

January 2015

3rd January - Middlesex Cross Country Champs Alexandra Palace

Under 13 girls (3000m approx)

7	Sasha Fear	14:55
9	Emma Williets	15:09
17	Milly Dunne	16:16
21	Ellen Donald	16:53
22	Maxine Chapman	17:13
25	Isabella Millett	17:28
28	Alan Brennan	17:44
29	Hannah Sekkides	17:57

32 finishers

Team positions (top 3 of 5)

1st	Highgate Harriers	33 points
2nd	Shaftesbury Barnet Harriers	35 points
3rd	Thames Valley Harriers	37 points

Under 15 girls (4000m approx)

7	Anna Willis	15:41
17	Constnza Di Borgoricco	16:27
27	Daisy Griffin	17:42
31	Senga Russell-Donn	18:01

41 finishers

Team positions (top 3 of 7)

1st	Thames Valley Harriers	6 points
2nd	Ealing, Southall & Middx	43 points
3rd	Highgate Harriers	51 points

Under 17 women (5000m approx)

2	Georgia Fear	19:39
8	Hannah Ballhemier	22:54

11 finishers

Under 20 women (5000m approx)

1	Hannah Viner	18:53
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4 finishers

Senior Women (8000m approx)

2	Ashley Scott	31:10
3	Hattie Brock (guest)	31:13
9	Emma Burgess	32:32
25	Sophie Sheldrake	36:00
28	Louise Faherty	36:09

70 finishers

Team positions (top 3 of 9)

1st	Thames Valley Harriers	47 points
2nd	London Heathside	61 points
3rd	Highgate Harriers	64 points

Under 13 boys (3000m approx)

6	Alex Fitzpatrick	13:15
16	Monk Watson	14:23
19	Ennis Barnet	14:31
20	Theo Machin Paley	14:37

27	Lorcan Barnet	15:24
29	Conleth Gallagher	15:46
31	Oran Gallagher	16:35
35	Felix Bright	17:14
38	Harvey Dodd	17:57

38 finishers

Team position 5th of 7 teams

Under 15 boys (4000m approx)

1	Dempster Fawden	13:14
8	Abel Sinko-Urbe	14:17
10	Tal Pelmont	14:27

35 finishers

Team positions (top 3 of 8)

1st	Highgate Harriers	19 points
2nd	Ealing, Southall & Middx	24 points
3rd	Thames Valley Harriers	30 points

Under 17 men (6000m approx)

1	Terry Fawden	21:07
8	Aurel Sinko-Urbe	22:34
13	Oliver Kemp	23:20
19	Gabriel Barnett	25:25
20	Arnold Harrison	26:11

22 finishers

Team positions (top 3 of 3)

1st	Highgate Harriers	22 points
2nd	Trent Park	23 points
3rd	London Heathside	46 points

Senior Men (12000m approx)

6	Jonny Laybourn	41:09
7	Rob Wilson	41:31
9	Fergal Smithwick	41:45
19	John Deane	43:21
22	Tom Christopher	44:07
24	Peter Downie	44:23
29	Duncan Burbidge	45:06
37	Chris Beecham	46:04
49	Kerr Millar	46:59
65	Richard Stewart	48:02
67	Rob Walker	48:04
80	Alex Davidson	49:11
94	Joseph Lowe	50:18
114	Martin Bright	52:36
138	Dominic Smith	57:58
141	Steve Scruton	58:17

154 finishers

Team positions (top 3 of 10)

1st	Hillingdon	82 points
2nd	Highgate Harriers	87 points
3rd	Victoria Park & Tower Hamlets	119 points

[Full Middlesex 2015 results](#)

[Photos from Alexandra Palace](#) (courtesy Mark Easton)



Under 13 Girls

14	Milly Dunne	13.56
16	Isabella Millett	14.01

37 finishers

Team position 7th of 16

Under 17 Men

7	Aurel Sinko-Uribe	13:33
10	Alexander Machin-Paley	13:43
14	Alistair Sleeman	13:48
16	Ben Hatch	13:59
18	Abel Sinko-Uribe (6th U15)	14:05
24	Adam Stewart	14:24
31	Tal Pelmont (11th U15)	14:36

60 finishers

Match Position 1st

League table after race 4

(top 3 of 25)

1st	Trent Park RC	901 points
2nd	Highgate Harriers	898 points
3rd	Ealing, Southall & Middx	732 points

Senior Women

5	Hannah Viner (1st U20)	23:54
8	Esther Evans (1st V40)	24:11
9	Ashley Scott	24:11
10	Harriet Brock (2nd U20)	24:19
21	Emma Burgess	25:24
41	Emma Dixon (5th U20)	26:34
47	Louise Faherty	27:14
59	Sophie Sheldrake	27:54
71	Sarah Bailey	28:39
74	Natasha Cendrowicz	28:52
142	Sarah Chapman	34:27

164 finishers

Match Position 2nd

League table after race 4

(Division 1 - top 3)

1st	Shaftesbury Barnet Harriers	1046 points
2nd	Highgate Harriers	1030 points
3rd	London Heathside	1008 points

Senior Men

2	Audun Nordveit	30.26
3	Shaun Dixon	30.30
13	Ben Noad	31.28
19	Sean Renfer	32.06
21	Jonny Laybourn	32.22
24	Robert Wilson	32.31
29	Robel Bahelbi	32.54
32	Fergal Smithwick	33.03
35	Ryan McKinlay	33.19

40	Greg Rimmer (2nd U20)	33.51
43	Jonathan Deane	33.59
48	Peter Downie	34.16
51	Tom Christopher	34.23
54	Brahma Pochee	34.27
63	Guillaume Cribier	34.46
78	Peter Hawkins	35.31
84	Michael Ussher	35.39
86	Laurent Liote	35.42
123	Rob Walker	37.04
130	Richard Stewart	37.16
170	Alex Davidson	38:22
214	Jon Sleeman	39.51
221	Joseph Lowe	40.04
223	Martin Bright	40.08
276	Nick Stockman	42.52
277	Pierce Boyle (U20)	42.54
301	Andy Ball	44.07
322	Steve Scruton	45.26
360	Martin Black	49.54

