



Under 13 Boys Results

1	John	Fielding	ESM	U13	11. 30	
2	Nathan	Fernandes	SB	U13	11. 33	
3	Nicholas	Cowley-Andrea	TVH	U13	11. 35	
4	Jamie	Bird	SMR	U13	11. 44	
5	Elliot	Dee	SB	U13	11. 48	
6	Freddy	Curtis	E&H	U13	11. 49	
7	James	Wakefield	WG&EL	U13	11. 51	
8	Alfie	Poole	WG&EL	U13	11. 57	
9	George	Kerry	ESM	U13	11. 58	
10	Benjamin	Taylor	SMR	U13	12. 00	
11	Oscar	Crowe	SMR	U13	12. 00	
12	Lucillo	Burrell	TVH	U13	12. 06	
13	Elliot	Breen	Herts P	U13	12. 07	
14	Dangardt	Albin	SMR	U13	12. 07	
15	Stephen	Bates	Herts P	U13	12. 08	
16	William	Gale	Herts P	U13	12. 14	
17	James	Cooper	Herts P	U13	12. 17	
18	Kyle	Lundie	WG&EL	U13	12. 20	
19	Jacob	Heighway	Herts P	U13	12. 24	
20	Luke	Bluemink	E&H	U13	12. 31	
21	Remi	Catchpole	Herts P	U13	12. 37	
22	Bradley	Payne	ESM	U13	12. 38	
23	Liam	Cripps	Herts P	U13	12. 39	
24	Patrick	Owen	ESM	U13	12. 44	
25	Jake	Hooley	TVH	U13	13. 04	
26	Christopher	Corker	Hill	U13	13. 09	
27	Mark	Nash	Hill	U13	13. 13	
28	Henry	Fulton	SB	U13	13. 21	
29	Angus	Clifford	Herts P	U13	13. 27	
30	James	Forde	Hill	U13	13. 43	
31	Abdirahman	Hamud	Hill	U13	13. 48	
32	Keelan	Wilson	WG&EL	U11	13. 51	Gst
33	Michael	How	Hill	U13	14. 05	
34	Luke	Adar	ESM	U13	14. 28	
35	Chris	Hogg	WG&EL	U13	15. 26	
36	William	Doyle	Hill	U13	15. 32	
37	Arthy	Manivannan	Hill	U13	16. 08	
38	Harry	Nash	Hill	U13	16. 10	

Under 13 Boys Team Result

1	St Mary's Richmond	113
2	Ealing, Southall & Middlesex	96
3	Herts Phoenix	91
4	Woodford Green with Essex Ladies	85
5	Shaftesbury Barnet Harriers	79
6	Thames Valley Harriers	74
7	Herts Phoenix 'B'	60
8	Enfield & Haringey	50
9	Hillingdon	38
10	Hillingdon 'B'	12
11	Ealing, Southall & Middlesex 'B'	5

Under 13 Boys League Positions

1	Ealing, Southall & Middlesex	172
2	Woodford Green with Essex Ladies	170
3	Herts Phoenix	169
4	Shaftesbury Barnet Harriers	166
5	Thames Valley Harriers	163
6	St Mary's Richmond	150
7	Enfield & Haringey	123
8	Hillingdon	90
9	Herts Phoenix 'B'	69
10	Highgate Harriers	40
11	Barnet & District	25
12	Hillingdon 'B'	14
13	Ealing, Southall & Middlesex 'B'	9
14	Thames Valley Harriers 'B'	9

Conditions:

10 degrees, mainly overcast, sporadic sunshine, light wind

Going:

Grassland: Good to Soft, Woodland: Soft (Heavy in places)

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

Under 13 Girls Results

1	Isabella	Hoy	WG&EL	U13	11.	31	
2	India	Weir	TVH	U13	12.	46	
3	Beth	Forster	E&H	U13	12.	48	
4	Alice	Harray	TVH	U13	12.	51	
5	Anna	Gizzi	Hill	U13	12.	52	
6	Georgia	McKenzie	Herts P	U13	12.	59	
7	Aoife	Guyatt	WG&EL	U13	12.	59	
8	Maddie	Boyles	SMR	U13	13.	19	
9	Kosana	Weir	TVH	U13	13.	22	
10	Roisin	Lynch	ESM	U13	13.	30	
11	Madeline	Lloyd	TVH	U13	13.	32	
12	Olivia	Hounsborne	WG&EL	U13	13.	42	
13	Eleanor	Found	Herts P	U13	13.	46	
14	Jessica	Brew	SB	U13	14.	00	
15	Laura	Stewart	ESM	U13	14.	01	
16	Louise	Reilly	Herts P	U13	14.	09	
17	Sophia	McGowan	TVH	U13	14.	25	
18	Grace	Gentry	Herts P	U13	14.	29	
19	Sonia	Harizi	E&H	U11	14.	30	Gst
20	Isolde	Goffey	SMR	U13	14.	31	
21	Grace	Parker	Herts P	U13	14.	43	
22	Sasha	Heslop	TVH	U13	14.	46	
23	Laura	Stewart	VPH&TH	U13	14.	58	
24	Kirsten	Brown	Herts P	U13	15.	07	
25	Kirsty	O'Rourke	Hill	U13	15.	09	
26	Demi	Beazley	E&H	U13	15.	13	
27	Beth	Halbard	SB	U13	15.	42	
28	Naomi	Conlon	Lon H	U13	16.	06	
29	Stephanie	White	Herts P	U13	16.	10	
30	Hayley	Philpott	Hill	U13	16.	36	
31	Cameron	Thomas	ESM	U13	17.	17	
32	Anna	Talbot	Hill	U13	17.	53	
33	Esmé	McLellan	Hill	U13	20.	19	

Under 13 Girls Team Result

1	Thames Valley Harriers	106
2	Herts Phoenix	79
2	Woodford Green with Essex Ladies	79
4	Ealing, Southall & Middlesex	44
5	Hillingdon	43
6	St Mary's Richmond	39
7	Enfield & Haringey	38
8	Herts Phoenix 'B'	28
8	Thames Valley Harriers 'B'	28
10	Shaftesbury Barnet Harriers	26
11	Victoria Park & Tower Hamlets	11
12	London Heathside	6
13	Hillingdon 'B'	1

Under 13 Girls League Positions

1	Thames Valley Harriers	180
2	Woodford Green with Essex Ladies	173
3	Herts Phoenix	128
4	Ealing, Southall & Middlesex	80
5	Enfield & Haringey	70
6	St Mary's Richmond	65
7	Hillingdon	55
8	Shaftesbury Barnet Harriers	43
9	Herts Phoenix 'B'	33
10	Thames Valley Harriers 'B'	28
11	Woodford Green with Essex Ladies 'B'	21
12	London Heathside	18
13	Victoria Park & Tower Hamlets	11
14	Hillingdon 'B'	1

The Month Ahead

Sat 17 Nov	London Cross Country Championships London Youth Games Cross Country	Parliament Hill Parliament Hill
Sat 24 Nov	McCain Cross Country Challenge (inc European Trials) Liddiard Trophy North West London Young Athletes League	Liverpool Kingsbury Harrow Weald
Fri 30 Nov	Serpentine 5K	Hyde Park
Sat 1 Dec	Fraternity & Sorority Cups North West London Young Athletes League	Trent Park Trent Park
Sun 2 Dec	Perivale '5'	Perivale
Sat 8 Dec	SEAA Inter Counties & Masters Championships	Claybury, Woodford
Sat 15 Dec	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Alexandra Palace

Other Remaining League Fixtures

Sat 12 Jan	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Horsenden Hill
Sat 9 Feb	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Mad Bess, Ruislip

