

Highgate Harriers Night of the 10000m PB's inc.

Parliament Hill

20 May 23

800 SM A

Pos	Perf	Name		Club
1	1:50.43	Finlay Hutchinson	M	Notts
2	1:50.44	Alex Riley	M	Brighton & Hove
3	1:50.62	Andrew McGill	M	Livingston/Glasgow Uni
4	1:51.39	Jake Minshull	M	Coventry
5	1:51.58	Sam Mills	M	Exeter
6	1:51.86	Luke Richardson	M	Bromsgrove & Redditch/Birmingham Uni
7	1:51.96	Caleb Mcleod	M	Pitreavie/Falkirk
8	1:52.88	Isaac Rothwell	M	Cambridge & Coleridge
9	1:52.97	Stefan O'Loughnane	M	Basingstoke & Mid Hants
10	1:57.03	Harry Ware	M	Basingstoke & Mid Hants
11	1:57.15	Oakley Denson	M	Windsor Slough Eton & Hounslow

800 SM B

Pos	Perf	Name		Club
1	1:52.36	Tom Waterworth	M	Huntingdonshire
2	1:52.71	Mickey Ayling	M	St. Edmund Pacers
3	1:53.72	Samuel Stapley	M	Reigate Priory
4	1:54.73	Jack Kinrade	M	Shrewsbury
5	1:55.02	Franklin Shepherd	M	Medway & Maidstone
6	1:55.42	Keeran Sriskandarajah	M	Herne Hill
7	1:55.96	Ewan Taylor	M	Cambridge & Coleridge
8	1:58.01	Theo Ronchetti	M	Medway & Maidstone
9	1:58.74	Callum Lill	M	Basildon

800 SW A

Pos	Perf	Name		Club
1	2:05.95	Iris Downes	W	Shrewsbury
2	2:07.02	Ava Lloyd	W	Wigan & District
3	2:07.03	Abigail Stratton	W	Blackburn
4	2:07.65	Caitlin McCloy	W	Rotherham
5	2:08.91	Grace Tuesday	W	Lewes
6	2:10.55	Adela Svihalkova	W	Thames Valley/Czech Republic
7	2:11.47	Natasha Wynn	W	Woodford Green Essex Ladies
8	2:13.94	Ella Fryer	W	St. Mary's Richmond/Oxford Uni

800 SW B

Pos	Perf	Name		Club
1	2:10.90	Jorjia March	W	Barnet
2	2:12.91	Holly Ovens	W	Fife/Falkirk
3	2:13.20	Larissa Wilson	W	Shaftesbury Barnet
4	2:13.57	Megan Barlow	W	Blackheath & Bromley
5	2:14.32	Elena Oliphant	W	S Factor
6	2:14.94	Lucy Wright	W	Herne Hill
7	2:15.56	Isabella Harrison	W	Hercules Wimbledon
8	2:16.96	Poppy Taylor	W	Winchester

