



Under 13 Boys Results

1	Jamie	Harper	SB	U13	10.	58	
2	Liam	Garrett	Lon H	U13	11.	04	
3	James	Young	Trent P	U13	11.	09	
4	Gerry	O'Brien	SB	U13	11.	12	
5	Lucas	Minale	VPH&TH	U13	11.	16	
6	Leon	Wheeler	EETC	U13	11.	20	Gst
7	Nathan	Fernandes	SB	U13	11.	22	
8	Freddy	Curtis	E&H	U13	11.	24	
9	Alfie	Poole	WG&EL	U13	11.	27	
10	Jamie	Ives	Herts P	U13	11.	29	
11	Louis	Medd	TVH	U13	11.	42	
12	Luke	Bluemink	E&H	U13	11.	43	
13	Nathaniel	Zapico	Herts P	U13	11.	44	
14	Joe	Rowson	E&H	U13	11.	46	
15	Joe	Geller	WG&EL	U13	11.	48	
16	Wesley	Adamo	Hill	U13	11.	52	
17	Ethan	Page	Herts P	U13	12.	03	
18	Jake	Stangroom	Herts P	U13	12.	04	
19	James	Davis	Herts P	U13	12.	05	
20	Finlay	Watson	TVH	U13	12.	07	
21	Freddie	Shiret	SB	U13	12.	08	
22	Dangardt	Albin	SMR	U13	12.	08	
23	David	Badmas	WG&EL	U13	12.	19	
24	Alfie	Castang	SB	U13	12.	21	
25	Jo Jo	Lewis	E&H	U13	12.	24	
26	Oliver	McGahon	Trent P	U13	12.	27	
27	James	Forde	Hill	U13	12.	29	
28	Luke	McHugh	Hill	U13	12.	31	
29	Guy	Kaye	TVH	U13	12.	34	
30	Elliot	Breen	Herts P	U13	12.	34	
31	Frankie	Fox	SB	U13	12.	42	
32	Chris	Philippou	Trent P	U13	12.	46	
33	Alex	Stapleton	Herts P	U13	12.	46	
34	Oliver	Weinfraub	TVH	U13	12.	50	
35	Liam	Cripps	Herts P	U13	12.	55	
36	Angus	Clifford	Herts P	U13	12.	56	
37	Max	Castang	SB	U13	13.	00	
38	Finlay	Sturrock	Trent P	U13	13.	04	
39	Owen	Turner	VPH&TH	U13	13.	08	
40	Guillermo	Acosta	Trent P	U13	13.	13	
41	Murray	Wilson	SB	U13	13.	40	
42	Lucas	Norton	Trent P	U13	13.	44	
43	Simon	Catchpole	Herts P	U13	13.	54	
44	Jake	Coles	Trent P	U13	14.	18	
45	James	Toon	SB	U13	14.	24	
46	Ben	Coles	Trent P	U13	14.	26	
47	Josh	Lee	Hill	U13	14.	52	
48	Edward	McArdle	Trent P	U13	14.	53	
49	David	Bakari	NEB	U13	14.	58	
50	Toran	Innes	Trent P	U13	15.	03	

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	169
2	Herts Phoenix	146
3	Enfield & Haringey	145
4	Thames Valley Harriers	110
5	Woodford Green with Essex Ladies	106
6	Trent Park RC	104
7	Herts Phoenix 'B'	87
8	Hillingdon	86
9	Shaftesbury Barnet Harriers 'B'	71
10	Victoria Park & Tower Hamlets	57
11	London Heathside	48
12	Trent Park RC 'B'	32
13	St Mary's Richmond	29
14	Newham & Essex Beagles	2

Under 13 Boys League Positions

1	Shaftesbury Barnet Harriers	365
2	Herts Phoenix	331
3	Enfield & Haringey	304
4	Woodford Green with Essex Ladies	256
5	Trent Park RC	234
6	Thames Valley Harriers	201
7	Herts Phoenix 'B'	180
8	Shaftesbury Barnet Harriers 'B'	176
9	Victoria Park & Tower Hamlets	164
10	Hillingdon	153
11	London Heathside	146
12	Highgate Harriers	64
13	St Mary's Richmond	63
14	Ealing, Southall & Middlesex	49
15	Trent Park RC 'B'	43
16	Woodford Green with Essex Ladies 'B'	23
17	Enfield & Haringey 'B'	15
18	London Heathside 'B'	6
19	Newham & Essex Beagles	3

Conditions:
7 degrees, intermittent rain
Going: Soft

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Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	11.	48
2	Iona	Pernthaller	TVH	U13	11.	50
3	Cecily	Turner	High	U13	12.	24
4	Mia	Groom	SB	U13	12.	25
5	Anna	Gizzi	Hill	U13	12.	49
6	Madeline	Lloyd	TVH	U13	12.	56
7	Scarlett	Kent	SB	U13	12.	59
8	Lucy	O'Brien	ESM	U13	13.	00
9	Angel	Grimes-McTavish	E&H	U13	13.	09
10	Anna	Fuller	Herts P	U13	13.	15
11	Mia	Hirons	WG&EL	U13	13.	20
12	Lidia	Kyriacou	SB	U13	13.	29
13	Felix	Waters	VP&TH	U13	13.	35
14	Megan	Caswell	WG&EL	U13	13.	37
15	Gemma	Harper	SB	U13	13.	38
16	Emily	Haimes	Trent P	U13	13.	41
17	Hollie	Acraman	Hill	U13	13.	45
18	Lara	Hill	Hill	U13	13.	47
19	Isolde	Goffey	SMR	U13	13.	48
20	Mia	Bracher	Trent P	U13	13.	55
21	Kayla	Michel	SB	U13	13.	57
22	Grace	Miller	VP&TH	U13	14.	02
23	Maryam	Hussain	ESM	U13	14.	10
24	Rachel	Finke	Lon H	U13	14.	15
25	Cameron	Thomas	ESM	U13	14.	20
26	Anisa	Ibrahim	ESM	U13	14.	22
27	Kirsten	Brown	Herts P	U13	14.	29
28	Ella	Conlon	Lon H	U13	14.	31
29	Jaynie	Awcock	Herts P	U13	14.	45
30	Leah	Kelly	ESM	U13	14.	54
31	Sheva	Basu	ESM	U13	14.	54
32	Robyn	Allwright	Trent P	U13	15.	01
33	Rosie	Cox	ESM	U13	15.	02
34	Daisy	Day-Fawcett	VP&TH	U13	15.	09
35	Josephnie	Grist	SMR	U13	15.	18
36	Natasha	Shirley	SMR	U13	15.	18
37	Willow	Newman	Lon H	U13	15.	35
38	Mia	Hornett	Trent P	U13	15.	36
39	Georgina	Newberry	Herts P	U13	15.	39
40	Erin	Bosworth	NEB	U13	15.	42
41	Erin	Jones	Herts P	U13	15.	45
42	Amy	Hillier	Hill	U13	15.	53
43	Amy	Cullen	Trent P	U13	16.	01
44	Olivia	Bacon	Trent P	U13	16.	06
45	Anna	Talbot	Hill	U13	16.	30
46	Alieka	Allen	NEB	U13	17.	04
47	Saskia	Argent-Bowie	Trent P	U13	17.	51
48	Esmé	McLellan	Hill	U13	17.	51

Under 13 Girls Team Result

1	Shaftesbury Barnet Harriers	158
2	Thames Valley Harriers	138
3	Ealing, Southall & Middlesex	114
3	Hillingdon	114
5	Herts Phoenix	91
6	Trent Park RC	90
7	Victoria Park & Tower Hamlets	78
8	Woodford Green with Essex Ladies	73
9	London Heathside	58
10	St Mary's Richmond	57
11	Ealing, Southall & Middlesex 'B'	53
12	Highgate Harriers	46
13	Enfield & Haringey	40
14	Shaftesbury Barnet Harriers 'B'	28
15	Trent Park RC 'B'	13
16	Newham & Essex Beagles	12
17	Herts Phoenix 'B'	8
18	Hillingdon 'B'	5

Under 13 Girls League Positions

1	Shaftesbury Barnet Harriers	284
2	Thames Valley Harriers	231
3	Hillingdon	212
4	Woodford Green with Essex Ladies	209
5	Ealing, Southall & Middlesex	204
6	Herts Phoenix	194
7	Victoria Park & Tower Hamlets	176
8	Trent Park RC	169
9	Highgate Harriers	137
10	London Heathside	129
11	Enfield & Haringey	108
12	St Mary's Richmond	91
13	Ealing, Southall & Middlesex 'B'	69
14	Shaftesbury Barnet Harriers 'B'	28
15	Trent Park RC 'B'	15
16	Newham & Essex Beagles	13
17	Woodford Green with Essex Ladies 'B'	11
18	Herts Phoenix 'B'	8
18	Hillingdon 'B'	8
18	London Heathside 'B'	8