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

Under 17 Men Results

1	Liam	Dee	SB	U17	13. 08
2	Jamie	Dee	SB	U15	13. 21
3	Perry	Rowan	WG&EL	U17	13. 33
4	Cameron	Laleye	Herts P	U17	13. 51
5	Canaan	Solomon	WG&EL	U15	13. 54
6	Stanley	Harrison	High	U17	13. 56
7	Liam	Cloona	Herts P	U17	14. 05
8	Terry	Fawden	High	U15	14. 07
9	Jamie	Philpott	Herts P	U15	14. 08
10	Youcef	Harizi	E&H	U15	14. 16
11	Sam	Griffiths	SB	U17	14. 17
12	Toby	Clyde	TVH	U17	14. 21
13	Nick	Doyle	Herts P	U17	14. 24
14	Max	Robertson	Lon H	U17	14. 25
15	Malik	Ouzia	ESM	U17	14. 26
16	Patrick	Goffey	SMR	U15	14. 27
17	George	Hoy	WG&EL	U17	14. 28
18	Aaron	Cooper	Herts P	U17	14. 31
19	Sathira	Don	SMR	U17	14. 33
20	Johnny	Naylor	Lon H	U15	14. 43
21	Beck	Grover	Herts P	U15	14. 46
22	Jack	Treanor	Hill	U17	14. 52
23	Alexander	Machin-Paley	High	U15	15. 00
24	Jim	Fodder	NEB	U17	15. 07
25	Joe	Cooper	TVH	U15	15. 10
26	Dominic	Speight	Hill	U17	15. 12
27	George	Pettipher	Herts P	U17	15. 13
28	Joe	Hayden	E&H	U15	15. 16
29	Karim	Mahiddine	TVH	U15	15. 18
30	Liam	Holbrook	Hill	U15	15. 20
31	Kevin	Kapariro	SB	U17	15. 25
32	Ashley	Altman	SB	U17	15. 28
33	Cassius	Rathbone	TVH	U15	15. 30
34	Zephon	Allen	ESM	U17	15. 43
35	Jamie	Cornuauud	NEB	U15	15. 50
36	James	Noble-Brown	SB	U15	15. 53
37	Charlie	Ackland	NEB	U15	16. 04
38	Abraham	Mendes da Costa	TVH	U15	16. 14
39	Amazigh	Laoudi	NEB	U17	16. 14
40	James	Horrex	TVH	U15	16. 16
41	Andy	Gerlei	NEB	U17	16. 24
42	Jackson	Spielmeyer-Payne	VPH&TH	U15	16. 26
43	Brandon	Filbey	Hill	U15	16. 32
44	Reece	Farren	ESM	U15	16. 37
45	Joseph	Doyle	Hill	U15	16. 45
46	Conor	O'Shea	Lon H	U17	16. 58
47	Josh	Malyan	Hill	U15	17. 02
48	Nick	Hristou	NEB	U17	17. 13
49	Conor	McCarthy	ESM	U15	17. 14
50	Kirk	O'Rourke	Hill	U15	17. 15
51	Harry	Cavell	WG&EL	U15	17. 15
52	Daniel	Culyer	Hill	U15	17. 32
53	Alistair	Sleeman	High	U15	17. 38
54	Matthew	Wright	Hill	U15	18. 28
55	Taylor	Reece	WG&EL	U15	18. 44
56	Sam	Cooper	TVH	U17	19. 11
57	Theo	Hurford	Morn	U17	19. 17
58	Adel	Rajim	E&H	U15	19. 31
59	William	Godbolt	Hill	U15	20. 23
60	Michael	Jordon	WG&EL	U15	20. 28
61	Kevin	Acraman	Hill	U17	20. 54

Under 17 Men Team Result

1	Herts Phoenix	215
2	Shaftesbury Barnet Harriers	203
3	Woodford Green with Essex Ladies	172
4	Highgate Harriers	158
5	Thames Valley Harriers	149
6	Hillingdon	127
7	Herts Phoenix 'B'	120
8	Newham & Essex Beagles	113
9	Ealing, Southall & Middlesex	106
9	London Heathside	106
11	Enfield & Haringey	90
12	St Mary's Richmond	89
13	Shaftesbury Barnet Harriers 'B'	56
14	Hillingdon 'B'	54
15	Thames Valley Harriers 'B'	52
16	Newham & Essex Beagles 'B'	35
17	Victoria Park & Tower Hamlets	20
18	Woodford Green with Essex Ladies 'B'	9
19	Mornington Chasers	5

Under 17 Men League Positions

1	Shaftesbury Barnet Harriers	401
2	Herts Phoenix	368
3	Woodford Green with Essex Ladies	289
4	Thames Valley Harriers	257
5	Highgate Harriers	243
6	Ealing, Southall & Middlesex	219
7	Hillingdon	217
8	St Mary's Richmond	209
9	Shaftesbury Barnet Harriers 'B'	180
10	Herts Phoenix 'B'	168
11	Enfield & Haringey	149
12	London Heathside	142
12	Newham & Essex Beagles	142
14	Thames Valley Harriers 'B'	79
15	Hillingdon 'B'	54
16	Newham & Essex Beagles 'B'	35
17	Victoria Park & Tower Hamlets	20
18	St Mary's Richmond 'B'	15
19	Woodford Green with Essex Ladies 'B'	9
20	Mornington Chasers	5
21	Ealing, Southall & Middlesex 'B'	3

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

Under 17 Women Results

1	Jessica	Burgess	WG&EL	U17	15.	55
2	Ellie	Baker	Herts P	U15	16.	04
3	Lizzie	Parry	Herts P	U17	16.	33
4	Rosie	Poole	WG&EL	U15	16.	37
5	Lucy	Carter	Lon H	U15	16.	40
6	Mary	Gough	Herts P	U17	16.	41
7	Alicia	McArdell	WG&EL	U15	16.	42
8	Caroline	Dunnett	E&H	U15	16.	56
9	Rachel	Seckl	Lon H	U17	16.	58
10	Isabel	Found	Herts P	U17	16.	59
11	Courtney	Marshall	ESM	U15	17.	00
12	Alicia	Found	Herts P	U17	17.	04
13	Florence	Stansall-Seiler	Herts P	U17	17.	13
14	Ellie	Doolan	High	U15	17.	19
15	Olivia	Will	ESM	U17	17.	25
16	Despina	Aslam	E&H	U15	17.	27
17	Jodie	Ratcliff	WG&EL	U15	17.	29
18	Yanna	Raykov	Lon H	U17	17.	30
19	Lauren	Gee	Lon H	U15	17.	34
20	Chloe	Goodson	SB	U15	17.	42
21	Hannah	Booth	Herts P	U15	17.	48
22	Anna	Maude	ESM	U15	17.	50
23	Genevieve	Weston	Lon H	U15	18.	22
24	Ottavia	Laidler	Lon H	U15	18.	33
25	Erin	Breen	Herts P	U15	18.	38
26	Libby	Brown	SMR	U15	18.	40
27	Niamh	Cloona	Herts P	U15	18.	54
28	Chelsea	Pledge	Hill	U15	19.	01
29	Millie	Atherton	ESM	U15	19.	12
30	Katrina	Will	ESM	U17	19.	14
31	Josie	Elliot	ESM	U17	19.	24
32	Stephanie	Smith	WG&EL	U17	19.	28
33	Joanna	Vale	ESM	U17	19.	38
34	Esther	McGuinness	Morn	U15	19.	55
35	Megan	Bishop	Herts P	U15	20.	13
36	Lily	Fawssett	Hill	U17	21.	09
37	Emily	Hore	Herts P	U17	21.	26
38	Hannah	O'Kelly	Hill	U15	22.	59
39	Grace	Hurford	Morn	U15	25.	30

Under 17 Women Team Result

1	Herts Phoenix	139
2	Woodford Green with Essex Ladies	131
3	London Heathside	109
4	Herts Phoenix 'B'	89
5	Ealing, Southall & Middlesex	83
6	Enfield & Haringey	56
7	London Heathside 'B'	33
8	Ealing, Southall & Middlesex 'B'	26
8	Highgate Harriers	26
10	Shaftesbury Barnet Harriers	20
11	Hillingdon	18
12	St Mary's Richmond	14
13	Woodford Green with Essex Ladies 'B'	8
14	Mornington Chasers	7

Under 17 Women League Positions

1	Herts Phoenix	277
2	Woodford Green with Essex Ladies	225
3	London Heathside	217
4	Herts Phoenix 'B'	176
5	Ealing, Southall & Middlesex	162
6	Shaftesbury Barnet Harriers	127
7	Enfield & Haringey	119
8	Highgate Harriers	85
9	London Heathside 'B'	77
10	Thames Valley Harriers	56
11	Ealing, Southall & Middlesex 'B'	51
12	St Mary's Richmond	28
13	Hillingdon	26
14	Mornington Chasers	12
15	Woodford Green with Essex Ladies 'B'	8
16	Shaftesbury Barnet Harriers 'B'	2

