle Running Club	48:41
31	S.Boxer	VW35	Barnet & District A Team	40:21	65	C.Sowerby	VW35	Serpentine RC A Team	49:10
32	S.Bolister	SW	Eton Manor AC A Team	40:26	66	E.Aryeetey	VW35	Mornington Chasers	50:37
33	J.Watt	VW35	Ealing Eagle Running Club	40:39	67	C.Boutle	VW35	Barnet & District AC	51:19
34	L.Hyde	VW35	Hillingdon AC A Team	41:06	68	M.Tonaki	VW35	Serpentine RC A Team	53:05

## Women's Teams

Ealing Southall & Middx A	65	11 + 17 + 18 + 19
VPH&Tower Hamlets A Team	70	14 + 15 + 20 + 21
London Heathside A Team	77	1 + 10 + 24 + 42
Hillingdon AC A Team	78	2 + 5 + 34 + 37
Queens Park Hrs A Team	82	7 + 12 + 22 + 41
Eton Manor AC A Team	87	4 + 16 + 32 + 35
Barnet & District A Team	134	26 + 31 + 38 + 39
VPH&Tower Hamlets B Team	139	27 + 28 + 40 + 44
Serpentine RC A Team	161	3 + 25 + 65 + 68
Hillingdon AC B Team	196	43 + 45 + 48 + 60
Mornington Chasers	202	30 + 49 + 57 + 66
Eton Manor AC B Team	214	47 + 50 + 56 + 61
VPH&Tower Hamlets C Team	228	52 + 54 + 59 + 63

## Women's Vets Teams

Queens Park Harriers	41	7 + 12 + 22
Ealing Southall & Middx AC	48	11 + 18 + 19
Eton Manor AC	67	4 + 16 + 47
Hillingdon AC	73	2 + 34 + 37
Victoria Park & Tower Hamlets	89	21 + 28 + 40
Barnet & District AC	95	26 + 31 + 38
Mornington Chasers	153	30 + 57 + 66
Ealing Eagle Running Club	155	33 + 58 + 64

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## Youtube Films Available

### Men's Race

<https://youtu.be/kplGfBqJoPo>

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### Women's Race

<https://youtu.be/6kNI2r1skPk>

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