389 finishers

Match Position 1st of 10

League table after race 4

(Division 1 - top 3)

1st	Highgate Harriers	4235 points
2nd	Serpentine RC	4062 points
3rd	Woodford Green with Essex Ladies	3730 points

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

[Photos from Horsenden Hill](#)

(courtesy Mark Easton)

**24th January - South of England Cross Country Championships
Stanmer Park, Brighton**

Under 13 girls (3000m)

53	Sasha Fear	12:11
128	Dorothy Brock	12:58
172	Milly Dunne	13:26
198	Isabella Millet	13:46
210	Tamar Pelmont	14:03

247 finishers

Team position: 22nd of 31 complete teams

Under 13 boys (3000m)

55	Finlay Doyle	11:18
109	Roland Somogyi	11:46
183	Conleth Gallagher	12:34
185	Oran Gallagher	12:36
212	Lorcan Barnett	13:23
221	Felix Bright	14:02

227 finishers

Team position: 23rd of 25 complete teams

Under 15 girls (4000m)

66	Phoebe Littler	16:11
78	Anna Willis	16:27
108	Daisy Griffin	16:50

120	Constanza di Borgoricco	16:57
175	Jessica Wilkinson	17:46

235 finishers

Team position: 14th of 27 complete teams

Under 15 boys (4500m)

24	Dempster Fawden	15:57
94	Abel Sinko-Urbe	17:01
180	Tal Pelmont	18:24
224	Filip Bastien	20:17

233 finishers

Team position: 27th of 34 complete teams

Under 17 women (5000m)

23	Georgia Fear	19:10
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146 finishers

Under 17 Men (6000m)

16	Terry Fawden	21:31
67	Alexander Machin-Paley	23:03
94	Alistair Sleeman	23:49
95	L Griffin	23:53
105	Oliver Kemp	24:19
107	H Marouf	24:24

156 finishers

Team position: 7th of 13 complete teams

Under 20 women (6000m)

10	Hattie Brock	24:48
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51 finishers

Under 20 Men (8000m)

63	Sam Willis	30:58
95	Andrew Collins	34:51
105	Pierce Boyle	38:38

108 finishers

Senior Women (8000m)

28	Esther Evans	32:34
54	Emma Burgess	34:03
181	Natasha Cendrowicz	40:04
208	Sophie Sheldrake	41:09

352 finishers

Team position: 18th of 41 complete teams

Senior Men (15000m)

7	Murray Strain	51:01
26	Ben Noad	53:08
54	Jonny Laybourn	54:40
66	Shaun Dixon	55:11
67	Rob Wilson	55:14
108	Brahma Pochee	56:51
137	Guillaume Cribier	57:51
166	Tom Christopher	58:46
172	Peter Downie	58:59
182	P Hawkins	59:16
224	Oliver Kean	60:16
252	Laurent Liote	61:15
271	Michael Ussher	61:39

313	Richard Stewart	63:03
334	Rob Walker	63:34
396	Alex Davidson	65:34
407	David Gilbert	65:44
426	Kerr Millar	66:17
658	Ryan McKinlay	74:27
707	John O'Shea	77:11

857 finishers

Team positions (6 to score)

1	Bedford & County	150 points
2	Belgrave	229 points
3	Highgate Harriers	328 points

55 teams finished

February 2015

7th February - Active Training World Metropolitan Cross Country League
Wormwood Scrubs (Race 5 of 5)



Highgate Men win Metropolitan League title for third successive year



Graham Norris

Under 11 Boys & Girls

5	Jesse Hopkins (age 10)	6:43
37	Sian Tilbury (age 10)	8:37

43 finishers

Under 13 Boys

26	Lorcan Barnett	14:23
30	Theo Elwes	14:55
34	Manny Pigney	15:20

42 finishers

Match position 9th
Final league position after race 5 - 10th of 21

Under 13 Girls

22	Dorothy Brock	15:45
27	Milly Dunne	16:24

41 finishers

Match position 10th
Final league position after race 5 - 11th of 20

Under 17 Men

7	Aurel Sinko-Uribe	13.29
10	Abel Sinko-Uribe (3rd U15)	13.42
13	Ben Hatch	13.56
18	Alistair Sleeman	14:09
25	Louis Griffin	14:28
27	Oliver Kemp	14.42
36	Adam Stewart	15:02

55 finishers

Match position 2nd

Final League table after race 5

(Top 3 of 25)

1st	Trent Park RC	1075 points
2nd	Highgate Harriers	1074 points
3rd	Thames Valley Harriers	877 points

Senior Women

9	Harriot Brock (1st U20)	26:28
17	Emma Burgess	27:23
21	Eleanor Harrison (2nd U20)	27:48
30	Gemma Rous	28:31
44	Louise Faherty	29:20
104	Lucy McGuinness	32:54
144	Sarah Chapman	37:05

162 finishers

Match Position 5th

Final League table after race 5

(Division 1 - top 3)

1st	London Heathside	1230 points
2nd	Shaftesbury Barnet Harriers	1217 points
3rd	Highgate Harriers	1199 points

Senior Men

2	Phil Wylie	24:57
3	Audun Nordtveit	25:03
6	Shaun Dixon	25:22
10	Ben Noad	26:07
11	Sean Renfer	26:09
22	Jonny Laybourn	26:30
28	Robert Wilson	26:46
36	Peter Hawkins	27:18
42	Darryl Davison	27:32
44	Ryan McKinley	27:40
47	Michael Dan	27:51
48	Robel Balhebi	27:51

61	Peter Downie	28:17
73	Dominic Smith	28:35
86	Laurent Liote	28:58
117	David Gilbert	29:53
140	Richard Stewart	30:19
157	Rob Walker	30:47
177	Alex Davidson	31:20
180	Chris Bailey	31:28
199	Martin Bright	31:54
203	Jon Sleeman	31:57
221	Joseph Lowe	32:32
296	Andy Ball	34:58
304	Gus Hinestrosa	35:22

377 finishers

Match Position 1st

Final League table after race 5

(Division 1 - top 3)