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Under 17 Men Results

1	Canaan	Solomon	WG&EL	U15	12.	51
2	Toby	Clyde	TVH	U17	13.	05
3	Jamie	Philpott	Herts P	U15	13.	07
4	Terry	Fawden	High	U15	13.	08
5	Sam	Willis	High	U17	13.	12
6	Beck	Grover	Herts P	U15	13.	13
7	Sam	Lloyd	Hill	U17	13.	19
8	Ruben	Vos	Hill	U17	13.	21
9	Daniel	Carpenter	Trent P	U17	13.	25
10	George	Cook	Herts P	U17	13.	32
11	Khalid	Ali-Ahmed	SB	U17	13.	35
12	Thomas	McArdle	Trent P	U15	13.	36
13	Bemnet	Baraki	VP&H	U17	13.	50
14	Josh	Clifford	SB	U17	13.	51
15	Joe	Cooper	TVH	U17	13.	57
16	Omar	Parsons	SMR	U17	13.	58
17	Mukhtar	Farah	ESM	U17	13.	59
18	Jawad	El-Amri	Trent P	U17	14.	00
19	Liam	Holbrook	Hill	U17	14.	03
20	Dempster	Fawden	High	U15	14.	08
21	Lucillo	Burrell	TVH	U15	14.	10
22	David	Keto	Lon H	U15	14.	14
23	Elliot	Dee	SB	U15	14.	18
24	Cassius	Rathbone	TVH	U15	14.	19
25	Ethan	Cathrow	VP&H	U15	14.	21
26	Alex	Rayner	E&H	U15	14.	22
27	Oscar	Crowe	SMR	U15	14.	24
28	Alistair	Sleeman	High	U15	14.	25
29	Charlie	Sillett	ESM	U17	14.	27
30	Fryderyk	Ildied-Dutton	VP&H	U17	14.	28
31	George	Kerry	ESM	U15	14.	30
32	Joseph	Young	Trent P	U15	14.	41
33	Benjamin	Lanoe	E&H	U17	14.	42
34	David	Clower	Lon H	U17	14.	45
35	Harry	Cavell	WG&EL	U15	14.	49
36	Joseph	Doyle	Hill	U17	14.	51
37	Abraham	Mendes da Costa	TVH	U15	14.	52
38	William	Griffiths	Lon H	U15	14.	53
39	Tom	Griffiths	Lon H	U17	14.	55
40	Owen	Armstrong	WG&EL	U15	14.	57
41	Jake	Reynolds	Lon H	U15	14.	58
42	Jacob	Fenwick	Herts P	U15	15.	02
43	Jacob	Phillips	Lon H	U17	15.	04
44	Hamza	Kadiq	SB	U15	15.	05
45	Rufus	Kent	SB	U15	15.	06
46	Raul	Simmons-Perez	Trent P	U15	15.	07
47	Isaac	Osofisan	VP&H	U15	15.	08
48	Jack	Treanor	Hill	U17	15.	09
49	James	Horrex	TVH	U17	15.	09
50	Peter	Christian	SMR	U17	15.	14
51	William	McArdle	Trent P	U15	15.	20
52	Kirk	O'Rourke	Hill	U15	15.	22
53	Jamie	Cornuaud	NEB	U15	15.	31
54	Abdirahman	Hamud	Hill	U15	15.	38
55	Benjamin	Taylor	SMR	U15	15.	39
56	Ben	Beckwith	Trent P	U15	15.	48
57	Josh	Malyan	Hill	U15	15.	59
58	Remi	Catchpole	Herts P	U15	16.	00
59	Arjun	Trivedi	Trent P	U17	16.	01
60	Kyle	Lundie	WG&EL	U15	16.	06
61	Chris	Hogg	WG&EL	U15	16.	07
62	Luke	Gray	Lon H	U15	16.	12
63	James	Traylen	NEB	U15	16.	17
64	Nick	Soutar	Trent P	U17	16.	29
65	Taylor	Reece	WG&EL	U15	16.	31
66	Kit	Gilman	Hill	U15	16.	32
67	Michael	How	Hill	U15	16.	34
68	Filip	Bastien	High	U15	16.	36
69	Bodaya	Helem	VP&H	U15	16.	44

Under 17 Men Team Result

1	Highgate Harriers	259
2	Herts Phoenix	255
3	Thames Valley Harriers	254
4	Hillingdon	246
5	Trent Park RC	245
6	Shaftesbury Barnet Harriers	224
7	Victoria Park & Tower Hamlets	201
8	London Heathside	183
9	Woodford Green with Essex Ladies	180
10	St Mary's Richmond	168
11	Ealing, Southall & Middlesex	165
12	Hillingdon 'B'	105
13	Trent Park RC 'B'	104
14	Enfield & Haringey	99
15	London Heathside 'B'	91
16	Thames Valley Harriers 'B'	84
17	Newham & Essex Beagles	49
18	Woodford Green with Essex Ladies 'B'	36
19	Shaftesbury Barnet Harriers 'B'	34
20	Herts Phoenix 'B'	29
21	Highgate Harriers 'B'	11
22	Victoria Park & Tower Hamlets 'B'	10

Under 17 Men League Positions

1	Highgate Harriers	549
2	Thames Valley Harriers	506
3	Herts Phoenix	475
4	Shaftesbury Barnet Harriers	472
5	Trent Park RC	468
6	Hillingdon	453
7	Woodford Green with Essex Ladies	437
8	Enfield & Haringey	395
9	London Heathside	388
10	Ealing, Southall & Middlesex	384
11	St Mary's Richmond	305
12	Victoria Park & Tower Hamlets	289
13	London Heathside 'B'	242
14	Thames Valley Harriers 'B'	180
15	Trent Park RC 'B'	175
16	Newham & Essex Beagles	164
17	Woodford Green with Essex Ladies 'B'	127
18	Hillingdon 'B'	123
19	Barnet & District	74
20	Ealing, Southall & Middlesex 'B'	67
21	Shaftesbury Barnet Harriers 'B'	62
22	Highgate Harriers 'B'	56
23	Enfield & Haringey 'B'	51
24	Herts Phoenix 'B'	29
25	Victoria Park & Tower Hamlets 'B'	10
26	Mornington Chasers	9

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70	Kieran	Lloyd	TVH	U17	16.	52
71	Sam	Walford	Herts P	U15	17.	12
72	Jean-Marc	Tierou	NEB	U17	17.	26
73	Ryan	Alexander	Trent P	U15	17.	26
74	Luke	Adar	ESM	U15	17.	29
75	Jack	Shury	WG&EL	U15	17.	37
76	Ethan	Bond-Vaughan	TVH	U15	17.	41
77	Thomas	Horrex	TVH	U15	17.	45
78	Cameron	Mills	Trent P	U15	19.	13

Under 15 Boy's Individual Result

1	Canaan	Solomon	WG&EL	U15	12.	51
2	Jamie	Philpott	Herts P	U15	13.	07
3	Terry	Fawden	High	U15	13.	08
4	Beck	Grover	Herts P	U15	13.	13
5	Thomas	McArdle	Trent P	U15	13.	36
6	Dempster	Fawden	High	U15	14.	08
7	Lucillo	Burrell	TVH	U15	14.	10
8	David	Keto	Lon H	U15	14.	14
9	Elliot	Dee	SB	U15	14.	18
10	Cassius	Rathbone	TVH	U15	14.	19
11	Ethan	Cathrow	VPH&TH	U15	14.	21
12	Alex	Rayner	E&H	U15	14.	22
13	Oscar	Crowe	SMR	U15	14.	24
14	Alistair	Sleeman	High	U15	14.	25
15	George	Kerry	ESM	U15	14.	30
16	Joseph	Young	Trent P	U15	14.	41
17	Harry	Cavell	WG&EL	U15	14.	49
18	Abraham	Mendes da Costa	TVH	U15	14.	52
19	William	Griffiths	Lon H	U15	14.	53
20	Owen	Armstrong	WG&EL	U15	14.	57
21	Jake	Reynolds	Lon H	U15	14.	58
22	Jacob	Fenwick	Herts P	U15	15.	02
23	Hamza	Kadiq	SB	U15	15.	05
24	Rufus	Kent	SB	U15	15.	06
25	Raul	Simmons-Perez	Trent P	U15	15.	07
26	Isaac	Osofisan	VPH&TH	U15	15.	08
27	William	McArdle	Trent P	U15	15.	20
28	Kirk	O'Rourke	Hill	U15	15.	22
29	Jamie	Cornuauud	NEB	U15	15.	31
30	Abdirahman	Hamud	Hill	U15	15.	38
31	Benjamin	Taylor	SMR	U15	15.	39
32	Ben	Beckwith	Trent P	U15	15.	48
33	Josh	Malyan	Hill	U15	15.	59
34	Remi	Catchpole	Herts P	U15	16.	00
35	Kyle	Lundie	WG&EL	U15	16.	06
36	Chris	Hogg	WG&EL	U15	16.	07
37	Luke	Gray	Lon H	U15	16.	12
38	James	Traylen	NEB	U15	16.	17
39	Taylor	Reece	WG&EL	U15	16.	31
40	Kit	Gilman	Hill	U15	16.	32
41	Michael	How	Hill	U15	16.	34
42	Filip	Bastien	High	U15	16.	36
43	Bodaya	Helem	VPH&TH	U15	16.	44
44	Sam	Walford	Herts P	U15	17.	12
45	Ryan	Alexander	Trent P	U15	17.	26
46	Luke	Adar	ESM	U15	17.	29
47	Jack	Shury	WG&EL	U15	17.	37
48	Ethan	Bond-Vaughan	TVH	U15	17.	41
49	Thomas	Horrex	TVH	U15	17.	45
50	Cameron	Mills	Trent P	U15	19.	13

