



Under 13 Boys Results

1	Jamie	Harper	SB	U13	9.	55
2	James	Young	Trent P	U13	10.	30
3	Henry	Fulton	SB	U13	10.	34
4	Finn	Harvey	SB	U13	10.	37
5	Lucas	Minale	VPH&TH	U13	10.	39
6	Tom	Patrick	SB	U13	10.	43
7	Nathaniel	Zapico	Herts P	U13	10.	45
8	Liam	Garrett	Lon H	U13	10.	46
9	Lucas	Sheehan	ESM	U13	10.	47
10	Patrick	Owen	ESM	U13	10.	49
11	Jamie	Ives	Herts P	U13	10.	56
12	Freddy	Curtis	E&H	U13	10.	58
13	Luke	Bluemink	E&H	U13	10.	59
14	Joe	Geller	WG&EL	U13	11.	01
15	Jake	Sherlock	Herts P	U13	11.	03
16	Nathan	Fernandes	SB	U13	11.	04
17	James	Forde	Hill	U13	11.	08
18	Freddie	Scarborough	ESM	U13	11.	18
19	Elliot	Breen	Herts P	U13	11.	19
20	Henry	Rocha	SB	U13	11.	19
21	Freddie	Shiret	SB	U13	11.	20
22	Liam	Cripps	Herts P	U13	11.	26
23	Hayden	Maleary	WG&EL	U13	11.	28
24	Sam	Lee	SB	U13	11.	29
25	Jo Jo	Lewis	E&H	U13	11.	30
26	Joshua	Adolphe	VPH&TH	U13	11.	31
27	Tom	Carter	Lon H	U13	11.	32
28	Dangardt	Albin	SMR	U13	11.	36
29	Woody	Castang	SB	U13	11.	41
30	Finlay	Sturrock	Trent P	U13	11.	41
31	Maateo	Vao	ESM	U13	11.	43
32	James	Inkley	WG&EL	U11	11.	44
33	Joe	Rowson	E&H	U13	11.	49
34	Cameron	Bocchetti	Trent P	U13	11.	50
35	Alfie	Castang	SB	U13	11.	52
36	Joshua	Poncia	SMR	U13	11.	53
37	Owen	Turner	VPH&TH	U13	11.	54
38	Angus	Clifford	Herts P	U13	11.	55
39	Alex	Stapleton	Herts P	U13	11.	55
40	Frankie	Fox	SB	U13	11.	57
41	Charles	Malhias	VPH&TH	U13	11.	59
42	William	Coots	ESM	U13	12.	01
43	Robbie	Connolly	ESM	U13	12.	06
44	Guillermo	Acosta	Trent P	U13	12.	08
45	Shay	Kohler	SB	U13	12.	13
46	Oliver	McGahon	Trent P	U13	12.	20
47	Edward	McArdle	Trent P	U13	12.	23
48	Max	Castang	SB	U13	12.	49
49	Lucas	Norton	Trent P	U13	12.	53
50	Justin	Haupt	Trent P	U13	13.	15
51	Jake	Coles	Trent P	U13	13.	19
52	Zac	Paul	Lon H	U13	14.	14
53	Dylan	Alexander	NEB	U13	14.	34
54	Josh	Lee	Hill	U13	14.	41
55	Nat	Stark	Lon H	U13	15.	32

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	206
2	Herts Phoenix	168
3	Ealing, Southall & Middlesex	152
4	Shaftesbury Barnet Harriers 'B'	139
5	Enfield & Haringey	138
6	Victoria Park & Tower Hamlets	113
7	Trent Park RC	112
8	London Heathside	80
9	Woodford Green with Essex Ladies	73
10	Herts Phoenix 'B'	68
11	St Mary's Richmond	47
12	Hillingdon	40
13	Trent Park RC 'B'	32
14	Ealing, Southall & Middlesex 'B'	27
15	Newham & Essex Beagles	3

Under 13 Boys League Positions

1	Shaftesbury Barnet Harriers	571
2	Herts Phoenix	499
3	Enfield & Haringey	442
4	Trent Park RC	346
5	Woodford Green with Essex Ladies	329
6	Shaftesbury Barnet Harriers 'B'	315
7	Victoria Park & Tower Hamlets	277
8	Herts Phoenix 'B'	248
9	London Heathside	226
10	Ealing, Southall & Middlesex	201
10	Thames Valley Harriers	201
12	Hillingdon	193
13	St Mary's Richmond	110
14	Trent Park RC 'B'	75
15	Highgate Harriers	64
16	Ealing, Southall & Middlesex 'B'	27
17	Woodford Green with Essex Ladies 'B'	23
18	Enfield & Haringey 'B'	15
19	London Heathside 'B'	6
19	Newham & Essex Beagles	6

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	10.	43
2	Iona	Pernthaller	TVH	U13	11.	03
3	Cecily	Turner	High	U13	11.	29
4	Mia	Groom	SB	U13	11.	43
5	Felix	Waters	VPH&TH	U13	11.	51
6	Josephine	Chadwick	SB	U13	11.	51
7	Angel	Grimes-McTavish	E&H	U13	11.	54
8	Gemma	Harper	SB	U13	11.	56
9	Lucy	O'Brien	ESM	U13	11.	59
10	Jessie	Wilkinson	High	U13	12.	04
11	Megan	Naylor	Lon H	U13	12.	06
12	Sasha	Kennedy	SMR	U13	12.	06
13	Lidia	Kyriacou	SB	U13	12.	08
14	Kyesha	Robinson	WG&EL	U13	12.	25
15	Jaynie	Awcock	Herts P	U13	12.	26
16	Scarlett	Kent	SB	U13	12.	29
17	Mia	Hirons	WG&EL	U13	12.	31
18	Maryam	Hussain	ESM	U13	12.	33
19	Lucy	Corry	E&H	U13	12.	36
20	Leonie	Kennedy	SMR	U13	12.	39
21	Phoebe	Crockford	Lon H	U13	12.	45
22	Megan	Caswell	WG&EL	U13	12.	46
23	Demi	Evarschi	VPH&TH	U13	12.	49
24	Anisa	Ibrahim	ESM	U13	12.	52
25	Hollie	Acraman	Hill	U13	12.	56
26	Silvia	Allan	Lon H	U13	12.	59
27	Ciara	Daly	SB	U13	13.	22
28	Danielle	Thomsett	Herts P	U13	13.	25
29	Holly	Conroy-House	Lon H	U13	13.	28
30	Grace	Miller	VPH&TH	U13	13.	29
31	Soma	Harizi	E&H	U13	13.	33
32	Daisy	Day-Fawcett	VPH&TH	U13	13.	42
33	Cameron	Thomas	ESM	U13	13.	44
34	Josephnie	Grist	SMR	U13	13.	48
35	Sumayyah	Hamud	Hill	U13	14.	19
36	Amelia	Corbov	SB	U13	14.	22
37	Ella	Conlon	Lon H	U13	14.	28
38	Lily	Vallance	TVH	U13	14.	38
39	Robyn	Allwright	Trent P	U13	14.	39
40	Mia	Hornett	Trent P	U13	14.	39
41	Sheva	Basu	ESM	U13	15.	06
42	Alieka	Allen	NEB	U13	15.	22
43	Georgina	Newberry	Herts P	U13	15.	26
44	Erin	Jones	Herts P	U13	15.	30
45	Sarah	Freegard	ESM	U13	16.	07
46	Aaliyah	Lakeman	Lon H	U13	16.	30

Under 13 Girls Team Result

1	Shaftesbury Barnet Harriers	157
2	Ealing, Southall & Middlesex	104
3	London Heathside	101
4	Thames Valley Harriers	100
5	Victoria Park & Tower Hamlets	98
6	Woodford Green with Essex Ladies	88
7	Enfield & Haringey	84
8	Highgate Harriers	81
9	St Mary's Richmond	75
10	Shaftesbury Barnet Harriers 'B'	62
11	Herts Phoenix	58
12	Hillingdon	34
13	Trent Park RC	15
14	London Heathside 'B'	11
15	Ealing, Southall & Middlesex 'B'	8
16	Newham & Essex Beagles	5

Under 13 Girls League Positions

1	Shaftesbury Barnet Harriers	441
2	Thames Valley Harriers	331
3	Ealing, Southall & Middlesex	308
4	Woodford Green with Essex Ladies	297
5	Victoria Park & Tower Hamlets	274
6	Herts Phoenix	252
7	Hillingdon	246
8	London Heathside	230
9	Highgate Harriers	218
10	Enfield & Haringey	192
11	Trent Park RC	184
12	St Mary's Richmond	166
13	Shaftesbury Barnet Harriers 'B'	90
14	Ealing, Southall & Middlesex 'B'	77
15	London Heathside 'B'	19
16	Newham & Essex Beagles	18
17	Trent Park RC 'B'	15
18	Woodford Green with Essex Ladies 'B'	11
19	Herts Phoenix 'B'	8
19	Hillingdon 'B'	8

Conditions:

8 degrees, intermittent rain, heavy at times

Going: Heavy

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Under 17 Men Results

1	Thomas	Butler	Barn	U17	18.	13
2	Toby	Clyde	TVH	U17	18.	21
3	Terry	Fawden	High	U15	18.	24
4	Sam	Willis	High	U17	18.	29
5	Jamie	Philpott	Herts P	U15	18.	31
6	Ben	Hatch	High	U17	18.	54
7	Beck	Grover	Herts P	U15	19.	04
8	David	Gaskin	Trent P	U17	19.	06
9	James	Wooldridge	Lon H	U17	19.	09
10	George	Cook	Herts P	U17	19.	13
11	Karim	Mahiddine	TVH	U15	19.	15
12	Mosope	Oyelola	NEB	U15	19.	17
13	Josh	Clifford	SB	U17	19.	19
14	Nathan	Gammon	SB	U15	19.	23
15	Khalid-Ali	Ahmed	SB	U17	19.	26
16	Jamie	Millbank	SMR	U17	19.	29
17	Dempster	Fawden	High	U15	19.	35
18	Joe	Cooper	TVH	U17	19.	40
19	Liam	Holbrook	Hill	U17	19.	43
20	Johnny	Naylor	Lon H	U17	19.	45
21	Thomas	McArdle	Trent P	U15	19.	47
22	John	Fielding	ESM	U15	19.	48
23	Abraham	Mendes da Costa	TVH	U15	20.	10
24	Alistair	Sleeman	High	U15	20.	12
25	William	McArdle	Trent P	U15	20.	13
26	Oscar	Crowe	SMR	U15	20.	27
27	James	Wakefield	WG&EL	U15	20.	29
28	Joseph	Young	Trent P	U15	20.	32
29	Daniel	Light	High	U17	20.	43
30	Raul	Simmons-Perez	Trent P	U15	20.	45
31	Benjamin	Lanoe	E&H	U17	20.	49
32	Jacob	Fenwick	Herts P	U15	20.	57
33	Oliver	Light	High	U15	21.	03
34	Owen	Armstrong	WG&EL	U15	21.	04
35	Ethan	Cathrow	VPH&TH	U15	21.	06
36	Alex	Rayner	E&H	U15	21.	06
37	Mason	Dietrich	Lon H	U15	21.	07
38	Isaac	Osofisan	VPH&TH	U15	21.	10
39	Hamza	Kadir	SB	U15	21.	10
40	Jacob	Phillips	Lon H	U17	21.	11
41	Adam	Stewart	High	U15	21.	13
42	Jawad	El-Amri	Trent P	U17	21.	13
43	Julian	Lamy	SB	U17	21.	14
44	Joseph	Doyle	Hill	U17	21.	16
45	Jack	Treanor	Hill	U17	21.	21
46	Rufus	Kent	SB	U15	21.	29
47	Maximillian	Buckley	TVH	U15	21.	36
48	Jamie	Russell	NEB	U15	21.	39
49	Tom	Mills	Trent P	U15	21.	43
50	Jake	Reynolds	Lon H	U15	21.	45
51	Abdirahman	Hamud	Hill	U15	21.	57
52	Jamal	Tommy	VPH&TH	U15	21.	59
53	Conor	McCarthy	ESM	U17	22.	02
54	Luke	Gray	Lon H	U15	22.	03
55	Louis	Marriott	TVH	U17	22.	14
56	Arjun	Trivedi	Trent P	U17	22.	16
57	Ben	Beckwith	Trent P	U15	22.	23
58	Bodaya	Helem	VPH&TH	U15	22.	47
59	Benjamin	Taylor	SMR	U15	22.	52
60	Ivan	D'Avoine	High	U17	22.	59
61	Richard	Vallance	TVH	U15	23.	35
62	Taylor	Reece	WG&EL	U15	23.	55
63	Antanas	Weston	Lon H	U15	24.	17
64	Luke	Adar	ESM	U15	24.	26
65	Ethan	Bond-Vaughan	TVH	U15	24.	32
66	Kieran	Lloyd	TVH	U17	24.	53
67	Joey	Malyon	Trent P	U15	25.	52
68	Ryan	Alexander	Trent P	U15	26.	41
69	Jack	Shah	WG&EL	U15	26.	41

Under 17 Men Team Result

1	Highgate Harriers	250
2	Herts Phoenix	226
2	Thames Valley Harriers	226
4	Shaftesbury Barnet Harriers	199
5	Trent Park RC	198
6	London Heathside	174
7	Highgate Harriers 'B'	153
8	Hillingdon	121
9	St Mary's Richmond	109
10	Trent Park RC 'B'	103
11	Victoria Park & Tower Hamlets	97
12	Woodford Green with Essex Ladies	88
13	Newham & Essex Beagles	80
14	Enfield & Haringey	73
15	Ealing, Southall & Middlesex	71
16	Barnet & District	69
17	Thames Valley Harriers 'B'	52
18	Shaftesbury Barnet Harriers 'B'	51
19	London Heathside 'B'	43

Under 17 Men League Positions

1	Highgate Harriers	799
2	Thames Valley Harriers	732
3	Herts Phoenix	701
4	Shaftesbury Barnet Harriers	671
5	Trent Park RC	666
6	Hillingdon	574
7	London Heathside	562
8	Woodford Green with Essex Ladies	525
9	Enfield & Haringey	468
10	Ealing, Southall & Middlesex	455
11	St Mary's Richmond	414
12	Victoria Park & Tower Hamlets	386
13	London Heathside 'B'	285
14	Trent Park RC 'B'	278
15	Newham & Essex Beagles	244
16	Thames Valley Harriers 'B'	232
17	Highgate Harriers 'B'	209
18	Barnet & District	143
19	Woodford Green with Essex Ladies 'B'	127
20	Hillingdon 'B'	123
21	Shaftesbury Barnet Harriers 'B'	113
22	Ealing, Southall & Middlesex 'B'	67
23	Enfield & Haringey 'B'	51
24	Herts Phoenix 'B'	29
25	Victoria Park & Tower Hamlets 'B'	10
26	Mornington Chasers	9

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Under 15 Boy's Individual Result

1	Terry	Fawden	High	U15	18.	24
2	Jamie	Philpott	Herts P	U15	18.	31
3	Beck	Grover	Herts P	U15	19.	04
4	Karim	Mahiddine	TVH	U15	19.	15
5	Mosope	Oyelola	NEB	U15	19.	17
6	Nathan	Gammon	SB	U15	19.	23
7	Dempster	Fawden	High	U15	19.	35
8	Thomas	McArdle	Trent P	U15	19.	47
9	John	Fielding	ESM	U15	19.	48
10	Abraham	Mendes da Costa	TVH	U15	20.	10
11	Alistair	Sleeman	High	U15	20.	12
12	William	McArdle	Trent P	U15	20.	13
13	Oscar	Crowe	SMR	U15	20.	27
14	James	Wakefield	WG&EL	U15	20.	29
15	Joseph	Young	Trent P	U15	20.	32
16	Raul	Simmons-Perez	Trent P	U15	20.	45
17	Jacob	Fenwick	Herts P	U15	20.	57
18	Oliver	Light	High	U15	21.	03
19	Owen	Armstrong	WG&EL	U15	21.	04
20	Ethan	Cathrow	VPH&TH	U15	21.	06
21	Alex	Rayner	E&H	U15	21.	06
22	Mason	Dietrich	Lon H	U15	21.	07
23	Isaac	Osofisan	VPH&TH	U15	21.	10
24	Hamza	Kadir	SB	U15	21.	10
25	Adam	Stewart	High	U15	21.	13
26	Rufus	Kent	SB	U15	21.	29
27	Maximillian	Buckley	TVH	U15	21.	36
28	Jamie	Russell	NEB	U15	21.	39
29	Tom	Mills	Trent P	U15	21.	43
30	Jake	Reynolds	Lon H	U15	21.	45
31	Abdirahman	Hamud	Hill	U15	21.	57
32	Jamal	Tommy	VPH&TH	U15	21.	59
33	Luke	Gray	Lon H	U15	22.	03
34	Ben	Beckwith	Trent P	U15	22.	23
35	Bodaya	Helem	VPH&TH	U15	22.	47
36	Benjamin	Taylor	SMR	U15	22.	52
37	Richard	Vallance	TVH	U15	23.	35
38	Taylor	Reece	WG&EL	U15	23.	55
39	Antanas	Weston	Lon H	U15	24.	17
40	Luke	Adar	ESM	U15	24.	26
41	Ethan	Bond-Vaughan	TVH	U15	24.	32
42	Joey	Malyon	Trent P	U15	25.	52
43	Ryan	Alexander	Trent P	U15	26.	41
44	Jack	Shury	WG&EL	U15	ntt	

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ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Under 17 Women Results