1st	Highgate Harriers	5405 points
2nd	Serpentine RC	5122 points
3rd	Woodford Green with Essex Ladies	4450 points

Howard Williams Trophy

(Combined senior men and women)

1st	Highgate Harriers	40 points
2nd	Serpentine RC	38 points
3rd	London Heathside	38 points

Overall Individual Standings

(Men - top 6)

1st	Audun Nordtveit (Highgate)	1796 points
2nd	Michael Callegari (Shaftesbury)	1794 points
3rd	Shaun Dixon (Highgate)	1788 points
4th	Glen Watts (Shaftesbury)	1783 points
5th	Glenn Hughes (Serpentine)	1779 points
6th	Richard Phillips (Serpentine)	1768 points

(Women - top 6)

1st	Rachel Felton (Shaftesbury)	800 points
2nd	Naomi Taschimowitz (Shaftesbury)	794 points
3rd	Sarah Pemberton (Serpentine)	786 points
4th	Hannah Viner (Highgate)	780 points
5th	Tracey Barlow (Thames Valley)	779 points
6th	Hattie Brock (Highgate)	763 points

Full Results from the [Met League website](#) [Photos from Wormwood Scrubs](#) (by Thomas Wallenda)

21st February - English National Cross Country Championships Parliament Hill Fields

Under 13 girls (3K)

1	Olivia Grace Mason (Border Harriers)	12:32
77	Sasha Fear	14:06
89	Ellie Gilmore	14:15
177	Emma Williets	15:01
284	Dorothy Brock	15:45

314	Isabella Millet	16:06
346	Millie Dunne	16:29
352	Florence Mace Horan	16:35
397	Hannah Sekkides	17:30

433 finishers

Team position 25th of 49 teams

Under 13 boys (3K)

1	Tommy Dawson (Leeds City)	11:49
147	Roland Somogyi	14:02
300	Oran Gallagher	15:20
356	Felix Bright	16:26
366	Conleth Gallagher	16:51
372	Augustin Quarez	17:13

395 finishers

Team position 41st of 42 teams

Under 15 girls (4K)

1	Kathleen Faes (Tonbridge AC)	14:41
65	Phoebe Littler	17:05
212	Costanza Di Borgoric	18:57
228	Daisy Griffin	19:16
276	Senga Russell Don	20:02

379 finishers

Team position 30th of 40 teams

Under 15 boys (4½K)

1	George Groom (Shaftesbury Barnet)	15:48
79	Abel Sinko-Urbe	17:40
180	Tal Pelmont	18:40
344	Dempster Fawden	21:20

371 finishers

Under 17 women (5K)

1	Harriet Knowles-Jone (Warrington)	18:22
16	Georgia Fear	20:29
179	Marjolaine Briscoe	25:35

235 finishers

Under 17 men (6K)

1	Mahamed Mahamed (Southampton AC)	20:00
79	Terrence Fawden	23:02
127	Alistair Sleeman	23:50
156	Alexander Machin-Paley	24:24
192	Oliver Kemp	25:14
209	Louis Griffin	25:42
256	Heewa Marouf	27:34

280 finishers

Team position 14th of 22 teams

Junior women (6K)

1	Rebecca Murray (Bedford & County)	22:48
21	Hattie Brock	25:18

130 finishers

Junior men (10K)

1	Jonathan Davies (Reading AC)	33:26
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134 Sam Willis 41:03

190 finishers

Senior Women (8K)

1	Lillian Partridge (AFD)	30:07
34	Becky Penty	33:16
38	Esther Evans	33:21
117	Emma Burgess	36:12
207	Louise Faherty	38:39
318	Natasha Cendrowicz	40:44
325	Nora Rossberg	40:53
794	Kirat Nandra	55:32

865 finishers

Team position 10th of 93 teams

Senior Men (12K)

1	Charlie Hulson (Sale harriers)	39:12
10	Audun Nordtveit	40:16
47	Shaun Dixon	41:50
58	Ben Noad	42:15
99	Chris Rainsford	43:35
110	Robel Bahelbi	43:43
113	Jonathan Laybourn	43:45
242	Peter Hawkins	45:54
243	Alex Davidson	45:54
297	Darryl Davison	46:50
300	Jon Deane	46:53
352	Dominic Smith	47:35
383	Peter Downie	47:56
502	Chris Beecham	49:20
540	Laurent Liote	49:48
548	Oliver Kean	49:55
566	Duncan Burbidge	50:03
596	Rob Walker	50:29
656	Maarten Van Der Hoeven	51:05
774	Richard Stewart	52:18
920	Jon Sleeman	53:51
993	Chris Bailey	54:34
1014	Fergal Smithwick	54:50
1053	Jack Matthewman	55:20
1086	Martin Bright	55:44
1253	Mark Townsend	57:35
1316	Joseph Lowe	58:23
1376	Kevin Linehan	59:11
1507	Kerr Millar	61:12
1572	Steve Scruton	62:08
1753	Gregory O'Toole	66:02

2005 finishers

Team positions (6 to score)

1	Notts AC	213 points
2	Bedford & County AC	265 points
3	Leeds City AC	355 points
4	Highgate Harriers	437 points
5	Morpeth Harriers	484 points

145 teams completed

9-to-score team position 4th of 74

March 2015

22nd March - Middlesex Masters Cross Country Championships Trent Park

Men M40/M50 combined

3	Chris Beecham (3rd M40)	30:55
11	Michael Ussher (3rd M50)	32:26
15	Alex Davidson (5th M50)	32:45
21	Martin Bright (13th M40)	34:06
22	Chris Bailey (9th M50)	34:26
26	John O'Shea (11th M50)	35:38
36	Steve Scruton (19th M50)	38:59
48	Martin Black (29th M50)	43:20

54 finishers

M50 Team positions (3 to score)

1st	Harrow	7 points
2nd	Highgate Harriers	17 points
3rd	Trent Park	43 points

Women

8	Louise Faherty	29:37
34	Natasha Cendrowicz	34:45
49	Kirat Nandra	40:29

55 finishers

[Full Results](#)

