



Under 13 Boys Results

1	George	Groom	Barn	U13	9.	53	
2	John	Fielding	ESM	U13	10.	19	
3	Lucillo	Burrell	TVH	U13	10.	31	
4	Jamie	Harper	SB	U13	10.	43	
5	Jeremy	Dempsey	SB	U13	10.	44	
6	Nicholas	Cowley-Andrea	TVH	U13	10.	46	
7	Oscar	Crowe	SMR	U13	10.	48	
8	Elliot	Dee	SB	U13	10.	53	
9	George	Kerry	ESM	U13	10.	54	
10	Tom	Fulton	SB	U13	11.	02	
11	Jay	Singhal	E&H	U13	11.	05	
12	Isaac	Costley	Lon H	U13	11.	08	
13	Kyle	Lundie	WG&EL	U13	11.	10	
14	Elliot	Breen	Herts P	U13	11.	11	
15	Liam	Gamon	NEB	U13	11.	12	
16	Liam	Garrett	Lon H	U13	11.	13	
17	Noah	Goalen	SMR	U13	11.	13	
18	Jake	Hooley	TVH	U13	11.	15	
19	Callum	Lambert	TVH	U13	11.	16	
20	Luke	Bluemink	E&H	U13	11.	17	
21	Saam Kyu	Smart	SB	U13	11.	21	
22	Jake	Stangroom	Herts P	U13	11.	24	
23	Michael	Moran	SMR	U13	11.	25	
24	Jamie	Ives	Herts P	U13	11.	26	
25	James	Wakefield	WG&EL	U13	11.	26	
26	Sebastian	Mills	Hill	U13	11.	27	
27	Rufus	Kent	Barn	U13	11.	27	
28	Benjamin	Taylor	SMR	U13	11.	29	
29	Filip	Bastien	High	U13	11.	30	
30	Patrick	Owen	ESM	U13	11.	31	
31	Kit	Gilman	Hill	U13	11.	38	
32	Stephen	Bates	Herts P	U13	11.	39	
33	Calum	Anderson	High	U13	11.	42	
34	Freddy	Curtis	E&H	U13	11.	46	
35	Bradley	Payne	ESM	U13	11.	49	
36	Maateo	Vao	ESM	U13	11.	54	
37	James	Forde	Hill	U13	12.	02	
38	Antanas	Weston	Lon H	U13	12.	16	
39	Liam	Cripps	Herts P	U13	12.	18	
40	Barnes	George	TVH	U13	12.	22	
41	Ollie	Selby	Lon H	U13	12.	43	
42	Abdirahman	Hamud	Hill	U13	12.	45	
43	Angus	Clifford	Herts P	U13	12.	49	
44	Luke	Adar	ESM	U13	ntt		
45	Henry	Fulton	SB	U13	13.	41	
46	Keelan	Wilson	WG&EL	U13	ntt		Gst
47	Nathaniel	Adomako	NEB	U13	14.	32	
48	Maxime	Resturcia	TVH	U13	ntt		
49	William	Doyle	Hill	U13	ntt		
50	Jamie	Russell	NEB	U13	16.	31	

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	173
2	Thames Valley Harriers	154
3	St Mary's Richmond	125
4	Ealing, Southall & Middlesex	124
5	Herts Phoenix	108
6	London Heathside	93
7	Enfield & Haringey	85
8	Barnet & District	72
9	Hillingdon	64
10	Woodford Green with Essex Ladies	62
11	Newham & Essex Beagles	40
12	Highgate Harriers	38
13	Shaftesbury Barnet Harriers 'B'	34
14	Ealing, Southall & Middlesex 'B'	20
15	Herts Phoenix 'B'	18
16	Thames Valley Harriers 'B'	13
17	Hillingdon 'B'	2

Under 13 Boys League Positions

1	Shaftesbury Barnet Harriers	339
2	Thames Valley Harriers	317
3	Ealing, Southall & Middlesex	296
4	Herts Phoenix	277
5	St Mary's Richmond	275
6	Woodford Green with Essex Ladies	232
7	Enfield & Haringey	208
8	Hillingdon	154
9	Barnet & District	97
10	London Heathside	93
11	Herts Phoenix 'B'	87
12	Highgate Harriers	78
13	Newham & Essex Beagles	40
14	Shaftesbury Barnet Harriers 'B'	34
15	Ealing, Southall & Middlesex 'B'	29
16	Thames Valley Harriers 'B'	22
17	Hillingdon 'B'	16

Conditions:
12 degrees, mainly overcast, sporadic sunshine, light wind
Going: Heavy

ATW Metropolitan League Race Three at Alexandra Palace (hosted by London Heathside/Highgate) - Saturday 15 December 2012

Under 13 Girls Results

1	Isabella	Hoy	WG&EL	U13	ntt	
2	India	Weir	TVH	U13	ntt	
3	Issy	Boffey	E&H	U13	ntt	
4	Iona	Pernthaller	Unatt	U13	ntt	Gst
5	Marie	Sato	SB	U13	ntt	
6	Lucy	Fitzpatrick	High	U13	ntt	
7	Aoife	Guyatt	WG&EL	U13	ntt	
8	Georgia	McKenzie	Herts P	U13	ntt	
9	Kosana	Weir	TVH	U13	ntt	
10	Katie	Petyt	WG&EL	U13	ntt	
11	Beth	Forster	E&H	U13	ntt	
12	Mia	Groom	Barn	U13	ntt	
13	Matilda	Ferrand	TVH	U13	ntt	
14	Maryam	Hussain	ESM	U13	ntt	
15	Nicola	Ravenhill	ESM	U13	ntt	
16	Olivia	Hounsome	WG&EL	U13	ntt	
17	Jessica	Brew	SB	U13	ntt	
18	Eleanor	Found	Herts P	U13	ntt	
19	Isolde	Goffey	SMR	U13	ntt	
20	Laura	Stewart	VPH&TH	U13	ntt	
21	Abi	Medway-Smith	Barn	U13	ntt	
22	Molly	Sharman	Lon H	U13	ntt	
23	Phoebe	Crockford	Lon H	U13	ntt	
24	Beth	Halbard	SB	U13	ntt	
25	Shiva	Basu	ESM	U13	ntt	
26	Ella	Conlon	Lon H	U13	ntt	
27	Sonia	Hanzi	E&H	U11	ntt	Gst
28	Cameron	Thomas	ESM	U13	ntt	
29	Hayley	Philpott	Hill	U13	ntt	
30	Naomi	Conlon	Lon H	U13	ntt	
31	Lidia	Kyriacou	SB	U13	ntt	
32	Kirsty	O'Rourke	Hill	U13	ntt	
33	Beth	Neil	ESM	U13	ntt	
34	Hollie	Acraman	Hill	U13	ntt	
35	Anna	Talbot	Hill	U13	ntt	

Under 13 Girls Team Result

1	Woodford Green with Essex Ladies	105
2	Thames Valley Harriers	80
3	Shaftesbury Barnet Harriers	64
4	Ealing, Southall & Middlesex	59
5	Enfield & Haringey	55
6	Herts Phoenix	44
7	London Heathside	40
8	Barnet & District	37
9	Highgate Harriers	29
10	St Mary's Richmond	16
11	Victoria Park & Tower Hamlets	15
12	Hillingdon	14
13	Ealing, Southall & Middlesex 'B'	3

Under 13 Girls League Positions

1	Woodford Green with Essex Ladies	278
2	Thames Valley Harriers	260
3	Herts Phoenix	172
4	Ealing, Southall & Middlesex	139
5	Enfield & Haringey	125
6	Shaftesbury Barnet Harriers	107
7	St Mary's Richmond	81
8	Hillingdon	69
9	London Heathside	58
10	Barnet & District	37
11	Herts Phoenix 'B'	33
12	Highgate Harriers	29
13	Thames Valley Harriers 'B'	28
14	Victoria Park & Tower Hamlets	26
15	Woodford Green with Essex Ladies 'B'	21
16	Ealing, Southall & Middlesex 'B'	3
17	Hillingdon 'B'	1

The Month Ahead

Tue 25 Dec	Christmas Morning Road Race	Ruislip
Fri 28 Dec	Serpentine 5K	Hyde Park
Sat 29 Dec	Lido Relay	Ruislip Lido
Tue 1 Jan	New Year's Day 10K	Hyde Park
Sat 5 Jan	Essex Championships Middlesex Championships	Basildon Wormwood Scrubs
Sun 6 Jan	Hertfordshire Championships	Broxbourne
Sat 12 Jan	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Horsenden Hill, Perivale

Other Remaining League Fixtures

Sat 9 Feb	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Mad Bess, Ruislip
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ATW Metropolitan League Race Three at Alexandra Palace (hosted by London Heathside/Highgate) - Saturday 15 December 2012