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

Under 15 Boy's Individual Result

1	Jamie	Dee	SB	U15	13.	21
2	Canaan	Solomon	WG&EL	U15	13.	54
3	Terry	Fawden	High	U15	14.	07
4	Jamie	Philpott	Herts P	U15	14.	08
5	Youcef	Harizi	E&H	U15	14.	16
6	Patrick	Goffey	SMR	U15	14.	27
7	Johnny	Naylor	Lon H	U15	14.	43
8	Beck	Grover	Herts P	U15	14.	46
9	Alexander	Machin-Paley	High	U15	15.	00
10	Joe	Cooper	TVH	U15	15.	10
11	Joe	Hayden	E&H	U15	15.	16
12	Karim	Mahiddine	TVH	U15	15.	18
13	Liam	Holbrook	Hill	U15	15.	20
14	Cassius	Rathbone	TVH	U15	15.	30
15	Jamie	Cornuauud	NEB	U15	15.	50
16	James	Noble-Brown	SB	U15	15.	53
17	Charlie	Ackland	NEB	U15	16.	04
18	Abraham	Mendes da Costa	TVH	U15	16.	14
19	James	Horrex	TVH	U15	16.	16
20	Jackson	Spielmeyer-Payne	VPH&TH	U15	16.	26
21	Brandon	Filbey	Hill	U15	16.	32
22	Reece	Farren	ESM	U15	16.	37
23	Joseph	Doyle	Hill	U15	16.	45
24	Josh	Malyan	Hill	U15	17.	02
25	Conor	McCarthy	ESM	U15	17.	14
26	Kirk	O'Rourke	Hill	U15	17.	15
27	Harry	Cavell	WG&EL	U15	17.	15
28	Daniel	Culyer	Hill	U15	17.	32
29	Alistair	Sleeman	High	U15	17.	38
30	Matthew	Wright	Hill	U15	18.	28
31	Taylor	Reece	WG&EL	U15	18.	44
32	Adel	Rajim	E&H	U15	19.	31
33	William	Godbolt	Hill	U15	20.	23
34	Michael	Jordon	WG&EL	U15	20.	28

Under 15 Girl's Individual Result

1	Ellie	Baker	Herts P	U15	16.	04
2	Rosie	Poole	WG&EL	U15	16.	37
3	Lucy	Carter	Lon H	U15	16.	40
4	Alicia	McArdell	WG&EL	U15	16.	42
5	Caroline	Dunnett	E&H	U15	16.	56
6	Courtney	Marshall	ESM	U15	17.	00
7	Ellie	Doolan	High	U15	17.	19
8	Despina	Aslam	E&H	U15	17.	27
9	Jodie	Ratcliff	WG&EL	U15	17.	29
10	Lauren	Gee	Lon H	U15	17.	34
11	Chloe	Goodson	SB	U15	17.	42
12	Hannah	Booth	Herts P	U15	17.	48
13	Anna	Maude	ESM	U15	17.	50
14	Genevieve	Weston	Lon H	U15	18.	22
15	Ottavia	Laidler	Lon H	U15	18.	33
16	Erin	Breen	Herts P	U15	18.	38
17	Libby	Brown	SMR	U15	18.	40
18	Niamh	Cloona	Herts P	U15	18.	54
19	Chelsea	Pledge	Hill	U15	19.	01
20	Millie	Atherton	ESM	U15	19.	12
21	Esther	McGuinness	Morn	U15	19.	55
22	Megan	Bishop	Herts P	U15	20.	13
23	Hannah	O'Kelly	Hill	U15	22.	59
24	Grace	Hurford	Morn	U15	25.	30

NOTICEBOARD

* denotes "Registered Second Claim" athletes

Results produced on behalf of the League by
Gavin Collett & Sharon Talbot (Hillingdon AC).
Any queries to gavin.collett@jti.com

Only information recorded by each club on their
declaration sheet and handed in on the day of the race can
be used to compile these results.
Late notification of information cannot be accepted.

Birthdates should be clearly marked on declaration sheets
for all competitors or they are not eligible to score.

The minimum age to be allowed to compete in the
Under 13 race is 11 on the day of the race.

Any athlete not running in the appropriate race for their
age group will be deemed a non-scorer.

League Administrator: Gavin Collett
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www.metleague.co.uk

Divisional and Age Group results are available on at

www.activetrainingworld.co.uk

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

Women's Results

1	Lorna	Russell*	E&H	S	21. 44
2	Victoria	Webster	SB	S	21. 47
3	Rachel	Felton	SB	S	21. 56
4	Hayley	Munn	E&H	S	22. 22
5	Rebecca	Glover	Serp	S	22. 32
6	Melissa	Courtney	SB	U20	22. 39
7	Katie	Meredith	High	S	22. 44
8	Sue	Rust	Lon H	S	22. 45
9	Alex	Gounelas*	High	S	22. 47
10	Georgie	Sales	WG&EL	S	22. 52
11	Lauren	Stewart	WG&EL	S	22. 55
12	Becky	Penty	High	S	23. 01
13	Sarah	Pemberton	Serp	S	23. 08
14	Sara	Bird	WG&EL	S	23. 11
15	Victoria	Crawford	Serp	S	23. 27
16	Caroline	Walsh	SB	S	23. 40
17	Rebekah	Gardiner	SB	S	23. 42
18	Kat	Gundersen	WG&EL	V35	23. 50
19	Liz	Wynn	Serp	V35	23. 53
20	Susan	Miles	Hill	S	24. 03
21	Marina	Johnson	Serp	S	24. 04
22	Martha	Hall	GCR	V35	24. 05
23	Linda	Jackson	WG&EL	V45	24. 07
24	Samantha	Ludlow Taylor	Serp	S	24. 09
25	Grace	Kimble	Serp	S	24. 11
26	Helen	Ward	Serp	S	24. 15
27	Anna	Critchlow*	TVH	V40	24. 16
28	Marilyn	Okoro	SB	S	24. 31
29	Hanah	Wylie	High	S	24. 37
30	Jo	Singer	VPH&TH	V35	24. 37
31	Lauren	Tolmie	NEB	S	24. 37
32	Siana	Jones	TVH	S	24. 39
33	Jennifer	Bradley	Serp	S	24. 47
34	Sarah	Swinhoe	Lon H	V40	24. 51
35	Alexia	Trafford	High	S	24. 55
36	Victoria	Dawes	SB	V35	25. 03
37	Carla	Denneny	Serp	S	25. 11
38	Alison	Hopkins	ESM	V35	25. 13
39	Beth	Young	Hill	S	25. 20
40	Tracy	Barlow	TVH	S	25. 25
41	Jackie	Wastell	Lon H	V50	25. 29
42	Lientjie	de Villiers	GCR	S	25. 37
43	Anna	Ferguson	Serp	S	25. 38
44	Kate	Green	TVH	S	25. 39
45	Bernie	Pritchett	WG&EL	V45	25. 40
46	Anna	Waterman	Morn	S	25. 41
47	Sophie	Sheldrake	High	S	25. 41
48	Laura	Denison	Serp	V35	25. 44
49	Fiona	Kennedy	ESM	V55	25. 51
50	Sarah	Nicholas	WG&EL	S	25. 55
51	Jessica	Bass	TVH	S	26. 03
52	Suzu	Sato	SB	U20	26. 04
53	Louise	Faherty	High	V35	26. 05
54	Bridget	Napleton	Lon H	V45	26. 08
55	Fiona	Russell	Morn	V40	26. 13
56	Sarah	Richardson	ESM	V35	26. 27
57	Katherine	Vinnicombe	Lon H	S	26. 32
58	Cathy	Jeremiah	Lon H	S	26. 40
59	Meire	Gorman	TVH	S	26. 44
60	Helen	Hoyle	Barn	V45	26. 48
61	Claire	Morrissey	Lon H	S	26. 49
62	Margrethe	Ouren	Serp	S	26. 51
63	Victoria	Poole	VPH&TH	S	26. 59
64	Joanna	Beak	Serp	S	27. 01
65	Lisa	Pettit	Serp	V40	27. 11
66	Hannah	Wells	Hill	U20	27. 15
67	Madeleine	Smith*	NEB	S	27. 20
68	Jane	Nodder	Morn	V55	27. 24
69	Kirsty	Hood	Morn	S	27. 27