29th March - South of England Road Relay Championships Stantonbury Athletics Stadium, Milton Keynes

Men (12 stage)

'A' team

Leg 1 (L)	Robel Bahelbi (9th)	24:48
Leg 2 (S)	Michael Dan (11th)	16:36
Leg 3 (L)	Shaun Dixon (6th)	24:09
Leg 4 (S)	Brahma Pochee (5th)	16:31
Leg 5 (L)	Chris Rainsford (3rd)	24:43
Leg 6 (S)	Peter Hawkings (3rd)	16:19
Leg 7 (L)	Sean Renfer (5th)	26:10
Leg 8 (S)	Darryl Davison (6th)	16:37
Leg 9 (L)	Robert Wilson (6th)	26:11
Leg 10 (S)	Ben Pochee (6th)	17:04
Leg 11 (L)	Jonny Laybourn (9th)	25:58
Leg 12 (S)	Peter Downie (9th)	16:46

Long leg = 7664m / Short leg = 5053m

Incomplete 'B' team

Leg 1 (L)	Alex Davidson (42nd)	29:06
Leg 2 (S)	Oliver Keane (37th)	17:01
Leg 3 (L)	John O'Shea (42nd)	31:56
Leg 4 (S)	Duncan Burbidge (41st)	17:30
Leg 5 (L)	Richard Stewart (40th)	30:45

Leg 6 (S)	Dan Higgins (39th)	18:32
Leg 7 (L)	Tom Christopher (41st)	35:50
Leg 8 (S)	Kerr Millar (40th)	19:28
Leg 9 (L)	Jonathan Deane (41st)	34:52
Leg 10 (S)		
Leg 11 (L)		
Leg 12 (S)		

Long leg = 7664m / Short leg = 5053m

Team Positions

1	Shaftesbury Barnet Harriers	4:05:27
2	Kent AC	4:07:33
3	Newham & Essex Beagles	4:08:54
....
9	Highgate Harriers	4:11:52

39 teams finished

Women (6 stage) 5053m

Leg 1	Hattie Brock (13th)	18:42
Leg 2	Emma Burgess (9th)	19:22
Leg 3	Sophie Sheldrake (8th)	19:48
Leg 4	Nora Rossberg (10th)	21:00
Leg 5	Vicky Frew (8th)	19:21
Leg 6	Louise Faherty (9th)	20:50

Team Positions

Team Positions

1	Aldershot, Farnham & District	1:49:17
2	Belgrave Harriers	1:53:12
3	Cambridge & Coleridge	1:54:44
....
9	Highgate Harriers	1:59:03

37 teams finished

[Full results](#)

April 2015

11th April - English National Road Relay Championships Sutton Park - Sutton Coldfield

Men (12 stage)

Leg 1 (L)	Robel Bahelbi (14th)	27:44
Leg 2 (S)	Darryl Davison (17th)	16:48
Leg 3 (L)	Chris Rainsford (10th)	28:18
Leg 4 (S)	Jonathan Laybourn (12th)	16:49
Leg 5 (L)	Ben Noad (11th)	28:28
Leg 6 (S)	Robert Wilson (11th)	16:31
Leg 7 (L)	Danny Russell (10th)	28:06
Leg 8 (S)	Peter Hawkings (11th)	16:40
Leg 9 (L)	Auden Nordtveit (8th)	27:39
Leg 10 (S)	Sean Renfer (9th)	16:52
Leg 11 (L)	Murray Strain (5th)	27:51
Leg 12 (S)	Brahma Pochee (7th)	16:34

L = Long leg / S = Short leg

Team Positions

1	Morpeth Harriers & AC	4:21:52
2	Notts AC	4:23:06
3	Leeds City AC	4:25:34
....
7th	Highgate Harriers	4:28:20

60 teams finished

[Full results](#)

Women 6 stage (Incomplete team)

Leg 1	Ashley Scott (31st)	35m 57s
Leg 2		
Leg 3		
Leg 4		
Leg 5		
Leg 6		

Team Positions

1	Aldershot, Farnham & District	2:13:49
2	Bristol & West AC	2:16:44
3	Swansea Harriers	2:17:01

40 teams finished

[Full results](#)

15th April - Highgate Harriers/City of London Open Meeting Parliament Hill

[Full Results](#)

25th April - Sweatshop Southern Athletics League (Division 2W) Perivale



Match 1 - Division 2W

1	Harrow	214½ points
2	Radley AC	165½ points
3	Highgate Harriers	152 points
4	Worthing	139 points

League position after match 1 - 12th of 16

[Full Results](#)

May 2015

2nd May - Youth Development League (Southern NE 3A Division) Eltham



Match 1

1	Cambridge Harriers	490 points
2	Newham & Essex Beagles	403 points

3	Dartford Harriers	399 points
4	Victoria Park & Tower Hamlets	382 points
5	London Heathside	376 points
6	Highgate Harriers	362 points
7	Belgrave Harriers	330 points

[Full Results](#)



**16th May - Highgate Harriers Night of the 10000m PBs
Parliament Hill**

[Full Results](#)

[Power of 10 Results](#)

[Alastair Aitken's Race Report](#)

[YouTube Video](#)



**30th May - Youth Development League (Southern NE 3A Division)
Parliament Hill**



Match 2

1	Newham & Essex Beagles	552½ points
2	Victoria Park & Tower Hamlets	531 points
3	Highgate Harriers	469 points
4	Belgrave Harriers	429 points
5	Cambridge Harriers	393½ points
6	London Heathside	363 points
7	Dartford Harriers	294 points

[Full Results](#)

**31st May - Sweatshop Southern Athletics League (Division 2W)
Carshalton**



Match 2 - Division 2W

1	Wycombe	194 points
2	Hillingdon	171 points
3	Epsom & Ewell	165 points
4	Highgate Harriers	160 points

[Full Results](#)

June 2015

**20th June - Sweatshop Southern Athletics League (Division 2W)
Parliament Hill**



Match 3 - Division 2W

1	Highgate Harriers	241 points
2	Newbury	228 points
3	Winchester	144 points
4	Andover/Overton	67 points

[Full Results](#)