Under 17 Men Results

1	Perry	Rowan	WG&EL	U17	14.	28
2	Canaan	Solomon	WG&EL	U15	14.	46
3	Ruben	Vos	Hill	U17	14.	48
4	Sam	Griffiths	SB	U17	15.	08
5	Youcef	Harizi	E&H	U15	15.	14
6	Terry	Fawden	High	U15	15.	15
7	Patrick	Goffey	SMR	U15	15.	23
8	Jamie	Philpott	Herts P	U15	15.	29
9	Snowden	Ben	SMR	U17	15.	35
10	Mukhtar	Farah	ESM	U15	15.	36
11	Alexander	Machin-Paley	High	U15	15.	36
12	Nick	Doyle	Herts P	U17	15.	37
13	Sam	Ginzburg	High	U17	15.	46
14	Sathira	Don	SMR	U17	15.	51
15	Joe	Cooper	TVH	U15	15.	52
16	Brett	English	TVH	U15	15.	53
17	Jack	Treanor	Hill	U17	16.	12
18	Kashio	Riyad	ESM	U15	16.	21
19	Robert	Vallance	TVH	U17	16.	26
20	Dominic	Speight	Hill	U17	16.	27
21	Benjamin	Lanoe	E&H	U17	16.	28
22	Joshia	Mills	High	U15	16.	30
23	Zephon	Allen	ESM	U17	16.	39
24	Jamie	Cornuaud	NEB	U15	16.	41
25	James	Millett	High	U15	16.	47
26	Robert	Eveson	SMR	U17	16.	48
27	George	Pettipher	Herts P	U17	16.	53
28	Cassius	Rathbone	TVH	U15	16.	57
29	Ashley	Altman	SB	U17	16.	59
30	Jonathan	Rocha	NEB	U17	17.	09
31	James	Malleson	E&H	U17	17.	18
32	Joel	Hargreaves	E&H	U17	17.	20
33	Donovan	Manson	Herts P	U17	17.	32
34	Peter	Hale	Herts P	U15	17.	52
35	Joseph	Doyle	Hill	U15	17.	55
36	Reece	Farren	ESM	U15	17.	56
37	Bruce	Allinson	High	U15	18.	00
38	Tom	Horton	Herts P	U17	18.	05
39	Alistair	Sleeman	High	U15	18.	13
40	Josh	Malyan	Hill	U15	18.	17
41	Nathan	Elemem	E&H	U17	18.	28
42	James	Horrex	TVH	U15	18.	29
43	Harry	Beckenham	Hill	U15	18.	38
44	Amazigh	Laoudi	NEB	U17	18.	42
45	Conor	McCarthy	ESM	U15	18.	46
46	Harry	Cavell	WG&EL	U15	18.	49
47	Harry	Matthews	SMR	U17	19.	10
48	Jasper	Crockford	Lon H	U17	19.	14
49	Leon	Brocklehurst	Lon H	U15	19.	22
50	Loren	Alleyn	WG&EL	U15	19.	36
51	Tadhg	Gilbert-Dillon	E&H	U17	19.	44
52	Abdihakim	Ayanle	NEB	U17	ntt	
53	Taylor	Reece	WG&EL	U15	ntt	
54	Sam	Cooper	TVH	U17	20.	46
55	James	Traylen	NEB	U15	22.	14
56	Kevin	Acraman	Hill	U17	23.	49

Under 17 Men Team Result

1	Highgate Harriers	176
2	St Mary's Richmond	172
3	Hillingdon	153
4	Thames Valley Harriers	150
5	Herts Phoenix	148
6	Ealing, Southall & Middlesex	141
7	Enfield & Haringey	139
8	Woodford Green with Essex Ladies	129
9	Shaftesbury Barnet Harriers	81
10	Newham & Essex Beagles	78
11	Highgate Harriers 'B'	70
12	Herts Phoenix 'B'	42
13	Hillingdon 'B'	32
14	Enfield & Haringey 'B'	22
15	Thames Valley Harriers 'B'	18
16	London Heathside	17
17	Ealing, Southall & Middlesex 'B'	12
18	St Mary's Richmond 'B'	10
19	Woodford Green with Essex Ladies 'B'	4
20	Newham & Essex Beagles 'B'	2

Under 17 Men League Positions

1	Herts Phoenix	516
2	Shaftesbury Barnet Harriers	482
3	Highgate Harriers	419
4	Woodford Green with Essex Ladies	418
5	Thames Valley Harriers	407
6	St Mary's Richmond	381
7	Hillingdon	370
8	Ealing, Southall & Middlesex	360
9	Enfield & Haringey	288
10	Newham & Essex Beagles	220
11	Herts Phoenix 'B'	210
12	Shaftesbury Barnet Harriers 'B'	180
13	London Heathside	159
14	Thames Valley Harriers 'B'	97
15	Hillingdon 'B'	86
16	Highgate Harriers 'B'	70
17	Newham & Essex Beagles 'B'	37
18	St Mary's Richmond 'B'	25
19	Enfield & Haringey 'B'	22
20	Victoria Park & Tower Hamlets	20
21	Ealing, Southall & Middlesex 'B'	15
22	Woodford Green with Essex Ladies 'B'	13
23	Mornington Chasers	5

ATW Metropolitan League Race Three at Alexandra Palace (hosted by London Heathside/Highgate) - Saturday 15 December 2012

Under 17 Women Results

1	Jessica	Burgess	WG&EL	U17	ntt
2	Emily	Ruane	Herts P	U17	ntt
3	Ellie	Baker	Herts P	U15	ntt
4	Rosie	Poole	WG&EL	U15	ntt
5	Lucy	Carter	Lon H	U15	ntt
6	Jodie	Ratcliff	WG&EL	U15	ntt
7	Rachel	Seckl	Lon H	U17	ntt
8	Florence	Stansall-Seiler	Herts P	U17	ntt
9	Hannah	Viner	High	U17	ntt
10	Lizzie	Parry	Herts P	U17	ntt
11	Erica	Wallace	ESM	U15	ntt
12	Isabel	Found	Herts P	U17	ntt
13	Alicia	Found	Herts P	U17	ntt
14	Emma	Hatchett	E&H	U15	ntt
15	Caroline	Dunnnett	E&H	U15	ntt
16	Lily	Beckford	Lon H	U17	ntt
17	Yanna	Raykov	Lon H	U17	ntt
18	Ottavia	Laidler	Lon H	U15	ntt
19	Emma	Dwan	SB	U15	ntt
20	Genevieve	Weston	Lon H	U15	ntt
21	Courtney	Marshall	ESM	U15	ntt
22	Gaia	Casciello	SB	U15	ntt
23	Olivia	Will	ESM	U17	ntt
24	Katrina	Will	ESM	U17	ntt
25	Josie	Elliot	ESM	U17	ntt
26	Nousayba	Kaboash	TVH	U15	ntt
27	Despina	Aslam	E&H	U15	ntt
28	Gabriella	Kyriacou	SB	U15	ntt
29	Libby	Brown	SMR	U15	ntt
30	Isabel	Barnes	TVH	U15	ntt
31	Jennifer	Commelly	ESM	U15	ntt
32	Megan	Bishop	Herts P	U15	ntt
33	Chelsea	Pledge	Hill	U15	ntt
34	Alexandra	Resticcia	TVH	U15	ntt
35	Katie	Hatchett	E&H	U15	ntt

Under 17 Women Team Result

1	Herts Phoenix	121
2	London Heathside	99
3	Woodford Green with Essex Ladies	97
4	Ealing, Southall & Middlesex	65
5	Enfield & Haringey	53
6	Herts Phoenix 'B'	51
7	Shaftesbury Barnet Harriers	39
8	London Heathside 'B'	34
9	Highgate Harriers	27
10	Thames Valley Harriers	18
11	Ealing, Southall & Middlesex 'B'	16
12	St Mary's Richmond	7
13	Hillingdon	3

Under 17 Women League Positions

1	Herts Phoenix	398
2	Woodford Green with Essex Ladies	322
3	London Heathside	316
4	Ealing, Southall & Middlesex	227
4	Herts Phoenix 'B'	227
6	Enfield & Haringey	172
7	Shaftesbury Barnet Harriers	166
8	Highgate Harriers	112
9	London Heathside 'B'	111
10	Thames Valley Harriers	74
11	Ealing, Southall & Middlesex 'B'	67
12	St Mary's Richmond	35
13	Hillingdon	29
14	Mornington Chasers	12
15	Woodford Green with Essex Ladies 'B'	8
16	Shaftesbury Barnet Harriers 'B'	2

ATW Metropolitan League Race Three at Alexandra Palace (hosted by London Heathside/Highgate) - Saturday 15 December 2012