1	Jade	Dos Santos	Trent P	U17	17.	32
2	Rosie	Poole	WG&EL	U15	17.	41
3	Nicola	Ravenhill	ESM	U15	17.	43
4	Rachel	Seckl	Lon H	U17	17.	49
5	Edie	Preece	WG&EL	U15	17.	51
6	Florence	Stansall-Seiler	Herts P	U17	17.	55
7	Laura	Stewart	ESM	U15	18.	09
8	Verity	Walker	TVH	U15	18.	11
9	Hannah	Booth	Herts P	U15	18.	18
10	Emma	Dwan	SB	U17	18.	23
11	Isabel	Found	Herts P	U17	18.	26
12	Beth	Forster	E&H	U15	18.	29
13	Caroline	Dunnnett	E&H	U17	18.	31
14	Lily	Beckford	Lon H	U17	18.	37
15	Esther	Pigney	High	U15	18.	41
16	Gabriella	Kyriacou	SB	U15	18.	51
17	Georgia	McKenzie	Herts P	U15	18.	53
18	Rebecca	Hurley	SB	U17	18.	56
19	Ruby	Christian	VPH&TH	U15	19.	00
20	Genevieve	Weston	Lon H	U17	19.	02
21	Despina	Aslam	E&H	U17	19.	12
22	Laura	Stewart	VPH&TH	U15	19.	17
23	Rosie	Vallance	TVH	U15	19.	21
24	Courtney	Marshall	ESM	U15	19.	26
25	Olivia	Will	ESM	U17	19.	40
26	Libby	Brown	SMR	U17	19.	56
27	Evie	Harwood*	SMR	U15	20.	09
28	Martha	Hayward	ESM	U15	20.	20
29	Zoe	Cramp	SMR	U15	20.	30
30	Amelia	Darnell*	NEB	U15	20.	36
31	Jane	Howard	Trent P	U17	20.	36
32	Lilion	Bangula	VPH&TH	U15	20.	39
33	Jennifer	Connelly	ESM	U15	20.	43
34	Gaia	Casciello	SB	U17	20.	47
35	Ester	Ekundayo	VPH&TH	U15	20.	51
36	Tilly	Sutherland-Young	SB	U15	20.	56
37	Eva	Jones	Trent P	U15	21.	06
38	Roisin	Lynch	ESM	U15	21.	11
39	Tara	Kelly	ESM	U17	21.	11
40	Erin	Breen	Herts P	U15	21.	47
41	Greta	Norton	Trent P	U15	21.	56
42	Grace	Tame	VPH&TH	U15	23.	50

Under 17 Women Team Result

1	Herts Phoenix	129
2	Ealing, Southall & Middlesex	113
3	Shaftesbury Barnet Harriers	94
4	London Heathside	91
5	Enfield & Haringey	83
6	Woodford Green with Essex Ladies	79
7	Victoria Park & Tower Hamlets	64
8	Trent Park RC	62
9	Thames Valley Harriers	55
10	St Mary's Richmond	47
11	Ealing, Southall & Middlesex 'B'	34
12	Highgate Harriers	28
13	Newham & Essex Beagles	13
14	Shaftesbury Barnet Harriers 'B'	7
15	Herts Phoenix 'B'	3
16	Victoria Park & Tower Hamlets 'B'	1

Under 17 Women League Positions

1	Woodford Green with Essex Ladies	384
2	Herts Phoenix	382
3	Ealing, Southall & Middlesex	374
4	Shaftesbury Barnet Harriers	310
5	Thames Valley Harriers	304
6	London Heathside	286
7	Enfield & Haringey	215
8	Trent Park RC	208
9	Highgate Harriers	196
10	St Mary's Richmond	134
11	Ealing, Southall & Middlesex 'B'	112
12	Victoria Park & Tower Hamlets	102
13	Herts Phoenix 'B'	84
14	Woodford Green with Essex Ladies 'B'	63
15	Thames Valley Harriers 'B'	43
16	Newham & Essex Beagles	20
17	London Heathside 'B'	14
18	Shaftesbury Barnet Harriers 'B'	7
19	Hillingdon	4
20	Victoria Park & Tower Hamlets 'B'	1

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Under 15 Girl's Individual Result

1	Rosie	Poole	WG&EL	U15	17.	41
2	Nicola	Ravenhill	ESM	U15	17.	43
3	Edie	Preece	WG&EL	U15	17.	51
4	Laura	Stewart	ESM	U15	18.	09
5	Verity	Walker	TVH	U15	18.	11
6	Hannah	Booth	Herts P	U15	18.	18
7	Beth	Forster	E&H	U15	18.	29
8	Esther	Pigney	High	U15	18.	41
9	Gabriella	Kyriacou	SB	U15	18.	51
10	Georgia	McKenzie	Herts P	U15	18.	53
11	Ruby	Christian	VPH&TH	U15	19.	00
12	Laura	Stewart	VPH&TH	U15	19.	17
13	Rosie	Vallance	TVH	U15	19.	21
14	Courtney	Marshall	ESM	U15	19.	26
15	Evie	Harwood*	SMR	U15	20.	09
16	Martha	Hayward	ESM	U15	20.	20
17	Zoe	Cramp	SMR	U15	20.	30
18	Amelia	Darnell*	NEB	U15	20.	36
19	Lilion	Bangula	VPH&TH	U15	20.	39
20	Jennifer	Connelly	ESM	U15	20.	43
21	Ester	Ekundayo	VPH&TH	U15	20.	51
22	Tilly	Sutherland-Young	SB	U15	20.	56
23	Eva	Jones	Trent P	U15	21.	06
24	Roisin	Lynch	ESM	U15	21.	11
25	Erin	Breen	Herts P	U15	21.	47
26	Greta	Norton	Trent P	U15	21.	56
27	Grace	Tame	VPH&TH	U15	23.	50

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Women's Results

1	Rebekah	Gardiner	SB	S	23.	21
2	Becky	Penty	High	S	23.	26
3	Sarah	Swinhoe	Lon H	V40	23.	27
4	Hannah	Viner	High	U20	23.	39
5	Joanne	Kent	Barn	V45	23.	44
6	Fiona	Kennedy	ESM	V55	23.	51
7	Ashley	Scott	High	S	23.	56
8	Emma	Dixon*	High	U20	23.	58
9	Tracy	Barlow	TVH	S	24.	00
10	Katie	Meredith	High	S	24.	01
11	Victoria	Crawford	Serp	S	24.	02
12	Emily	Moss	WG&EL	S	24.	06
13	Liz	Wynn	Serp	V35	24.	11
14	Victoria	Dawes	SB	V40	24.	17
15	Yasmin	Goater*	NEB	S	24.	24
16	Mairead	O Rourke	Morn	S	24.	24
17	Rachel	Lund	WG&EL	S	24.	36
18	Anna	Critchlow*	TVH	V45	24.	40
19	Leigh	James*	Lon H	S	24.	42
20	Victoria	Carter	TVH	V40	24.	45
21	Karen	Murphy	Barn	V45	24.	46
22	Nicci	Chapman	Serp	S	24.	47
23	Rebecca	Bunting	Lon H	S	24.	49
24	Margaret	Cooper	SB	V45	25.	08
25	Martha	Hall	GCR	V35	25.	18
26	Helen	Gaunt	Serp	S	25.	25
27	Gina	Heiss	Lon H	S	25.	28
28	Harriot	Brock	High	U20	25.	29
29	Hannah	Wells	Hill	S	25.	31
30	Carla	Denneny	Serp	S	25.	34
31	Sarah	Richardson	ESM	V35	25.	35
32	Sarah	Gerrie	ESM	S	25.	36
33	Laura	Torry	Serp	V35	25.	37
34	Rosie	Pitt	VPH&TH	S	25.	37
35	Lientjie	de Villiers	GCR	S	25.	40
36	Grace	Wu	Serp	V40	25.	41
37	Martha	Lloyd	VPH&TH	S	25.	43
38	Alison	Hopkins	ESM	V35	25.	45
39	Bridget	Napleton	Lon H	V45	25.	46
40	Cathy	Jeremiah	Lon H	S	25.	47
41	Megan	Roberts	Serp	S	25.	48
42	Meire	Gorman	TVH	S	25.	50
43	Deanna	Laforet	Serp	S	25.	53
44	Alex	Workman	Serp	S	26.	01
45	Grazina	Narviliene	ESM	V35	26.	03
46	Nicola	Froud	Barn	V45	26.	08
47	Helen	Palmer	Serp	S	26.	09
48	Jennifer	Bradley	Serp	S	26.	13
49	Bernie	Pritchett	WG&EL	V45	26.	16
50	Lucy	Short	SB	S	26.	20
51	Gemma	Rous	High	S	26.	24
52	Claire	Morrissey	Lon H	S	26.	32
53	Tracey	Karro-Noya	Serp	S	26.	37
54	Jessica	Anderson	RDC	S	26.	42
55	Zoe	Levin	SB	S	26.	46
56	Rebecca	Bryant	Morn	S	26.	48
57	Sue	Bint	VPH&TH	V35	26.	50
58	Siana	Jones	TVH	S	26.	53
59	Louise	Atkin	Lon H	S	27.	01
60	Sophie	Sheldrake	High	S	27.	02
61	Emma	Burgess	High	S	27.	04
62	Laura	Morgan	VPH&TH	S	27.	05
63	Celine	Murray	Lon H	S	27.	10
64	Laura	Renshaw	Serp	V35	27.	17
65	Jo	Ravenhill	Met P	V35	27.	31
66	Natasha	Sheel	Serp	S	27.	44
67	Victoria	Poole	VPH&TH	S	27.	48
68	Fiona	Russell	Morn	V45	27.	52
69	Sarah	Boag	Barn	S	27.	52

