

THE PATRICIA O'CONNOR CUP

FRYENT COUNTRY PARK - 5 MILES APPROXIMATELY - 02/11/2024

PLACE	NAME	CLUB	TIME
1	Katy Casterton	Serpentine Running Club	30 - 21
2	Catriona Patterson	Hillingdon Athletic Club	30 - 44
3	Julie Triou	Ealing, Southall and Middlesex	32 - 08
4	Josie Hinton	London Heathside	32 - 26
5	Victoria Crawford	Serpentine Running Club	32 - 32
6	Genevieve Weston	London Heathside	32 - 33
7	Lisa Da Silva	Thames Valley Harriers	32 - 36
8	Claire Bentley	Harrow Athletic Club	33 - 14
9	Jessica Dring - Morris	Thames Valley Harriers	33 - 23
10	Hannah Laing	Hillingdon Athletic Club	33 - 28
11	Sarah Harris	Ealing, Southall and Middlesex	34 - 18
12	Alice Williams	Serpentine Running Club	34 - 41
13	Sophie Flanagan	Serpentine Running Club	35 - 04
14	Natasha Cendrowicz	Highgate Harriers	35 - 16
15	Kat Alpe	Metropolitan Police	35 - 27
16	Daniela Nolan	Queens Park Harriers	35 - 56
17	Sophie Barnard	Queens Park Harriers	36 - 14
18	Anna Theophilus	Metropolitan Police	36 - 21
19	Sarah Stephens	Metropolitan Police	36 - 42
20	Ellie Keable	Queens Park Harriers	36 - 51
21	Melanie Spencer	Hillingdon Athletic Club	37 - 12
22	Lorna Tatham	Harrow Athletic Club	37 - 13
23	Sarah Larkam	Ealing, Southall and Middlesex	37 - 17
24	Caroline Ford	Hillingdon Athletic Club	37 - 31
25	Anna Naylor	Queens Park Harriers	37 - 34
26	Rhian Littlewood	Highgate Harriers	37 - 52
27	Shona Cowper	Ealing, Southall and Middlesex	38 - 40
28	Zoe Dobbs	Hillingdon Athletic Club	38 - 57
29	Sarah Saunders	Harrow Athletic Club	39 - 18
30	Genevieve Rollerston - Jones	Queens Park Harriers	39 - 30
31	Anastasia Chew	Queens Park Harriers	39 - 36
32	Patricia Thomas	Ealing, Southall and Middlesex	41 - 11
33	Gillian Cross	Queens Park Harriers	41 - 36
34	Carol Marsh	Metropolitan Police	41 - 55
35	Renata Olas	Harrow Athletic Club	42 - 04
36	Liz Clark	Hillingdon Athletic Club	43 - 06
37	Catherine Walker	Queens Park Harriers	43 - 27
38	Lucy Birrell	Queens Park Harriers	43 - 36
39	Lesley McArdle	Harrow Athletic Club	44 - 10
40	Lisa Forrester	Queens Park Harriers	44 - 17
41	Roma Denetto	Queens Park Harriers	44 - 18
42	Lisa Watson	Ealing, Southall and Middlesex	44 - 35
43	Jennifer O'Sullivan	Metros Running Club	45 - 37
44	Lynne Jones	Metros Running Club	46 - 14
45	Anifat Bello	Queens Park Harriers	48 - 05
46	Katia Andrews	Harrow Athletic Club	48 - 25
47	Sue Cameron	Metropolitan Police	49 - 56
48	Gemma Keogh	Queens Park Harriers	50 - 00
49	Linda Dunne	Metros Running Club	51 - 55
50	Monica Kolterniak	Queens Park Harriers	55 - 15
51	Emma Sutherland	Queens Park Harriers	56 - 26

TEAMS : FOUR TO SCORE

1	Serpentine Running Club	1	5	12	13	=	31
2	Hillingdon Athletic Club	2	10	21	24	=	57
3	Ealing, Southall and Middlesex	3	11	23	27	=	64
4	Queens Park Harriers	16	17	20	25	=	78
5	Metropolitan Police	15	18	19	34	=	86
6	Harrow Athletic Club	8	22	29	35	=	94
7	Queens Park Harriers B	30	31	33	37	=	131
8	Queens Park Harriers C	38	40	41	45	=	164
	Highgate Harriers	1	14	26			
	Queens Park Harriers D	48	50	51			
	Metros Running Club	45	44	49			
	London Heathside	4	6				
	Thames Valley Harriers	7	9				
	Hillingdon Athletic Club B	28	36				
	Harrow Athletic Club B	39	46				
	Ealing, Southall and Middlesex B	32					
	Metropolitan Police B	47					