**21st June - Youth Development League (Southern NE 3A Division)
Mile End**



Match 3

1	Highgate Harriers	530 points
2	Victoria Park & Tower Hamlets	514 points
3	Newham & Essex Beagles	508 points
4	Cambridge Harriers	463 points
5	Belgrave Harriers	433 points
6	Dartford Harriers	286 points
7	London Heathside	212 points

League position after match 3 - 4th of 7

[Full Results](#)

July 2015

**4th July - Sweatshop Southern Athletics League (Division 2W)
Yeovil**



Match 4 - Division 2W

1	Yeovil Olympiads	241 points
2	Oxford City	181 points
3	Highgate Harriers	168 points
4	Ealing, Southall & Middx	107 points

League position after match 4 - 10th of 16

[Full Results](#)

**18th July - Youth Development League (Southern NE 3A Division)
Parliament Hill**



Match 4

1	Newham & Essex Beagles	621 points
2	Victoria Park & Tower Hamlets	591 points
3	Highgate Harriers	439 points
4	Cambridge Harriers	409 points
5	London Heathside	310 points
6	Dartford Harriers	288 points
7	Belgrave Harriers	225 points

Final league position after match 4 - 3rd of 7

[Full Results](#)

August 2015

**15th August - Sweatshop Southern Athletics League (Division 2W)
Woking**



Match 5 - Division 2W

1	Woking	232 points
2	Highgate Harriers	181 points
3	Plymouth/Erme Valley/Tavistock	146 points
4	Barnet & Shaftesbury Barnet	101 points

Final League position after match 5 - 9th of 16

[Full Results](#)

September 2015

**9th September - Highgate Harriers/City of London Open Meeting
Parliament Hill**

[Full Results](#)

**13th September - Middlesex Young Athletes Relays
Minet Park, Hayes**



[Full Results](#)

**19th/20th September - South of England Road Relays
Aldershot**

Senior Women 'A' Team

Leg 1	Sophie Sheldrake	13:59 (18th)
Leg 2	Georgia Fear	13:56 (9th)
Leg 3	Hattie Brock	14:01 (5th)
Leg 4	Ashley Scott (13th fastest)	13:25 (4th)

Team positions

1st	Cambridge & Coleridge	53:51
2nd	Bedford & County	54:03
3rd	Aldershot, Farnham & District	54:50
4th	Highgate Harriers	55:21

64 complete teams finished

Senior Men 'A' Team

Leg 1	Robel Bahelbi (=16th fastest)	18:27 (6th)
Leg 2	Chris Rainsford	18:36 (4th)
Leg 3	Danny Russell (=14th fastest)	18:26 (1st)
Leg 4	Andy Maud (3rd fastest)	17:57 (1st)
Leg 5	Auden Nordveit (=10th fastest)	18:16 (1st)
Leg 6	Shaun Dixon	18:32 (1st)

Senior Men 'B' Team

Leg 1	Jonathon Laybourne	19:37 (26th)
Leg 2	Ben Noad	19:21 (19th)
Leg 3	Ben Pochee	19:34 (20th)
Leg 4	Brahma Pochee	20:25 (20th)

Leg 5	Peter Hawkings	19:39 (15th)
Leg 6	Fergal Smithwick	19:45 (13th)

Senior Men 'C' Team

Leg 1	Tom Christopher	20:42 (44th)
Leg 2	James Millett	21:11 (49th)
Leg 3	Sean Renfer	19:35 (41st)
Leg 4	Michael Dan	20:34 (40th)
Leg 5	Laurent Liote	22:00 (40th)
Leg 6	Jon Deane	21:36 (40th)

Senior Men 'D' Team

Leg 1	Oliver Deane	21:05 (50th)
Leg 2	Alex Davidson	21:42 (58th)
Leg 3	Martin Bright	23:30 (63rd)
Leg 4	Andrew Collins	22:04 (60th)
Leg 5	Jon Oviasu	29:02 (69th)
Leg 6	Michael Cribbin	21:01 (64th)

Team positions

1st	Highgate Harriers 'A'	1:50:14
2nd	Belgrave Harriers 'A'	1:51:32
3rd	Aldershot, Farnham & District 'A'	1:52:40

13th	Highgate Harriers 'B'	1:58:21
40th	Highgate Harriers 'C'	2:05:38
64th	Highgate Harriers 'D'	2:18:24

69 complete teams finished

[Full Results](#)

October 2015

3rd October - English National Relay Championships Sutton Park, Birmingham

Senior Men 6 stage relay

'A' team

Leg 1	Robel Bahelbi	18:00 (19th)
Leg 2	Andy Maud (fastest of the day)	17:03 (1st)
Leg 3	Chris Rainsford	18:07 (2nd)
Leg 4	Robert Wilson	18:40 (5th)
Leg 5	Ben Noad	18:51 (10th)
Leg 6	Ben Pochee	18:58 (9th)

'B' team

Leg 1	Fergal Smithwick	18:54 (51st)
Leg 2	Jonathan Laybourn	18:51 (46th)
Leg 3	James Millett	18:47 (36th)
Leg 4	Sean Renfer	18:39 (29th)
Leg 5	Michael Dan	20:00 (28th)
Leg 6	Oliver Kean	19:48 (32nd)

Team positions

1st	Tonbridge AC	1:47:24
2nd	Derby AC	1:47:29
3rd	Central AC	1:47:38

9th	Highgate Harriers 'A'	1:49:39
31st	Highgate Harriers 'B'	1:54:59

68 complete teams finished

[Full Mens Results](#)

Senior Women 4 stage relay

'A' team

Leg 1	Hannah Viner	15:28 (22nd)
Leg 2	Georgia Fear	15:34 (19th)
Leg 3	Hattie Brock	15:52 (15th)
Leg 4	Ashley Scott	15:22 (12th)

Incomplete 'B' team

Leg 1	Emma Burgess	16:16 (42nd)
Leg 2		
Leg 3		
Leg 4		

Team positions

1st	Swansea Harriers	59:14
2nd	Bristol & West AC	59:51
3rd	Vale Royal AC	1:00:03

12th Highgate Harriers 1:02:16

67 complete teams finished

[Full Womens Results](#)