Women's Division One Team Result

1	Shaftesbury Barnet Harriers	242
2	Serpentine RC	218
3	Woodford Green with Essex Ladies	201
4	Highgate Harriers	188
5	Serpentine RC 'B'	130
6	London Heathside	114
7	Enfield & Haringey	108
8	Thames Valley Harriers	106
9	Metropolitan Police	19

Women's Division One League Positions

1	Serpentine RC	436
2	Shaftesbury Barnet Harriers	403
3	Woodford Green with Essex Ladies	399
4	Highgate Harriers	307
5	Serpentine RC 'B'	253
6	Enfield & Haringey	248
7	London Heathside	246
8	Thames Valley Harriers	134
9	Metropolitan Police	28
10	St Albans Striders	0

Women's Division Two Team Result

1	Ealing, Southall & Middlesex	182
2	Hillingdon	166
3	Serpentine RC 'C'	161
4	Mornington Chasers	160
5	Garden City Runners	134
6	London Heathside 'B'	127
7	Woodford Green with Essex Ladies 'B'	101
8	Victoria Park & Tower Hamlets	96
9	Highgate Harriers 'B'	65

Women's Division Two League Positions

1	Serpentine RC 'C'	427
2	Ealing, Southall & Middlesex	423
3	Hillingdon	326
4	Woodford Green with Essex Ladies 'B'	305
5	Victoria Park & Tower Hamlets	285
6	London Heathside 'B'	266
7	Garden City Runners	246
8	Mornington Chasers	243
9	Highgate Harriers 'B'	175
10	Enfield & Haringey 'B'	1

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

70	Patricia	Thomas	ESM	V45	27. 31	
71	Ruth	Miller	Lon H	V50	27. 32	
72	Victoria	Collins	Serp	V40	27. 37	
73	Liz	Clark	Serp	V35	27. 38	
74	Angela	Breen	Met P	S	27. 41	
75	Jemma	Weekes	Hill	S	27. 45	
76	Claire	Thornhill	Lon H	S	27. 45	
77	Emma	Ferry	GCR	V35	27. 51	
78	Christine	Hall	Hill	U20	27. 54	Gst
79	Carol	Jones	ESM	V55	27. 56	
80	Natasha	Cendrowicz	High	V40	28. 02	
81	Georgina	Kennedy	Lon H	S	28. 10	
82	Clare	Sparks	Barn	S	28. 13	
83	Kate	Mapstone	Serp	S	28. 15	
84	Caroline	Ringrow	Serp	S	28. 17	
85	Jenny	Thomas	WG&EL	V45	28. 17	
86	Ella	Fuller	Herts P	U20	28. 19	
87	Kate	Stockings	WG&EL	U20	28. 21	
88	Laura	Parker	Met P	V40	28. 25	
89	Virginia	Bird	GCR	V50	28. 27	
90	Alex	Wardle	WG&EL	V45	28. 30	
91	Sarah	Guy	Lon H	S	28. 34	
92	Gillian	Morgan	ESM	V50	28. 35	
93	Adelle	Stach-Kevitz	NEB	V40	28. 35	
94	Nicola	Baker	ESM	V40	28. 37	
95	Nicola	Heron	Morn	S	28. 55	
96	Caroline	Gayle	Lon H	V35	28. 59	
97	Sophia	Holder	Serp	V35	29. 02	
98	Maki	Kimura	Morn	V40	29. 16	
99	Anne	Morris	Hill	V35	29. 18	
100	Jenny	Douch	NEB	S	29. 20	
101	Lynne	Connolly	Morn	V50	29. 23	
102	Deanna	Laforet	Serp	S	29. 32	
103	Sara	Stank	Morn	S	29. 34	
104	Avril	Riddell	Morn	V55	29. 41	
105	Delphine	Horodyski	Morn	S	29. 42	
106	Mary	Walsh	ESM	V40	29. 51	
107	Hannah	O'Sullivan	E&H	S	29. 53	
108	Pauline	Fischer	Hill	V55	29. 58	
109	Sarah	Brogden	Morn	S	30. 00	
110	Jayne	Shepherd*	Herts P	V50	30. 04	
111	Natalie	Simon	SMR	U20	30. 04	
112	Kavita	Solder	WG&EL	S	30. 19	
113	Valerie	Metcalf	Serp	V45	30. 21	
114	Sarah	James	Met P	S	30. 26	
115	Katy	Moore	E&H	S	30. 30	
116	Nadia	Atia	Lon FR	S	30. 36	
117	Gabi	Johnson	Lon H	V40	30. 44	
118	Hazel	Clark*	Morn	S	30. 44	
119	Hannah	Gibson	Lon FR	S	31. 03	
120	Susan	Brannick	Lon FR	S	31. 10	
121	Carrie	Doyle	Serp	V35	31. 18	
122	Monique	Geraghty	VPH&TH	S	31. 24	
123	Sarah	Nicholson	Hill	V40	31. 32	
124	Julie	Freeman	Morn	V35	31. 34	Gst
125	Debbie	Spicer	VPH&TH	S	31. 36	
126	Rafaele	Lamour	Morn	V40	31. 41	
127	Anne	Caspi	Morn	V50	32. 08	
128	Natalie	Alger	Lon FR	V35	32. 18	
129	Julia	Gristwood	ESM	V50	32. 40	
130	Stephanie	Vaatz	Serp	V35	32. 42	
131	Teresa	Griffith	Serp	V50	32. 51	
132	Alison	Lapper	Met P	V40	33. 16	
133	Rebecca	Sweet	Lon H	S	33. 35	
134	Caprice	Beggs	Hill	S	33. 51	
135	Lindsey	Browne	Hill	S	33. 59	
136	Kayleigh	Dunn	Morn	S	35. 14	
137	Kirat	Nandra	High	V45	36. 23	
138	Jane	Newman	Hill	V55	37. 09	
139	Jaz	Stafford	Morn	V40	37. 21	
140	Susan	Leese	VPH&TH	V40	39. 15	

Women's Division Three Team Result

1	Newham & Essex Beagles	128
2	Mornington Chasers 'B'	99
3	Ealing, Southall & Middlesex 'B'	88
4	Shaftesbury Barnet Harriers 'B'	73
5	Barnet & District	68
6	Herts Phoenix	50
7	London Frontrunners	49
7	London Heathside 'C'	49
9	Hillingdon 'B'	40
10	St Mary's Richmond	17

Women's Division Three League Positions

1	Herts Phoenix	180
2	Newham & Essex Beagles	168
3	Barnet & District	142
4	Ealing, Southall & Middlesex 'B'	135
5	Shaftesbury Barnet Harriers 'B'	102
6	London Frontrunners	99
6	Mornington Chasers 'B'	99
8	Hillingdon 'B'	94
9	Victoria Park & Tower Hamlets 'B'	60
10	London Heathside 'C'	49
11	Herts Phoenix 'B'	39
12	St Mary's Richmond	32

Veteran Women's Division One Team Result

1	Woodford Green with Essex Ladies	104
2	London Heathside	98
3	Serpentine RC	94
4	Ealing, Southall & Middlesex	93
5	Mornington Chasers	60
6	Highgate Harriers	40
7	Serpentine RC 'B'	38
8	London Heathside 'B'	18
9	Mornington Chasers 'B'	16

Veteran Women's Division One League Positions

1	Woodford Green with Essex Ladies	183
2	Serpentine RC	173
3	London Heathside	156
4	Ealing, Southall & Middlesex	144
5	Mornington Chasers	81
6	Highgate Harriers	77
7	Serpentine RC 'B'	64
8	London Heathside 'B'	18
9	Mornington Chasers 'B'	16
10	St Albans Striders	0

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

141 Christine Read* E&H V45

Please note that one time is missing from the women's race result.

Any times taken that can be provided by athletes in this race would be much appreciated.