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Under 17 Women Results

1	Isabella	Hoy	WG&EL	U15	14.	56	
2	Ellie	Baker	Herts P	U17	15.	08	
3	Natalie	Connor	SB	U17	15.	24	
4	Lianne	Langford	SB	U15	15.	24	
5	Jade	Dos Santos	Trent P	U17	15.	32	
6	Nicola	Ravenhill	ESM	U15	15.	33	
7	Despina	Aslam	E&H	U17	15.	41	
8	Lily	Beckford	Lon H	U17	15.	41	
9	Rosa	Prideaux	Chelms	U17	15.	43	Gst
10	Eve	Goodhart	TVH	U17	15.	46	
11	Florence	Stansall-Seiler	Herts P	U17	15.	51	
12	Rosie	Poole	WG&EL	U15	15.	52	
13	Gabriella	Kyriacou	SB	U15	15.	53	
14	Alicia	Found	Herts P	U17	15.	56	
15	Lizzie	Parry	Herts P	U17	16.	08	
16	Hannah	Booth	Herts P	U15	16.	09	
17	Edie	Preece	WG&EL	U15	16.	23	
18	Isabel	Found	Herts P	U17	16.	35	
19	Roisin	Lynch	ESM	U15	16.	43	
20	Olivia	Will	ESM	U17	16.	44	
21	Laura	Stewart	ESM	U15	16.	45	
22	Verity	Walker	TVH	U15	16.	54	
23	Esther	Pigney	High	U15	16.	55	
24	Libby	Brown	SMR	U17	16.	56	
25	Ottavia	Laidler	Lon H	U15	16.	59	
26	Genevieve	Weston	Lon H	U17	17.	01	
27	Jessica	Archard	WG&EL	U15	17.	14	
28	Eleanor	Found	Herts P	U15	17.	17	
29	Jane	Howard	Trent P	U17	17.	35	
30	Lucy	Fitzpatrick	High	U15	17.	50	
31	Zoe	Cramp	SMR	U15	17.	58	
32	Tara	Kelly	ESM	U17	18.	07	
33	Greta	Norton	Trent P	U15	18.	12	
34	Thea	Cummings	SMR	U15	18.	25	
35	Imogen	Cummings	SMR	U17	18.	35	
36	Erin	Breen	Herts P	U15	18.	37	
37	Romi	Sharp	Herts P	U15	18.	42	
38	Lauren	McBride	Trent P	U17	19.	25	
39	Kirsty	O'Rourke	Hill	U15	19.	36	
40	Nomeda	Laukyte	VPH&TH	U15	19.	58	
41	Naomi	Conlon	Lon H	U15	20.	22	
42	Emily	Cornuauud	NEB	U15	20.	30	

Under 15 Girl's Individual Result

1	Isabella	Hoy	WG&EL	U15	14.	56	
2	Lianne	Langford	SB	U15	15.	24	
3	Nicola	Ravenhill	ESM	U15	15.	33	
4	Rosie	Poole	WG&EL	U15	15.	52	
5	Gabriella	Kyriacou	SB	U15	15.	53	
6	Hannah	Booth	Herts P	U15	16.	09	
7	Edie	Preece	WG&EL	U15	16.	23	
8	Roisin	Lynch	ESM	U15	16.	43	
9	Laura	Stewart	ESM	U15	16.	45	
10	Verity	Walker	TVH	U15	16.	54	
11	Esther	Pigney	High	U15	16.	55	
12	Ottavia	Laidler	Lon H	U15	16.	59	
13	Jessica	Archard	WG&EL	U15	17.	14	
14	Eleanor	Found	Herts P	U15	17.	17	
15	Lucy	Fitzpatrick	High	U15	17.	50	
16	Zoe	Cramp	SMR	U15	17.	58	
17	Greta	Norton	Trent P	U15	18.	12	
18	Thea	Cummings	SMR	U15	18.	25	
19	Erin	Breen	Herts P	U15	18.	37	
20	Romi	Sharp	Herts P	U15	18.	42	
21	Kirsty	O'Rourke	Hill	U15	19.	36	
22	Nomeda	Laukyte	VPH&TH	U15	19.	58	
23	Naomi	Conlon	Lon H	U15	20.	22	
24	Emily	Cornuauud	NEB	U15	20.	30	

Under 17 Women Team Result

1	Herts Phoenix	129
2	Woodford Green with Essex Ladies	114
3	Shaftesbury Barnet Harriers	107
4	Ealing, Southall & Middlesex	105
5	Herts Phoenix 'B'	74
6	London Heathside	71
7	Trent Park RC	66
8	Thames Valley Harriers	54
9	St Mary's Richmond	48
10	Enfield & Haringey	35
11	Highgate Harriers	33
12	Ealing, Southall & Middlesex 'B'	11
13	Hillingdon	4
14	Victoria Park & Tower Hamlets	3
15	Newham & Essex Beagles	1

Under 17 Women League Positions

1	Woodford Green with Essex Ladies	305
2	Ealing, Southall & Middlesex	261
3	Herts Phoenix	253
4	Thames Valley Harriers	249
5	Shaftesbury Barnet Harriers	216
6	London Heathside	195
7	Highgate Harriers	168
8	Trent Park RC	146
9	Enfield & Haringey	132
10	St Mary's Richmond	87
11	Herts Phoenix 'B'	81
12	Ealing, Southall & Middlesex 'B'	78
13	Woodford Green with Essex Ladies 'B'	63
14	Thames Valley Harriers 'B'	43
15	Victoria Park & Tower Hamlets	38
16	London Heathside 'B'	14
17	Newham & Essex Beagles	7
18	Hillingdon	4

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Women's Results

1	Rachel	Felton	SB	S	20.	46	
2	Gemma	Kersey	Basildon	S	20.	52	
3	Lorna	Russell*	E&H	S	21.	04	
4	Alison	Greggor	Camb U	S	21.	51	Gst
5	Sara	Bird	WG&EL	S	22.	00	
6	Melissa	Courtney	SB	S	22.	12	
7	Holly	Page	Camb U	S	22.	13	Gst
8	Alex	Gounelas*	High	S	22.	19	
9	Liz	Mooney	Camb U	U20	22.	21	Gst
10	Tracy	Barlow	TVH	S	22.	44	
11	Katie	Meredith	High	S	22.	45	
12	Sarah	Williams	SB	S	22.	46	
13	Rebekah	Gardiner	SB	S	22.	46	
14	Sarah	Swinhoe	Lon H	V40	22.	47	
15	Ashley	Scott	High	S	22.	57	
16	Emma	Dixon*	High	U20	23.	04	
17	Sarah	Pemberton	Serp	S	23.	06	
18	Emily	Moss	WG&EL	S	23.	13	
19	Liz	Wynn	Serp	V35	23.	25	
20	Erin	Whitla	Serp	S	23.	30	
21	Kat	Gundersen	WG&EL	V35	23.	31	
22	Katy	Hedgethorne	Camb U	S	23.	31	Gst
23	Carla	Denneny	Serp	S	23.	36	
24	Gemma	Coe*	WG&EL	S	23.	37	
25	Rachel	Lund	WG&EL	S	23.	41	
26	Alexia	Trafford	High	S	23.	43	
27	Mairead	O Rourke	Morn	S	23.	46	
28	Fiona	Kennedy	ESM	V55	23.	48	
29	Rosie	Talbot	Camb U	U20	23.	50	Gst
30	Helen	Winsor	Serp	S	23.	50	
31	Jane	Thomas	Camb U	S	23.	53	Gst
32	Hannah	Viner	High	U20	23.	55	
33	Margaret	Cooper	SB	V45	23.	55	
34	Megan	Wilson	Camb U	S	23.	59	Gst
35	Eleanor	Hunt	SB	U20	24.	06	
36	Victoria	Dawes	SB	V35	24.	10	
37	Sue	Rust	Lon H	S	24.	14	
38	Marta	Bagnati	Serp	S	24.	19	
39	Bridget	Napleton	Lon H	V45	24.	20	
40	Mary	Bird	GCR	S	24.	22	
41	Sophie	Sheldrake	High	S	24.	23	
42	Henny	Syres	Serp	S	24.	25	
43	Shirley	Dowling	E&H	V45	24.	31	
44	Sue	Bint	VPH&TH	V35	24.	34	
45	Bernie	Pritchett	WG&EL	V45	24.	38	
46	Eva	Mack	Hill	S	24.	48	
47	Lucy	Short	SB	S	24.	54	
48	Natalie	Young	E&H	S	24.	58	
49	Cathy	Jeremiah	Lon H	S	24.	58	
50	Celine	Murray	Lon H	S	24.	59	
51	Sharon	McHugh	E&H	V35	25.	04	
52	Claire	Morrissey	Lon H	S	25.	05	
53	Astrid	Wingler	High	V45	25.	08	
54	Siana	Jones	TVH	S	25.	12	
55	Hannah	Wells	Hill	S	25.	16	
56	Emma	Burgess	High	S	25.	20	
57	Mary	Gough	Herts P	U20	25.	26	
58	Emily	Ruane	Herts P	U20	25.	26	
59	Carrie	Beadle	Camb U	U20	25.	26	Gst
60	Maxine	Davies	WG&EL	S	25.	40	
61	Hannah	Hull	Camb U	U20	25.	45	Gst
62	Alex	Goodwin	High	S	25.	51	
63	Jo	Ravenhill	Met P	V35	26.	00	
64	Meire	Gorman	TVH	S	26.	00	
65	Yanna	Raykov	Lon H	U20	26.	07	
66	Anna	Theophilus	Met P	S	26.	12	
67	Ellen	O'Connor	Serp	S	26.	18	
68	Sorrell	Walsh	RDC	S	26.	19	
69	Holly	Weaver	Camb U	S	26.	21	Gst