Women's Division One Team Result

1	Highgate Harriers	399
2	Serpentine RC	338
3	London Heathside	329
4	Shaftesbury Barnet Harriers	286
5	Thames Valley Harriers	284
6	Ealing, Southall & Middlesex	272
7	Serpentine RC 'B'	246
8	Woodford Green with Essex Ladies	233
9	Serpentine RC 'C'	164
10	Enfield & Haringey	92

Women's Division One League Positions

1	Highgate Harriers	1072
2	Serpentine RC	1014
3	London Heathside	863
4	Woodford Green with Essex Ladies	851
5	Shaftesbury Barnet Harriers	816
6	Serpentine RC 'B'	694
7	Thames Valley Harriers	652
8	Enfield & Haringey	594
9	Ealing, Southall & Middlesex	521
10	Serpentine RC 'C'	424

Women's Division Two Team Result

1	Victoria Park & Tower Hamlets	191
2	Barnet & District	189
3	Mornington Chasers	173
4	London Heathside 'B'	159
5	Highgate Harriers 'B'	154
6	London Heathside 'C'	103
7	Garden City Runners	91
8	Hillingdon	81
9	Metropolitan Police	47
10	Woodford Green with Essex Ladies 'B'	24

Women's Division Two League Positions

1	Highgate Harriers 'B'	486
2	London Heathside 'B'	449
3	Barnet & District	392
4	Victoria Park & Tower Hamlets	386
5	Mornington Chasers	366
6	Hillingdon	360
7	London Heathside 'C'	259
8	Woodford Green with Essex Ladies 'B'	247
9	Metropolitan Police	206
10	Garden City Runners	134

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70	Hope	Sloly	Morn	S	27. 58
71	Anna	Waterman	Morn	S	27. 58
72	Michelle	McNamara	E&H	S	28. 00
73	Fallon	Everitt	High	S	28. 00
74	Maxine	Davies	WG&EL	S	28. 00
75	Naomi	Bourne	VPH&TH	V45	28. 00
76	Karen	Levene	Lon H	V40	28. 02
77	Jane	Higgins	Lon H	S	28. 05
78	Katherine	Vinnicombe	Lon H	S	28. 15
79	Tammela	Platt	Lon H	S	28. 23
80	Philippa	Aukett	SB	S	28. 24
81	Joanna	Beak	Serp	S	28. 24
82	Lucy	McGuinness	Morn	V45	28. 25
83	Jessica	Bass	TVH	S	28. 26
84	Jenny	Thomas	WG&EL	V45	28. 28
85	Gemma	Dunlop	VPH&TH	S	28. 36
86	Sofia	Tibuzzi	E&H	S	28. 37
87	Adelle	Stach-Kevitz	NEB	V40	28. 38
88	Caroline	Boyle	Lon H	V35	28. 42
89	Joanna	Conn	Serp	V40	28. 45
90	Abigail	Vyner	Morn	V40	28. 45
91	Helen	Hoyle	Barn	V45	28. 47
92	Andrea	Sanders-Reece	Morn	V55	28. 48
93	Emma	Dunk	Serp	S	29. 00
94	Jo	Irwin	Lon H	V40	29. 02
95	Victoria	Pound	Lon H	S	29. 02
96	Caroline	White	Lon H	V55	29. 06
97	Andrea	Broughton	TVH	V45	29. 07
98	Katherine	Henderson	Barn	S	29. 13
99	Natasha	Cendrowicz	High	V40	29. 14
100	Ruth	Miller	Lon H	V55	29. 19
101	Lesley	Conway	Hill	V55	29. 20
102	Kate	Stockings	WG&EL	S	29. 22
103	Ludovica	Bruno	Serp	V50	29. 24
104	Carol	Jones	ESM	V55	29. 27
105	Carolyn	Hahn	High	S	29. 41
106	Alex	Wardle	WG&EL	V45	29. 45
107	Lynne	Connolly	Morn	V50	29. 46
108	Donna	Nash	Hill	V45	29. 46
109	Patricia	Thomas	ESM	V45	29. 53
110	Hannah	Brown	E&H	S	30. 09
111	Nicola	Ward	Serp	V40	30. 17
112	Maki	Kimura	Morn	V40	30. 19
113	Gen	Huss	Serp	S	30. 20
114	Gillian	Morgan	ESM	V50	30. 21
115	Edyta	Szot	Lon H	V35	30. 21
116	Kat	Kruse	Met P	S	30. 32
117	June	Barrow-Green	VPH&TH	V60	30. 34
118	Laviai	Nielsen	E&H	U20	30. 35
119	Linda	Byrne	RDC	V35	30. 36
120	Jenny	Rix-Trott	Serp	V35	30. 37
121	Pauline	Fischer	Hill	V55	30. 49
122	Delphine	Horodyski	Morn	V35	31. 00
123	Catharine	Sowerby	Serp	V50	31. 07
124	Barbara	Tomaszczyk	Lon H	V50	31. 13
125	Kate	Atley	ESM	V35	31. 18
126	Caroline	Ringrow	Serp	S	31. 20
127	Amy	Fletcher	Serp	S	31. 24
128	Mary	Walsh	ESM	V40	31. 26
129	Karen	Horswood	WG&EL	V50	31. 35
130	Jess	Jellicoe	Herts P	U20	31. 53
131	Nicola	MacGlennon	Serp	V35	31. 57
132	Hannah	O'Sullivan	E&H	S	31. 59
133	Laura	Stewart	Serp	S	32. 01
134	Beatriz	Soden	Serp	V40	32. 04
135	Gabi	Johnson	Lon H	V45	32. 06
136	Jacqui	Reid	Met P	V45	32. 11
137	Natalie	Traylen	NEB	V35	32. 16
138	Salina	Christmas	Serp	V40	32. 20
139	Barbara	Faissola	Serp	V50	32. 48
140	Simon	Peag	WG&EL	V40	32. 55

Gst

Women's Division Three Team Result

1	Mornington Chasers 'B'	81
2	Victoria Park & Tower Hamlets 'B'	60
3	Newham & Essex Beagles	57
4	Ealing, Southall & Middlesex 'B'	45
5	Run Dem Crew	37
6	Thames Valley Harriers 'B'	21
7	Highgate Harriers 'C'	20
8	Barnet & District 'B'	18

Women's Division Three League Positions

1	Run Dem Crew	188
2	Herts Phoenix	179
3	Newham & Essex Beagles	162
4	Enfield & Haringey 'B'	119
5	Mornington Chasers 'B'	97
6	Hillingdon 'B'	81
7	London Frontrunners	67
8	Ealing, Southall & Middlesex 'B'	66
9	Shaftesbury Barnet Harriers 'B'	65
10	Victoria Park & Tower Hamlets 'B'	60
11	Barnet & District 'B'	50
12	Highgate Harriers 'C'	47
13	Thames Valley Harriers 'B'	23
14	Run Dem Crew 'B'	19
15	Metropolitan Police 'B'	18
16	Newham & Essex Beagles 'B'	16
17	Herts Phoenix 'B'	5

Veteran Women's Division One Team Result

1	Ealing, Southall & Middlesex	138
2	Serpentine RC	135
3	London Heathside	122
4	Mornington Chasers	97
5	Woodford Green with Essex Ladies	71
6	London Heathside 'B'	64
7	Serpentine RC 'B'	55
8	Ealing, Southall & Middlesex 'B'	39
9	Hillingdon	34
10	Highgate Harriers	19

Veteran Women's Division One League Positions

1	London Heathside	336
2	Serpentine RC	330
3	Ealing, Southall & Middlesex	289
4	Woodford Green with Essex Ladies	281
5	Mornington Chasers	177
6	Serpentine RC 'B'	139
7	London Heathside 'B'	134
8	Hillingdon	114
9	Highgate Harriers	97
10	Ealing, Southall & Middlesex 'B'	68

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141	Heather	Marshall	Morn	V35	33.	02
142	Sophia	Holder	Serp	V35	33.	17
143	Julia	Gristwood	ESM	V50	33.	28
144	Louise	Cripps	Lon H	V55	33.	50
145	Alice	Sullivan	Morn	V35	34.	02
146	Margherita	Maserati	Lon H	V50	34.	15
147	Alison	Harrow	Lon H	V40	35.	32
148	Nicola	Kerr	Serp	V40	35.	43
149	Kirat	Nandra	High	V45	36.	21
150	Christine	Munden	TVH	V40	38.	59
151	Christine	Read*	E&H	V50	41.	35
152	Roseanne	Traylen	NEB	U20	44.	04

U20 Women's Individual Result

1	Hannah	Viner	High	U20	23.	39
2	Emma	Dixon*	High	U20	23.	58
3	Harriot	Brook	High	U20	25.	29

Veteran Women's Individual Result

1	Sarah	Swinhoe	Lon H	V40	23.	27
2	Joanne	Kent	Barn	V45	23.	44
3	Fiona	Kennedy	ESM	V55	23.	51

Veteran Women's Division Two Team Result

1	Barnet & District	85
2	Victoria Park & Tower Hamlets	48
3	Shaftesbury Barnet Harriers	46
4	Mornington Chasers 'B'	45
5	Serpentine RC 'C'	37
6	Metropolitan Police	26
7	Garden City Runners	21
8	Woodford Green with Essex Ladies 'B'	5

