

Middlesex & Herts Road Relays – Sunday 13th September, 2009 – Hayes, Middlesex

Middlesex Under 17 Men – 3 x 3000 Metres

1.Hillingdon A.C. (Carl Yates – 9-22, Rhys Spence – 9-52, Matt Fayer – 9-40)	28-54
2.ESM (Connor Hearn – 9-56, Karnvir Hayer – 9-46, Chris Charles – 10-05)	29-47
3.S BH (T.Brooks – 9-38, A.Fogelman – 10-44, R.Stephenson – 10-28)	30-50
4.Hillingdon A.C. 'B' (Gavin Barclay -9-43, Luke Pierre-Inkson – 10-49, Tommie Drury – 10-32)	31-04
5.ESM 'B' (Archie Allen – 10-09, Ben Waterman – 11-08, Akira Anzai-Jackson – 12-01)	33-18
6.Hillingdon 'C' (Greg Wloch – 11-33, Rhys Kirby – 13-04, James Castro – 11-45)	36-22
Highgate H. (George Laing – 10-43)	

Fastest Lap – Carl Yates (Hillingdon) - 9-22

Middlesex Under 17 Women – 3 x 3000 Metres

1.Hillingdon A.C. (Jace Nettleton – 14-15, Fiona Hailstone – 16-44, Hannah Wells – 13-47)	44-46
2.ESM (Georgia Bell – 10-45, Nicola Shelley – 13-14)	
TVH (Katherine Spooner – 13-08)	

Fastest Lap – Georgia Bell (ESM) - 10-45

Hertfordshire Under 17 Women – 3 x 3000 Metres

Watford H. (Natalie Wickings – 11-56, Robyn Dormer – 13-04, Martha Omar – 12-22)	37-22
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Fastest Lap – Natalie Wickings – 11-56

Hertfordshire Under 17 Men – 3 x 3000 Metres

SBH (D.Abrey – 9-59)

Combined Herts & Middlesex Under 17 Women – 3 x 3000 Metres

SBH (Ciara Stewart – 11-37, Yat Wing Smart – 12-25, Amanda Colman – 13-49)	37-51
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Middlesex Under 15 Boys – 3 x 3000 Metres

1.SBH (J.Headland – 10-10, C.Uduwawala – 10-46, L.Ames Blackaby – 10-40)	31-36
2.Hillingdon A.C. (Joe Saizzi - 9-59, Dominic Speight – 11-33, Stephen Crosbie – 10-44)	32-16
3.ESM (Duncan Pinder – 11-09, Sam Shindler-Glass – 11-21, Bhavesh Soneji – 10-37)	33-07
4.TVH (Zewde Hamid – 11-04, Kyle Kenrick – 11-31, James Murdoch – 10-38)	33-13
5.Highgate H. (Eugene Potter – 11-56, William Fitter – 11-31, Stanley Harrison – 10-03)	33-30
6.SBH 'B' (D.Oliver – 11-32, C.McCormick – 11-25, S.Wilson – 10-53)	33-50
7.London Heathside (Joe Silva – 11-48, Miron Abrahams – 11-05, Renat Hammet-Millay – 11-03)	33-56
9.Harrow A.C. (Oliver Hurcum – 11-34, James Francis – 11-58, Lewis Sexton – 11-07)	34-39
9.Hillingdon 'B' (James Hailstone – 12-00, Sam Hobbs – 12-03, Han Bandri – 12-44)	36-47
TVH 'B' (Sam Cooper – 14-22, Nabil Toumi – 13-51)	
ESM 'B')Adam Wey – 10-34)	
London Heathside 'B' (Callum Jackson – 12-48)	