Under 15 Boy's Individual Result

1	Canaan	Solomon	WG&EL	U15	14.	46
2	Youcef	Harizi	E&H	U15	15.	14
3	Terry	Fawden	High	U15	15.	15
4	Patrick	Goffey	SMR	U15	15.	23
5	Jamie	Philpott	Herts P	U15	15.	29
6	Mukhtar	Farah	ESM	U15	15.	36
7	Alexander	Machin-Paley	High	U15	15.	36
8	Joe	Cooper	TVH	U15	15.	52
9	Brett	English	TVH	U15	15.	53
10	Kashio	Riyad	ESM	U15	16.	21
11	Joshia	Mills	High	U15	16.	30
12	Jamie	Cornuauud	NEB	U15	16.	41
13	James	Millett	High	U15	16.	47
14	Cassius	Rathbone	TVH	U15	16.	57
15	Peter	Hale	Herts P	U15	17.	52
16	Joseph	Doyle	Hill	U15	17.	55
17	Reece	Farren	ESM	U15	17.	56
18	Bruce	Allinson	High	U15	18.	00
19	Alistair	Sleeman	High	U15	18.	13
20	Josh	Malyan	Hill	U15	18.	17
21	James	Horrex	TVH	U15	18.	29
22	Harry	Beckenham	Hill	U15	18.	38
23	Conor	McCarthy	ESM	U15	18.	46
24	Harry	Cavell	WG&EL	U15	18.	49
25	Leon	Brocklehurst	Lon H	U15	19.	22
26	Loren	Alleyn	WG&EL	U15	19.	36
27	Taylor	Reece	WG&EL	U15	ntt	
28	James	Traylen	NEB	U15	22.	14

Under 15 Girl's Individual Result

1	Ellie	Baker	Herts P	U15	ntt	
2	Rosie	Poole	WG&EL	U15	ntt	
3	Lucy	Carter	Lon H	U15	ntt	
4	Jodie	Ratcliff	WG&EL	U15	ntt	
5	Erica	Wallace	ESM	U15	ntt	
6	Emma	Hatchett	E&H	U15	ntt	
7	Caroline	Dunnett	E&H	U15	ntt	
8	Ottavia	Laidler	Lon H	U15	ntt	
9	Emma	Dwan	SB	U15	ntt	
10	Genevieve	Weston	Lon H	U15	ntt	
11	Courtney	Marshall	ESM	U15	ntt	
12	Gaia	Casciello	SB	U15	ntt	
13	Nousayba	Kaboash	TVH	U15	ntt	
14	Despina	Aslam	E&H	U15	ntt	
15	Gabriella	Kyriacou	SB	U15	ntt	
16	Libby	Brown	SMR	U15	ntt	
17	Isabel	Barnes	TVH	U15	ntt	
18	Jennifer	Commelly	ESM	U15	ntt	
19	Megan	Bishop	Herts P	U15	ntt	
20	Chelsea	Pledge	Hill	U15	ntt	
21	Alexandra	Resticcia	TVH	U15	ntt	
22	Katie	Hatchett	E&H	U15	ntt	

NOTICEBOARD

There was only one set of timekeepers present, so a combined set of times was delivered for both the Under 13 Boys/Girls and the Under 17 Men/Women's races.

Unfortunately, without knowing the precise time gap between the male and female races starting, it has been impossible to collate times for the latter part of the male age-group races and both the female age-group races.

The League apologies for this oversight.

Before the men's race a tribute was held for the late Mike Barratt (ESM AC), including a minute's applause.

A recently formed club, "RUN DEM CREW", competed as guests in the two senior races with a view to applying for membership of the League next season.

* 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.

Numbers must be worn as issued on the day of each race. Please do not wear numbers previously issued at other races

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
11 Breakspear Road, Ruislip, Middlesex, HA4 7SB
Tel: (01895) 678505. E: gavin.collett@jti.com

www.metleague.co.uk

Divisional and Age Group results are available on at

www.activetrainingworld.co.uk

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Women's Results

1	Rachel	Felton	SB	S	21.	54
2	Lorna	Russell*	E&H	S	22.	10
3	Victoria	Webster	SB	S	22.	24
4	Melissa	Courtney	SB	U20	22.	40
5	Lizzie	Bird*	SB	U20	23.	17
6	Sue	Rust	Lon H	S	23.	20
7	Katherine	Philp	GCR	S	23.	32
8	Alex	Gounelas*	High	S	23.	36
9	Rebekah	Gardiner	SB	S	23.	47
10	Lara	Bromilow	VPH&TH	S	23.	48
11	Sarah	Swinhoe	Lon H	V40	23.	56
12	Linda	Jackson	WG&EL	V45	24.	06
13	Jane	Fanning	Serp	V35	24.	09
14	Katie	Meredith	High	S	24.	15
15	Marina	Johnson	Serp	S	24.	19
16	Sarah	Pemberton	Serp	S	24.	22
17	Clare	Miller	Lon H	S	24.	24
18	Martha	Hall	GCR	V35	24.	29
19	Victoria	Crawford	Serp	S	24.	32
20	Liz	Wynn	Serp	V35	24.	34
21	Jo	Singer	VPH&TH	V35	24.	37
22	Isobel	Rea	Lon H	V35	24.	39
23	Samantha	Ludlow Taylor	Serp	S	24.	43
24	Leigh	James*	Lon H	S	24.	45
25	Rachel	Lund	WG&EL	S	24.	50
26	Margaret	Cooper	SB	V40	24.	59
27	Alison	Hopkins	ESM	V35	25.	10
28	Jennifer	Bradley	Serp	S	25.	13
29	Anna	Critchlow*	TVH	V45	25.	14
30	Tracy	Barlow	TVH	S	25.	16
31	Victoria	Dawes	SB	V35	25.	19
32	Yasmin	Goater*	NEB	S	25.	20
33	Carla	Denneny	Serp	S	25.	21
34	Lois	Bowles	E&H	S	25.	22
35	Alexia	Trafford	High	S	25.	24
36	Dani	Nimmock*	WG&EL	S	25.	24
37	Bridget	Napleton	Lon H	V45	25.	28
38	Joanna	Mobed	TVH	U20	25.	28
39	Harriet	Clifford	SB	U20	25.	28
40	Beth	Young	Hill	S	25.	28
41	Karen	Murphy	Barn	V40	25.	29
42	Sue	Bint	VPH&TH	V35	25.	38
43	Angela	Howe	Lon H	V40	25.	41
44	Anna	Ferguson	Serp	S	25.	43
45	Camilla	Ray	Morn	S	25.	46
46	Elsbeth	Storrer	Lon H	S	25.	46
47	Laura	Denison	Serp	V35	25.	50
48	Siana	Jones	TVH	S	25.	52
49	Jackie	Wastell	Lon H	V50	25.	53
50	Fiona	Kennedy	ESM	V55	25.	56
51	Sarah	Knox	Serp	V40	26.	12
52	Molly	Patch	SB	U20	26.	28
53	Sarah	Nicholas	WG&EL	S	26.	34
54	Hannah	Wells	Hill	U20	26.	36
55	Louise	Faherty	High	V35	26.	39
56	Rhonda	Munnik	High	V35	26.	39
57	Anna	Waterman	Morn	S	26.	45
58	Olivia	Toye	Morn	S	26.	45
59	Fiona	Alston	Lon H	S	26.	45
60	Sophie	Sheldrake	High	S	26.	45
61	Helen	Winsor	Serp	S	26.	49
62	Harriet	Hughes*	Serp	S	26.	56
63	Nicola	Froud	Barn	V45	27.	00
64	Sarah	Edmunds	Serp	V35	27.	02
65	Jessica	Bass	TVH	S	27.	04
66	Amy	Cope	Serp	V35	27.	10
67	Cathy	Jeremiah	Lon H	S	27.	16
68	Rachael	Thoma	VPH&TH	S	27.	21
69	Katherine	Vinnicombe	Lon H	S	27.	23

Women's Division One Team Result

1	Shaftesbury Barnet Harriers	251
2	Serpentine RC	204
3	London Heathside	196
4	Highgate Harriers	133
5	Woodford Green with Essex Ladies	112
6	Serpentine RC 'B'	105
7	Thames Valley Harriers	96
8	Enfield & Haringey	73
9	Metropolitan Police	6

Women's Division One League Positions

1	Shaftesbury Barnet Harriers	654
2	Serpentine RC	640
3	Woodford Green with Essex Ladies	511
4	London Heathside	442
5	Highgate Harriers	440
6	Serpentine RC 'B'	358
7	Enfield & Haringey	321
8	Thames Valley Harriers	230
9	Metropolitan Police	34
10	St Albans Striders	0

Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	221
2	London Heathside 'B'	215
3	Mornington Chasers	179
3	Serpentine RC 'C'	179
5	Ealing, Southall & Middlesex	169
6	Garden City Runners	163
7	Hillingdon	137
8	Highgate Harriers 'B'	91
9	Woodford Green with Essex Ladies 'B'	37

Women's Division Two League Positions

1	Serpentine RC 'C'	606
2	Ealing, Southall & Middlesex	592
3	Victoria Park & Tower Hamlets	506
4	London Heathside 'B'	481
5	Hillingdon	463
6	Mornington Chasers	422
7	Garden City Runners	409
8	Woodford Green with Essex Ladies 'B'	342
9	Highgate Harriers 'B'	266
10	Enfield & Haringey 'B'	1

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70	Bernie	Pritchett	WG&EL	V45	27.	30	
71	Helen	Hoyle	Barn	V45	27.	35	
72	Jane	Higgins	Lon H	S	27.	37	
73	Caroline	Hale	GCR	V40	27.	42	
74	Meire	Gorman	TVH	S	27.	45	
75	Kate	Laforet	Serp	S	27.	52	
76	Claire	Morrissey	Lon H	S	27.	52	
77	Suzu	Sato	SB	U20	27.	54	
78	Charlotte	Michael	Barn	U20	27.	58	
79	Deanna	Laforet	Serp	S	28.	01	
80	Victoria	Poole	VPH&TH	S	28.	02	
81	Caroline	White	Lon H	V55	28.	04	
82	Claudia	Manera	ESM	V45	28.	10	
83	Madeleine	Smith*	NEB	S	28.	17	
84	Caroline	Moorhouse	RDC	S	28.	30	Gst
85	Karen	Bradley	Barn	V45	28.	31	
86	Claire	Thornhill	Lon H	S	28.	32	
87	Emma	Grayson	Lon H	S	28.	33	
88	Ruth	Miller	Lon H	V50	28.	38	
89	Kathryn	Farthing	Serp	V35	28.	41	
90	Caroline	Ringrow	Serp	S	28.	44	
91	Fallon	Everitt	High	S	29.	00	
92	Carol	Jones	ESM	V55	29.	01	
93	Avril	Riddell	Morn	V55	29.	07	
94	Maki	Kimura	Morn	V40	29.	08	
95	Natasha	Cendrowicz	High	V40	29.	11	
96	Sarah	Guy	Lon H	S	29.	12	
97	Emma	Burgess	High	S	29.	14	
98	Kate	Stockings	WG&EL	U20	29.	20	
99	Andrea	Mann	GCR	V40	29.	25	
100	Laura	Parker	Met P	V40	29.	26	
101	Joanna	Conn	Serp	V40	29.	27	
102	Donna	Nash	Hill	V45	29.	28	
103	Gillian	Morgan	ESM	V50	29.	33	
104	Gemma	Dunlop	VPH&TH	S	29.	34	
105	Shona	Thomson	Serp	V40	29.	35	
106	Lesley	Conway	Hill	V55	29.	37	
107	Adelle	Stach-Kevitz	NEB	V40	29.	38	
108	Kate	Mapstone	Serp	S	29.	39	
109	Jenny	Thomas	WG&EL	V45	29.	40	
110	Kavita	Solder	WG&EL	S	29.	47	
111	Natasha	Sheel	LCR	S	29.	56	Gst
112	Maya	Luna	RDC	S	29.	57	Gst
113	Hannah	McQuarrie	Morn	S	30.	00	
114	Beatrice	Bonello	Serp	V35	30.	03	
115	Ursula	Wilson	Lon H	V40	30.	07	
116	Alex	Goodwin	High	S	30.	14	
117	Karen	Horswood	WG&EL	V45	30.	19	
118	Pauline	Fischer	Hill	V55	30.	26	
119	Caroline	Boyle	Lon H	V35	30.	28	
120	Charlotte	McCrossin	Lon H	S	30.	32	
121	Jo	Irwin	Lon H	V40	30.	37	
122	Anne	Caspi	Morn	V50	30.	38	
123	Hanne	Perez	Serp	V40	30.	47	Gst
124	Jayne	Shepherd*	Herts P	V50	30.	53	
125	Mary	Walsh	ESM	V40	31.	02	
126	Barbara	Tomaszczyk	Lon H	V50	31.	05	
127	Elizabeth	Ogunde	High	S	31.	13	
128	Philippa	Horton	Barn	S	31.	14	
129	Sarah	Boxer	Barn	V50	31.	21	
130	Katy	Moore	E&H	S	31.	25	
131	Annie	Gammon	VPH&TH	V45	31.	28	
132	Valerie	Metcalfe	Serp	V45	31.	40	
133	Jacqui	Reid	Met P	V45	31.	48	
134	Gabi	Johnson	Lon H	V40	31.	51	
135	Linda	Byrne	RDC	V35	31.	52	Gst
136	Harriet	Cawley	RDC	V35	31.	52	Gst
137	Melissa	Fehr	RDC	S	31.	53	Gst
138	Yvonne	Bullen*	SB	V45	32.	00	
139	Christine	Somers	Serp	S	32.	00	
140	Kate	Alliott	Serp	V45	32.	03	

Women's Division Three Team Result

1	Shaftesbury Barnet Harriers 'B'	168
2	Barnet & District	158
3	London Heathside 'C'	149
4	Newham & Essex Beagles	115
5	Barnet & District 'B'	65
6	Mornington Chasers 'B'	62
7	Victoria Park & Tower Hamlets 'B'	51
8	Ealing, Southall & Middlesex 'B'	22
9	Herts Phoenix	19
10	London Frontrunners	14
11	Hillingdon 'B'	8

Women's Division Three League Positions

1	Barnet & District	300
2	Newham & Essex Beagles	283
3	Shaftesbury Barnet Harriers 'B'	270
4	Herts Phoenix	199
5	London Heathside 'C'	198
6	Mornington Chasers 'B'	161
7	Ealing, Southall & Middlesex 'B'	157
8	London Frontrunners	113
9	Victoria Park & Tower Hamlets 'B'	111
10	Hillingdon 'B'	102
11	Barnet & District 'B'	65
12	Herts Phoenix 'B'	39
13	St Mary's Richmond	32

Veteran Women's Division One Team Result

1	London Heathside	111
2	Serpentine RC	104
3	Ealing, Southall & Middlesex	74
4	Woodford Green with Essex Ladies	57
5	London Heathside 'B'	56
6	Serpentine RC 'B'	54
7	Highgate Harriers	49
8	Mornington Chasers	23

Veteran Women's Division One League Positions

1	Serpentine RC	277
2	London Heathside	267
3	Woodford Green with Essex Ladies	240
4	Ealing, Southall & Middlesex	218
5	Highgate Harriers	126
6	Serpentine RC 'B'	118
7	Mornington Chasers	104
8	London Heathside 'B'	74
9	Mornington Chasers 'B'	16
10	St Albans Striders	0

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141	Sarah	Chapman	High	V55	32.	17
142	Jenny	Douch	NEB	S	32.	25
143	Delphine	Horodyski	Morn	S	32.	46
144	Charlotte	Ladyman	VPH&TH	S	33.	24
145	Hannah	Gibson	Lon FR	S	33.	44
146	Alice	Sullivan	Morn	V35	33.	50
147	Sophia	Gamez	Lon FR	V35	34.	13
148	Kristin	Duffy	Serp	V35	34.	15
149	Lucy	Duncan	Hill	V35	34.	30
150	Teresa	Griffith	Serp	V50	34.	50
151	Julia	Gristwood	ESM	V50	35.	17
152	Stephanie	Vaatz	Serp	V35	35.	21
153	Caprice	Beggs	Hill	S	36.	14
154	Mary	Brown	Barn	V50	38.	05
155	Susan	Leese	VPH&TH	V45	40.	11
156	Christine	Read*	E&H	V45	41.	08

U20 Women's Individual Result

1	Melissa	Courtney	SB	U20	22.	40
2	Lizzie	Bird*	SB	U20	23.	17
3	Joanna	Mobed	TVH	U20	25.	28

Veteran Women's Individual Result

1	Sarah	Swinhoe	Lon H	V40	23.	56
2	Linda	Jackson	WG&EL	V45	24.	06
3	Jane	Fanning	Serp	V35	24.	09

Veteran Women's Division Two Team Result

1	Garden City Runners	65
2	Victoria Park & Tower Hamlets	57
3	Hillingdon	51
4	Serpentine RC 'C'	48
5	Ealing, Southall & Middlesex 'B'	32
6	Metropolitan Police	28
7	London Frontrunners	7