10th October - Start Fitness Metropolitan Cross Country League



Claybury, Woodford Green (Race 1 of 5)

Under 11 Boys & Girls

6	Jesse Hopkins (age 10)	5:42
31	Amy Chapman (age 9)	6:50

65 finishers

Under 13 Girls

17	Millie Dunne	13:42
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37 finishers

Team position 12th of 17

Under 13 Boys

10	Theo Machin-Paley	11:53
11	Lucas Porter	11:55
22	Finlay Sleeman	12:40
58	Tristan Lumineau	15:49

59 finishers

Team position 5th of 22

Under 17 Women

3	Phoebe Littler (1st U15)	16:32
9	Emma Williets (6th U15)	17:06
28	Daisy Griffin (20th U15)	18:35
33	Esther Pigney	18:42

37 Maxine Chapman (26th U15) 19:05

61 finishers

Team position 3rd of 21

Under 17 Men

1	Terry Fawden	13:29
10	Aurel Sinko-Urbe	14:43
11	Tal Pelmont	14:53
12	Ram Choudhury	14:53
18	Austin Harris (4th U15)	15:05
23	Oliver Kemp	15:23
25	Adam Stewart	15:26
29	Alistair Sleeman	15:36
33	Abel Sinko-Urbe (9th U15)	15:41
66	Gabriel Barnett	16:37
70	Alfie Zak (34th U15)	16:55
79	Raphael Rossiter	17:35

95 finishers

Match Position 1st

League table after race 1

(top 3 of 29)

1st	Highgate Harriers	350 points
2nd	Herts Phoenix	325 points
3rd	Trent Park RC	312 points

Senior Women

2	Svenja Abel	21:11
3	Hannah Viner (1st U20)	22:04
5	Ashley Scott-Wilson	22:16
12	Alex Gounelas	22:51
14	Harriot Brock	22:55
19	Emma Burgess	23:24
37	Anna McCutcheon	24:50
59	Sarah Bailey	26:01
90	Natasha Cendrowicz	27:35
105	Lucy McGuinness	28:10
151	Sarah Chapman	30:53
194	Anna Murray	36:24

198 finishers

Match Position 1st

League table after race 1

(Division 1 - top 3 of 10)

1st	Highgate Harriers	296 points
2nd	Serpentine RC	244 points
3rd	London Heathside	223 points

Senior Men

5	Chris Rainsford	25:23
6	Robel Bahelbi	25:24
14	Robert Wilson	26:18
15	Ben Pochee	26:20
21	Fergal Smithwick	26:43
26	Jonny Laybourn	27:07
28	Sean Renfer	27:12
47	Peter Downie	28:17
55	Laurent Liote	28:34
63	Oliver Keane	28:55
70	Tom Christopher	29:11

78	Michael Ussher	29:23
86	David Gilbert	29:35
106	Jack Matthewman	30:14
110	Rob Walker	30:16
121	James Johnson	30:32
130	Alex Davidson	30:47
145	Justin Bere	31:07
151	Russell Ashford	31:20
207	Joseph Lowe	32:48
211	Chris Bailey	32:51
225	Arthur Brown	33:12
226	Martin Bright	33:13
232	Yann Bouremel	33:25
237	Chris Wilson	33:38
293	James Rossiter	35:40
337	Steve Scruton	37:09

427 finishers

Match Position 2nd

League table after race 1

(Division 1 - top 3)

1st	Woodford Green with Essex Ladies	1113 points
2nd	Highgate Harriers	1072 points
3rd	Serpentine RC	1053 points

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

**17th October - SEAA Cross Country Relays
Wormwood Scrubs**

Under 13 girls (3 x 2km)

'A' team

Leg 1	Ellen Donald	8.41 (28th)
Leg 2	Isabella Millet	8:57 (25th)
Leg 3	Dorothy Brock	8:42 (21st)

Team position: 21st of 32

'B' team

Leg 1	Micol Cresto Dina	8.39 (24th)
Leg 2	Ella Hartley	8:55 (23rd)
Leg 3	Milly Dunne	9:01 (23rd)

Team position: 23rd of 32

Under 15 girls (3 x 2km)

Leg 1	Emma Williets	8.02 (16th)
Leg 2	Maxine Chapman	8:35 (19th)
Leg 3	Sasha Fear	8:06 (16th)

Team position: 16th of 29

Under 13 boys (3 x 2km)

'A' team

Leg 1	Theo Machin-Paley	7.39 (12th)
Leg 2	Monte Watson	7:53 (12th)
Leg 3	Roland Somogyi	7:33 (8th)

Team position: 8th of 27

'B' team

Leg 1	Finlay Sleeman	8.13 (27th)
Leg 2	Oran Gallagher	8:04 (19th)
Leg 3	Felix Bright	8:51 (23rd)

Team position: 23rd of 27

Under 17 men 3 x 3km relay

Leg 1	Adam Stewart	11:44 (17th)
Leg 2	Oliver Kemp	11:55 (17th)
Leg 3	Alistair Sleeman	11:52 (15th)

Team position: 15th of 19

Senior Men (4 x 5km)

'A' Team

Leg 1	Jonathan Laybourn	14:17 (8th)
Leg 2	Robert Wilson	14:15 (3rd)
Leg 3	Robel Bahelbi	13:49 (1st)
Leg 4	Sean Renfer	14:24 (1st)

'B' Team

Leg 1	Dave Gilbert	15:42 (14th)
Leg 2	Alex Davidson	16:01 (14th)
Leg 3	Fergal Smithwick	16:20 (14th)
Leg 4	Guillaume Cribier	15:22 (13th)

Team positions

1st	Highgate Harriers	56:45
2nd	Belgrave Harriers	57:49
3rd	Windsor, Slough & Eton	57:56
4th	Herne Hill Harriers	58:21
5th	Thames Valley Harriers	58:47
6th	London Heathside	58:54