Please send to gavin.collett@jti.com

U20 Women's Individual Result

1	Melissa	Courtney	SB	U20	22.	39
2	Suzu	Sato	SB	U20	26.	04
3	Hannah	Wells	Hill	U20	27.	15

Veteran Women's Individual Result

1	Kat	Gundersen	WG&EL	V35	23.	50
2	Liz	Wynn	Serp	V35	23.	53
3	Martha	Hall	GCR	V35	24.	05

Veteran Women's Division Two Team Result

1	Garden City Runners	53
2	Ealing, Southall & Middlesex 'B'	52
3	Hillingdon	30
4	Victoria Park & Tower Hamlets	20
5	Metropolitan Police	19
6	Woodford Green with Essex Ladies 'B'	14
7	Serpentine RC 'C'	9
8	London Frontrunners	7

Veteran Women's Division Two League Positions

1	Hillingdon	96
2	Ealing, Southall & Middlesex 'B'	94
3	Woodford Green with Essex Ladies 'B'	92
4	Garden City Runners	79
5	Serpentine RC 'C'	72
6	Victoria Park & Tower Hamlets	45
7	London Frontrunners	29
8	Metropolitan Police	19
9	Highgate Harriers 'B'	0
9	Metropolitan Police 'B'	0

Veteran Women's Division Three Team Result

1	Thames Valley Harriers	6
2	Shaftesbury Barnet Harriers	5
3	Barnet & District	4
4	Newham & Essex Beagles	3
5	Herts Phoenix	2
6	Enfield & Haringey	1

Veteran Women's Division Three League Positions

1	Herts Phoenix	16
2	Hillingdon 'B'	14
2	Shaftesbury Barnet Harriers	14
4	Enfield & Haringey	9
5	Thames Valley Harriers	6
6	Barnet & District	4
7	Newham & Essex Beagles	3

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Men's Results

1	Neilson	Hall*	Herts P	S	25. 16
2	Niall	Fleming	SB	S	25. 42
3	Sean	Dixon	High	S	25. 51
4	Paul	Martelletti	VPH&TH	S	25. 52
5	Matt	Gunby	WG&EL	S	26. 00
6	Jake	Shelley	SB	S	26. 06
7	Matthew	Fayers	Hill	U20	26. 07
8	Richard	Horton	SB	U20	26. 11
9	Michael	Callegari	SB	U20	26. 13
10	Glen	Watts	SB	S	26. 19
11	Ben	Noad	High	S	26. 26
12	Robert	Russell	TVH	S	26. 28
13	Steve	Dawes	NEB	S	26. 38
14	Mohamed	Mohamed	TVH	U20	26. 38
15	Mohamud	Aadan	TVH	S	26. 47
16	Ryan	McKinley	High	S	26. 52
17	Chris	Hartley	TVH	S	26. 55
18	Martyn	Cryer	WG&EL	S	27. 08
19	Andy	Greenleaf*	Serp	S	27. 09
20	Huw	Lobb*	Serp	S	27. 10
21	Robert	Thompson	Hill	S	27. 12
22	Ben	Pochee	High	V40	27. 19
23	Bertie	Powell	WG&EL	S	27. 21
24	Robel	Balhebi	High	U20	27. 25
25	Richard	Phillips	Serp	S	27. 27
26	Olly	Laws	NEB	S	27. 28
27	James	Laing	Hill	S	27. 31
28	Richard	Scott	High	S	27. 35
29	Hugh	Torry	Serp	S	27. 39
30	Robert	Wilson	ESM	S	27. 42
31	Sam	Humphrey	VPH&TH	S	27. 47
32	Mohamed	Charkaoui-Essouni	SB	S	27. 49
33	Jonathan	Poole	Serp	S	27. 50
34	Tom	Beedell	WG&EL	S	27. 52
35	Fergal	Smithwisk	High	S	27. 55
36	Kevin	Murphy	WG&EL	S	27. 59
37	Phillip	Crout	SB	U20	28. 02
38	Sean	Renfer	TVH	S	28. 04
39	Niall	Sheehan	NEB	S	28. 07
40	James	Stockings	WG&EL	U20	28. 08
41	Andrew	Lawrence*	High	S	28. 09
42	Daniel	Thompson	Hill	S	28. 10
43	Graham	Robinson*	GCR	S	28. 11
44	Michael	Dan	High	S	28. 12
45	Harold	Wyber	WG&EL	S	28. 13
46	Darren	Southcott	WG&EL	S	28. 14
47	Michael	Christoforou	E&H	U20	28. 30
48	Daniel	Bruynooghe	WG&EL	S	28. 32
49	Martin	Bateman	Hill	S	28. 37
50	Richard	Williams	SB	S	28. 40
51	James	Tomlinson*	TVH	S	28. 42
52	Peter	Downie	High	S	28. 45
53	Tom	Heslop	VPH&TH	S	28. 48
54	Rob	O'Grady	Lon H	S	28. 52
55	Adam	Villard	SMR	U20	28. 53
56	Ben	Waterman	ESM	U20	29. 00
57	Richard	Hope	VPH&TH	V40	29. 02
58	Dave	Morgan	Serp	S	29. 05
59	Ali	Yahye	TVH	S	29. 06
60	Stephen	Murtagh	Harl RC	V45	29. 07
61	Peter	Scannell	TVH	S	29. 09
62	Mike	Stocks	Lon H	V40	29. 11
63	Stephen	Whiting	High	V45	29. 12
64	Nick	Gold	High	V40	29. 13
65	Hassan	Muse	E&H	U20	29. 13
66	Alun	Myers	VPH&TH	S	29. 13
67	John	McKeane	High	S	29. 15
68	Mat	Clarkson	WG&EL	V40	29. 17
69	Nicholas	Landeau	ESM	U20	29. 20

Men's Division One Team Result

1	Highgate Harriers	1115
2	Woodford Green with Essex Ladies	1020
3	Shaftesbury Barnet Harriers	994
4	Thames Valley Harriers	948
5	Serpentine RC	885
6	Hillingdon	715
7	London Heathside	648
8	Ealing, Southall & Middlesex	433
9	Woodford Green with Essex Ladies 'B'	273
10	Serpentine RC 'B'	229

Men's Division One League Positions

1	Highgate Harriers	2222
2	Woodford Green with Essex Ladies	2181
3	Serpentine RC	1776
4	Shaftesbury Barnet Harriers	1729
5	Thames Valley Harriers	1712
6	Hillingdon	1382
7	London Heathside	1207
8	Ealing, Southall & Middlesex	766
9	Woodford Green with Essex Ladies 'B'	737
10	Serpentine RC 'B'	569

Men's Division Two Team Result

1	Victoria Park & Tower Hamlets	819
2	Newham & Essex Beagles	689
3	London Heathside 'B'	610
4	Mornington Chasers	555
5	Garden City Runners	506
6	London Frontrunners	484
7	Herts Phoenix	418
8	Serpentine RC 'C'	278
9	Metropolitan Police	140

Men's Division Two League Positions

1	Victoria Park & Tower Hamlets	1574
2	Newham & Essex Beagles	1395
3	Garden City Runners	1166
4	London Heathside 'B'	1145
5	Herts Phoenix	989
6	Mornington Chasers	984
7	Serpentine RC 'C'	914
8	London Frontrunners	865
9	Metropolitan Police	405
10	St Albans Striders	0