Veteran Women's Division Two League Positions

1	Hillingdon	147
2	Garden City Runners	144
3	Ealing, Southall & Middlesex 'B'	126
4	Serpentine RC 'C'	120
5	Victoria Park & Tower Hamlets	102
6	Woodford Green with Essex Ladies 'B'	92
7	Metropolitan Police	47
8	London Frontrunners	36
9	Highgate Harriers 'B'	0
9	Metropolitan Police 'B'	0

Veteran Women's Division Three Team Result

1	Barnet & District	50
2	Shaftesbury Barnet Harriers	35
3	Thames Valley Harriers	16
4	Newham & Essex Beagles	10
5	Barnet & District 'B'	7
5	Herts Phoenix	7
7	Enfield & Haringey	1

Veteran Women's Division Three League Positions

1	Barnet & District	54
2	Shaftesbury Barnet Harriers	49
3	Herts Phoenix	23
4	Thames Valley Harriers	22
5	Hillingdon 'B'	14
6	Newham & Essex Beagles	13
7	Enfield & Haringey	10
8	Barnet & District 'B'	7

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Men's Results

1	Neilson	Hall*	Herts P	S	26.	42	
2	Glen	Watts	SB	S	27.	07	
3	Sean	Dixon	High	S	27.	10	
4	Ben	Noad	High	S	27.	13	
5	Kevin	Skinner	NEB	S	27.	19	
6	Chris	Smith	TVH	S	27.	25	
7	Robert	Russell	TVH	S	27.	32	
8	Alex	Cornwell	WG&EL	S	27.	33	
9	John	Eves*	Herts P	S	27.	37	
10	Matthew	Janes*	Herts P	S	27.	39	
11	Steve	Dawes	NEB	S	27.	46	
12	Nick	Torry	Serp	S	27.	51	
13	Dan	Watts	SB	S	27.	55	
14	Ed	Shepherd	WG&EL	U20	28.	10	
15	Dave	Mitchinson	NEB	S	28.	17	
16	Jake	Shelley	SB	S	28.	18	
17	Tom	Philips	WG&EL	S	28.	21	
18	Matthew	Salt	D&T	S	28.	25	Gst
19	Robert	Thompson	Hill	S	28.	29	
20	Tom	Beedell	WG&EL	S	28.	30	
21	Michael	Callegari	SB	U20	28.	30	
22	Danny	Russell	High	S	28.	32	
23	Tim	Gardner	High	S	28.	33	
24	Bertie	Powell	WG&EL	S	28.	33	
25	Martyn	Cryer	WG&EL	S	28.	37	
26	Tom	Aldred	Lon H	S	28.	38	
27	Robert	Wilson	ESM	S	28.	40	
28	Richard	Scott	High	S	28.	44	
29	Hugh	Torry	Serp	S	28.	50	
30	Henry	Dodwell	High	S	28.	52	
31	Jonathan	Poole	Serp	S	28.	52	
32	Matthew	Leach	Bed & Co	U20	28.	56	Gst
33	Huw	Lobb*	Serp	S	28.	58	
34	Matthew	Grant	SB	S	29.	00	
35	Shaun	Collins	E&H	S	29.	03	
36	Kevin	Murphy	WG&EL	S	29.	06	
37	Fergal	Smithwick	High	S	29.	15	
38	Stephen	Baylis	High	V45	29.	17	
39	Andrew	Lawrence*	High	S	29.	18	
40	James	Stockings	WG&EL	U20	29.	20	
41	Daniel	Bruynooghe	WG&EL	S	29.	25	
42	Ben	Pochee	High	V40	29.	27	
43	Eliot	Buckner	NEB	S	29.	29	
44	James	Laing	Hill	S	29.	32	
45	Olly	Laws	NEB	S	29.	35	
46	Jim	Cooper*	Met P	S	29.	36	
47	Daniel	Thompson	Hill	S	29.	41	
48	John	Frankilin	Met P	S	29.	44	
49	Darren	Southcott	WG&EL	S	29.	45	
50	Jordan	Donnelly*	WG&EL	S	29.	53	
51	Rick	Weston	Serp	S	29.	53	
52	Harold	Wyber	WG&EL	S	30.	02	
53	Will	Ryle-Hodges	SB	U20	30.	04	
54	Zac	Randall	SB	S	30.	08	
55	Rob	Walker	High	S	30.	10	
56	Luke	McMullan	High	S	30.	13	
57	Rob	O'Grady	Lon H	S	30.	17	
58	Dan	Lewington	Serp	S	30.	17	
59	Guillaume	Cribier	High	S	30.	22	
60	Dave	Morgan	Serp	S	30.	26	
61	Adam	Villard	SMR	U20	30.	28	
62	Sam	Humphrey	VPH&TH	S	30.	31	
63	Peter	Townsend	Herts P	S	30.	32	
64	Michael	Christoforou	E&H	U20	30.	34	
65	Sam	Baxter	Morn	S	30.	36	
66	Matt	Convery	Lon H	S	30.	38	
67	John	McKeane	High	S	30.	40	
68	Jonathan	Deane	High	S	30.	41	
69	Matt	Shone	WG&EL	S	30.	42	

Men's Division One Team Result

1	Woodford Green with Essex Ladies	1176
2	Highgate Harriers	1167
3	Serpentine RC	958
4	Shaftesbury Barnet Harriers	939
5	London Heathside	731
6	Woodford Green with Essex Ladies 'B'	573
7	Thames Valley Harriers	504
8	Hillingdon	456
9	Serpentine RC 'B'	428
10	Ealing, Southall & Middlesex	328

Men's Division One League Positions

1	Highgate Harriers	3389
2	Woodford Green with Essex Ladies	3357
3	Serpentine RC	2734
4	Shaftesbury Barnet Harriers	2668
5	Thames Valley Harriers	2216
6	London Heathside	1938
7	Hillingdon	1838
8	Woodford Green with Essex Ladies 'B'	1310
9	Ealing, Southall & Middlesex	1094
10	Serpentine RC 'B'	997

Men's Division Two Team Result

1	London Heathside 'B'	809
2	Victoria Park & Tower Hamlets	764
3	Newham & Essex Beagles	638
4	Mornington Chasers	623
5	Serpentine RC 'C'	604
6	Herts Phoenix	592
7	Metropolitan Police	400
8	Garden City Runners	379
9	London Frontrunners	310
10	St Albans Striders	10

Men's Division Two League Positions

1	Victoria Park & Tower Hamlets	2338
2	Newham & Essex Beagles	2033
3	London Heathside 'B'	1954
4	Mornington Chasers	1607
5	Herts Phoenix	1581
6	Garden City Runners	1545
7	Serpentine RC 'C'	1518
8	London Frontrunners	1175
9	Metropolitan Police	805
10	St Albans Striders	10



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70	Tony	Lashmer	VPH&TH	S	30.	45
71	Chris	Beecham	High	V40	30.	45
72	Dan	McKeown	Lon H	S	30.	46
73	Michael	Dan	High	S	30.	47
74	Tom	Heslop	VPH&TH	S	30.	47
75	David	Vaughan	SB	S	30.	50
76	Andrew	Orr	Serp	S	30.	51
77	Louis	Clark	WG&EL	S	30.	52
78	Chris	Panayiotou	High	S	30.	53
79	Yari	Fontebasso	Serp	S	30.	54
80	Stephen	Whiting	High	V45	31.	00
81	Martin	Bateman	Hill	S	31.	00
82	Martin	Gaunt	Serp	S	31.	06
83	Stephen	Murtagh	Harl RC	V45	31.	07
84	Philip	McCorquodale*	TVH	S	31.	08
85	Iain	Campbell	Met P	V50	31.	09
86	George	Stewart	Lon H	V40	31.	12
87	Alex	Galloway	Lon H	S	31.	16
88	Kev	Gadd	Lon H	S	31.	20
89	Ben	Waterman	ESM	U20	31.	23
90	Phillip	Crout	SB	U20	31.	24
91	Wesley	Harrison	Serp	S	31.	24
92	Matthew	Ribault	TVH	S	31.	27
93	Gordon	Pearce*	High	S	31.	28
94	Tim	Ballard	WG&EL	S	31.	29
95	Ben	Whitworth	WG&EL	S	31.	30
96	Andrew	Reeves	Serp	V40	31.	31
97	Pau	Herrero	Serp	S	31.	34
98	Tom	Christopher	High	S	31.	34
99	Jim	Roche	WG&EL	S	31.	38
100	Rob	Wilbraham	WG&EL	S	31.	42
101	Callum	Martin	Serp	V45	31.	44
102	Jamie	Hogg	Serp	S	31.	48
103	Andy	Holt	GCR	V45	31.	50
104	Julian	Ferraro	Lon H	V45	31.	53
105	Daniel	Davies	SB	S	31.	56
106	Alex	Horton	Barn	S	31.	57
107	Liam	Prankson	Lon H	V45	32.	01
108	Gareth	Cavell	WG&EL	V45	32.	01
109	Howard	Gold	Lon H	V40	32.	05
110	Tony	Russell	WG&EL	S	32.	07
111	Richard	Fanning	Serp	V40	32.	07
112	Daire	Brennan	E&H	S	32.	08
113	Ali	Yahye	TVH	S	32.	11
114	Rob	Cox	WG&EL	S	32.	13
115	Gary	Bagnall	VPH&TH	V40	32.	14
116	Tom	Bestwick	Lon H	S	32.	15
117	Nicola	Barberis Negra	Serp	S	32.	16
118	Kevin	Walden	SB	S	32.	17
119	Edward	Campbell	Hill	S	32.	18
120	Will	Morris	Barn	S	32.	19
121	Miron	Woldemichael	Lon H	U20	32.	20
122	Anthony	Hall	Lon H	S	32.	21
123	Chris	Hearn*	TVH	S	32.	22
124	Tim	Nicholson	Morn	S	32.	32
125	Andy	Welshman	Lon H	V45	32.	36
126	James	Cooper	E&H	S	32.	37
127	Roger	Coyle	Serp	S	32.	38
128	Nicholas	Landeau	ESM	U20	32.	38
129	Chris	Hartley	Lon H	V45	32.	39
130	Jonathan	Hopkin	Lon H	V45	32.	40
131	David	Gilbert	High	S	32.	41
132	John	Flahive	Lon H	V45	32.	45
133	Will	Sharp	Serp	S	32.	46
134	Oliver	Kean	High	S	32.	47
135	Mat	Clarkson	WG&EL	V40	32.	48
136	Mark	Cameron	ESM	U20	32.	50
137	Roger	Reid	Serp	V40	32.	53
138	Alex	Kitromilides	Morn	S	32.	58
139	Adam	Bamford*	Serp	S	33.	00
140	Rajesh	Patel	Barn	S	33.	00