Fastest Lap – Joe Saizzi (Hillingdon) – 9-59

Middlesex Under 15 Girls 3 x 3000 Metres

1.SBH (Suzu Sato – 11-57, Freya Lenton – 11-37, Molly Patch – 12-11)	35-45
2.Hillingdon (Rebecca Miles – 11-54, Esme Stallard – 12-27, Heather Gibbons – 13-11)	37-32
3.ESM (Rebecca Johnson – 12-20, Ellis Redmond – 13-19, Kerry Baily – 11-59)	37-38
4.ESM 'B' (Genevieve Crean – 13-28, Evie King – 14-21, Shannon Powell – 13-51)	41-40
SBH 'B' (Amy Lagnado – 13-20, Nicole Swain – 13-22)	
Hillingdon 'B' (Carys Tetlaw – 13-21)	

Fastest Lap – Freya Lenton (SBH) 11-37

Hertfordshire Under 15 Boys – 3 x 3000 Metres

SBH (M.Callegarte – 9-29, M.Pearce – 10-31, M.McLaughlin – 9-40)	29-40
SBH 'B' (A. Williams – 11-26, R.Johnson – 10-50)	

Hertfordshire Under 15 Girls – 3 x 3000 Metres

SBH (Isobel Thompson – 11-43, Rebecca Graham – 12-33, Nikita Shah – 12-33)	36-49
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Fastest Lap – Isobel Thompson – 11-43

Middlesex Under 13 Boys – 3 x 3000 Metres

1.TVH (Louis Marriott – 12-07, Joseph Cooper – 12-21, Archie St Aubyn – 11-57)	36-25
2.London Heathside (Jasper Crockford – 12-13, Max Heap – 12-52, Max Robertson – 12-12)	37-17
3.Highgate (Peter Laing – 12-47, Daniel Lavin – 12-59, Alex Machin – 11-50)	37-36
4.Hillingdon (Jack Gradwell – 12-39, Liam Holbrook – 12-50, Stefan Manners – 13-19)	38-48
5.Hillingdon 'B' (Jack McDermott – 13-47, Jack Kirby – 16-25, Hanif Zarif – 13-27)	43-39
ESM (David Hannah – 12-26, Bradley Pinder – 13-00)	
London Heathside 'B' (Jack Forey – 12-09, Cameron Burt – 14-23)	
Highgate 'B' (Keshin Harrison – 12-49)	
SBH (B.Wilson – 12-57)	

Fastest Lap – Alex Machin (Highgate) – 11-50

Middlesex Under 13 Girls 3 x 3000 Metres

1.ESM (Rosie Bell – 13-54, Camille Bradbury – 13-12, Paloma Pradere – 14-00)	41-06
2.London Heathside (Lily Beckford – 15-45, Annis Easton – 16-04, Genevieve Weston – 14-19)	46-08
SBH (Molly Garden - 12-33, Emma Dwan – 14-21)	
Hillingdon (Nyassha Horne – 15-28, Lily Fawcett – 15-01)	
TVH (Eve Goodhart – 12-38)	
ESM 'B' (Besirat Testu – 12-54)	
Highgate (Ellie Doolan – 13-57)	

Fastest Lap – Molly Garden (SBH) – 12-33

Hertfordshire Under 13 Girls 3 x 3000 Metres

SBH (Natalie Gordon – 11-33, Ellen Joyce – 14-41, Isobel Izqueirido-Hall – 13-38)	39-52
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Middlesex under 11 Boys 1500 Metres Road Race

1.Alex Hampshire (TVH)	5-48
2.Abraham Da Costa (TVH)	5-49
3.Joshua Blamine (Highgate)	6-05
4.Louis Mennear (Highgate)	6-15
5.Cameron McGivern (Highgate)	6-16
6.Jack Hellebo (Lon Heathside)	6-21
7.Samuel Barnard (TVH)	6-24
8.Sammy Williams (Highgate)	6-27

Middlesex Under 11 Girls 1500 Metres Road Race

1.Maria Sato (SBH)	6-08
2.Marjorie Briscoe (Highgate)	6-18
3.Lily Andrews (Highgate)	6-19
4.Maya Doolan (Highgate)	6-26
5.Ottavia Laidler (Lon Heathside)	6-28
6.Jessica Godden (Lon Heathside)	6-34
7.Hollie Heywood (TVH)	6-37
8.Tia Carrou (Lon Heathside)	7-06