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70	Rory	Maguire	Serp	S	29. 22
71	Jonathan	Deane	High	S	29. 25
72	Alex	Galloway	Lon H	S	29. 27
73	Andrew	Orr	Serp	S	29. 28
74	Wayne	Bell	NEB	S	29. 30
75	Mark	Hovres	E&H	S	29. 32
76	Mark	Palser*	TVH	S	29. 33
77	Dan	Madams	Lon H	S	29. 34
78	Wesley	Harrison	Serp	S	29. 35
79	Louis	Clark	WG&EL	S	29. 36
80	Brahma	Pochee	High	S	29. 38
81	Steve	Norris	TVH	V40	29. 39
82	Angelo	John	ESM	V40	29. 44
83	Alex	Cloona	Herts P	U20	29. 45
84	James	Gillanders	Lon FR	S	29. 47
85	George	Stewart	Lon H	V40	29. 55
86	James	Manley	Hill	S	29. 57
87	Simon	Nash	Lon H	S	29. 58
88	Tom	Christopher	High	S	29. 59
89	Anthony	Hall	Lon H	S	30. 00
90	Dan	Lewington	Serp	S	30. 01
91	Tony	Russell	WG&EL	S	30. 03
92	Gareth	Cavell	WG&EL	V45	30. 04
93	Alex	Thomas	High	S	30. 05
94	Tony	Lashmer	VPH&TH	S	30. 08
95	Andy	Holt	GCR	V45	30. 14
96	Sam	Blanshard	Hill	S	30. 16
97	Simon	Freeman	Morn	S	30. 19
98	Tim	Ballard	WG&EL	S	30. 21
99	Tom	Hall	Hill	S	30. 22
100	Tommy	Bower	NEB	U20	30. 24
101	Michael	Duffy	Morn	S	30. 26
102	Jonathan	Lane	ESM	S	30. 27
103	Neil	Cook	VPH&TH	S	30. 29
104	Orlando	Edwards	SB	S	30. 30
105	Duncan	Burbidge	High	V40	30. 32
106	Chris	Hartley	Lon H	V45	30. 33
107	Gary	Bagnall	VPH&TH	V40	30. 35
108	Dan	McKeown	Lon H	S	30. 37
109	Shane	Cullinan	Lon FR	S	30. 42
110	Adam	Mitchell	Lon H	S	30. 43
111	Matthew	Ribault	TVH	S	30. 44
112	Nick	Bishop	Lon H	S	30. 45
113	John	Whitworth	SB	S	30. 48
114	Mohamed	Hashi	ESM	U20	30. 51
115	Benn	Thomas	Serp	S	30. 53
116	Chris	Shepherd	WG&EL	S	30. 53
117	Simeon	Bennett	VPH&TH	S	30. 53
118	Matt	Ponting	TVH	S	30. 53
119	Paul	Greaves	Herts P	V45	30. 54
120	Henry	Hughes	TVH	S	30. 54
121	Tom	Bestwick	Lon H	S	30. 55
122	Kevin	Walden	SB	S	31. 00
123	Oliver	Kean	High	S	31. 01
124	Miron	Woldemichael	Lon H	U20	31. 03
125	Paul	Jarman	Lon H	V45	31. 04
126	Tim	Nicholson	Morn	S	31. 06
127	Robert	Rigby	SB	V50	31. 06
128	Jad	El-Houssami	NEB	U20	31. 07
129	Howard	Gold	Lon H	V40	31. 08
130	Nicola	Barberis Negra	Serp	S	31. 11
131	Costa	Michael	Barn	V45	31. 16
132	John	Scott	Serp	S	31. 17
133	Sam	Benge	WG&EL	U20	31. 18
134	Stephen	Jones	Morn	S	31. 19
135	Jamie	Hogg	Serp	S	31. 20
136	Chris	Ingram	Hill	S	31. 20
137	Ronan	Breen	SB	V40	31. 20
138	Dave	Desborough	GCR	V55	31. 23
139	John	Nugus	Serp	S	31. 25
140	Andy	Welshman	Lon H	V45	31. 26

Men's Division Three Team Result

1	Highgate Harriers 'B'	1014
2	London Heathside 'C'	842
3	Hillingdon 'B'	836
4	Victoria Park & Tower Hamlets 'B'	731
5	Barnet & District	655
6	Thames Valley Harriers 'B'	618
7	Shaftesbury Barnet Harriers 'B'	615
8	Enfield & Haringey	568
9	Woodford Green with Essex Ladies 'C'	455
10	Harlow RC	406
11	St Mary's Richmond	296
12	Ealing, Southall & Middlesex 'B'	194
13	Garden City Runners 'B'	171
14	Newham & Essex Beagles 'B'	129
15	London Frontrunners 'B'	120
16	Mornington Chasers 'B'	54
17	Herts Phoenix 'B'	47
18	Barnet & District 'B'	24

Men's Division Three League Positions

1	Highgate Harriers 'B'	1779
2	Barnet & District	1434
3	Hillingdon 'B'	1330
4	London Heathside 'C'	1195
5	Thames Valley Harriers 'B'	1191
6	Woodford Green with Essex Ladies 'C'	1180
7	Victoria Park & Tower Hamlets 'B'	919
8	Enfield & Haringey	840
9	Shaftesbury Barnet Harriers 'B'	765
10	Harlow RC	612
11	St Mary's Richmond	383
12	Garden City Runners 'B'	270
13	Newham & Essex Beagles 'B'	255
14	Ealing, Southall & Middlesex 'B'	194
15	London Frontrunners 'B'	158
16	Herts Phoenix 'B'	145
17	Barnet & District 'B'	138
18	Mornington Chasers 'B'	55

Veteran Men's Division One Team Result

1	London Heathside	255
2	Highgate Harriers	200
3	Woodford Green with Essex Ladies	176
4	London Heathside 'B'	164
5	Garden City Runners	150
6	Hillingdon	148
7	Thames Valley Harriers	113
8	Herts Phoenix	92
9	Serpentine RC	80

Veteran Men's Division One League Positions

1	London Heathside	457
2	Highgate Harriers	439
3	Woodford Green with Essex Ladies	418
4	Garden City Runners	338
5	Serpentine RC	333
6	Hillingdon	285
7	Herts Phoenix	204
8	London Heathside 'B'	198
9	Thames Valley Harriers	191
10	St Albans Striders	0

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141	Rob	Cox	WG&EL	S	31.	28	
142	Roger	Reid	Serp	V40	31.	30	
143	Dave	Cox	WG&EL	V55	31.	33	
144	Daniel	Mutlow	VPH&TH	S	31.	36	
145	Scott	Farley	Hill	V40	31.	39	
146	Rob	Wilbraham	WG&EL	S	31.	41	
147	Drew	Lowthian	Serp	S	31.	42	
148	Gavin	Evans	Lon H	V50	31.	44	
149	Mischa	Balen	Serp	S	31.	45	
150	Jaime	Reed	GCR	S	31.	47	
151	Robert	Brown	ESM	V45	31.	48	
152	Andy	Cunningham	Barn	V50	31.	50	
153	Ian	Gordon	Morn	S	31.	50	
154	Will	Forbes	Serp	S	31.	50	
155	Mark	Delahunty	ESM	S	31.	50	
156	Steven	Artist	Lon FR	S	31.	55	
157	John	Flahive	Lon H	V45	31.	57	
158	James	Shipley	Hill	S	31.	59	
159	Andrew	Taylor	Serp	S	32.	00	
160	Richard	Taylor	Serp	S	32.	01	
161	Rodney	Mushanganyisi	VPH&TH	S	32.	02	
162	Jonathan	Moscrop	Lon FR	S	32.	03	
163	Fraser	Johnson	Serp	S	32.	04	
164	Richard	Jenkin	Hill	V50	32.	06	
165	Rob	Quantrell	WG&EL	S	32.	09	
166	Duncan	Steen	VPH&TH	S	32.	16	
167	Simon	Connell	Hill	S	32.	18	
168	Norman	Mitchell	Lon H	V50	32.	19	
169	Alex	Elferink	Serp	S	32.	20	
170	Matt	Fassnidge	Lon H	S	32.	22	
171	Jermaine	Carter	TVH	S	32.	23	
172	Nigel	Rowe	Met P	V45	32.	24	
173	George	Choat	NEB	S	32.	30	
174	Ian	Girling	Morn	S	32.	33	
175	Richard	Holland	WG&EL	V50	32.	34	
176	Anthony	Wilkinson	Lon H	V40	32.	35	
177	Ed	Holland	Lon FR	S	32.	37	
178	David	Kail	NEB	U20	32.	37	
179	Phil	Wetton	TVH	V45	32.	39	
180	Chris	Eland	GCR	V40	32.	40	
181	Joe	Everitt	WG&EL	?	32.	42	Gst
182	James	Steel	ESM	V40	32.	42	
183	Rob	Casserley	GCR	V40	32.	43	
184	David	Newman	Hill	V50	32.	50	
185	Adam	Lawrence	E&H	S	32.	52	
186	Jacob	Eisler	VPH&TH	S	32.	56	
187	Alex	Sweet	Lon H	S	32.	58	
188	Marcus	Tillotson	Lon H	S	32.	58	
189	Dave	Wilcock	Barn	V55	33.	00	
190	Matthew	Boyles	SMR	V45	33.	04	
191	Pierce	Boyle	High	U20	33.	06	
192	Steve	Hirons	Hill	V45	33.	13	
193	Steve	White	Herts P	V45	33.	14	
194	Jon	Long	WG&EL	S	33.	19	
195	Phil	Hogg	Lon H	V40	33.	23	
196	Dominic	Jackson	Lon H	V45	33.	25	
197	Michael	Hurford	Morn	V50	33.	25	
198	Marco	Luna	Lon H	S	33.	27	
199	Melvyn	Wachira	Lon H	U20	33.	28	
200	Paul	Leppard	Hill	S	33.	29	
201	Jack	Lambdon	Lon FR	S	33.	32	
202	Tim	Renshaw	Serp	S	33.	33	
203	Nick	Dunwell	Morn	S	33.	34	
204	Jon	Ellis	ESM	S	33.	35	
205	Simon	Claridge	Hill	V50	33.	35	
206	Patrick	Waldron	Lon H	V40	33.	36	
207	Chris	Gibbons	Lon FR	S	33.	38	
208	Andy	Owen	Lon H	V40	33.	45	
209	Neil	Millington	WG&EL	S	33.	48	
210	Andrew	Johnson	Lon H	V40	33.	50	
211	Simon	Doyle	Herts P	V50	33.	50	