Men's Division Three Team Result

1	Highgate Harriers 'B'	1157
2	Barnet & District	1018
3	London Heathside 'C'	989
4	Enfield & Haringey	958
5	Woodford Green with Essex Ladies 'C'	569
6	Victoria Park & Tower Hamlets 'B'	539
7	Barnet & District 'B'	464
8	Ealing, Southall & Middlesex 'B'	333
9	Hillingdon 'B'	320
10	St Mary's Richmond	276
11	Thames Valley Harriers 'B'	260
12	Harlow RC	230
13	London Frontrunners 'B'	207
14	Shaftesbury Barnet Harriers 'B'	177
15	Enfield & Haringey 'B'	102
16	Mornington Chasers 'B'	67
17	Herts Phoenix 'B'	57

Men's Division Three League Positions

1	Highgate Harriers 'B'	2936
2	Barnet & District	2452
3	London Heathside 'C'	2184
4	Enfield & Haringey	1798
5	Woodford Green with Essex Ladies 'C'	1749
6	Hillingdon 'B'	1650
7	Victoria Park & Tower Hamlets 'B'	1458
8	Thames Valley Harriers 'B'	1451
9	Shaftesbury Barnet Harriers 'B'	942
10	Harlow RC	842
11	St Mary's Richmond	659
12	Barnet & District 'B'	602
13	Ealing, Southall & Middlesex 'B'	527
14	London Frontrunners 'B'	365
15	Garden City Runners 'B'	270
16	Newham & Essex Beagles 'B'	255
17	Herts Phoenix 'B'	202
18	Mornington Chasers 'B'	122
19	Enfield & Haringey 'B'	102

Veteran Men's Division One Team Result

1	London Heathside	259
2	Highgate Harriers	241
3	Serpentine RC	225
4	London Heathside 'B'	191
5	Woodford Green with Essex Ladies	166
6	Hillingdon	113
7	Garden City Runners	104
8	Herts Phoenix	82
9	Thames Valley Harriers	45
10	St Albans Striders	5

Veteran Men's Division One League Positions

1	London Heathside	716
2	Highgate Harriers	680
3	Woodford Green with Essex Ladies	584
4	Serpentine RC	558
5	Garden City Runners	442
6	Hillingdon	398
7	London Heathside 'B'	389
8	Herts Phoenix	286
9	Thames Valley Harriers	236
10	St Albans Striders	5

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141	Adam	Mitchell	Lon H	S	33. 00
142	Matt	Flannelly	WG&EL	V45	33. 01
143	Mohamed	Hashi	ESM	U20	33. 02
144	Ben	Cope	Serp	S	33. 03
145	Tony	Pamphilon	WG&EL	V50	33. 08
146	Jonathan	Lane	ESM	S	33. 13
147	Drew	Lowthian	Serp	S	33. 15
148	John	Scott	Serp	S	33. 15
149	Henry	Hughes	TVH	S	33. 16
150	Simeon	Bennett	VPH&TH	S	33. 18
151	Benjamin	Boxer	Barn	U20	33. 20
152	Mike	Stapleton	Barn	V50	33. 22
153	Norman	Mitchell	Lon H	V50	33. 25
154	Duncan	Steen	VPH&TH	S	33. 27
155	Richard	Bryant	VPH&TH	V40	33. 31
156	Ryan	McCrickend	Lon H	S	33. 32
157	Andrew	Taylor	Serp	S	33. 33
158	Mark	Palser*	TVH	S	33. 35
159	Tom	Stephenson	Lon H	S	33. 40
160	Andy	Owen	Lon H	V40	33. 42
161	Marcus	Tillotson	Lon H	S	33. 43
162	Scott	Farley	Hill	V40	33. 44
163	Jad	El-Houssami	NEB	U20	33. 44
164	Simon	Connell	Hill	S	33. 48
165	Chris	Chambers	Lon FR	V40	33. 49
166	Adam	Parkes	Morn	S	33. 49
167	John	Armstrong	Morn	V40	33. 50
168	Robert	Brown	ESM	V45	33. 50
169	Leo	Kirkhaar	High	S	33. 50
170	Daniel	Szajna	Lon H	U20	34. 00
171	Alex	Sweet	Lon H	S	34. 00
172	Fraser	Johnson	Serp	S	34. 01
173	Richard	Edmonds	Serp	V40	34. 08
174	Tom	Pye	E&H	U20	34. 08
175	Mohammed	Mohammed	SB	U20	34. 09
176	Nigel	Rowe	Met P	V45	34. 10
177	Jaime	Reed	GCR	S	34. 12
178	Chris	Eland	GCR	V40	34. 20
179	Stephen	Shanks	VPH&TH	S	34. 22
180	Marcus	Shields	Morn	S	34. 22
181	Mark	Delahunty	ESM	S	34. 22
182	James	Steel	ESM	V40	34. 24
183	Dominic	Jackson	Lon H	V45	34. 30
184	Louis	William	TVH	S	34. 36
185	Chris	Baynes	GCR	S	34. 38
186	Rob	Shulman	Lon H	V45	34. 41
187	Raoul	Mansukhani	Serp	V40	34. 46
188	James	Taylor	Barn	S	34. 48
189	David	Newman	Hill	V50	34. 48
190	Michael	Stainton	Serp	V50	34. 49
191	Alex	Weatherill	Lon H	S	34. 51
192	Olly	Davy	RDC	S	34. 54
193	James	Josephs	Lon H	S	34. 55
194	Mischa	Balen	Serp	S	34. 55
195	Matt	Fassnidge	Lon H	S	34. 55
196	Stuart	Meiklejohn	Lon H	S	34. 56
197	Melvyn	Wachira	Lon H	U20	34. 59
198	Paul	Karlsen	E&H	S	35. 00
199	Tim	Butler*	Barn	V45	35. 01
200	Alex	Andel	Serp	V40	35. 01
201	Gavin	Edmonds	Serp	V40	35. 05
202	Richard	Taylor	Serp	S	35. 05
203	Rob	Casserley	GCR	V40	35. 05
204	Anthony	Wilkinson	Lon H	V40	35. 06
205	Rodney	Mushanganyisi	VPH&TH	S	35. 08
206	Philip	Eldridge	NEB	S	35. 08
207	Pierce	Boyle	High	U20	35. 08
208	Dave	Wilcock	Barn	V55	35. 08
209	Ian	Girling	Morn	S	35. 17
210	Jack	Lambdon	Lon FR	S	35. 19
211	James	Edgar	Serp	S	35. 20

Veteran Men's Division Two Team Result

1	Serpentine RC 'B'	208
2	London Heathside 'C'	205
3	Ealing, Southall & Middlesex	171
4	London Frontrunners	166
5	Victoria Park & Tower Hamlets	138
6	Metropolitan Police	128
7	Shaftesbury Barnet Harriers	71
8	Woodford Green with Essex Ladies 'B'	61
9	Hillingdon 'B'	46
10	Herts Phoenix 'B'	5