Veteran Women's Division Two League Positions

1	Barnet & District	164
2	Metropolitan Police	124
3	Serpentine RC 'C'	110
4	Shaftesbury Barnet Harriers	108
5	Victoria Park & Tower Hamlets	104
6	Mornington Chasers 'B'	45
7	London Frontrunners	29
8	Garden City Runners	21
9	Woodford Green with Essex Ladies 'B'	17
10	Highgate Harriers 'B'	0

Veteran Women's Division Three Team Result

1	Thames Valley Harriers	39
2	Newham & Essex Beagles	18
3	Barnet & District 'B'	11
4	Run Dem Crew	9
5	Enfield & Haringey	1

Veteran Women's Division Three League Positions

1	Enfield & Haringey	53
2	Newham & Essex Beagles	47
3	Thames Valley Harriers	42
4	Run Dem Crew	31
5	Barnet & District 'B'	20
6	Herts Phoenix	19
7	Metropolitan Police 'B'	10
8	Hillingdon 'B'	9

The Weeks Ahead

Wed 25 Dec	Christmas Morning Road Race	Ruislip
Fri 27 Dec	Serpentine 5K	Hyde Park
Sat 28 Dec	Lido Relay	Ruislip
Sat 4 Jan	British Athletics Cross Challenge	Antrim
	Essex Cross Country Championships	Colchester
	Middlesex Cross Country Championships	Wormwood Scrubs
Sun 5 Jan	Hertfordshire Cross Country Championships	Watford
Sat 11 Jan	ATW METROPOLITAN LEAGUE RACE FOUR	Horsenden Hill, Perivale
Sun 19 Jan	British Athletics Cross Challenge	Cardiff
Sat 25 Jan	South of England Cross Country Championships	Parliament Hill Fields

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Men's Results

1	Audun	Nordtveit	High	S	26. 23	
2	Peter	Huck*	NEB	S	26. 30	
3	Colin	Leak	NEB	S	26. 55	
4	Nicholas	Torry	Serp	S	26. 56	
5	Shaun	Dixon	High	S	26. 58	
6	Glen	Watts	SB	S	27. 04	
7	Rory	Chesser	NEB	S	27. 08	
8	Paul	Martelletti	VPH&TH	S	27. 11	
9	John	Eves*	Herts P	S	27. 16	
10	Michael	Callegari	SB	U20	27. 17	
11	Phil	Wylie*	High	S	27. 19	
12	Ben	Noad	High	S	27. 32	
13	Tomas	Stasionis*	VPH&TH	S	27. 44	
14	Kevin	Skinner	NEB	S	27. 54	
15	Huw	Lobb*	Serp	S	27. 55	
16	Mohamed	Mohamed	TVH	S	27. 58	
17	Tom	Aldred	Lon H	S	28. 00	
18	Will	Ryle-Hodges	SB	S	28. 10	
19	Shaun	Collins	E&H	S	28. 10	
20	Michael	Christoforou	E&H	S	28. 12	
21	Glen	Hughes	Serp	S	28. 14	
22	Robert	Thompson	Hill	S	28. 22	
23	Jonathan	Poole	Serp	S	28. 23	
24	Matthew	Janes*	Herts P	S	28. 25	
25	Sam	Ashcroft	ESM	S	28. 26	
26	Ryan	McKinley	High	S	28. 31	
27	Robel	Balhebi	High	S	28. 32	
28	Orlando	Edwards	SB	S	28. 33	
29	Richard	Phillips	Serp	S	28. 34	
30	Eoin	Pierce	E&H	S	28. 35	
31	Alex	Milne	E&H	S	28. 36	
32	Neil	Gamester	SB	S	28. 38	
33	Chris	Rainsford*	High	S	28. 41	
34	James	Stockings	WG&EL	U20	28. 44	
35	Alexander	Davy*	Serp	S	28. 45	
36	James	Laing	Hill	S	28. 49	
37	Robert	Wilson	ESM	S	28. 56	
38	Jordan	Donnelly	WG&EL	S	28. 58	
39	Michael	Wright	Barn	S	29. 01	
40	Bertie	Powell	WG&EL	S	29. 06	
41	Henry	Dodwell	High	S	29. 06	
42	Tomaz	Plibersek	WG&EL	S	29. 13	
43	Hugh	Torry	Serp	S	29. 16	
44	Ben	Pochee	High	V40	29. 23	
45	Richard	Scott	High	S	29. 28	
46	Ben	Rochford	SB	U20	29. 31	
47	Jonny	Laybourn	High	S	29. 31	
48	Peter	Townsend	Herts P	S	29. 36	
49	Olly	Laws	NEB	S	29. 38	
50	Will	Green	Serp	S	29. 39	
51	Adam	Villard	SMR	S	29. 40	
52	Jim	Cooper	Met P	S	29. 43	
53	Jamie	Taylor-Caldwell	ESM	S	29. 46	
54	Alex	Horton	Barn	S	29. 48	
55	Euan	Mackenzie	SB	S	29. 53	
56	Andrew	Lawrence*	High	S	29. 53	
57	Dave	Morgan	Serp	S	29. 58	
58	Chris	Beecham	High	V40	30. 04	
59	Daniel	Bradford*	Serp	S	30. 10	
60	Phillip	Crout	SB	U20	30. 15	
61	Donatis	Tumaitis*	WG&EL	S	30. 15	
62	Ben	Waterman	ESM	U20	30. 16	
63	Andrew	Orr	Serp	S	30. 16	
64	Nathan	Riding	NEB	S	30. 17	Gst
65	Wayne	Bell	NEB	S	30. 17	
66	Brent	Atkins	Lon H	S	30. 18	
67	George	Stewart	Lon H	V45	30. 18	
68	Rob	Walker	High	S	30. 22	
69	Sam	Hempsey	VPH&TH	S	30. 25	

Men's Division One Team Result

1	Highgate Harriers	1161
2	Serpentine RC	1066
3	Shaftesbury Barnet Harriers	965
4	Woodford Green with Essex Ladies	794
5	Newham & Essex Beagles	706
6	London Heathside	700
7	Victoria Park & Tower Hamlets	628
8	Hillingdon	561
9	Thames Valley Harriers	396
10	Woodford Green with Essex Ladies 'B'	163

Men's Division One League Positions

1	Highgate Harriers	3367
2	Serpentine RC	3044
3	Shaftesbury Barnet Harriers	2733
4	Woodford Green with Essex Ladies	2674
5	Newham & Essex Beagles	2146
6	London Heathside	2038
7	Victoria Park & Tower Hamlets	1687
8	Hillingdon	1629
9	Thames Valley Harriers	1493
10	Woodford Green with Essex Ladies 'B'	492

Men's Division Two Team Result

1	Ealing, Southall & Middlesex	1018
2	Highgate Harriers 'B'	940
3	Serpentine RC 'B'	798
4	London Heathside 'B'	735
5	Barnet & District	686
6	Mornington Chasers	682
7	Herts Phoenix	642
8	Serpentine RC 'C'	473
9	London Frontrunners	270
10	Garden City Runners	220

Men's Division Two League Positions

1	Ealing, Southall & Middlesex	2875
2	Highgate Harriers 'B'	2636
3	Serpentine RC 'B'	2585
4	London Heathside 'B'	2179
5	Barnet & District	2160
6	Herts Phoenix	1833
7	Mornington Chasers	1808
8	Serpentine RC 'C'	1509
9	London Frontrunners	1223
10	Garden City Runners	735