Women's Division One Team Result

1	Shaftesbury Barnet Harriers	371
2	Highgate Harriers	364
3	Woodford Green with Essex Ladies	339
4	Serpentine RC	331
5	London Heathside	272
6	Ealing, Southall & Middlesex	247
7	Serpentine RC 'B'	202
8	Enfield & Haringey	171
9	Thames Valley Harriers	141
10	Serpentine RC 'C'	125

Women's Division One League Positions

1	Serpentine RC	676
2	Highgate Harriers	673
3	Woodford Green with Essex Ladies	618
4	London Heathside	534
5	Shaftesbury Barnet Harriers	530
6	Ealing, Southall & Middlesex	502
7	Serpentine RC 'B'	448
8	Thames Valley Harriers	368
9	Serpentine RC 'C'	260
10	Enfield & Haringey	249

Women's Division Two Team Result

1	Highgate Harriers 'B'	179
2	London Heathside 'B'	146
3	Hillingdon	132
4	Metropolitan Police	100
5	Victoria Park & Tower Hamlets	99
6	Woodford Green with Essex Ladies 'B'	83
7	London Heathside 'C'	81
8	Mornington Chasers	74
9	Garden City Runners	43
10	Barnet & District	29

Women's Division Two League Positions

1	Highgate Harriers 'B'	332
2	London Heathside 'B'	290
3	Hillingdon	279
4	Woodford Green with Essex Ladies 'B'	223
5	Barnet & District	203
6	Victoria Park & Tower Hamlets	195
7	Mornington Chasers	193
8	Metropolitan Police	159
9	London Heathside 'C'	156
10	Garden City Runners	43

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70	Jennifer	Bradley	Serp	S	26.	23	
71	Jane	Higgins	Lon H	S	26.	29	
72	Laura	Moran	VPH&TH	S	26.	34	
73	Jessica	Anderson	RDC	S	26.	37	
74	Karen	Levene	Lon H	V40	26.	40	
75	Natasha	Sheel	Serp	S	26.	42	
76	Michelle	McNamara	E&H	S	26.	43	
77	Lizzie	Sandham	Camb U	U20	26.	47	Gst
78	Julia	Kelk	Lon H	S	26.	48	
79	Helen	Croydon	VPH&TH	V35	26.	49	
80	Joanna	Beak	Serp	S	26.	57	
81	Martha	McKenzie-Minifie	Serp	V35	26.	58	
82	Natasha	Cendrowicz	High	V40	27.	12	
83	Lynn	Wilson	ESM	V55	27.	13	
84	Fallon	Everitt	High	S	27.	15	
85	Tammela	Platt	Lon H	S	27.	17	
86	Claudia	Manera	ESM	V45	27.	18	
87	Jane	Ruhland	ESM	V45	27.	24	
88	Jenny	Thomas	WG&EL	V45	27.	26	
89	Carol	Jones	ESM	V55	27.	32	
90	Sharon	Koelewyn	Serp	S	27.	40	
91	Diane	Esson	Camb U	S	27.	41	Gst
92	Ludovica	Bruno	Serp	V50	27.	42	
93	Sofia	Tibuzzi	E&H	S	27.	47	
94	Alex	Wardle	WG&EL	V45	27.	48	
95	Caroline	Boyle	Lon H	V35	27.	50	
96	Rhianon	Griffin*	Herts P	S	27.	53	
97	Helen	Hoyle	Barn	V45	27.	55	
98	Donna	Nash	Hill	V45	27.	57	
99	Jo	Irwin	Lon H	V40	28.	08	
100	Harriet	Baker	Camb U	U20	28.	17	Gst
101	Linda	Byrne	RDC	V35	28.	24	
102	Lesley	Conway	Hill	V55	28.	34	
103	Nicole	Wyatt	RDC	S	28.	37	
104	Hannah	Brown	E&H	S	28.	39	
105	Alison	Nolan	Serp	V40	28.	40	
106	Richella	Doyle	Serp	V35	28.	40	
107	Jenny	Rix-Trott	Serp	V35	28.	43	
108	Susan	Stollo	Met P	V35	28.	45	
109	Ann	Cook	Unatt	V50	28.	45	
110	Jemma	Weekes	Hill	S	28.	48	
111	Hannah	O'Sullivan	E&H	S	28.	51	
112	Sarah	Guy	Lon H	S	28.	53	
113	Victoria	Pound	Lon H	S	28.	55	
114	Anne	Caspi	Morn	V50	28.	59	
115	Hisayo	Kawahara	Serp	V45	29.	01	
116	Laura	Parker	Met P	V40	29.	04	
117	Jayne	Shepherd*	Herts P	V50	29.	06	
118	Karen	Gregory	Serp	S	29.	07	
119	Edyta	Szot	Lon H	V35	29.	13	
120	Delphine	Horodyski	Morn	S	29.	15	
121	Emily	Jones	RDC	S	29.	16	
122	Barbara	Tomaszczyk	Lon H	V50	29.	18	
123	Louise	Bisset	Lon FR	V40	29.	20	
124	Rose	Stamp	Lon FR	S	29.	21	
125	Pauline	Fischer	Hill	V55	29.	22	
126	Sophia	Holder	Serp	V35	29.	23	
127	Clare	Sparks	Barn	S	29.	25	
128	Caroline	Ringrow	Serp	S	29.	27	
129	Hazel	Clark*	Morn	S	29.	27	
130	Jane	Chapman	Camb U	S	29.	29	Gst
131	Fiona	Holland	Lon H	V55	29.	31	
132	Catharine	Sowerby	Serp	V50	29.	33	
133	Gillian	Morgan	ESM	V50	29.	40	
134	Charlotte	Bailleul	Hill	S	29.	44	
135	Mary	Walsh	ESM	V40	29.	45	
136	Nicola	MacGlennon	Serp	V35	29.	48	
137	Natalie	Traylen	NEB	V35	30.	03	
138	Justine	Thorpe	Unatt	V40	30.	33	
139	Alison	Lapper	Met P	V40	30.	39	
140	Barbara	Faissola	Serp	V50	30.	53	

Women's Division Three Team Result

1	Herts Phoenix	107
2	Run Dem Crew	106
3	Shaftesbury Barnet Harriers 'B'	65
4	Enfield & Haringey 'B'	57
5	London Frontrunners	44
6	Hillingdon 'B'	41
7	Highgate Harriers 'C'	27
8	Ealing, Southall & Middlesex 'B'	21
9	Run Dem Crew 'B'	19
10	Newham & Essex Beagles	14
11	Metropolitan Police 'B'	11
12	Herts Phoenix 'B'	5

Women's Division Three League Positions

1	Herts Phoenix	179
2	Run Dem Crew	151
3	Enfield & Haringey 'B'	119
4	Newham & Essex Beagles	105
5	Hillingdon 'B'	81
6	London Frontrunners	67
7	Shaftesbury Barnet Harriers 'B'	65
8	Barnet & District 'B'	32
9	Highgate Harriers 'C'	27
10	Ealing, Southall & Middlesex 'B'	21
11	Run Dem Crew 'B'	19
12	Metropolitan Police 'B'	18
13	Mornington Chasers 'B'	16
13	Newham & Essex Beagles 'B'	16
15	Herts Phoenix 'B'	5
16	Thames Valley Harriers 'B'	2

Veteran Women's Division One Team Result

1	London Heathside	112
2	Ealing, Southall & Middlesex	104
2	Woodford Green with Essex Ladies	104
4	Serpentine RC	95
5	Highgate Harriers	55
6	Hillingdon	41
6	Serpentine RC 'B'	41
8	London Heathside 'B'	38
9	Ealing, Southall & Middlesex 'B'	29
10	Mornington Chasers	11

Veteran Women's Division One League Positions

1	London Heathside	214
2	Woodford Green with Essex Ladies	210
3	Serpentine RC	195
4	Ealing, Southall & Middlesex	151
5	Serpentine RC 'B'	84
6	Hillingdon	80
6	Mornington Chasers	80
8	Highgate Harriers	78
9	London Heathside 'B'	70
10	Ealing, Southall & Middlesex 'B'	29

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141	Jacqui	Reid	Met P	V45	30.	55
142	Baiju	McCubbins	Serp	V50	30.	59
143	Maria	Hernandez-Humm	Hill	V45	31.	08
144	Katy	Moore	E&H	S	31.	10
145	Gabi	Johnson	Lon H	V45	31.	31
146	Sandra	Berty	Unatt	V50	31.	38
147	Stephanie	Vaatz	Serp	V35	31.	43
148	Julia	Gristwood	ESM	V50	31.	48
149	Anna	Priestley*	Serp	V55	32.	00
150	Sigrid	Stangl	Serp	V35	32.	02
151	Sofia	Guerrero	Lon FR	V35	32.	07
152	Margherita	Maserati	Lon H	V50	32.	11
153	Phil	Skeffington	Serp	V50	32.	33
154	Teresa	Griffith	Serp	V50	32.	53
155	Salina	Christmas	Serp	V40	33.	23
156	Elizabeth	Doyle	Herts P	U20	33.	34
157	Alison	Harrow	Lon H	V40	33.	44
158	Beate	Vogt	Serp	V50	33.	58
159	Anna	Tebelius	VPH&TH	S	34.	24
160	Helena	Vella	E&H	S	34.	24
161	Sarah	Ou	Lon FR	V35	35.	16
162	Christine	Munden	TVH	V40	35.	53
163	Angela	Rochester	Serp	S	36.	17
164	Christine	Read*	E&H	V50	36.	57
165	Roseanne	Traylen	NEB	U20	43.	27