10000 SM A

Pos	Perf	Name		Club
1	27:12.73	Paul Chelimo	M	USA
2	27:31.31	Vincent Mutai	M	KEN
3	27:33.99	Tadesse Getahon	M	ISR
4	27:37.09	Egide Ntakarutimana	M	BDI
5	27:40.40	Ren Tazawa	M	JPN
6	27:41.44	Zerei Zerei Kbrom	M	NOR
7	27:41.79	Bereket Zeleke	M	ETH
8	27:42.03	Mogos Teumay Abrha	M	Ethiopia
9	27:44.33	Tariq Ahmed Al-Amri Ahmed Al-Amri	M	Saudi Arabia
10	27:47.43	Andrew Butchart	M	Central
11	27:51.00	Iliass Aouani	M	ITA
12	27:51.20	Zach Panning	M	USA
13	27:56.70	Zakariya Mahamed	M	Southampton
14	27:58.97	Carlos Diaz	M	Chile
15	28:01.55	Eferm Gidey	M	Clonliffe/Ireland
16	28:08.39	Gashau Ayale	M	ISR
17	28:11.60	Jamal Abdelmaji Eisa Mohammed	M	Athlete Refugee Team
18	28:12.56	Filimon Abraham	M	DEU
19	28:13.72	Therence Bizosa	M	BDI
20	28:14.31	Yitayew Abuhay	M	ISR
21	28:14.59	Marcelo Laguera	M	MEX
22	28:16.22	Oli Chignell	M	Newham & Essex Beagles/New Zealand
23	28:16.96	Nekagenet Crippa	M	ITA
24	28:17.12	Adisu Guadia	M	Israel
25	28:27.01	Ellis Cross	M	Aldershot, Farnham & District/St. Mary's Uni
26	28:27.60	Jack Gray	M	Cambridge & Coleridge
27	28:27.86	Sebastian Frey	M	AUT
28	28:29.06	Yohanes Chiappinelli	M	ITA
29	28:30.69	Matt Leach	M	Bedford & County/North Herts/Peninsula
30	28:57.18	Henry McLuckie	M	Shaftesbury Barnet
31	28:58.50	Abdulqani Sharif	M	Liverpool H/St. Mary's Uni/Aldershot, Farnham
32	29:05.34	Richard Allen	M	Leeds City
33	29:12.99	Lucas Da Silva	M	Rfc Liegeois
34	29:14.77	Dean Casey	M	Ennis Track/Ireland

10000 SM B

Pos	Perf	Name		Club
1	28:51.24	Konstantin Wedel	M	DEU
2	29:17.96	Chris Perry	M	Vale Royal
3	29:19.81	Tomer Tarragano	M	Brighton & Hove/Birmingham Uni
4	29:21.94	Nadir Cavagna	M	Italy
5	29:23.12	Konstantinos Stamoulis	M	GRC
6	29:24.07	Stamoulis Nikolaos	M	GRC
7	29:24.32	Eero Saleva	M	FIN
8	29:24.87	Edward Buck	M	Newark AC/San Francisco Uni
9	29:25.48	Mathias Flak	M	Norway
10	29:25.99	Andrea Soffientini	M	ITA
11	29:26.50	Sander Vercauteren	M	BEL

12	29:33.43	Dylan Evans	M	Shaftesbury Barnet/Australia
13	29:33.56	Jonathan Cornish	M	Hercules Wimbledon/White Horse
14	29:44.25	Finn McNally	M	Brighton Phoenix/North Belfast/Ireland
15	29:44.74	Samuel Moakes	M	Notts
16	29:46.93	Oscar Bell	M	Herts Phoenix/Ware Joggers
17	29:55.36	Alastair Watson	M	Notts/Hermitage
18	29:55.67	Conor Duffy	M	Glaslough/Ireland
19	29:57.32	Ties van den Hurk	M	Netherlands
20	30:34.79	Floris Willeboordse	M	NLD
21	31:02.01	Tancrede Crickillon	M	Cs De La Dyle

10000 SM C

Pos	Perf	Name		Club
1	29:35.59	Erik Tangen Gundersen	M	Idrettslaget Skjalg
2	29:38.45	Pietro Sonzogni	M	Italy
3	29:40.05	Addiso Bitew	M	ISR
4	29:47.63	Thomas Crockett	M	Wycombe/Exeter Uni
5	30:06.79	Seyfu Jamaal	M	London Heathside
6	30:17.10	Tewelde Menges	M	Medway & Maidstone
7	30:19.74	Dego Abebe	M	Israel
8	30:21.93	Joe Morrow	M	Oxford Uni
9	30:22.15	Dan Garbutt	M	Durham/Leeds Beckett Uni
10	30:22.61	Nicola Bonzi	M	Italy
11	30:25.59	Jacob O'Hara	M	Southampton
12	30:26.16	Robbie Brown	M	Highgate
13	30:28.63	Richard Slade	M	Chiltern/Bath Uni
14	30:30.52	Teshager Kasa	M	Israel
15	30:31.39	Luke Micallef	M	Malta
16	30:36.57	Dvir Tuval	M	ISR
17	30:39.11	Ed Bovingdon	M	Leeds City
18	30:40.56	William Bryan	M	Southampton/NE Project
19	30:43.61	Eyachew Takele	M	ISR
20	30:49.59	Tom Hoozeboom	M	NLD
21	30:51.24	Chris Rainsford	M	Heanor/Loughborough Students
22	30:53.22	Jack Shayler	M	Abingdon/Birmingham Uni
23	30:53.43	Joe Sagar	M	Spenborough
24	30:57.87	Simon Byrne	M	Swindon
25	31:21.34	Ronald Cockx	M	NLD
26	32:12.63	Paavo de Leng	M	NLD