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70	Craig	Halsey	GCR	S	30.	24
71	William	McNulty	Morn	S	30.	25
72	Matthew	Grant	SB	S	30.	27
73	Tom	Christopher	High	S	30.	29
74	John	McKeane	High	S	30.	31
75	Jonathan	Deane	High	S	30.	31
76	Max	Wells-Pestell	ESM	U20	30.	34
77	Harold	Wyber	WG&EL	S	30.	38
78	Mohammed	Mohammed	SB	S	30.	38
79	Steve	Monaghan	Lon H	V40	30.	41
80	Chris	Burn	Lon H	S	30.	44
81	James	Cordwell	VPH&TH	S	30.	49
82	Martin	Gaunt	Serp	S	30.	49
83	Christopher	Hepworth	ESM	S	30.	51
84	Dan	McKeown	Lon H	S	30.	51
85	Zephon	Allen	ESM	U20	30.	54
86	Darren	Southcott	WG&EL	S	30.	56
87	Jowed	Saissi	Hill	U20	31.	04
88	Daniel	De Palol	Serp	S	31.	06
89	Simon	Barrett	Serp	S	31.	07
90	Nicholas	Landeau	ESM	U20	31.	09
91	Patrick	Wallis	VPH&TH	S	31.	10
92	Duncan	Burbidge	High	V40	31.	15
93	Andrew	Reeves	Serp	V40	31.	16
94	Chris	Hearn*	TVH	S	31.	19
95	Sebastian	Zajackowski	ESM	S	31.	21
96	Mark	Townsend	High	S	31.	23
97	Mike	Dooley*	Hill	V45	31.	27
98	Gil	Machado*	TVH	S	31.	28
99	Andrew	Brooker	Lon H	S	31.	30
100	Jonney	Yeates	Barn	S	31.	31
101	Edward	Campbell	Hill	S	31.	33
102	Lorcan	Murphy	WG&EL	U20	31.	33
103	Jamie	Hogg	Serp	S	31.	33
104	Brahma	Pochee	High	S	31.	41
105	Manuel	da Silva	TVH	S	31.	42
106	Richard	Johnson	SB	U20	31.	43
107	Benjamin	Boxer	Barn	U20	31.	44
108	Stephen	Murtagh	Harl RC	V45	31.	45
109	John	Flahive	Lon H	V45	31.	46
110	Gareth	Cavell	WG&EL	V45	31.	51
111	Tony	Russell	WG&EL	S	31.	53
112	Daniel	Thompson	Hill	S	31.	55
113	Rob	Wilbraham	WG&EL	S	31.	56
114	Ramone	Martinez Rodney	E&H	S	32.	00
115	Roger	Braybrooks	Lon H	V40	32.	04
116	Benjamin	Tolputt	Serp	S	32.	10
117	Daire	Brennan	E&H	S	32.	14
118	Thomas	Craggs	Morn	S	32.	16
119	Jad	El-Houssami	NEB	S	32.	18
120	Sathira	Don	SMR	U20	32.	19
121	Joe	Everitt	WG&EL	S	32.	19
122	Rob	Salter*	Lon H	S	32.	22
123	Mark	Anderson	Lon H	S	32.	23
124	James	Gillanders	Lon FR	S	32.	24
125	Scott	Farley	Hill	V40	32.	25
126	Ben	Wickham	VPH&TH	S	32.	26
127	Jonny	Miesner	Morn	S	32.	27
128	Jonathan	Hopkin	Lon H	V45	32.	28
129	John	McSeveny	Morn	S	32.	29
130	Robert	Vallance	TVH	U20	32.	30
131	Steve	Hobbs	VPH&TH	V40	32.	32
132	Chris	Ingram	Hill	S	32.	34
133	Anthony	Hall	Lon H	S	32.	35
134	Mohamed	Hashi	ESM	U20	32.	36
135	Jose	Bilbao	VPH&TH	S	32.	38
136	Simon	Connell	Hill	S	32.	39
137	Jon	Powell	WG&EL	S	32.	40
138	Connor	Johnston	VPH&TH	S	32.	41
139	Simeon	Bennett	VPH&TH	S	32.	43
140	Chris	Halsey	Lon H	S	32.	45

Men's Division Three Team Result

1	Enfield & Haringey	1255
2	London Heathside 'C'	1171
3	Metropolitan Police	1013
4	Highgate Harriers 'C'	1011
5	Victoria Park & Tower Hamlets 'B'	969
6	Ealing, Southall & Middlesex 'B'	829
7	Run Dem Crew	720
8	Hillingdon 'B'	636
9	Barnet & District 'B'	612
10	St Mary's Richmond	570
11	Shaftesbury Barnet Harriers 'B'	439
12	Metropolitan Police 'B'	354
13	Thames Valley Harriers 'B'	332
14	Enfield & Haringey 'B'	323
15	Harlow RC	274
16	Mornington Chasers 'B'	159
17	Herts Phoenix 'B'	65
18	Run Dem Crew 'B'	31

Men's Division Three League Positions

1	Enfield & Haringey	3199
2	London Heathside 'C'	2827
3	Metropolitan Police	2406
4	Hillingdon 'B'	2355
5	Run Dem Crew	1835
6	Highgate Harriers 'C'	1767
7	Ealing, Southall & Middlesex 'B'	1675
8	Victoria Park & Tower Hamlets 'B'	1674
9	St Mary's Richmond	1224
10	Barnet & District 'B'	1212
11	Shaftesbury Barnet Harriers 'B'	1079
12	Thames Valley Harriers 'B'	953
13	Harlow RC	801
14	Enfield & Haringey 'B'	763
15	Woodford Green with Essex Ladies 'C'	595
16	Metropolitan Police 'B'	453
17	Newham & Essex Beagles 'B'	425
18	Mornington Chasers 'B'	278
19	London Frontrunners 'B'	138
20	Herts Phoenix 'B'	76
21	Run Dem Crew 'B'	65

Veteran Men's Division One Team Result

1	London Heathside	436
2	Highgate Harriers	416
3	London Heathside 'B'	381
4	Serpentine RC	308
5	London Heathside 'C'	298
6	Hillingdon	284
7	Herts Phoenix	229
8	Ealing, Southall & Middlesex	218
9	Woodford Green with Essex Ladies	214
10	Garden City Runners	87

Veteran Men's Division One League Positions

1	London Heathside	1095
2	Serpentine RC	854
3	Highgate Harriers	830
4	London Heathside 'B'	815
5	Hillingdon	747
6	Woodford Green with Essex Ladies	732
7	Ealing, Southall & Middlesex	555
8	London Heathside 'C'	488
9	Herts Phoenix	413
10	Garden City Runners	1175

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

141	Rob	Cox	WG&EL	S	32.	47
142	Daniel	Mutlow	VPH&TH	S	32.	50
143	Phil	Wright	Lon H	S	32.	51
144	Calvin	Mullings	Serp	S	32.	52
145	Philip	Duggan	Lon H	V40	32.	55
146	Steven	Prosser*	Herts P	S	32.	55
147	Howard	Gold	Lon H	V40	32.	56
148	Costa	Michael	Barn	V45	32.	58
149	Mike	Sheppard	VPH&TH	S	33.	00
150	Sam	Thompson	Lon H	S	33.	02
151	Alex	Davidson	High	V50	33.	04
152	Simon	Fricke	Met P	S	33.	06
153	Ed	Garrett	Lon H	V40	33.	09
154	Daniel	Mann	WG&EL	S	33.	12
155	Sergio	Gonzalez-Manzaneque	Serp	S	33.	14
156	Marc	Snaith*	SMR	S	33.	15
157	Kyle	Langford	SB	U20	33.	15
158	Andy	Welshman	Lon H	V45	33.	16
159	Andrew	Mitchell	TVH	V40	33.	17
160	Steve	Norris	TVH	V45	33.	18
161	Richard	Silverton	Morn	S	33.	20
162	Lesley	Odantten-Addy	SB	S	33.	21
163	David	Gilbert	High	S	33.	23
164	Paul	Greaves	Herts P	V45	33.	24
165	Archie	Allen	ESM	U20	33.	26
166	John	Driscoll	Lon H	V40	33.	29
167	Stuart	Meiklejohn	Lon H	S	33.	31
168	Paul	Mercer	Lon H	S	33.	36
169	Richard	Taylor	Serp	S	33.	41
170	Russell	Casey	GCR	S	33.	43
171	Tom	Stephenson	Lon H	S	33.	45
172	Brendan	Donnelly*	Serp	S	33.	56
173	Richard	Macaulay	Lon H	S	33.	57
174	Victor	Maughn	Herne H	V50	33.	58
175	Robert	Peacock	Serp	S	33.	59
176	Ian	Gordon	Morn	S	34.	00
177	Bartosz	Porzuczek	Serp	S	34.	01
178	Tony	Killilea	Lon H	V45	34.	02
179	Chris	Shepherd	WG&EL	S	34.	04
180	David	Kail	NEB	S	34.	07
181	Michael	Ussher	High	V50	34.	10
182	David	Hellard	Lon H	S	34.	15
183	Adam	Mitchell	Lon H	S	34.	20
184	Liam	Hendry	E&H	S	34.	23
185	Alex	Ozdemir	Hill	S	34.	23
186	John	Armstrong	Morn	V40	34.	24
187	Mark	Delahunty	ESM	V40	34.	25
188	Victor	Sarramiav	VPH&TH	S	34.	26
189	Abdel	Bidar	VPH&TH	V40	34.	27
190	Dominic	Speight	Hill	U20	34.	30
191	Ian	Girling	Morn	S	34.	31
192	Fahad	Abdi	TVH	S	34.	32
193	Jonathan	Moscrop	Lon FR	V40	34.	33
194	Richard	Stewart	High	V40	34.	34
195	Don	Lawless	NEB	V45	34.	34
196	Manni	Ovola	RDC	S	34.	35
197	Steve	Armstrong	Lon H	V40	34.	35
198	Duncan	Steen	VPH&TH	S	34.	36
199	Gavin	Evans	Lon H	V50	34.	36
200	Daniel	O'Sullivan	VPH&TH	S	34.	36
201	Peter	Coton	WG&EL	S	34.	37
202	Romain	Benvenuto	Serp	S	34.	37
203	Behrooz	Monir	E&H	S	34.	40
204	John	Keenan	Lon FR	V40	34.	40
205	Alan	Rugg	WG&EL	V50	34.	41
206	James	Steel	ESM	V45	34.	43
207	David	Matthew	Serp	V45	34.	45
208	Daniel	Digweed	Barn	S	34.	46
209	Rob	Pitkethly	VPH&TH	S	34.	51
210	William	McAvock	Serp	V40	34.	53
211	Leigh	www.metalleague.co.uk	Met P	www.active		