U20 Women's Individual Result

1	Emma	Dixon*	High	U20	23.	04
2	Hannah	Viner	High	U20	23.	55
3	Eleanor	Hunt	SB	U20	24.	06

Veteran Women's Individual Result

1	Sarah	Swinhoe	Lon H	V40	22.	47
2	Liz	Wynn	Serp	V35	23.	25
3	Kat	Gundersen	WG&EL	V35	23.	31

Veteran Women's Division Two Team Result

1	Metropolitan Police	65
2	Serpentine RC 'C'	48
3	Shaftesbury Barnet Harriers	45
4	Victoria Park & Tower Hamlets	40
5	London Frontrunners	22
6	Barnet & District	18

Veteran Women's Division Two League Positions

1	Metropolitan Police	98
2	Barnet & District	79
3	Serpentine RC 'C'	73
4	Shaftesbury Barnet Harriers	62
5	Victoria Park & Tower Hamlets	56
6	London Frontrunners	29
7	Woodford Green with Essex Ladies 'B'	12
8	Garden City Runners	0
8	Highgate Harriers 'B'	0
8	Mornington Chasers 'B'	0

Veteran Women's Division Three Team Result

1	Enfield & Haringey	28
2	Run Dem Crew	12
3	Herts Phoenix	10
4	Newham & Essex Beagles	9
5	Metropolitan Police 'B'	7
6	Thames Valley Harriers	2

Veteran Women's Division Three League Positions

1	Enfield & Haringey	52
2	Newham & Essex Beagles	29
3	Run Dem Crew	22
4	Herts Phoenix	19
5	Metropolitan Police 'B'	10
6	Barnet & District 'B'	9
6	Hillingdon 'B'	9
8	Thames Valley Harriers	3

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Men's Results

1	Frank	Baddick	NEB	S	25.	32	
2	Alex	Short	Camb U	U20	25.	33	Gst
3	Glen	Watts	SB	S	25.	44	
4	Colin	Leak	NEB	S	25.	52	
5	Shaun	Dixon	High	S	25.	53	
6	Peter	Huck*	NEB	S	25.	59	
7	Mohamed	Mohamed	TVH	S	26.	00	
8	John	Eves*	Herts P	S	26.	02	
9	Ben	Noad	High	S	26.	04	
10	Liam	Dee	SB	U20	26.	14	
11	Robert	Thompson	Hill	S	26.	18	
12	Mohamed	Jebari-el-majdoub	TVH	S	26.	21	
13	Chris	Rainsford*	High	S	26.	22	
14	Mitch	Burton	Bed C	S	26.	23	Gst
15	Jonathan	Poole	Serp	S	26.	24	
16	Martyn	Cryer	WG&EL	S	26.	25	
17	Michael	Wright	Barn	S	26.	26	
18	John	Beattie	NEB	S	26.	27	
19	Tomas	Stasionis*	VPH&TH	S	26.	28	
20	Sam	Ashcroft	ESM	S	26.	28	
21	Huw	Lobb*	Serp	S	26.	33	
22	Ryan	McKinley	High	S	26.	41	
23	Joe	Christopher	Camb U	S	26.	44	Gst
24	Eoin	Pierce	E&H	S	26.	50	
25	Will	Ryle-Hodges	SB	S	27.	01	
26	Alex	Milne	E&H	S	27.	05	
27	Phillip	Crout	SB	U20	27.	06	
28	Tomaz	Plibersek	WG&EL	S	27.	07	
29	Patrick	Roddy	Camb U	U20	27.	08	Gst
30	Robel	Balhebi	High	S	27.	11	
31	Olly	Laws	NEB	S	27.	12	
32	Matthew	Leach	Camb U	U20	27.	13	Gst
33	Daniel	Bradford*	Serp	S	27.	14	
34	James	Laing	Hill	S	27.	14	
35	Ben	Nagy	E&H	S	27.	18	
36	Bertie	Powell	WG&EL	S	27.	19	
37	Jake	Waldron*	NEB	S	27.	22	
38	Jordan	Donnelly	WG&EL	S	27.	24	
39	Sam	Humphrey	VPH&TH	S	27.	25	
40	Stephan	Wenk	WG&EL	S	27.	26	
41	Orlando	Edwards	SB	S	27.	27	
42	Andrew	O'Donnaghaile	Camb U	S	27.	27	Gst
43	Robert	Wilson	ESM	S	27.	27	
44	James	Chettle	Camb U	S	27.	28	Gst
45	James	Hoad	Camb U	S	27.	32	Gst
46	Ben	Rochford	SB	U20	27.	34	
47	Will	Green	Serp	S	27.	35	
48	Niall	Sheehan	NEB	S	27.	36	
49	Josh	Carr	Camb U	U20	27.	36	Gst
50	Peter	Townsend	Herts P	S	27.	42	
51	Henry	Dodwell	High	S	27.	46	
52	Fergal	Smithwick	High	S	27.	50	
53	Brahma	Pochee	High	S	27.	51	
54	Andrew	Lawrence*	High	S	27.	52	
55	Harold	Wyber	WG&EL	S	27.	54	
56	Rick	Weston	Serp	S	27.	56	
57	Richard	Phillips	Serp	S	27.	58	
58	Jordan	Ali*	NEB	S	27.	59	
59	Hugh	Torry	Serp	S	27.	59	
60	Gavin	Lewis	WG&EL	S	28.	02	
61	Dave	Morgan	Serp	S	28.	02	
62	Kevin	Murphy	WG&EL	S	28.	05	
63	Dan	Allport	TVH	S	28.	09	
64	William	McNulty	Mom	S	28.	09	
65	Zephon	Allen	ESM	U20	28.	10	
66	Jonny	Laybourn	High	S	28.	12	
67	James	Cordwell	VPH&TH	S	28.	14	
68	Adam	Villard	SMR	S	28.	18	
69	Sathira	Don	SMR	U20	28.	18	

Men's Division One Team Result

1	Highgate Harriers	1098
2	Woodford Green with Essex Ladies	977
3	Newham & Essex Beagles	970
4	Serpentine RC	948
5	Shaftesbury Barnet Harriers	938
6	London Heathside	572
7	Victoria Park & Tower Hamlets	530
8	Hillingdon	527
9	Thames Valley Harriers	513
10	Woodford Green with Essex Ladies 'B'	187

Men's Division One League Positions

1	Highgate Harriers	2206
2	Serpentine RC	1978
3	Woodford Green with Essex Ladies	1880
4	Shaftesbury Barnet Harriers	1768
5	Newham & Essex Beagles	1440
6	London Heathside	1338
7	Thames Valley Harriers	1097
8	Hillingdon	1068
9	Victoria Park & Tower Hamlets	1059
10	Woodford Green with Essex Ladies 'B'	329

Men's Division Two Team Result

1	Ealing, Southall & Middlesex	953
2	Serpentine RC 'B'	928
3	Highgate Harriers 'B'	792
4	London Heathside 'B'	763
5	Herts Phoenix	613
6	Barnet & District	595
7	Mornington Chasers	576
8	Serpentine RC 'C'	562
9	London Frontrunners	448
10	Garden City Runners	301

Men's Division Two League Positions

1	Ealing, Southall & Middlesex	1857
2	Serpentine RC 'B'	1787
3	Highgate Harriers 'B'	1696
4	Barnet & District	1474
5	London Heathside 'B'	1444
6	Herts Phoenix	1191
7	Mornington Chasers	1126
8	Serpentine RC 'C'	1036
9	London Frontrunners	953
10	Garden City Runners	515

ATW Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix AC) - Saturday 9 November 2013