13th Highgate Harriers 'B' 63:25

31 complete teams finished

[Full Results](#) (xls)

31st October - English Cross Country Relays Mansfield

Under 15 girls (3 x 2km)

'A' Team

Leg 1	Phoebe Littler	7:23 (16th)
Leg 2	Sasha Fear	7:51 (14th)
Leg 3	Emma Williets	7:57 (20th)

'B' Team

Leg 1	Constanza Di Borgoricco	8:05 (66th)
Leg 2	Hannah Sekkides	8:57 (71st)
Leg 3	Daisy Griffin	8:29 (68th)

Team positions

1st	Herne Hill Harriers	21:18
2nd	Liverpool Harriers	21:29
3rd	Manchester Harriers	22:06
20th	Highgate Harriers 'A'	23:12
68th	Highgate Harriers 'B'	25:32

85 complete teams

Junior women (3 x 2½km)

Incomplete 'A' Team

Leg 1	Georgia Fear (10th fastest)	8:47 (8th)
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24 complete teams

Senior Women (3 x 3km)

Incomplete 'A' Team

Leg 1	Louise Faherty	10:18 (25th)
Leg 2	Emma Burgess	11:23 (30th)

102 complete teams

Under 17 men (3 x 3km)

'A' Team

Leg 1	Terry Fawden	9:05 (4th)
Leg 2	Louis Griffin	9:52 (9th)
Leg 3	Dempster Fawden	9:55 (11th)

Team positions

1st	Tonbridge AC	27:40
2nd	Bedford & County	27:46
3rd	Cambridge & Coleridge	27:52
11th	Highgate Harriers 'A'	28:54

57 complete teams

Senior Men (4 x 5km)

'A' Team

Leg 1	Chris Rainsford	15:27 (13th)
Leg 2	Shaun Dixon	15:37 (5th)
Leg 3	Auden Nordtveit	15:24 (3rd)
Leg 4	Andy Maud (5th fastest)	15:10 (2nd)

'B' Team

Leg 1	Robel Bahelbi	16:11 (37th)
Leg 2	P Chambers	15:48 (21st)
Leg 3	Peter Hawkings	16:59 (24th)
Leg 4	Oliver Kean	17:40 (26th)

Team positions

1st	Morpeth Harriers	61:38
2nd	Highgate Harriers 'A'	61:39
3rd	Tonbridge AC	62:07
26th	Highgate Harriers 'B'	66:39

149 complete teams

[Full Results](#)

November 2015

7th November - Start Fitness Metropolitan Cross Country League



Stevenage (Race 2 of 5)

Under 11 Boys & Girls

13	Jack Bailey	7:04
46	Amy Chapman (age 9)	8:01

60 finishers

Under 13 Girls

2	Ava Mulvihill	14:29
28	Millie Dunne	16:15

56 finishers

Team position 7th of 18

League position after race 2 - 6th of 18

Under 13 Boys

9	Theo Machin-Paley	13:59
23	Lucas Porter	14:49
28	Jesse Hopkins	15:02
29	Lorcan Barnett	15:07

71 finishers

Team position 2nd of 20

League position after race 2 - 4th of 23

Under 17 Women

8	Phoebe Littler (3rd U15)	19:20
18	Emma Williets (11th U15)	20:09
32	Maxine Chapman (17th U15)	20:54
39	Esther Pigney	21:20

66 finishers

Team position 3rd of 21

League position after race 2 - 4th of 24

Under 17 Men

14	Oliver Kemp	17:00
23	Abel Sinko-Urbe (3rd U15)	17:11
24	Adam Stewart	17:12
31	Aurel Sinko-Urbe	17:31
37	Alistair Sleeman	17:43
50	Tal Pelmont	18:04
64	Dempster Fawden	18:21
65	Charlie Smith	18:24
67	Chandrasekhar Iyengar	18:28
71	Alfie Zak (31st U15)	18:38
77	Raphael Rossiter	18:49

90 finishers

Match position 3rd of 26

League table after race 2

(top 3 of 30)

1st	Highgate Harriers	619 points
2nd	Herts Phoenix	614 points
3rd	Trent Park RC	599 points

Senior Women

2	Svenja Abel	24:01
7	Hannah Viner (2nd U20)	24:50
9	Ashley Scott-Wilson	24:58
13	Alex Gounelas	25:17
19	Esther Evans	25:46
25	Emma Dixon	26:16
31	Sophie Sheldrake	26:32
85	Noelia Mora	29:10
134	Lucy McGuinness	31:12
136	Natasha Cendrowicz	31:15
151	Emma Wilson	32:20
214	Anna Murray	39:27

218 finishers

Match Position 1st of 10

League table after race 2

(Division 1 - top 3 of 10)

1st	Highgate Harriers	610 points
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2nd	London Heathside	447 points
3rd	Serpentine RC	442 points

Senior Men

5	Shaun Dixon	30:18
6	Peter Chambers	30:20
14	Robel Bahelbi	31:00
17	Jonny Laybourn	31:15
19	Sean Renfer	31:24
21	Fergal Smithwick	31:32
26	Robert Wilson	31:39
62	Brahma Pochee	32:53
66	Dominic Smith	32:57
74	Alexander Machin-Paley	33:11
79	Victor Mound	33:20
87	Tom Christopher	33:32
99	Michael Ussher	33:44
114	Brendon Donnelly	34:11
135	Edward Hickman-Casey	34:58
155	Rob Walker	35:47
167	Jack Matthewman	36:07
206	Andrew Collins	37:15
251	Joseph Lowe	38:32
264	Chris Bailey	38:49
298	Chris Wilson	39:44
301	Gus Hinestrosa	39:48
347	Rick Bateson	41:43
351	Nick Stockman	41:55
353	Steve Scruton	42:25
424	Martin Black	49:35

447 finishers

Match Position 1st of 10

League table after race 2

(Division 1 - top 3)

1st	Highgate Harriers	2191 points
2nd	Woodford Green with Essex Ladies	2180 points
3rd	Serpentine RC	1919 points