10000 SM D

Pos	Perf	Name		Club
1	30:25.79	Tom Butler	M	Shaftesbury Barnet/St. Mary's Uni
2	30:27.68	Andreas Iden	M	Sale Harriers Manchester/Norway
3	30:35.20	Stephen Fay	M	Ireland
4	30:35.51	Christopher Fielding	M	Sale Harriers Manchester/City of Derry
5	30:35.55	Marshall Smith	M	Ashford AC
6	30:37.11	Henry Hart	M	Belgrave/Imperial College/Teignbridge
7	30:37.95	Ollie Garrod	M	Belgrave
8	30:40.17	Lee Gratton	M	Rugeley
9	30:51.12	James Turner	M	Brighton & Hove/Lewes
10	30:55.23	John Fielding	M	Ealing Southall & Middx/Manchester Uni

11	30:57.39	Kojo Kyereme	M	Shaftesbury Barnet/Herne Hill
12	30:59.31	Christopher Greenwood	M	Kent
13	31:01.05	Nicolas Valentin	M	France
14	31:02.50	Andreas Penne Nygård	M	Sandnes Idrettslag
15	31:03.46	James Hancock	M	Croydon/Exeter Uni
16	31:08.73	Naphtali Moulton	M	Oxford Uni/United States
17	31:12.36	Phil Robertson	M	Sale Harriers Manchester
18	31:12.93	Joshua Woodcock-Shaw	M	Leeds City/Leeds Uni
19	31:13.83	Nicholas Dennis	M	Long Eaton
20	31:21.86	Ryan Page	M	Lincoln Wellington
21	31:22.73	Aiden Lennan	M	Southampton
22	31:23.58	Phillip Crout	M	Shaftesbury Barnet/Cambridge Uni
23	31:28.93	Neil Kevern	M	Bracknell AC
24	31:28.95	Jethro McGraw	M	BRAT/Birmingham Uni
25	31:37.98	Ben Savill	M	Lewes
26	31:40.67	Gavyn Chalmers	M	Leeds City/Glasgow University Hares & Hounds
27	32:01.23	Jed Noblett	M	Luton

10000 SM E

Pos	Perf	Name		Club
1	30:52.07	Harry Smith	M	City of Salisbury
2	30:54.46	Callum O'Neill	M	Southampton/Royal Navy/Newbury
3	30:58.81	Cole Gibbens	M	Invicta East Kent
4	31:08.57	George Rice	M	Jersey
5	31:14.49	Darrell Hastie	M	Gala
6	31:18.61	Michael Salter	M	Leeds City
7	31:28.62	Jonathan Carter	M	Tipton
8	31:35.43	Jeroen Bakker	M	NLD
9	31:35.99	Jack Nixon	M	St. Edmund Pacers/Barking
10	31:37.30	Kieran Barnes	M	Crawley
11	31:39.58	Tim Harrison	M	Cambridge & Coleridge/Oxford Uni
12	31:40.16	Stephen Jackson	M	Sunderland
13	31:41.59	Daniel Galpin	M	Guernsey/Bath Uni
14	31:46.21	Adrian Mussett	M	Colchester H
15	31:46.32	Tom Higgs	M	South London
16	31:47.75	Marcus Etheridge	M	Invicta East Kent/St. Mary's Uni/Carmarthen
17	31:49.59	Michael Eccles	M	Bure Valley
18	31:53.33	Thomas Wright	M	Bexley/Medway Uni
19	31:53.72	James Hotham	M	Victoria Park & Tower Hamlets
20	31:54.24	Gregory Jayasuriya	M	Middlesbrough & Cleveland
21	31:59.24	Jason Bennett	M	Birchfield H
22	32:10.27	Craig Emmerson	M	Bedford & County/Staffordshire Uni
23	32:13.02	George Gurney	M	London Heathside
24	32:15.32	Danny James	M	Cleethorpes
25	32:18.38	Matthew Rees	M	Swansea
26	32:19.75	Andrew Miles	M	Vale Royal/Police
27	32:21.51	Charlie Rogers	M	Ful-On TC/Loughborough Students
28	32:25.49	Jack Steenson	M	Highgate
29	32:29.88	Nicholas Torry	M	Kent
30	32:32.65	Tom Beedell	M	Woodford Green Essex Ladies
31	32:35.44	Ollie Thorogood	M	South West RR/Exeter Uni