Veteran Men's Division Two League Positions

1	Ealing, Southall & Middlesex	506
2	Serpentine RC 'B'	448
3	London Heathside 'C'	435
4	London Frontrunners	428
5	Victoria Park & Tower Hamlets	411
6	Shaftesbury Barnet Harriers	399
7	Woodford Green with Essex Ladies 'B'	302
8	Metropolitan Police	298
9	Hillingdon 'B'	287
10	Herts Phoenix 'B'	99

Veteran Men's Division Three Team Result

1	Barnet & District	146
2	Barnet & District 'B'	118
3	Mornington Chasers	98
3	Shaftesbury Barnet Harriers 'B'	98
5	Harlow RC	75
6	Ealing, Southall & Middlesex 'B'	74
7	London Frontrunners 'B'	52
8	St Mary's Richmond	50
9	Highgate Harriers 'B'	27
10	Enfield & Haringey	23
11	Victoria Park & Tower Hamlets 'B'	5
12	Hillingdon 'C'	3
13	Mornington Chasers 'B'	2

Veteran Men's Division Three League Positions

1	Barnet & District	435
2	Harlow RC	303
3	Mornington Chasers	276
4	Shaftesbury Barnet Harriers 'B'	234
5	Garden City Runners 'B'	227
6	Barnet & District 'B'	218
7	Ealing, Southall & Middlesex 'B'	173
8	St Mary's Richmond	162
9	Hillingdon 'C'	133
10	London Frontrunners 'B'	123
11	Enfield & Haringey	56
12	Serpentine RC 'C'	35
13	Highgate Harriers 'B'	27
14	Harlow RC 'B'	24
15	Thames Valley Harriers 'B'	18
16	Victoria Park & Tower Hamlets 'B'	5
17	Mornington Chasers 'B'	2

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212	Richard	Stewart	High	V40	35. 20	
213	Simon	Child	High	S	35. 22	
214	Costi	Stavrianakis	Lon H	V40	35. 23	
215	Charles	Lescott	Serp	S	35. 25	
216	Emilio	Salice	Morn	S	35. 25	
217	Manuel	da Silva	TVH	S	35. 25	
218	Steve	White	Herts P	V45	35. 26	
219	John	Driscoll	Lon H	V40	35. 27	
220	Andrew	Johnson	Lon H	V40	35. 28	
221	Marco	Luna	Lon H	S	35. 36	
222	Stephane	Schneider	Serp	S	35. 37	
223	Ed	Holland	Lon FR	S	35. 38	
224	Luke	Johnson	VPH&TH	S	35. 53	
225	Steve	Hirons	Hill	V45	35. 55	
226	Andrew	Hibbert	Serp	S	35. 55	
227	Max	Wells-Pestell	ESM	U20	35. 58	
228	Paul	Leppard	Hill	S	36. 02	
229	Andy	Hutson	VPH&TH	S	36. 07	
230	Simon	Doyle	Herts P	V50	36. 11	
231	Pete	Crockford	Lon H	V50	36. 14	
232	Ed	Shattock	RDC	S	36. 18	Gst
233	Alex	Malzer	Serp	V40	36. 20	
234	Chris	Dunham*	Herts P	V40	36. 21	
235	Lee	Benjamin	TVH	V50	36. 21	
236	James	Adams	Serp	S	36. 23	
237	David	Smith	Hill	V45	36. 23	
238	Stuart	Amblin	Lon H	V40	36. 25	
239	John	Lynch	Morn	V55	36. 26	
240	Tim	Renshaw	Serp	S	36. 28	
241	Will	Whitaker	Lon H	S	36. 28	
242	Terry	Stephenson	RDC	S	36. 30	Gst
243	Michael	Cribbin	High	S	36. 31	
244	Simon	Hazell	Lon H	V40	36. 32	
245	Nick	Stockman	High	S	36. 36	
246	Jed	Green	Serp	S	36. 40	
247	Richard	Bell	TVH	V45	36. 41	
248	Andrew	Malyan	Hill	V45	36. 44	
249	Daren	Roscoe	Hill	S	36. 46	
250	Ian	Johnson	Serp	V45	36. 48	
251	Russell	Casey	GCR	S	36. 54	
252	Mike	Martin	Barn	V45	36. 55	
253	Ray	Powell	SB	V50	36. 55	
254	Julian	Bradford	Lon FR	V45	36. 56	
255	Rob	Pitkethly	VPH&TH	S	37. 00	
256	Adam	Lawrence	E&H	S	37. 03	
257	Brian	Boyle	Lon H	S	37. 04	
258	George	Margesson	Lon H	S	37. 09	
259	Martin	Bright	High	V45	37. 11	
260	Chris	Maybin	WG&EL	S	37. 11	
261	Mark	Hughes	WG&EL	S	37. 13	
262	Stephen	Meredith	High	S	37. 14	
263	Paul	Pulze	Serp	S	37. 15	
264	Darren	Over	Serp	S	37. 17	
265	Paul	McCrossin	Lon H	V40	37. 20	
266	Richard	Beeby	TVH	S	37. 21	
267	Oliver	Greenslade	Serp	S	37. 26	
268	Roberto	Mienone	Lon H	S	37. 28	
269	Justin	Lock	Serp	S	37. 30	
270	Andrew	Prystawsky	Lon H	S	37. 33	
271	Jamil	Kikwera	E&H	S	37. 36	
272	Scott	Fanner	E&H	U20	37. 37	
273	David	Crout	Barn	V45	37. 39	
274	Shameek	Farell	RDC	S	37. 42	Gst
275	Dave	Walton	Lon H	V50	37. 47	
276	Chris	Gibbons	Lon FR	S	37. 50	
277	Martin	Mack	WG&EL	V45	37. 52	
278	James	Richens	Serp	V40	38. 00	
279	Dan	Brooks	Serp	S	38. 00	
280	Joe	Gomes	Barn	V45	38. 01	
281	Peter	Faulkner	Morn	S	38. 01	
282	Chris	Violet	Barn	V45	38. 01	

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283	Peter	Fitzpatrick	Herts P	V60	38. 03	
284	Toby	Hone	Herts P	S	38. 03	
285	Richard	Hooley	TVH	V50	38. 03	
286	Fahad	Abdi	TVH	U20	38. 08	
287	Akira	Anzai-Jackson	ESM	U20	38. 09	
288	Will	Hall-Smith	VPH&TH	S	38. 10	
289	Peter	Drew	ESM	V45	38. 15	
290	Mark	Burkett	B Stort	V45	38. 18	Gst
291	Daniel	O'Donnell	High	S	38. 23	
292	Mark	Bowen	Lon FR	V60	38. 24	
293	Jonathan	Taylor	SMR	V40	38. 26	
294	Andy	Carthorpe	Lon H	S	38. 26	
295	Martin	Heidensohn	Lon FR	V40	38. 27	
296	Andy	Smith	WG&EL	S	38. 27	
297	Dom	Joiner	RDC	S	38. 32	Gst
298	Princeton	Akpojaro	Met P	V45	38. 32	
299	Paul	Bains	RDC	S	38. 38	Gst
300	Greg	Fuzesi	High	S	38. 40	
301	Shawn	Duffy	Serp	V40	38. 42	
302	Jon	Medcraft	VPH&TH	S	38. 43	
303	Glynn	McDonald	Lon FR	V45	38. 44	
304	John	Bignell	Hill	V60	38. 49	
305	Steve	Scruton	High	V50	38. 49	
306	Nick	Desausmarez	Lon H	V45	38. 54	
307	Algy	Batten	RDC	S	38. 55	Gst
308	Steve	Lambert	WG&EL	V45	38. 56	
309	John	Tennant	Harl RC	V60	39. 07	
310	Gavin	Lambert	Lon FR	S	39. 14	
311	Paul	Fromme	Serp	V40	39. 16	
312	Jakob	Villumsen	VPH&TH	S	39. 17	
313	Eamon	Bradley	ESM	V50	39. 18	
314	Marco	Maserati	Lon H	V50	39. 22	
315	George	Lloyd	WG&EL	S	39. 22	
316	Ian	Mawdesley	Met P	S	39. 26	
317	David	Clark	Herts P	V65	39. 29	
318	Roy	Williams	WG&EL	V60	39. 30	
319	Peter	Ellis	Barn	V50	39. 31	
320	Neil	Barnaby	E&H	V45	39. 32	
321	Steve	Plested	ESM	V60	39. 35	
322	Dean	Burch	Hill	S	39. 40	
323	Derek	Clark	Lon FR	V40	39. 41	
324	Carl	Moran	SMR	V45	39. 42	
325	Tom	Spanyol	WG&EL	V50	39. 46	
326	Ian	Birch	ESM	V55	39. 48	
327	Ian	Leslie	ESM	V55	39. 50	
328	Rob	Birchley	VPH&TH	S	39. 52	
329	Gavin	Parish	Lon H	S	39. 53	
330	Liam	Phair	Met P	S	40. 01	
331	Richard	Bloom	Herts P	V65	40. 16	
332	Andrew	Hudson	Lon H	V50	40. 29	
333	Joe	Hine	Lon H	S	40. 35	
334	Patrick	Karikari	E&H	S	40. 43	
335	Robert	Pick	SB	V55	40. 44	
336	John	Booth	Lon FR	S	40. 46	
337	Nik	Skipper	Lon H	V55	40. 49	
338	Joe	Feltham	VPH&TH	S	40. 59	
339	James	O'Neill	ESM	V50	41. 04	
340	Dominic	Leung	RDC	S	41. 05	Gst
341	Kevin	Brookman	St Alb	V50	41. 16	
342	Stan	Greenhalgh	VPH&TH	V45	41. 17	
343	Robert	Howells	ESM	V60	41. 22	
344	David	Stevens	Lon FR	V40	41. 33	
345	Laurence	Scheyvens	Barn	V40	41. 36	
346	Bernie	Barnaby	GCR	V50	41. 37	
347	Chinedu	Nwokoro	Harrow	S	41. 50	Gst
348	Peter	Hollis	Morn	V45	41. 56	
349	Simon	Watts	Serp	V40	41. 56	
350	Bob	Burton	Hill	V50	41. 57	
351	John	Clarke	Barn	V60	41. 58	
352	Maxim	Cardew	Lon H	S	41. 58	
353	Liam	O'Dwyer	Lon FR	S	42. 31	