Veteran Men's Division Two Team Result

1	London Heathside 'C'	200
2	Ealing, Southall & Middlesex	191
3	Shaftesbury Barnet Harriers	172
4	Hillingdon 'B'	167
5	Victoria Park & Tower Hamlets	131
6	London Frontrunners	82
7	Metropolitan Police	78
8	Serpentine RC 'B'	65
9	Woodford Green with Essex Ladies 'B'	62
10	Herts Phoenix 'B'	33

Veteran Men's Division Two League Positions

1	Ealing, Southall & Middlesex	335
2	Shaftesbury Barnet Harriers	328
3	Victoria Park & Tower Hamlets	273
4	London Frontrunners	262
5	Hillingdon 'B'	241
5	Woodford Green with Essex Ladies 'B'	241
7	Serpentine RC 'B'	240
8	London Heathside 'C'	230
9	Metropolitan Police	170
10	Herts Phoenix 'B'	94

Veteran Men's Division Three Team Result

1	Barnet & District	180
2	Harlow RC	141
3	Garden City Runners 'B'	140
4	Mornington Chasers	119
5	Hillingdon 'C'	117
6	Ealing, Southall & Middlesex 'B'	99
7	Barnet & District 'B'	97
8	St Mary's Richmond	75
9	Enfield & Haringey	33
10	Serpentine RC 'C'	29
11	Harlow RC 'B'	19

Veteran Men's Division Three League Positions

1	Barnet & District	289
2	Harlow RC	228
3	Garden City Runners 'B'	227
4	Mornington Chasers	178
5	Shaftesbury Barnet Harriers 'B'	136
6	Hillingdon 'C'	130
7	St Mary's Richmond	112
8	Barnet & District 'B'	100
9	Ealing, Southall & Middlesex 'B'	99
10	London Frontrunners 'B'	71
11	Serpentine RC 'C'	35
12	Enfield & Haringey	33
13	Harlow RC 'B'	24
14	Thames Valley Harriers 'B'	18

ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

212	Paul	Pulze	Serp	S	33.	50	Gst
213	David	Smith	Hill	V45	33.	51	
214	Sam	Reed	SB	U17	33.	51	
215	Craig	Jacobs	NEB	S	33.	58	
216	Philip	Eldridge	NEB	S	34.	00	
217	Mark	George	Lon H	V45	34.	01	
218	Mike	Martin	Barn	V45	34.	02	
219	Alex	Malzer	Serp	V40	34.	04	
220	Richard	Hunter	SB	S	34.	05	
221	John	Lynch	Morn	V55	34.	06	
222	Pete	Crockford	Lon H	V50	34.	06	
223	Andy	Miles	Hill	V55	34.	07	
224	Thomas	Fouret	NEB	S	34.	11	
225	Noel	Hall	Hill	V50	34.	11	
226	Nick	Stockman	High	S	34.	13	
227	Lee	Benjamin	TVH	V50	34.	15	
228	Tim	Parkin	SB	S	34.	19	
229	Rob	Pitkethly	VPH&TH	S	34.	19	
230	Simon	Craddock	Serp	S	34.	19	
231	James	Blakemore	TVH	V40	34.	19	
232	Brett	Corthine	Serp	V40	34.	21	
233	Matt	Trainer	VPH&TH	S	34.	26	
234	Andrew	Malyan	Hill	V45	34.	26	
235	George	Margesson	Lon H	S	34.	27	
236	Bernie	Barnaby	GCR	V50	34.	28	
237	Richard	Hogg	WG&EL	V40	34.	36	
238	Marc	Lowers	Harl RC	S	34.	42	
239	Rob	Birchley	VPH&TH	S	34.	44	
240	Princeton	Akpojaro	Met P	V45	34.	45	
241	John	Driscoll	Lon H	V40	34.	46	
242	Richard	Bell	TVH	V45	34.	47	
243	Ian	Johnson	Serp	V45	34.	48	
244	Alistair	Holford	WG&EL	V55	34.	52	
245	Peter	Fitzpatrick	Herts P	V60	34.	54	
246	Steve	Scruton	High	V50	34.	58	
247	Adrian	Gorniak	SB	U20	34.	59	
248	Conor	Christopher	Serp	S	35.	04	
249	John	Bignell	Hill	V60	35.	05	
250	Daren	Roscoe	Hill	S	35.	12	
251	Leo	Pemberton	Lon H	S	35.	13	
252	Mark	Bowen	Lon FR	V60	35.	15	
253	Patrick	Bird	GCR	V50	35.	20	
254	Craig	Stephenson	GCR	V40	35.	20	
255	Brian	Boyle	Lon H	S	35.	22	
256	Peter	Drew	ESM	V45	35.	25	
257	Ben	Watson	Barn	S	35.	27	
258	Sean	Bowen	GCR	V45	35.	33	
259	Julian	Williams	Lon FR	V40	35.	34	
260	John	Tennant	Harl RC	V60	35.	36	
261	Philip	Cunningham	SB	V45	35.	40	
262	Mike	Ingram	Hill	V50	35.	41	
263	Andy	Birtwhistle*	Serp	V55	35.	41	
264	Chris	Maybin	WG&EL	S	35.	42	
265	Ray	Powell	SB	V50	35.	47	
266	Peter	Faulkner	Morn	S	35.	50	
267	Liam	Phair	Met P	S	35.	52	
268	Tim	Surzyn	Serp	S	35.	55	
269	Robert	Pick	SB	V55	35.	55	
270	Mark	Hughes	WG&EL	S	35.	55	
271	Daniel	Edwards	Lon FR	S	35.	55	
272	Ryan	Faulkner	Herts P	U20	35.	57	
273	Dean	Burch	Hill	S	36.	03	
274	Michael	Chapman	Met P	S	36.	06	
275	Richard	Melvern	Herts P	V65	36.	08	
276	Richard	Somerset	GCR	V40	36.	10	
277	Jon	Medcraft	VPH&TH	S	36.	13	
278	John	McKim	ESM	V45	36.	15	
279	William	Gristwood	ESM	V50	36.	18	
280	Darren	Over	Serp	S	36.	22	
281	Justin	Lock	Serp	S	36.	25	
282	Jason	Steel	Hill	V40	36.	26	