70	Max	Wells-Pestell	ESM	U20	28.	20	Men's Division Three Team Result			
71	Neil	Gamester	SB	S	28.	24				
72	Christopher	Hepworth	ESM	S	28.	29	1	Enfield & Haringey	1006	
73	John	McKeane	High	S	28.	32	2	London Heathside 'C'	889	
74	Angus	Holford	WG&EL	S	28.	32	3	Hillingdon 'B'	878	
75	Kieron	Sexton	TVH	S	28.	32	4	Metropolitan Police	736	
76	Daniel	Agustus	WG&EL	S	28.	36	5	Woodford Green with Essex Ladies 'C'	573	
77	Richard	Bate	SNH	S	28.	39	Gst	6	Shaftesbury Barnet Harriers 'B'	535
78	Dalton	McGuigan	SB	U20	28.	40	7	Run Dem Crew	466	
79	Craig	Halsey	GCR	S	28.	43	8	Ealing, Southall & Middlesex 'B'	427	
80	Jonathan	Deane	High	S	28.	44	9	Newham & Essex Beagles 'B'	425	
81	Duncan	Burbidge	High	V40	28.	51	10	St Mary's Richmond	402	
82	Ben	Trigg	Camb U	S	28.	53	Gst	11	Harlow RC	337
83	Tom	Heslop	VPH&TH	S	28.	54	12	Thames Valley Harriers 'B'	278	
84	Lorcan	Murphy	WG&EL	U20	28.	55	13	Enfield & Haringey 'B'	248	
85	George	Stewart	Lon H	V45	28.	56	14	Victoria Park & Tower Hamlets 'B'	198	
86	Su-Min	Lee	Camb U	U20	28.	56	Gst	15	Barnet & District 'B'	171
87	Matt	Convery	Lon H	S	28.	58	16	Highgate Harriers 'C'	83	
88	Richard	Williams	SB	S	28.	58	17	Mornington Chasers 'B'	70	
89	Rory	Mudd	SB	U20	28.	59	18	Metropolitan Police 'B'	65	
90	Hendrik	Zietsman	Serp	V45	28.	59	19	London Frontrunners 'B'	47	
91	Benjamin	Gibbons	SMR	U20	29.	01	20	Herts Phoenix 'B'	5	
92	Tom	Christopher	High	S	29.	01				
93	William	Kirk	Camb U	U20	29.	05	Gst	Men's Division Three League Positions		
94	Andrew	Orr	Serp	S	29.	06	1	Enfield & Haringey	1944	
95	Andrew	Reeves	Serp	V40	29.	08	2	Hillingdon 'B'	1719	
96	Chris	Norris	Lon H	S	29.	08	3	London Heathside 'C'	1656	
97	Wayne	Bell	NEB	S	29.	12	4	Metropolitan Police	1393	
98	Grant	Ramsay*	Barn	V40	29.	14	5	Run Dem Crew	1115	
99	Daniel	De Palol	Serp	S	29.	14	6	Ealing, Southall & Middlesex 'B'	846	
100	Mohamed	Hashi	ESM	U20	29.	17	7	Highgate Harriers 'C'	756	
101	Matthew	Ribault	TVH	S	29.	18	8	Victoria Park & Tower Hamlets 'B'	705	
102	Matthew	Duffin	Camb U	U20	29.	18	Gst	9	St Mary's Richmond	654
103	Dan	McKeown	Lon H	S	29.	21	10	Shaftesbury Barnet Harriers 'B'	640	
104	Jamie	Hogg	Serp	S	29.	22	11	Thames Valley Harriers 'B'	621	
105	Shaun	Whelan	Lon FR	V50	29.	23	12	Barnet & District 'B'	600	
106	Manuel	Terron Illescas	Serp	S	29.	24	13	Woodford Green with Essex Ladies 'C'	595	
107	Oliver	Maskell	Camb U	S	29.	25	Gst	14	Harlow RC	527
108	Damien	Petitjean	Serp	S	29.	26	15	Enfield & Haringey 'B'	440	
109	Steve	Monaghan	Lon H	V40	29.	27	16	Newham & Essex Beagles 'B'	425	
110	Steven	Prosser*	Herts P	S	29.	31	17	London Frontrunners 'B'	138	
111	Oliver	Kean	High	S	29.	33	18	Mornington Chasers 'B'	119	
112	Oliver	Garner	Camb U	U20	29.	34	Gst	19	Metropolitan Police 'B'	99
113	Roger	Braybrooks	Lon H	V40	29.	37	20	Run Dem Crew 'B'	34	
114	Mike	Stocks	Lon H	V40	29.	38	21	Herts Phoenix 'B'	11	
115	Andrew	Brooker	Lon H	S	29.	39				
116	Gareth	Cavell	WG&EL	V45	29.	40				
117	Peter	Scannell	TVH	S	29.	42				
118	Ed	Samuel	Lon H	S	29.	45				
119	Daniel	Thompson	Hill	S	29.	47				
120	Tom	Hall	Hill	S	29.	48				
121	James	Manley	Hill	S	29.	48				
122	Cameron	Laleye	Herts P	U20	29.	48				
123	Neil	Cook	VPH&TH	S	29.	51				
124	Dean	Clark	Hill	S	29.	52				
125	Jad	El-Houssami	NEB	S	29.	55				
126	Marten	Van der Hoeven	High	S	29.	56				
127	Martin	Potter	Lon H	V45	29.	57				
128	James	Sothcott	SB	U20	29.	58				
129	Simon	Barrett	Serp	S	30.	01				
130	Thomas	Craggs	Morn	S	30.	01				
131	Nicola	Barberis Negra	Serp	S	30.	02				
132	Scott	Farley	Hill	V40	30.	03				
133	Andy	Barber	NEB	S	30.	08				
134	Edward	Campbell	Hill	S	30.	09				
135	Angelo	John	ESM	V40	30.	12				
136	Connor	Johnston	VPH&TH	S	30.	13				
137	Brad	Clark	VPH&TH	S	30.	14				
138	Dave	Cox	WG&EL	V60	30.	19				
139	Daire	Brennan	E&H	S	30.	22				
140	Martin	Gaunt	Serp	S	30.	23				

ATW Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix AC) - Saturday 9 November 2013

141	Roger	Reid	Serp	V40	30.	24	Veteran Men's Division One Team Result		
142	James	Gillanders	Lon FR	S	30.	25			
143	Chris	Hartley	Lon H	V45	30.	25	1	London Heathside	353
144	Chris	Ingram	Hill	S	30.	25	2	Woodford Green with Essex Ladies	278
145	Mark	Anderson	Lon H	S	30.	28	3	London Heathside 'B'	276
146	John	Flahive	Lon H	V45	30.	28	4	Serpentine RC	265
147	Carlos	Vazquez Garcia	Serp	S	30.	30	5	Hillingdon	218
148	Chris	Burn	Lon H	S	30.	34	6	Ealing, Southall & Middlesex	202
149	Jose	Bilbao	VPH&TH	S	30.	35	7	Highgate Harriers	169
150	Joe	Everitt	WG&EL	S	30.	36	8	London Heathside 'C'	142
151	Pau	Herrero	Serp	S	30.	36	9	Herts Phoenix	117
152	Mark	Townsend	High	S	30.	36	10	Garden City Runners	83
153	Benjamin	Tolputt	Serp	S	30.	38			
154	Simon	Fricke	Met P	S	30.	39	Veteran Men's Division One League Positions		
155	Francis	Scarr	Camb U	U20	30.	40	Gst		
156	Simon	Connell	Hill	S	30.	42	1	London Heathside	659
157	David	Gilbert	High	S	30.	42	2	Serpentine RC	546
158	Paul	Scanlan	WG&EL	S	30.	46	3	Woodford Green with Essex Ladies	518
159	Jonathan	Hopkin	Lon H	V45	30.	46	4	Hillingdon	463
160	Joseph	Redwood	SB	U20	30.	49	5	London Heathside 'B'	434
161	Manuel	da Silva	TVH	S	30.	50	6	Highgate Harriers	414
162	Simeon	Bennett	VPH&TH	S	30.	51	7	Ealing, Southall & Middlesex	337
163	Andy	Welshman	Lon H	V45	30.	52	8	London Heathside 'C'	190
164	Chris	Shepherd	WG&EL	S	30.	54	9	Garden City Runners	188
165	Paul	Greaves	Herts P	V45	30.	55	10	Herts Phoenix	184
166	Richard	Milner	Serp	S	30.	56			
167	Howard	Gold	Lon H	V40	30.	58			
168	Tim	Caliafas	Camb U	U20	30.	59	Gst	Veteran Men's Division Two Team Result	
169	Simon	Nash	Lon H	S	31.	01			
170	Mike	Sheppard	VPH&TH	S	31.	02	1	Barnet & District	209
171	Alex	Davidson	High	V50	31.	07	2	Woodford Green with Essex Ladies 'B'	176
172	Robert	Peacock	Serp	S	31.	09	3	Thames Valley Harriers	146
173	Matthew	Jones	Camb U	S	31.	13	4	Serpentine RC 'B'	125
174	David	Hellard	Lon H	S	31.	16	5	Hillingdon 'B'	114
175	Thomas	Fouret	NEB	S	31.	18	6	Metropolitan Police	112
176	Ray	Dzikowski	WG&EL	V50	31.	19	7	London Frontrunners	103
177	David	Kail	NEB	S	31.	19	8	Shaftesbury Barnet Harriers	74
178	George	Ramsay	Camb U	U20	31.	23	9	Mornington Chasers	46
179	George	Choat	NEB	S	31.	24	10	Victoria Park & Tower Hamlets	22
180	Tony	Pamphilon	WG&EL	V55	31.	27			
181	Dom	Bealby-Wright	Camb U	U20	31.	29	Gst	Veteran Men's Division Two League Positions	
182	Chris	O'Hara	Unatt	S	31.	30	Gst		
183	Tom	Beedell	WG&EL	S	31.	30	1	Barnet & District	393
184	Philip	Bentley	Lon H	S	31.	31	2	London Frontrunners	273
185	Richard	Silverton	Morn	S	31.	36	3	Thames Valley Harriers	266
186	Tom	Fallon	E&H	S	31.	37	4	Serpentine RC 'B'	253
187	Ian	Girling	Morn	S	31.	38	5	Metropolitan Police	236
188	Richard	Keller	RDC	S	31.	39	6	Woodford Green with Essex Ladies 'B'	229
189	Andrew	Kelleher	Barn	V50	31.	40	7	Hillingdon 'B'	195
190	Tom	Yates	ESM	S	31.	41	8	Victoria Park & Tower Hamlets	185
191	David	Newman	Hill	V50	31.	43	9	Shaftesbury Barnet Harriers	149
192	Gavin	Evans	Lon H	V50	31.	46	10	Mornington Chasers	124
193	Andy	Hutson	VPH&TH	S	31.	48			
194	Zac	Randall	SB	S	31.	52			
195	Matt	Flannelly	WG&EL	V45	31.	53			
196	Mark	Delahunty	ESM	V40	31.	54			
197	David P	Evans	Serp	S	31.	55			
198	Richard	Jenkin	Hill	V50	31.	56			
199	Robert	Brown	ESM	V45	31.	57			
200	Fahad	Abdi	TVH	S	32.	00			
201	Nigel	Rowe	Met P	V50	32.	01			
202	Rob	Wilbraham	WG&EL	S	32.	02			
203	Liam	Hendry	E&H	S	32.	02			
204	Ed	Garrett	Lon H	V40	32.	05			
205	Jeff	Bannister	Morn	S	32.	05			
206	Jim	Roche	WG&EL	V40	32.	06			
207	Daniel	Anderson	Morn	S	32.	07			
208	Chris	Baynes	GCR	S	32.	08			
209	Chris	Bailey	High	V50	32.	11			
210	Alex	Weatherill	Lon H	S	32.	12			
211	Daniel	O'Sullivan	VPH&TH	S	32.	14			