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

14th November - London Cross Country Championships Parliament Hill Fields

Senior Women

44	Rihan Ravenscrot	26.35
109	Natasha Cendrowicz	29.09
195	Kirat Nandra	38.24

203 finishers

Men

6	Sean Renfer	34:19
9	Fergal Smithwick	34:30
13	Jon Laybourn	34:53
36	Tim Gardner	37:01
47	Chris Beecham	37:32
59	Andrew Collins	38:11
86	Jack Matthewman	39:21

96	Peter Downie	39:34
102	Alex Davidson	39:56
147	Duncan Burbidge	41:16
179	?????	42:26
181	Joseph Lowe	42:32
187	Chris Bailey	42:43
205	John O'Shea	43:38
210	Chris Wilson	43:50
275	Steve Scruton	47:13
277	Rick batesman	47:15

353 finishers

Team Positions (top 3 of 24 teams)

1st	Serpentine RC	39 points
2nd	Hercules Wimbledon	48 points
3rd	Highgate Harriers	64 points

[Womens Individual Results](#) [Womens Team Results](#)

[Mens Individual Results](#) [Mens Team Results](#)

December 2015

5th December - Start Fitness Metropolitan Cross Country League



Wormwood Scrubs (Race 3 of 5)

Under 11 Boys & Girls

40	Amy Chapman (age 9)	8:30
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46 finishers

Under 13 Girls

2	Ava Mulvihill	13:13
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37 finishers

Team position 6th of 14

League position after race 3 - 8th of 19

Under 13 Boys

10	Patrick Kyle	12:41
36	Lorcan Barnett	14:37

55 finishers

Team position 11th of 20

League position after race 3 - 4th of 27

Under 17 Women

4	Phoebe Littler (1st U15)	14:53
16	Emma Williets (6th U15)	15:59
29	Maxine Chapman (17th U15)	16:46

60 finishers

Team position 5th of 18

League position after race 3 - 5th of 24

Under 17 Men

2	Terry Fawden	12:25
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8	Dempster Fawden	13:07
9	Aurel Sinko-Urbe	13:11
10	Louis Griffin	13:12
13	Austin Harris (3rd U15)	13:23
27	Oliver Kemp	14:00
36	Abel Sinko-Urbe (12th U15)	14:20
55	Farid Sousou	14:59

79 finishers

Match position 1st of 25

League table after race 3

(top 3 of 30)

1st	Highgate Harriers	910 points
2nd	Herts Phoenix	887 points
3rd	Trent Park RC	829 points

Senior Women

1	Svenja Abel	23:50
5	Ashley Scott-Wilson	24:56
6	Hannah Viner (1st U20)	25:14
10	Alex Gounelas	25:34
16	Emma Burgess	26:33
30	Emma Dixon	27:28
39	Rhian Ravenscroft	28:03
95	Natasha Cendrowicz	31:16
122	Emma Wilson	32:54

175 finishers

Match Position 1st of 10

League table after race 3

(Division 1 - top 3 of 10)

1st	Highgate Harriers	916 points
2nd	Serpentine RC	687 points
3rd	London Heathside	685 points

Senior Men

1	Peter Chambers	24:02
4	Shaun Dixon	24:16
10	Chris Rainsford	24:54
12	Robel Bahelbi	25:13
14	Auden Nordtveit	25:22
20	Sean Renfer	25:32
26	Robert Wilson	25:44
30	Fergal Smithwick	25:52
33	Ben Noad	25:56
36	Ash Chambers	26:01
40	Brahma Pochee	26:07
42	Peter Hawkins	26:13
59	Victor Mound	26:42
61	Dominic Smith	26:47
62	Jonny Laybourn	26:48
66	Edward Hickman-Casey	26:57
67	Ben Pochee	26:59
75	Guillaume Cribier	27:13
86	Darryl Davison	27:42
93	Laurent Liote	27:51
95	Andres Chau	27:53
105	Peter Downie	28:05
106	Jack Matthewman	28:06
110	Rob Walker	28:12
115	Alexander Machin-Paley	28:17

128	Brendon Donnelly	28:34
133	Andrew Collins	28:37
144	James Johnson	28:54
167	David Gilbert	29:22
168	Ed Spencer	29:22
199	Johan Ghillebert	30:00
250	Chris Bailey	31:24
255	Chris Wilson	31:33
266	Arthur Brown	32:03
292	Gus Hineirosa	32:53
319	Steve Scruton	33:54
341	James Rossiter	34:32
367	Nick Stockman	35:41
411	Martin Black	38:44

443 finishers

Match Position 1st of 10

League table after race 3

(Division 1 - top 3)

1st	Highgate Harriers	3448 points
2nd	Woodford Green with Essex Ladies	3184 points
3rd	Serpentine RC	3092 points

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

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

Highgate Harriers Boxing Day Run 2015 – Part I



1	Nicholas Martin	16.58
2	James Fosbrook	18.08
3	Simon Martin	18.09
4	Martin Bright	18.39
5	Peter Laing	19.02
6	Arnold Harrison	19.12
7	Patrick Kyle	19.30
8	Emma Willets	19.46
9	Abel Sinko-Urbe	20.08
10	Esther Pigney	20.10
11	William Laing	20.30
12	Gabriel Barnett	20.35
13	Aurel Sinko-Urbe	20.36
14	Stanley Harrison	20.41

15	Nina Halpenny	20.53
16	Ennis Barnett	21.04
17	Eric Sinko-Uribe	21.11
18	Natasha Cendrowicz	21.41
19	Chris Giles	21.46
20	Michael Williams	22.03
21	Philip Barnett	22.19
22	Martin Black	22.23
23	Marius Guei	22.40
24	Mike Smith	22.41
25	Isabella Millett	23.12
26	Tarquin Kyle	24.13
27	Ruby Brown	24.34
28	Rod Henwood	24.38
29	Tom Brown	24.42
30	Jake Baker	25.04
31	Nick Roden	25.28
32	Lorcan Barnett	25.54
33	Hannah Giles	26.13
34	Elsa Giles	26.14
35	Mary Kyle	27.24
36	Anna Murray	29.07
37	Adrian Laing	30.41
38	Deborah Laing	34.32

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