32	32:38.01	Morgan James	M	Swansea/Birmingham Uni
33	32:46.52	Mohamed Abshir	M	Leeds City
34	32:55.35	Ryan Haw	M	Long Eaton

10000 SM F

Pos	Perf	Name		Club
1	31:36.48	Ieuan Hopkins	M	IRL
2	31:42.30	Jacob Brockmann	M	Thames Hare & Hounds/Cambridge/Australia
3	31:47.59	Richard Price	M	Reading AC/Fleet & Crookham
4	31:48.61	Jonathan Poole	M	Serpentine
5	32:01.82	Jack McVann	M	Highgate
6	32:05.31	Nick Hardy	M	Tipton/Leeds Beckett Uni/City of York/Saltaire
7	32:12.06	Macgregor Cox	M	Thames Hare Hounds/Holloway Uni of London
8	32:18.03	Conor Kissane-Wood	M	Thames Valley
9	32:19.06	Matteo Bonzi	M	Italy
10	32:22.02	Johnny Suttle	M	Bristol & West
11	32:27.68	Benjamin Douglas	M	Leeds City/Durham Uni/Hyde Park Harriers
12	32:32.58	James Dazeley	M	Dulwich
13	32:35.60	Ben Morton	M	Chichester/St. Mary's Uni
14	32:38.23	Findlay Dyer	M	Belgrave
15	32:39.91	Isaac Farnworth	M	Reading AC
16	32:43.47	Edward Diamond	M	Buxton/Birmingham Uni
17	32:43.79	Steve Gardner	M	Belgrave
18	32:45.87	Ben Gillham	M	Sheffield & Dearne
19	32:46.22	Matthew Williams	M	Notts
20	32:49.26	John Moroney	M	Galway/Ireland
21	32:53.04	Finn Johnson	M	Hercules Wimbledon
22	33:24.46	Aran Davidson	M	Chiltern
23	33:36.78	Imo Muller	M	NLD
24	33:45.96	Yoshi Groen	M	NLD
25	34:16.39	James Wizard	M	Sheffield & Dearne
26	34:19.10	Scott Williams	M	St. Edmund Pacers

10000 SW A

Pos	Perf	Name		Club
1	29:59.03	Mizan Alem Adane	W	ETH
2	31:04.16	Weini Kelati	W	USA
3	31:06.42	Nadia Battocletti	W	ITA
4	31:09.28	Jessica Warner-Judd	W	Blackburn/Loughborough Students
5	31:09.85	Hawi Feysa	W	ETH
6	31:10.21	Miriam Dattke	W	DEU
7	31:11.40	Samantha Harrison	W	Charnwood
8	31:12.10	Ednah Kurgat	W	USA
9	31:12.78	Camilla Richardsson	W	Finland
10	31:17.81	Amy-Eloise Markovc	W	Wakefield
11	31:27.47	Francine Niyomukunzi	W	BDI
12	32:10.16	Abbie Donnelly	W	Lincoln Wellington/Loughborough Students
13	32:28.67	Bojana Bjeljic	W	HRV
14	32:29.71	Alice Goodall	W	Edinburgh AC/Edinburgh Uni Hare & Hounds
15	32:31.62	Caroline Wikström	W	SWE
16	32:33.59	Likina Amebaw Ayel	W	ETH
17	32:34.16	Verity Ockenden	W	Swansea

