



Under 13 Boys Results

1	Jamie	Harper	SB	U13	9.	17
2	James	Young	Trent P	U13	9.	28
3	Tom	Patrick	SB	U13	9.	31
4	Lucas	Minale	VPH&TH	U13	9.	35
5	Liam	Garrett	Lon H	U13	9.	36
6	Henry	Fulton	SB	U13	9.	44
7	Lucas	Sheehan	ESM	U13	9.	45
8	Nathaniel	Zapico	Herts P	U13	9.	56
9	Naoki	Kanai	ESM	U13	9.	58
10	Barnes	George	TVH	U13	10.	00
11	Freddy	Curtis	E&H	U13	10.	03
12	Patrick	Willson	SMR	U13	10.	07
13	Aleksandr	Cheifetz	TVH	U13	10.	09
14	Joe	Geller	WG&EL	U13	10.	12
15	James	Forde	Hill	U13	10.	14
16	Patrick	Owen	ESM	U13	10.	16
17	William	Palmer	TVH	U13	10.	19
18	Joe	Rowson	E&H	U13	10.	24
19	Jamie	Ives	Herts P	U13	10.	27
20	Freddie	Shiret	SB	U13	10.	31
21	Nicholas	Duer	TVH	U13	10.	40
22	Joshua	Adolphe	VPH&TH	U13	10.	41
23	Wesley	Adamo	Hill	U13	10.	41
24	Alex	Stapleton	Herts P	U13	10.	50
25	Liam	Cripps	Herts P	U13	10.	53
26	Guy	Kaye	TVH	U13	10.	55
27	Finlay	Sturrock	Trent P	U13	10.	57
28	William	Coutts	ESM	U13	10.	58
29	Aaron	Hall	Hill	U13	11.	00
30	Cameron	Bocchetti	Trent P	U13	11.	03
31	Jack	Bennett	SMR	U13	11.	04
32	Yago	Walkley	E&H	U13	11.	05
33	Oliver	McGahon	Trent P	U13	11.	10
34	Joshua	Poncia	SMR	U13	11.	13
35	Conrad	Holland	SB	U13	11.	20
36	Luke	McHugh	Hill	U13	11.	23
37	Guillermo	Acosta	Trent P	U13	11.	24
38	Lucas	Norton	Trent P	U13	11.	32
39	Shay	Kohler	SB	U13	11.	36
40	Joe	Street	Trent P	U13	11.	44
41	Ethan	Kaye	TVH	U13	11.	52
42	Anish	Hussain	TVH	U13	11.	55
43	Brandon	Reid	Serp	U11	12.	07
44	Alex	Johnson	Hill	U13	12.	26
45	Robert	Morey	SMR	U13	12.	31
46	Edward	McArdle	Trent P	U13	12.	42
47	Ben	Kelly	SB	U13	12.	43
48	Josh	Lee	Hill	U13	12.	49
49	Dylan	Alexander	NEB	U13	12.	51
50	Kirk	Lebdiri	ESM	U13	13.	16

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	170
2	Ealing, Southall & Middlesex	140
3	Thames Valley Harriers	139
4	Herts Phoenix	124
5	Trent Park RC	108
6	Hillingdon	97
7	Enfield & Haringey	89
8	St Mary's Richmond	79
9	Victoria Park & Tower Hamlets	74
10	London Heathside	45
11	Thames Valley Harriers 'B'	41
12	Trent Park RC 'B'	40
13	Woodford Green with Essex Ladies	36
14	Shaftesbury Barnet Harriers 'B'	30
15	Hillingdon 'B'	10
16	Newham & Essex Beagles	2
17	Ealing, Southall & Middlesex 'B'	1

Under 13 Boys League Positions

1	Shaftesbury Barnet Harriers	891
2	Herts Phoenix	769
3	Enfield & Haringey	648
4	Trent Park RC	541
5	Ealing, Southall & Middlesex	490
6	Thames Valley Harriers	466
7	Woodford Green with Essex Ladies	424
8	Hillingdon	396
9	Shaftesbury Barnet Harriers 'B'	385
10	Victoria Park & Tower Hamlets	351
11	Herts Phoenix 'B'	317
12	London Heathside	290
13	St Mary's Richmond	189
14	Trent Park RC 'B'	131
15	Highgate Harriers	64
16	Thames Valley Harriers 'B'	52
17	Ealing, Southall & Middlesex 'B'	31
18	Enfield & Haringey 'B'	27
19	Hillingdon 'B'	24
20	Woodford Green with Essex Ladies 'B'	23
21	Newham & Essex Beagles	12
22	London Heathside 'B'	6