Veteran Men's Division Two Team Result

1	Barnet & District	153
2	Thames Valley Harriers	150
3	Metropolitan Police	130
4	Victoria Park & Tower Hamlets	98
5	Serpentine RC 'B'	89
6	London Frontrunners	87
7	Mornington Chasers	72
8	Shaftesbury Barnet Harriers	55
9	Hillingdon 'B'	27

Veteran Men's Division Two League Positions

1	Barnet & District	547
2	Thames Valley Harriers	416
3	Metropolitan Police	366
4	London Frontrunners	361
5	Serpentine RC 'B'	342
6	Victoria Park & Tower Hamlets	283
7	Shaftesbury Barnet Harriers	251
8	Woodford Green with Essex Ladies 'B'	229
9	Hillingdon 'B'	222
10	Mornington Chasers	196

Veteran Men's Division Three Team Result

1	Highgate Harriers 'B'	153
2	Barnet & District 'B'	138
3	Shaftesbury Barnet Harriers 'B'	108
4	Thames Valley Harriers 'B'	102
5	Harlow RC	78
6	Newham & Essex Beagles	71
7	Metropolitan Police 'B'	52
8	Enfield & Haringey	40
9	St Mary's Richmond	37
10	Herts Phoenix 'B'	9
11	Hillingdon 'C'	3

Veteran Men's Division Three League Positions

1	Shaftesbury Barnet Harriers 'B'	315
2	Barnet & District 'B'	290
3	Harlow RC	237
4	Enfield & Haringey	227
5	Thames Valley Harriers 'B'	208
6	Highgate Harriers 'B'	153
7	Ealing, Southall & Middlesex 'B'	150
8	Hillingdon 'C'	94
9	Newham & Essex Beagles	71
10	Metropolitan Police 'B'	52
11	London Frontrunners 'B'	41
12	St Mary's Richmond	37
13	Victoria Park & Tower Hamlets 'B'	22
14	Garden City Runners 'B'	18
15	Herts Phoenix 'B'	15

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212	Dominic	Jackson	Lon H	V50	34. 58
213	Oliver	Kean	High	S	34. 58
214	Chris	Bailey	High	V50	34. 58
215	Daniel	Anderson	Morn	S	35. 00
216	Paul	Jarman	Lon H	V45	35. 02
217	Rob	Shulman	Lon H	V45	35. 07
218	Gerald	Fox	SB	V40	35. 10
219	Paul	Leppard	Hill	S	35. 12
220	Eddie	Bayne	E&H	V45	35. 15
221	Steve	Wilson	Met P	S	35. 16
222	Steve	White	Herts P	V50	35. 18
223	Fraser	Johnson	Serp	V40	35. 20
224	John	O'Shea	High	V50	35. 23
225	Alex	Sweet	Lon H	S	35. 24
226	Daniel	Szajna	Lon H	U20	35. 24
227	Joseph	Lowe	High	V40	35. 25
228	Julian	Russell	WG&EL	S	35. 27
229	Andrew	Dodd	ESM	S	35. 30
230	Michael	Stainton	Serp	V50	35. 30
231	Jo	McKeown	Lon H	S	35. 32
232	James	Edgar	Serp	S	35. 33
233	Alan	Morris	Barn	V45	35. 35
234	Rhodri	Gabe	Lon H	S	35. 36
235	Mark	Pywell	Met P	V40	35. 37
236	David P	Evans	Serp	S	35. 40
237	Tim	Renshaw	Serp	S	35. 40
238	Steve	Lambert	WG&EL	V45	35. 40
239	Joel	Northcott	Lon FR	S	35. 42
240	Pierce	Boyle	High	U20	35. 45
241	Matt	Fassnidge	Lon H	S	35. 47
242	Mike	Martin	Barn	V50	35. 48
243	Thomas	Fouret	NEB	S	35. 50
244	Sam	Duggan	VPH&TH	S	35. 53
245	Tim	Jackson	RDC	S	35. 55
246	Tony	Forder	Met P	V50	35. 57
247	Nigel	Rowe	Met P	V50	36. 00
248	Nick	Doyle	Herts P	U20	36. 00
249	Steve	Hirons	Hill	V50	36. 00
250	Darren	White	Barn	V40	36. 00
251	Mike	Wilson	TVH	V55	36. 05
252	Andy	Miles	Hill	V55	36. 09
253	Greg	Bennett	TVH	V40	36. 09
254	David	Crout	Barn	V45	36. 10
255	Gideon	Reed	Serp	S	36. 12
256	Bashir	Mohamed	TVH	U20	36. 15
257	Alistair	Young	LCR	V40	36. 16
258	Joe	Gomes	Barn	V45	36. 18
259	Colin	Grossmann	Morn	S	36. 18
260	James	Turner	Serp	S	36. 19
261	Simon	Doyle	Herts P	V50	36. 20
262	Ed	Shattock	RDC	S	36. 22
263	Tim	Gardner	High	S	36. 25
264	William	Wagstaff	Lon H	V50	36. 27
265	Hector	Cortez	Serp	S	36. 31
266	Chris	Fuller	Met P	V45	36. 32
267	Jamie	March	Barn	V45	36. 32
268	Phil	Wetton	TVH	V45	36. 32
269	Chris	Langley-Waylen	Serp	S	36. 33
270	Dale	Powell	E&H	S	36. 33
271	Martin	Bright	High	V45	36. 39
272	Alex	Elferink	Serp	V40	36. 42
273	Jaran	Finn*	Serp	V40	36. 46
274	Peter	Clarke	Serp	V45	36. 53
275	Stevan	Dokic	Hill	V55	36. 55
276	Paul	Wyatt	Met P	V40	36. 59
277	Julian	Williams	Lon FR	V45	37. 00
278	Alex	Malzer	Serp	V40	37. 03
279	Stephen	Brown	Serp	V40	37. 06
280	James	Malleson	E&H	U20	37. 09
281	Richard	Hooley	TVH	V50	37. 12
282	Kris	McGowan	Lon H	V50	37. 14

NOTICEBOARD



Divisional and Age Group results are available at

www.activetrainingworld.co.uk

* 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

**The following club has still failed to pay their League
affiliation: Run Dem Crew**
Please forward a cheque to Gavin Collett immediately.

Gst

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

283	Andy	Cunningham	Barn	V50	37. 18	
284	Greg	Fuzesi	High	S	37. 25	
285	Paul	Bains	RDC	S	37. 26	
286	Raoul	Mansukhani	Serp	V40	37. 31	
287	Sean	Bowen	GCR	V45	37. 37	
288	Edward	Price	Barn	S	37. 44	
289	Oliver	Greenslade	Serp	S	37. 47	
290	Paul	McCrossin	Lon H	V40	37. 49	
291	Sean	Hodges	RDC	U20	37. 52	
292	Patrick	Waldron	Lon H	V45	37. 52	
293	Jon	Medcraft	VPH&TH	S	37. 52	
294	Keith	Turner	Barn	V50	37. 52	
295	Liam	Phair	Met P	S	38. 00	
296	James	Miller	Serp	S	38. 04	
297	Dean	Burch	Hill	S	38. 06	
298	Nick	Desausmarez	Lon H	V45	38. 08	
299	Brian	Boyle	Lon H	S	38. 11	
300	Peter	Drew	ESM	V45	38. 15	
301	Dominic	Joyner	RDC	S	38. 22	
302	Steve	Plested	ESM	V60	38. 24	
303	Andy	Millbank*	SMR	V50	38. 25	
304	Paul	Grimster	VPH&TH	S	38. 28	
305	Alex	Edwards	High	S	38. 31	
306	Matthew	Headne	Serp	S	38. 33	
307	Darren	Over	Serp	V40	38. 40	
308	Jeremy	Collis	Hill	S	38. 41	
309	Matthew	Spencer	Unatt	S	38. 46	Gst
310	Laurence	Arnold	Lon H	S	38. 46	
311	James	Felstead	Lon H	V45	38. 51	
312	Derek	Darnell*	NEB	V50	38. 52	
313	Tim	Parkin	SB	S	38. 56	
314	Peter	Fitzpatrick	Herts P	V60	38. 58	
315	Richard	Bloom	Herts P	V65	39. 00	
316	Nick	Stockman	High	S	39. 03	
317	Philip	Cunningham	SB	V50	39. 06	
318	Andrew	Roberts	Serp	V60	39. 08	
319	Jeremy	Milne	Serp	V40	39. 11	
320	Kevin	Concannon	Met P	V55	39. 16	
321	Andrew	Sulston	Lon H	V40	39. 22	
322	Fabrizio	Sidoli	Morn	S	39. 24	
323	Mervyn	Walker	TVH	V50	39. 27	
324	Sean	Farbri	Serp	S	39. 30	
325	Peter	Ellis	Barn	V55	39. 33	
326	Leigh	Crispin	NEB	S	39. 35	
327	Richard	Hogg	WG&EL	V45	39. 36	
328	William	Murray	Hill	S	39. 45	
329	John	Randall	Serp	V40	39. 45	
330	Akira	Anzai-Jackson	ESM	U20	39. 46	
331	Andrew	Williams	Serp	S	39. 50	
332	Adrian	Thompson	TVH	V50	39. 53	
333	Not	Declared	Lon FR	S	39. 55	Gst
334	Jacob	Howe	Lon H	V40	40. 01	
335	Jason	Sewards	TVH	V45	40. 02	
336	John	Tennant	Harl RC	V60	40. 03	
337	Colin	Ewin	GCR	V50	40. 07	
338	Chris	Wilson	High	V45	40. 16	
339	Joe	Feltham	VPH&TH	S	40. 27	
340	Steve	Barrington*	ESM	V45	40. 38	
341	James	Davies	Hill	S	40. 45	
342	Sammy	Li	Serp	V45	40. 53	
343	Paul	Dowson	RDC	S	40. 59	
344	Dave	Walton	Lon H	V50	41. 04	
345	James	Reid	Lon H	S	41. 08	
346	Andrew	Hudson	Lon H	V55	41. 09	
347	Ian	Whisson	Lon H	V55	41. 11	
348	Paris	Atalotis	Serp	V45	41. 25	
349	Oliver	Pound	Lon H	S	41. 26	
350	David	Clark	Herts P	V70	41. 31	
351	Haziq	Ramli	RDC	S	41. 35	
352	David	Dickson	Unatt	V55	41. 35	Gst
353	Jesper	Lye	Lon H	V50	41. 35	