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212	Dominic	Jackson	Lon H	V45	32.	14
213	Kevin	Walden	SB	S	32.	23
214	Steven	Artist	Lon FR	S	32.	25
215	Bashir	Mohamed	TVH	U20	32.	25
216	James	Steel	ESM	V40	32.	28
217	Paul	Mercer	Lon H	S	32.	29
218	Richard	Holland	WG&EL	V50	32.	30
219	Alex	Ozdemir	Hill	S	32.	30
220	Stewart	Pepper	E&H	V50	32.	36
221	Paul	Lemmon	Lon H	V50	32.	38
222	William	McAvock	Serp	V40	32.	40
223	Daren	Roscoe	Hill	S	32.	41
224	Jo	McKeown	Lon H	S	32.	43
225	Ben	Smith	Barn	S	32.	45
226	Paul	Leppard	Hill	S	32.	46
227	Dominic	Speight	Hill	U20	32.	47
228	Tim	Renshaw	Serp	S	32.	49
229	Rob	Lowe	Harl RC	V40	32.	54
230	John	Keenan	Lon FR	V40	32.	55
231	Steve	Lambert	WG&EL	V45	32.	58
232	Fraser	Johnson	Serp	V40	33.	01
233	Robert	Whitmarsh	Serp	S	33.	03
234	Gerald	Fox	SB	V40	33.	04
235	Rob	Pitkethly	VPH&TH	S	33.	04
236	Alan	Morris	Barn	V45	33.	07
237	James	Shipley	Hill	S	33.	11
238	Richard	Robeson	Lon FR	S	33.	12
239	Marco	Luna	Lon H	S	33.	16
240	Pierce	Boyle	High	U20	33.	19
241	Rob	Poulter	Hill	V45	33.	20
242	Andrew	Hetherington	Lon FR	S	33.	20
243	Colin	Grossmann	Morn	S	33.	22
244	Ken	Ferguson	Barn	S	33.	28
245	Andrew	Pattinson	Hill	S	33.	29
246	Simon	Ray	Serp	S	33.	29
247	Mike	Stapleton	Barn	V50	33.	30
248	Paul	Bains	RDC	S	33.	35
249	Andy	Holt	GCR	V45	33.	36
250	Craig	Jacobs	NEB	S	33.	37
251	Greg	Bennett	TVH	V40	33.	38
252	Mark	Pywell	Met P	V40	33.	39
253	Dean	Burch	Hill	S	33.	40
254	Andy	Miles	Hill	V55	33.	41
255	Julian	Russell	WG&EL	S	33.	44
256	Alex	Elferink	Serp	V40	33.	49
257	Mark	George	Lon H	V45	33.	51
258	Sergio	Gonzalez-Manzaneque	Serp	S	33.	52
259	Conrad	Addo*	Serp	S	33.	53
260	Darren	White	Barn	V40	33.	54
261	Mike	Martin	Barn	V50	33.	58
262	Phil	Wetton	TVH	V45	33.	59
263	Matthew	Spencer	Unatt	S	34.	02
264	Alun	Evans	WG&EL	V50	34.	02
265	James	Turner	Serp	S	34.	03
266	Steve	Wilson	Met P	S	34.	05
267	Peter	Warburton	Hill	V50	34.	06
268	Behrooz	Monir	E&H	S	34.	07
269	Steve	Hirons	Hill	V50	34.	08
270	Martin	Bright	High	V45	34.	08
271	Peter	Clarke	Serp	V45	34.	08
272	Simon	Doyle	Herts P	V50	34.	16
273	Steve	White	Herts P	V50	34.	18
274	Andy	Coleman	WG&EL	V50	34.	19
275	Chris	Fuller	Met P	V45	34.	22
276	Tim	Marshall	Lon H	S	34.	24
277	Richard	Bell	TVH	V45	34.	28
278	Kris	Milovsorov	Lon H	S	34.	34
279	Andrew	Malyan	Hill	V45	34.	35
280	Alex	Malzer	Serp	V40	34.	36
281	Dave	Wilcock	Barn	V60	34.	38
282	Richard	Hookey	TVH	V50	34.	39

Veteran Men's Division Three Team Result

1	Barnet & District 'B'	128
2	Shaftesbury Barnet Harriers 'B'	107
3	Harlow RC	100
4	Hillingdon 'C'	87
5	Ealing, Southall & Middlesex 'B'	86
6	Thames Valley Harriers 'B'	71
7	Enfield & Haringey	67
8	Garden City Runners 'B'	17
9	Herts Phoenix 'B'	3

Veteran Men's Division Three League Positions

1	Shaftesbury Barnet Harriers 'B'	207
2	Enfield & Haringey	187
3	Harlow RC	159
4	Barnet & District 'B'	152
5	Ealing, Southall & Middlesex 'B'	150
6	Thames Valley Harriers 'B'	106
7	Hillingdon 'C'	91
8	London Frontrunners 'B'	41
9	Victoria Park & Tower Hamlets 'B'	22
10	Garden City Runners 'B'	18
11	Herts Phoenix 'B'	6

ATW Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix AC) - Saturday 9 November 2013

283	Terry	McCarthy	WG&EL	V55	34.	42	
284	Darren	Over	Serp	V40	34.	44	
285	Stevan	Dokic	Hill	V55	34.	46	
286	Andy	Wyatt	RDC	S	34.	47	
287	Nick	Stockman	High	S	34.	50	
288	Peter	Drew	ESM	V45	34.	56	
289	Andy	Owen	Lon H	V45	34.	58	
290	Andrew	Paterson	Hill	S	34.	58	
291	Sean	Farbri	Serp	S	35.	04	
292	Chris	Langley-Waylen	Serp	S	35.	08	
293	Rich	Bartlett	Serp	V50	35.	08	
294	Nick	Desausmarez	Lon H	V45	35.	11	
295	James	Malleson	E&H	U20	35.	12	
296	Dale	Powell	E&H	S	35.	14	
297	Liam	Phair	Met P	S	35.	22	
298	Fabrizio	Sidoli	Morn	S	35.	31	
299	Philip	Cunningham	SB	V50	35.	32	
300	Brian	Boyle	Lon H	S	35.	38	
301	Bernie	Barnaby*	GCR	V55	35.	40	
302	James	Hill*	Serp	V40	35.	44	
303	Ian	Leslie	ESM	V55	35.	46	
304	Leo	Pemberton	Lon H	S	35.	57	
305	Steve	Barrington*	ESM	V45	35.	58	
306	Peter	Fitzpatrick	Herts P	V60	36.	00	
307	Richard	Hogg	WG&EL	V45	36.	04	
308	Andrew	Williams	Serp	S	36.	09	
309	Adrian	Thompson	TVH	V50	36.	10	
310	Robert	Mitchell	Morn	V50	36.	14	
311	Dominic	Joyner	RDC	S	36.	18	
312	Russell	Weston	Lon H	V50	36.	22	
313	Mervyn	Walker	TVH	V50	36.	26	
314	John	Tennant	Harl RC	V60	36.	28	
315	David	Martin	Hill	V55	36.	34	
316	Robert	Perkins	NEB	S	36.	36	
317	Marco	Maserati	Lon H	V50	36.	39	
318	Patrick	Bird	GCR	V50	36.	42	
319	Chris	Pateman	Serp	V40	36.	43	
320	Gareth	Hodges	Met P	S	36.	46	
321	Sean	Bowen	GCR	V45	36.	54	
322	Pete	Brewin	Harl RC	S	36.	55	
323	Paul	Stockings	WG&EL	V50	36.	57	
324	Mark	Smith	Lon FR	S	36.	58	
325	Richard	Bloom	Herts P	V65	37.	04	
326	Sam	Martin	Lon FR	S	37.	06	
327	Martyn	Rowe	Barn	V40	37.	10	
328	Dan	Priestley	Serp	S	37.	23	Gst
329	John	Randall	Serp	V40	37.	25	
330	Sean	Flynn	Harl RC	V55	37.	27	
331	Colin	Ewin	GCR	V50	37.	31	
332	Michael	Howard	Hill	V55	37.	35	
333	Edmund	Gazeley	Camb U	U20	37.	35	Gst
334	Neil	Barnaby	E&H	V50	37.	37	
335	Ian	Mawdesley	Met P	S	37.	38	
336	Jeremy	Collis	Hill	S	37.	44	
337	Robert	Howells	ESM	V60	37.	46	
338	Ian	Whisson	Lon H	V55	37.	48	
339	Tim	Parkin	SB	S	37.	50	
340	James	Davies	Hill	S	37.	54	
341	Eamon	Byrne	Morn	V45	37.	55	
342	Tom	Spanyol	WG&EL	V50	38.	07	
343	Alex	Pearson	Serp	S	38.	11	
344	Andy	Barthorpe	Lon H	V40	38.	22	
345	Andy	Torrance	Hill	V55	38.	39	
346	Craig	Stephenson	GCR	V40	38.	41	
347	Martin	Heidensohn	Lon FR	V40	38.	43	
348	Haziq	Ramli	RDC	S	38.	54	
349	Sammy	Li	Serp	V45	38.	56	
350	Mark	Hayward	Harl RC	S	38.	57	
351	Neil	Davies	Lon H	V65	39.	00	
352	Oliver	Pound	Lon H	S	39.	04	
353	John	Owen	Barn	V65	39.	07	

NOTICEBOARD



Divisional and Age Group results are available on at

www.activetrainingworld.co.uk

* denotes "Registered Second Claim" athletes

Results produced on behalf of the League by
Gavin Collett & Sharon & Anna 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

This fixture included some guest competitors from
Cambridge University.