283	Roy	Williams	WG&EL	V60	36. 27	
284	Simon	Proctor	VPH&TH	V40	36. 28	
285	Andy	Smith	WG&EL	S	36. 30	
286	Ian	Mawdesley	Met P	S	36. 35	
287	Carl	Heap	Lon H	V55	36. 40	
288	Chris	Lopez	VPH&TH	S	36. 48	
289	Chris	Violet	Barn	V45	36. 52	
290	Paul	Stockings	WG&EL	V50	36. 55	
291	Steve	Plested	ESM	V60	36. 58	
292	Dave	Walton	Lon H	V50	37. 11	
293	Alastair	Maher	Serp	S	37. 20	
294	Neil	Barnaby	E&H	V45	37. 22	
295	James	Turner	Serp	S	37. 26	
296	Jonathan	Taylor	SMR	V40	37. 28	
297	Martin	Searle	Hill	V50	37. 30	
298	Sean	Flynn	Harl RC	V40	37. 39	
299	Andrew	Scheer	Serp	V45	37. 49	
300	Ian	Hodge	Serp	V50	37. 51	
301	Iziaih	Turner	Lon H	U20	37. 52	
302	Richard	Foskett	Herts P	V55	37. 56	
303	Richard	Bloom	Herts P	V65	37. 58	
304	Joe	Gomes	Barn	V45	38. 00	
305	Tom	Spanyol	WG&EL	V50	38. 01	
306	John	Randall	Serp	V40	38. 03	
307	Jason	Bridgen	Hill	V40	38. 17	
308	Roy	Stevens	Harl RC	V60	38. 30	
309	Alan	Butler	Hill	V45	38. 40	
310	Nik	Skipper	Lon H	V55	38. 44	
311	Jonathan	Oviasu	High	S	38. 45	
312	Lars	Menken	Serp	S	38. 49	
313	Simon	Watts	Serp	V40	38. 53	
314	Colin	Ewin	GCR	V45	39. 07	
315	Richard	Tipping	Lon FR	S	39. 27	
316	Robert	Perkins	NEB	S	39. 30	
317	Paul	Duncan	Lon FR	V40	39. 41	
318	Gary	Homewood	Morn	V45	39. 43	
319	Mervyn	Gilham	Herts P	V55	39. 55	
320	Bob	Burton	Hill	V50	40. 00	
321	Dave	Newman	GCR	V50	40. 04	
322	Michael	Murphy	WG&EL	S	40. 09	
323	John	Fuller	Barn	V65	40. 21	
324	Martin	McColgan	Harl RC	V55	40. 23	
325	Lars	Olsen	Serp	V50	40. 29	
326	John	Kelly	SB	V55	40. 36	
327	Trevor	Normoyle	Met P	S	40. 42	
328	Carsten	Dannert	Serp	V40	40. 57	
329	Johan	Preis	GCR	V45	41. 17	
330	Graham	French	ESM	V55	41. 17	
331	Andy	Welsh	Barn	V55	41. 20	
332	John	Falvey	ESM	V55	41. 23	
333	John	Brown	Lon FR	V40	41. 29	
334	Alan	Keeler	ESM	V55	41. 34	
335	Maricio	Saldias	Morn	V40	41. 52	
336	Russell	Devitt	SB	V60	42. 00	
337	Stephen	Thompson	Hill	V50	42. 11	
338	Bill	Cooper	VPH&TH	V50	42. 18	
339	Richard	Southworth	Lon FR	S	42. 24	
340	Ken	Townson	Lon H	V40	42. 49	
341	Jim	Davis	Herts P	V60	42. 52	
342	David	Shortridge	VPH&TH	V40	42. 55	
343	Robert	Howells	ESM	V60	42. 59	
344	Trevor	Powell	WG&EL	V60	43. 21	
345	Paul	Judd	Lon FR	V40	43. 27	
346	John	Doyle	Hill	V55	43. 43	
347	Tim	Nagy	Lon H	V45	43. 46	
348	Wayne	Aylott	GCR	V50	44. 11	
349	No	Name	Harl RC	?	45. 18	Gst
350	Trace	Allen	GCR	V65	46. 07	
351	Steven	Patterson	Hill	V60	46. 09	
352	Brian	Feldman	Hill	V65	47. 13	
353	Michael	Miller	Hill	V70	47. 34	

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ATW Metropolitan League Race Two at Stevenage (hosted by Herts Phoenix) - Saturday 10 November 2012

354	Alan	Wells	Hill	V45	48.	06
355	Tony	Molloy*	E&H	V55	49.	41

U20 Men's Individual Result

1	Matthew	Fayers	Hill	U20	26.	07
2	Richard	Horton	SB	U20	26.	11
3	Michael	Callegari	SB	U20	26.	13

Veteran Men's Individual Result

1	Ben	Pochee	High	V40	27.	19
2	Richard	Hope	VPH&TH	V40	29.	02
3	Stephen	Murtagh	Harl RC	V45	29.	07

Howard Williams Trophy (Seniors)

		Pts	Win
1	Serpentine RC	38	1
2	Highgate Harriers	37	1
2	Woodford Green with Essex Ladies	37	1
4	Shaftesbury Barnet Harriers	36	1
5	Thames Valley Harriers	30	0
6	London Heathside	29	0
7	Hillingdon	25	0
8	Ealing, Southall & Middlesex	24	0
9	Victoria Park & Tower Hamlets	21	0
10	Enfield & Haringey	19	0
10	Metropolitan Police	19	0
12	Garden City Runners	18	0
13	Newham & Essex Beagles	16	0
14	Herts Phoenix	15	0
14	Mornington Chasers	15	0
16	London Frontrunners	10	0
17	Barnet & District	8	0
18	St Mary's Richmond	3	0
19	Harlow RC	2	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Herts Phoenix	51	3
2	Woodford Green with Essex Ladies	51	1
3	Ealing, Southall & Middlesex	45	0
4	Thames Valley Harriers	42	2
5	Shaftesbury Barnet Harriers	42	1
6	Enfield & Haringey	33	0
7	St Mary's Richmond	31	1
8	Hillingdon	28	0
9	Highgate Harriers	24	0
10	London Heathside	22.5	0
11	Victoria Park & Tower Hamlets	8	0
12	Mornington Chasers	6	0
13	Barnet & District	5	0
14	Newham & Essex Beagles	4.5	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Niall	Fleming	SB	797	2
2	Jake	Shelley	SB	794	2
3	Matt	Gunby	WG&EL	792	2
4	Ben	Noad	High	787	2
5	Matthew	Fayers	Hill	784	2
6	Michael	Callegari	SB	783	2
7	Mohamed	Mohamed	TVH	782	2
8	Martyn	Cryer	WG&EL	775	2
9	Ryan	McKinley	High	773	2
10	Ben	Pochee	High	772	2
11	Andy	Greenleaf*	Serp	771	2
12	Robert	Thompson	Hill	766	2
13	Robel	Balhebi	High	759	2
14	Olly	Laws	NEB	756	2
15	Richard	Phillips	Serp	751	2
16	Sean	Renfer	TVH	746	2
17	Kevin	Murphy	WG&EL	745	2
18	James	Laing	Hill	744	2
18	Bertie	Powell	WG&EL	744	2
20	Niall	Sheehan	NEB	733	2
21	Hugh	Torry	Serp	732	2
22	James	Stockings	WG&EL	730	2
23	Darren	Southcott	WG&EL	729	2
24	Michael	Christoforou	E&H	727	2
24	Andrew	Lawrence*	High	727	2

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Lorna	Russell*	E&H	300	2
2	Victoria	Webster	SB	298	2
3	Rebecca	Glover	Serp	293	2
4	Katie	Meredith	High	288	2
5	Sue	Rust	Lon H	286	2
6	Sarah	Pemberton	Serp	284	2
7	Georgie	Sales	WG&EL	280	2
8	Becky	Penty	High	276	2
8	Victoria	Crawford	Serp	276	2
10	Lauren	Stewart	WG&EL	276	2
11	Kat	Gundersen	WG&EL	268	2
12	Liz	Wynn	Serp	266	2
13	Rebekah	Gardiner	SB	262	2
14	Samantha	Ludlow Taylor	Serp	254	2
15	Helen	Ward	Serp	249	2
16	Sarah	Swinhoe	Lon H	242	2
16	Siana	Jones	TVH	242	2
18	Marilyn	Okoro	SB	239	2
18	Linda	Jackson	WG&EL	239	2
20	Jennifer	Bradley	Serp	230	2
21	Anna	Ferguson	Serp	226	2
22	Lientjie	de Villiers	GCR	223	2
23	Bernie	Pritchett	WG&EL	213	2
24	Fiona	Kennedy	ESM	208	2
24	Jackie	Wastell	Lon H	208	2