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354	Richard	Charney	TVH	V65	41.	44
355	Sean	Flynn	Harl RC	V55	41.	48
356	Andy	Leung	ESM	V40	41.	55
357	Bob	Burton	Hill	V50	41.	59
358	Ray	Yau	Lon H	V40	42.	05
359	Gary	Homewood	Morn	V45	42.	10
360	Russell	Weston	Lon H	V50	42.	11
361	Craig	Stephenson	GCR	V40	42.	15
362	James	Rossiter	High	V40	42.	24
363	Charles	Redfern	Lon H	V55	42.	29
364	Mark	Watson	High	V40	42.	31
365	Neil	Colquhoun	Lon FR	S	42.	31
366	Dave	Byrne	Barn	V50	42.	34
367	Andre	Collins	High	U20	42.	36
368	Tim	Sander	Lon H	V45	42.	39
369	John	Clarke	Barn	V60	42.	59
370	Chris	McLean	RDC	S	43.	06
371	Sam	Samiullah	Met P	V45	43.	18
372	Neil	Davies	Lon H	V65	43.	35
373	John	Luscombe	Hill	V40	43.	35
374	Paul	Hope	Met P	V55	43.	38
375	Jean-Luc	Hoez	Serp	V55	43.	42
376	Trevor	Normoyle	Met P	S	43.	50
377	Grant	Corton*	WG&EL	V50	44.	00
378	Sam	Smith	GCR	S	44.	07
379	Richard	Sidlin	GCR	V50	44.	08
380	James	Streetley	Serp	S	44.	25
381	Guido	Le Lorrain	Morn	V40	44.	36
382	Paul	Silverman	Lon H	V40	44.	45
383	Trevor	Powell	WG&EL	V60	44.	58
384	David	Robinson	VPH&TH	V60	45.	24
385	Adrian	Essex	Lon H	V60	45.	26
386	Maricio	Saldias	Morn	V40	45.	28
387	Gareth	Moss	Lon FR	S	45.	32
388	James	Parker	Lon H	V45	45.	38
389	Richard	Wilson	Met P	V55	45.	53
390	Ashley	Grist	SMR	V45	45.	58
391	Russell	Devitt	SB	V60	46.	03
392	Ken	Townson	Lon H	V45	46.	06
393	John	Doyle	Hill	V55	46.	10
394	David	Shortridge	VPH&TH	V40	46.	23
395	Frank	Merrigan	VPH&TH	V50	46.	35
396	Paul	Martin	Hill	V45	46.	38
397	Andrew	Ramage	Harl RC	S	46.	45
398	John	Steed	Herts P	V75	46.	48
399	Rick	Baker	Lon H	V65	47.	28
400	Stephen	Thompson	Hill	V50	47.	38
401	Mervyn	Gilham	Herts P	V60	47.	48
402	Trace	Allen	GCR	V65	48.	24
403	Steve	Gathercole	Morn	V65	48.	33
404	Steven	Patterson	Hill	V65	48.	51
405	Robert	Gould	Lon H	V70	48.	56
406	Simon	Maddison	TVH	V60	49.	57
407	Brian	Feldman	Hill	V65	50.	06
408	Doug	Milsom	Hill	V70	51.	53

U20 Men's Individual Result

1	Michael	Callegari	SB	U20	27.	17
2	James	Stockings	WG&EL	U20	28.	44
3	Ben	Rochford	SB	U20	29.	31

Veteran Men's Individual Result

1	Ben	Pochee	High	V40	29.	23
2	Chris	Beecham	High	V40	30.	04
3	George	Stewart	Lon H	V45	30.	18

ATW Metropolitan League Fixture 3 at Alexandra Palace (hosted by London Heathside) - Saturday 21 December 2013

Howard Williams Trophy (Seniors)

		Pts	Win
1	Highgate Harriers	40	4
2	Serpentine RC	38	1
3	Shaftesbury Barnet Harriers	34	1
4	Woodford Green with Essex Ladies	34	0
5	London Heathside	33	0
6	Thames Valley Harriers	27	0
7	Victoria Park & Tower Hamlets	25	0
8	Ealing, Southall & Middlesex	24	0
9	Barnet & District	22	0
9	Hillingdon	22	0
11	Newham & Essex Beagles	20	0
12	Enfield & Haringey	19	0
13	Mornington Chasers	18	0
14	Herts Phoenix	14	0
15	Garden City Runners	13	0
16	Metropolitan Police	12	0
17	London Frontrunners	10	0
18	Run Dem Crew	9	0
19	St Mary's Richmond	2	0
20	Harlow RC	1	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Shaftesbury Barnet Harriers	58	5
2	Herts Phoenix	55	2
3	Thames Valley Harriers	50.5	1
4	Woodford Green with Essex Ladies	50	1
5	Ealing, Southall & Middlesex	43.5	0
6	London Heathside	40	0
7	Enfield & Haringey	39	1
8	Highgate Harriers	37	2
9	Trent Park RC	34	0
9	Victoria Park & Tower Hamlets	34	0
11	Hillingdon	32	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	1189	3
2	Glen	Watts	SB	1187	3
3	John	Eves*	Herts P	1177	3
3	Mohamed	Mohamed	TVH	1177	3
5	Robert	Thompson	Hill	1158	3
5	Jonathan	Poole	Serp	1158	3
7	Ryan	McKinley	High	1145	3
8	Michael	Wright	Barn	1133	3
9	Eoin	Pierce	E&H	1131	3
9	Robel	Balhebi	High	1131	3
11	Orlando	Edwards	SB	1121	3
12	Richard	Phillips	Serp	1112	3
13	Bertie	Powell	WG&EL	1108	3
14	James	Laing	Hill	1107	3
15	Robert	Wilson	ESM	1106	3
16	Alex	Milne	E&H	1098	3
17	Daniel	Bradford*	Serp	1089	3
18	Ben	Rochford	SB	1087	3
19	Henry	Dodwell	High	1086	3
20	Peter	Townsend	Herts P	1076	3
21	Andrew	Lawrence*	High	1069	3
22	Dave	Morgan	Serp	1066	3
23	Jonny	Laybourn	High	1054	3
24	Hugh	Torry	Serp	1053	3
25	Harold	Wyber	WG&EL	1044	3

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Sarah	Swinhoe	Lon H	431	3
2	Tracy	Barlow	TVH	430	3
3	Katie	Meredith	High	424	3
4	Emily	Moss	WG&EL	413	3
5	Emma	Dixon*	High	411	3
5	Hannah	Viner	High	411	3
7	Margaret	Cooper	SB	383	3
8	Bridget	Napleton	Lon H	342	3
8	Bernie	Pritchett	WG&EL	342	3
10	Cathy	Jeremiah	Lon H	328	3
10	Lucy	Short	SB	328	3
12	Hannah	Wells	Hill	327	3
13	Sophie	Sheldrake	High	326	3
13	Claire	Morrissey	Lon H	326	3
15	Siana	Jones	TVH	312	3
16	Meire	Gorman	TVH	302	3
17	Rachel	Felton	SB	299	2
18	Emma	Burgess	High	298	3
19	Lorna	Russell*	E&H	298	2
20	Rebekah	Gardiner	SB	291	2
21	Jennifer	Bradley	Serp	290	3
22	Victoria	Crawford	Serp	285	2
23	Ashley	Scott	High	283	2
24	Joanne	Kent	Barn	281	2
25	Maxine	Davies	WG&EL	279	3



**MERRY CHRISTMAS AND A HAPPY NEW YEAR
TO ALL OUR MEMBER CLUBS, SPONSORS AND OFFICIALS**

SEE YOU AT HORSENDEN HILL