LIDDIARD TROPHY

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PLACE	NAME	CLUB	TIME
1	Sean Renfer	Highgate Harriers	25 - 58
2	Jonathan Poole	Serpentine Running Club	26 - 08
3	Oliver Newton	London Heathside	26 - 53
4	Nicholas Besson	Serpentine Running Club	27 - 09
5	Sion Lewis	London Heathside	27 - 16
6	Gary Pelosi	Shaftesbury Barnet	27 - 22
7	Andrew McCarron	Queens Park Harriers	27 - 33
8	James Laing	Hillingdon Athletic Club	27 - 40
9	Jack Whitebury	Harrow Athletic Club	27 - 52
10	Jonathan Laybourn	Highgate Harriers	27 - 55
11	Jordan Marshall	London Heathside	28 - 08
12	Connell Metcalf	Hillingdon Athletic Club	28 - 12
13	Joseph Tarling	Harrow Athletic Club	28 - 30
14	Liam Bailey	Highgate Harriers	28 - 33
15	Terry Mackin	Harrow Athletic Club	28 - 34
16	Jim Cooper	Harrow Athletic Club	28 - 37
17	Hugh Torry	Serpentine Running Club	28 - 45
18	Robert Duggleby	Queens Park Harriers	28 - 46
19	Jack Davey	Ealing Eagles	28 - 47
20	Finn MacCarthy	Shaftesbury Barnet	29 - 13
21	Daniel Nichols	Shaftesbury Barnet	29 - 16
22	Sam Sutherland	Queens Park Harriers	29 - 24
23	Mark Cursons	Harrow Athletic Club	29 - 33
24	Niels Wagner	Serpentine Running Club	29 - 41
25	Mihaly Jeles	London Heathside	29 - 50
26	Akira Anzair Jackson	Ealing, Southall and Middlesex	29 - 51
27	Maciej Kolterniak	Queens Park Harriers	30 - 15
28	Colin Foster	Ealing, Southall and Middlesex	30 - 19
29	James Gillanders	Serpentine Running Club	30 - 25
30	Joel Phillips	Shaftesbury Barnet	30 - 36
31	Jonathan Thomson	Mornington Chasers	30 - 48
32	Guy Green	Hillingdon Athletic Club	30 - 50
33	Mark Cottle	Shaftesbury Barnet	30 - 56
34	Alex Davidson	Highgate Harriers	31 - 05
35	Philip Whitehouse	Serpentine Running Club	31 - 23
36	Francois Alba	Queens Park Harriers	31 - 26
37	Manuel Da Silva	Thames Valley Harriers	31 - 29
38	James Welch	Queens Park Harriers	31 - 30
39	Stefan Anton	Queens Park Harriers	31 - 32
40	Alex Byrne	Thames Valley Harriers	31 - 35
41	Robert Rigby	Shaftesbury Barnet	31 - 41
42	Chris Beecham	Highgate Harriers	31 - 54
43	Mark Kencroft	Ealing, Southall and Middlesex	31 - 56
44	Dustin Daniel	Queens Park Harriers	32 - 01

45	Ruben Carvajal	Queens Park Harriers	32 - 12
46	Henry Jakszta	Harrow Athletic Club	32 - 17
47	Des Crinion	Highgate Harriers	32 - 19
48	Joe Weghofer	Queens Park Harriers	32 - 20
49	Christian Nielson	Thames Valley Harriers	32 - 25
50	Chris Notton	Serpentine Running Club	32 - 30
51	Luke Kretschmer	Queens Park Harriers	32 - 44
52	Thomas Thornton	Serpentine Running Club	32 - 51
53	Jonathan Moscrop	Serpentine Running Club	32 - 53
54	Paul Williams	Hillingdon Athletic Club	32 - 58
55	Rob Shulman	London Heathside	33 - 26
56	Kevin Murray	Serpentine Running Club	33 - 31
57	Richard Bryant	Victoria Park and Tower Hamlets Athletic Club	33 - 36
58	Andrew Orr	Serpentine Running Club	33 - 39
59	David Greenstein	Shaftesbury Barnet	33 - 47
60	Andrew Jackson	Queens Park Harriers	33 - 50
61	Andy Hoiles	Harrow Athletic Club	33 - 52
62	Andy Rice	Ealing, Southall and Middlesex	33 - 52
63	Jeff Shotton	Hillingdon Athletic Club	34 - 12
64	Dominic Thomas	Herts Phoenix Athletic Club	34 - 12
65	James Sullivan	Ealing Eagles	34 - 16
66	Paul Lewis	Shaftesbury Barnet	34 -21
67	Steve Norris	Thames Valley Harriers	34 - 24
68	Jonny Shaw	Shaftesbury Barnet	34 - 31
69	Richard Tarling	Harrow Athletic Club	34 - 40
70	Simon Caney	Serpentine Running Club	34 - 46
71	Abu Asad	Serpentine Running Club	34 - 49
72	John Brosnan	Queens Park Harriers	34 - 57
73	Nick Andrews	Harrow Athletic Club	35 - 16
74	Rob Brown	Ealing, Southall and Middlesex	35 - 23
75	Adam Lennox	Highgate Harriers	35 - 38
76	Tim Underhill	Shaftesbury Barnet	35 - 46
77	David Smith	Hillingdon Athletic Club	35 - 52
78	Ed Harrison	Hillingdon Athletic Club	36 - 07
79	Raphael Lasserson-Rossitor	Highgate Harriers	36 - 19
80	Alan Tilly	Hillingdon Athletic Club	36 - 25
81	Chris Bailey	Highgate Harriers	36 - 35
82	Graham Barlow	Harrow Athletic Club	36 - 43
83	Barry Hawes	Shaftesbury Barnet	36 - 45
84	Piers Harrison	Queens Park Harriers	36 - 48
85	Gavin O'Sullivan	Queens Park Harriers	36 - 55
86	Paul MacCarthy	Shaftesbury Barnet	37 - 08
87	David Sutherland	Highgate Harriers	37 - 15
88	jamie Baird	Queens Park Harriers	37 - 23
89	Alex Tubito	Ealing Eagles	37 - 59
90	Kevin Concannon	Harrow Athletic Club	38 - 58
91	Richard Stewart	Highgate Harriers	39 - 14
92	Stevan Dokic	Hillingdon Athletic Club	39 - 23
93	Richard Byrne	Queens Park Harriers	39 - 27
94	Stephen Allison	Queens Park Harriers	39 - 35