18	32:36.32	Rebecca Murray	W	Bedford & County/Brunel Uni London
19	32:45.56	Silke Jonkman	W	NLD
20	32:54.55	Lucy Reid	W	Tonbridge/Durham Uni
21	33:14.72	Clara Evans	W	Pontypridd (Roadents)/Hereford
22	33:24.24	Beth Kidger	W	Brighton Phoenix
23	33:29.39	Sarah Astin	W	Belgrave
24	33:33.40	Anne Luijten	W	NLD
25	33:34.71	Louise Small	W	Aldershot, Farnham & District/St. Mary's Uni
26	33:40.13	Naomi Taschimowitz	W	Shaftesbury Barnet/UCL
27	33:42.79	Tessa McCormick	W	Vale Royal
28	33:44.00	Jacelyn Gruppen	W	NLD
29	33:44.64	Lauren McNeil	W	Hallamshire/British Columbia Canada Uni
30	33:46.38	Holly Dixon	W	Cambridge H
31	33:46.72	Sara Duarte	W	S Clube De Braga
32	33:47.14	Katy Wood	W	City of York
33	34:02.35	Charlotte Dannatt	W	Camberley/Loughborough Students
34	34:08.62	Stephie Pennycook	W	Fife/Leeds City/Edinburgh Uni
35	34:34.34	Kate Estlea	W	Aldershot, Farnham & District/St. Mary's Uni
36	34:35.26	Maddie Jordan-Lee	W	Aldershot, Farnham & District/St. Mary's Uni

10000 SW B

Pos	Perf	Name		Club
1	34:05.15	Jennifer Walsh	W	Leeds City/Durham Uni/Kirklees
2	34:09.77	Clara Las Heras	W	ESP
3	34:10.88	Rachel Wiseman	W	Basildon
4	34:22.33	Camilla McKnespiey	W	Leeds City/Leeds Uni
5	34:29.94	Inès Hamoudi	W	US TALENCE*
6	34:36.92	Katrine Risvig	W	DNK
7	34:49.02	Hannah Viner	W	Highgate
8	35:02.02	Maaïke van Gelder	W	NLD
9	35:02.47	Vera De Vries	W	NLD
10	35:08.42	Emily Moyes	W	Aldershot, Farnham & District
11	35:14.73	Danielle Donegan	W	University College Dublin/Ireland
12	35:15.55	Špela Gonza	W	Slovenia
13	35:16.70	Isabelle Pickett	W	Oxford City
14	35:21.42	Adele Norheim Henriksen	W	NOR
15	35:26.41	Vicki Ingham	W	Poole Runners
16	35:41.51	Maren Austevik Bø	W	NOR
17	36:12.93	Bethanie Murray	W	Thames Hare & Hounds/Oxford Uni/Ireland
18	36:17.23	Ruby Whyte-Wilding	W	Lewes/Birmingham Uni
19	36:17.83	Eve Mackinnon	W	Cambuslang
20	36:18.99	Sarah Winstone	W	Southampton
21	36:22.77	Anna Boniface	W	Reading AC/Brunel Uni London
22	36:25.28	Rachel Owen	W	Lonely Goat RC
23	36:52.45	Jacqueline Penn	W	North Shields Poly/Sheffield Uni
24	37:07.85	Maria Velazquez Lopez	W	Beste Iruña Atletismo Taldea
25	37:17.00	Penny Oliver	W	Coventry/Exeter Uni/Croydon
26	37:21.13	Olivia Desborough	W	London Heathside
27	37:25.82	Signe Hylleberg	W	Sparta Atletik
28	37:27.15	Eartha Weber	W	Netherlands
29	37:41.08	Fay Hughes	W	UTS Running

30	37:41.54	Megan Chapple	W	Guernsey
31	37:49.54	Hannah Cox	W	Fulham
32	37:54.17	Karina Thornton	W	Highgate
33	38:18.45	Natalie Elizabeth Beadle	W	Oxford Uni/Belgrave
34	38:22.20	Lara Bromilow	W	Marshall Milton Keynes/Victoria Park
35	38:23.44	Emma Hardy	W	Rothwell
36	38:27.75	Eloise Bull	W	Reigate Priory/Birmingham Uni