Goodluck to them in their annual Varsity fixture against Oxford
University on Saturday 7 December on Wimbledon Common.

**The following clubs have still failed to pay their League
affiliation: Shaftesbury Barnet, Victoria Park H&TH**
Please forward a cheque to Gavin Collett immediately.

ATW Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix AC) - Saturday 9 November 2013

354	Stuart	Reilly	Hill	V40	39. 12
355	Bob	Burton	Hill	V50	39. 18
356	Mat	Marchant	E&H	S	39. 23
357	Jason	Sewards	TVH	V45	39. 25
358	Simon	Proctor	VPH&TH	V40	39. 30
359	James	Streetley	Serp	S	39. 30
360	Josh	Brekenfeld	Lon FR	S	39. 33
361	Chris	McLean	RDC	S	39. 35
362	Tim	Sander	Lon H	V45	39. 35
363	Trevor	Normoyle	Met P	S	39. 43
364	Tom	Kearney	Met P	S	39. 53
365	Guido	Le Lorrain	Morn	V40	40. 03
366	Ian	Hodge	Serp	V50	40. 05
367	John	Kelly	SB	V55	40. 13
368	David	Shortridge	VPH&TH	V40	40. 14
369	Gary	Homewood	Morn	V45	40. 16
370	Ken	Townson	Lon H	V45	40. 17
371	Simon	Watts	Serp	V40	40. 22
372	John	Fuller	Barn	V65	40. 24
373	John	Clarke	Barn	V60	40. 30
374	Chris	Brammer	VPH&TH	V40	40. 38
375	Russell	Devitt	SB	V60	40. 48
376	Trevor	Powell	WG&EL	V60	40. 55
377	John	Myall	Hill	V60	40. 58
378	Dave	Byrne	Barn	V50	40. 59
379	Ben	Smith	Hill	V55	41. 00
380	Cristian	Duran	Lon FR	U20	41. 09
381	John	Falvey	ESM	V55	41. 23
382	Adrian	Essex	Lon H	V60	41. 24
383	Gareth	Moss	Lon FR	S	41. 38
384	John	Brown	Lon FR	V45	41. 41
385	Nick	Michael	TVH	V60	41. 49
386	Gary	Stringer	ESM	V50	42. 06
387	Richard	Sidlin	GCR	V50	42. 11
388	Steve	Gathercole	Morn	V65	42. 17
389	Mervyn	Gilham	Herts P	V60	42. 40
390	Paul	Martin	Hill	V45	43. 02
391	Stephen	Thompson	Hill	V50	43. 10
392	Trace	Allen	GCR	V65	43. 15
393	Steven	Patterson	Hill	V65	44. 16
394	Alan	Wells	Hill	V50	45. 37
395	Simon	Maddison	TVH	V60	45. 59
396	John	Steed	Herts P	V75	46. 08
397	Brian	Feldman	Hill	V65	46. 29
398	Cory	Wharton-Malcolm	RDC	S	46. 32
399	Doug	Milsom	Hill	V70	47. 48
400	George	Neville	Barn	S	51. 23

U20 Men's Individual Result

1	Liam	Dee	SB	U20	26. 14
2	Phillip	Crout	SB	U20	27. 06
3	Ben	Rochford	SB	U20	27. 34

Veteran Men's Individual Result

1	Duncan	Burbidge	High	V40	28. 51
2	George	Stewart	Lon H	V45	28. 56
3	Hendrik	Zietsman	Serp	V45	28. 59

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ATW Metropolitan League Fixture 2 at Stevenage (hosted by Herts Phoenix AC) - Saturday 9 November 2013

Howard Williams Trophy (Seniors)

		Pts	Win
1	Highgate Harriers	39	2
2	Serpentine RC	39	1
3	Woodford Green with Essex Ladies	36	0
4	Shaftesbury Barnet Harriers	33	1
5	London Heathside	32	0
6	Thames Valley Harriers	28	0
7	Hillingdon	25	0
8	Ealing, Southall & Middlesex	24	0
9	Victoria Park & Tower Hamlets	22	0
10	Barnet & District	21	0
11	Enfield & Haringey	20	0
11	Newham & Essex Beagles	20	0
13	Mornington Chasers	17	0
14	Herts Phoenix	15	0
15	Garden City Runners	13	0
16	Metropolitan Police	12	0
17	London Frontrunners	10	0
18	Run Dem Crew	8	0
19	St Mary's Richmond	2	0
20	Harlow RC	1	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Shaftesbury Barnet Harriers	57	3
2	Herts Phoenix	54	1
2	Thames Valley Harriers	54	1
4	Woodford Green with Essex Ladies	52	1
5	Highgate Harriers	41	1
6	Ealing, Southall & Middlesex	39	0
7	Hillingdon	38	0
8	Enfield & Haringey	37	1
9	London Heathside	34	0
10	Trent Park RC	33	0
11	Victoria Park & Tower Hamlets	31	0
12	St Mary's Richmond	24	0
13	Newham & Essex Beagles	17	0
14	Barnet & District	3	0
15	Mornington Chasers	2	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Shaun	Dixon	High	793	2
2	Glen	Watts	SB	792	2
3	Mohamed	Mohamed	TVH	792	2
4	John	Eves*	Herts P	785	2
5	Jonathan	Poole	Serp	780	2
6	Robert	Thompson	Hill	779	2
7	Martyn	Cryer	WG&EL	773	2
8	Michael	Wright	Barn	771	2
9	Ryan	McKinley	High	770	2
10	Eoin	Pierce	E&H	760	2
11	Robel	Balhebi	High	757	2
12	Orlando	Edwards	SB	748	2
13	Daniel	Bradford*	Serp	747	2
14	Bertie	Powell	WG&EL	747	2
15	Niall	Sheehan	NEB	745	2
16	Robert	Wilson	ESM	742	2
17	James	Laing	Hill	742	2
18	Richard	Phillips	Serp	740	2
19	Ben	Rochford	SB	732	2
20	Rick	Weston	Serp	729	2
21	Alex	Milne	E&H	728	2
22	Henry	Dodwell	High	726	2
23	Andrew	Lawrence*	High	724	2
24	Kevin	Murphy	WG&EL	724	2
25	Peter	Townsend	Herts P	723	2

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	299	2
2	Lorna	Russell*	E&H	298	2
3	Tracy	Barlow	TVH	288	2
4	Katie	Meredith	High	283	2
5	Sarah	Swinhoe	Lon H	283	2
6	Sarah	Pemberton	Serp	279	2
7	Gemma	Coe*	WG&EL	277	2
8	Emily	Moss	WG&EL	274	2
9	Kat	Gundersen	WG&EL	270	2
10	Emma	Dixon*	High	268	2
11	Hannah	Viner	High	264	2
12	Alexia	Trafford	High	257	2
13	Sue	Rust	Lon H	257	2
14	Margaret	Cooper	SB	256	2
15	Bernie	Pritchett	WG&EL	240	2
16	Henny	Syres	Serp	236	2
17	Sophie	Sheldrake	High	235	2
18	Bridget	Napleton	Lon H	230	2
19	Eva	Mack	Hill	229	2
20	Mary	Gough	Herts P	227	2
21	Claire	Morrissey	Lon H	227	2
22	Lucy	Short	SB	227	2
23	Emily	Ruane	Herts P	222	2
24	Sharon	McHugh	E&H	221	2
25	Siana	Jones	TVH	219	2

The Weeks Ahead

Sat 16 Nov	British & Irish Masters Cross Country London Cross Country Championships London Youth Games Cross Country	Cardiff Parliament Hill Parliament Hill
Sat 23 Nov	UKA Cross Challenge (inc European Trials) North West London Young Athletes League North London Championships	Sefton Park, Liverpool Ruislip (Mad Bess) Ruislip (Mad Bess)
Fri 29 Nov	Serpentine 5K	Hyde Park
Sat 30 Nov	Essex County Veterans Championships	Claybury, Woodford
Sun 1 Dec	Perivale '5'	Perivale
Sat 7 Dec	North West London Young Athletes League Fraternity & Sorority Cups	Trent Park Trent Park
Sun 8 Dec	European Cross Country Championships	Belgrade
Sat 14 Dec	South of England Inter Counties & Masters Championships	Shuttleworth, Beds
Sat 21 Dec	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Alexandra Palace
Wed 25 Dec	Christmas Morning Road Race	Ruislip
Fri 27 Dec	Serpentine 5K	Hyde Park