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354	Gary	Homewood	Morn	V45	42.	38	
355	John	Myall	Hill	V60	42.	43	
356	Robert	Perkins	NEB	S	42.	53	
357	Neil	Bradshaw	Serp	V50	43.	02	
358	Stuart	Philips	WG&EL	V55	43.	03	
359	Lars	Menken	Serp	S	43.	07	
360	Andrew	Dodd	ESM	S	43.	13	
361	Christopher	McMahon	Lon FR	S	43.	17	
362	Trevor	Normoyee	Met P	S	43.	17	
363	Martin	McColgan	Harl RC	V55	43.	20	
364	David	Horton	Unatt	V55	43.	24	Gst
365	Paul	Duncan	Lon FR	V40	43.	29	
366	Alan	Butler	Hill	V45	43.	32	
367	Iziaih	Turner	Lon H	U20	43.	35	
368	Jean-Luc	Hoez	Serp	V55	43.	38	
369	Philip	Cunningham	SB	V45	43.	45	
370	Simon	Maddison	TVH	V60	43.	48	
371	John	Brown	Lon FR	V40	44.	07	
372	David	Wilkey	VPH&TH	V40	44.	21	
373	Jonathan	Oviasu	High	S	44.	35	
374	Bill	Cooper	VPH&TH	V50	44.	39	
375	Chris	McLean	RDC	S	44.	43	Gst
376	Trace	Allen	GCR	V65	44.	48	
377	Russell	Devitt	SB	V60	45.	19	
378	Richard	Southworth	Lon FR	S	45.	22	
379	Richard	MacMillan	Lon FR	S	45.	28	
380	David	Shortridge	VPH&TH	V40	45.	46	
381	Ken	Townson	Lon H	V40	45.	53	
382	Trevor	Powell	WG&EL	V60	46.	09	
383	Wayne	Aylott	GCR	V50	46.	15	
384	Jim	Davis	Herts P	V60	46.	32	
385	Stephen	Thompson	Hill	V50	47.	16	
386	Timothy	Hannah	ESM	V55	48.	10	
387	Adrian	Essex	Lon H	V60	48.	24	
388	Tim	Nagy	Lon H	V45	48.	43	
389	Steven	Patterson	Hill	V60	49.	42	
390	Alan	Wells	Hill	V45	50.	10	
391	Robert	Howe	Morn	V65	50.	18	
392	Nasser	Al-Tell	Lon FR	V50	50.	56	

U20 Men's Individual Result

1	Ed	Shepherd	WG&EL	U20	28.	10	
2	Michael	Callegari	SB	U20	28.	30	
3	James	Stockings	WG&EL	U20	29.	20	

Veteran Men's Individual Result

1	Stephen	Baylis	High	V45	29.	17	
2	Ben	Pochee	High	V40	29.	27	
3	Chris	Beecham	High	V40	30.	45	

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Howard Williams Trophy (Seniors)

		Pts	Win
1	Shaftesbury Barnet Harriers	37	2
1	Woodford Green with Essex Ladies	37	2
3	Serpentine RC	37	1
4	Highgate Harriers	36	1
5	London Heathside	32	0
6	Thames Valley Harriers	30	0
7	Ealing, Southall & Middlesex	24	0
8	Hillingdon	23	0
9	Victoria Park & Tower Hamlets	22	0
10	Metropolitan Police	19	0
11	Enfield & Haringey	18	0
11	Mornington Chasers	18	0
13	Newham & Essex Beagles	16	0
14	Garden City Runners	15	0
15	Herts Phoenix	13	0
16	Barnet & District	10	0
16	London Frontrunners	10	0
18	St Albans Striders	5	0
19	St Mary's Richmond	3	0
20	Harlow RC	2	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Herts Phoenix	51	4
2	Woodford Green with Essex Ladies	47	2
3	Shaftesbury Barnet Harriers	45	2
4	Thames Valley Harriers	43	2
5	Ealing, Southall & Middlesex	41	0
6	Enfield & Haringey	34	0
7	St Mary's Richmond	33	1
8	Highgate Harriers	28	1
9	Hillingdon	27	0
9	London Heathside	27	0
11	Barnet & District	11	0
12	Newham & Essex Beagles	8	0
13	Mornington Chasers	6	0
13	Victoria Park & Tower Hamlets	6	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Ben	Noad	High	1184	3
2	Jake	Shelley	SB	1179	3
3	Michael	Callegari	SB	1164	3
4	Martyn	Cryer	WG&EL	1152	3
5	Robert	Thompson	Hill	1149	3
6	Ben	Pochee	High	1133	3
7	Bertie	Powell	WG&EL	1122	3
8	Olly	Laws	NEB	1114	3
9	Kevin	Murphy	WG&EL	1112	3
10	Hugh	Torry	Serp	1105	3
11	James	Laing	Hill	1103	3
12	James	Stockings	WG&EL	1093	3
13	Tom	Beedell	WG&EL	1092	3
14	Andrew	Lawrence*	High	1091	3
15	Darren	Southcott	WG&EL	1083	3
16	Daniel	Thompson	Hill	1079	3
17	Michael	Christoforou	E&H	1066	3
18	Dave	Morgan	Serp	1049	3
19	Martin	Bateman	Hill	1042	3
19	Tom	Heslop	VPH&TH	1042	3
21	Rob	O'Grady	Lon H	1029	3
22	Jonathan	Deane	High	1020	3
23	Phillip	Crout	SB	1007	3
24	Andrew	Orr	Serp	1000	3
25	Alex	Galloway	Lon H	991	3

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Lorna	Russell*	E&H	449	3
2	Victoria	Webster	SB	446	3
3	Sue	Rust	Lon H	431	3
4	Katie	Meredith	High	425	3
5	Sarah	Pemberton	Serp	419	3
6	Victoria	Crawford	Serp	408	3
7	Rebekah	Gardiner	SB	404	3
8	Liz	Wynn	Serp	397	3
9	Sarah	Swinhoe	Lon H	382	3
9	Samantha	Ludlow Taylor	Serp	382	3
11	Linda	Jackson	WG&EL	378	3
12	Jennifer	Bradley	Serp	353	3
13	Siana	Jones	TVH	345	3
14	Anna	Ferguson	Serp	333	3
15	Jackie	Wastell	Lon H	310	3
16	Fiona	Kennedy	ESM	309	3
17	Rachel	Felton	SB	298	2
18	Bernie	Pritchett	WG&EL	294	3
19	Rebecca	Glover	Serp	293	2
20	Melissa	Courtney	SB	292	2
21	Sophie	Sheldrake	High	286	3
22	Alex	Gounelas*	High	285	2
23	Louise	Faherty	High	282	3
24	Georgie	Sales	WG&EL	280	2
25	Claire	Morrissey	Lon H	278	3

**THE ATW METROPOLITAN LEAGUE
 WOULD LIKE TO WISH
 A MERRY CHRISTMAS
 AND A HAPPY NEW YEAR
 TO OUR SPONSOR, OUR MEMBER CLUBS
 AND ALL OUR OFFICIALS**