Conditions:
14 degrees, strong wind & chill factor. Somehow avoided rain.
Going: Heavy (course re-routed in places)

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	10.	11
2	Iona	Pernthaller	TVH	U13	10.	21
3	Madeline	Lloyd	TVH	U13	10.	41
4	Angel	Grimes-McTavish	E&H	U13	10.	42
5	Felix	Waters	VPH&TH	U13	10.	45
6	Mia	Groom	SB	U13	10.	47
7	Scarlett	Kent	SB	U13	10.	49
8	Meg	Naylor	Lon H	U13	10.	58
9	Lidia	Kyriacou	SB	U13	10.	59
10	Lucy	Corry	E&H	U13	11.	02
11	Anna	Gizzi	Hill	U13	11.	06
12	Lucy	O'Brien	ESM	U13	11.	10
13	Anna	Fuller	Herts P	U13	11.	13
14	Sarah	Goodhart	TVH	U13	11.	26
15	Jessie	Wilkinson	High	U13	11.	29
16	Gemma	Harper	SB	U13	11.	35
17	Daisy	Day-Fawcett	VPH&TH	U13	11.	37
18	Phoebe	Crockford	Lon H	U13	11.	39
19	Cameron	Thomas	ESM	U13	11.	41
20	Hollie	Acraman	Hill	U13	11.	44
21	Grace	Miller	VPH&TH	U13	11.	46
22	Anisa	Ibrahim	ESM	U13	11.	48
23	Kayla	Michel	SB	U13	11.	49
24	Jaynie	Awcock	Herts P	U13	11.	52
25	Maryam	Hussain	ESM	U13	11.	58
26	Sophia	Dempsey	SB	U13	11.	59
27	Mia	Hirons	WG&EL	U13	12.	03
28	Freja	Schaap	TVH	U13	12.	18
29	Silvia	Allan	Lon H	U13	12.	20
30	Rachel	Finke	Lon H	U13	12.	22
31	Rosie	Cox	ESM	U13	12.	24
32	Mia	Hornett	Trent P	U13	12.	26
33	Annie	Manners	Hill	U13	12.	33
34	Josephnie	Grist	SMR	U13	12.	39
35	Ella	Conlon	Lon H	U13	12.	39
36	Chloe	Leisten	Hill	U13	12.	41
37	Soma	Harizi	E&H	U13	12.	45
38	Isabel	Stark	Hill	U13	12.	45
39	Fiona	Coutts	ESM	U13	12.	49
40	Hannah	Page	WG&EL	U13	12.	57
41	Sumayyah	Hamud	Hill	U13	13.	18
42	Natasha	Shirley	SMR	U13	13.	26
43	Robyn	Allwright	Trent P	U13	13.	45
44	Amy	Cullen	Trent P	U13	14.	02
45	Georgina	Newberry	Herts P	U13	14.	28
46	Anna	Talbot	Hill	U13	15.	19
47	Alieka	Allen	NEB	U13	16.	20
48	Esmé	McLellan	Hill	U13	17.	04

Under 13 Girls Team Result

1	Thames Valley Harriers	176
2	Shaftesbury Barnet Harriers	158
3	Ealing, Southall & Middlesex	118
4	London Heathside	111
5	Victoria Park & Tower Hamlets	104
6	Enfield & Haringey	96
6	Hillingdon	96
8	Herts Phoenix	65
9	Shaftesbury Barnet Harriers 'B'	49
10	Highgate Harriers	34
11	Woodford Green with Essex Ladies	31
12	Ealing, Southall & Middlesex 'B'	28
12	Trent Park RC	28
14	Hillingdon 'B'	23
15	St Mary's Richmond	22
16	Thames Valley Harriers 'B'	21
17	London Heathside 'B'	14
18	Newham & Essex Beagles	2

Under 13 Girls League Positions

1	Shaftesbury Barnet Harriers	761
2	Thames Valley Harriers	611
3	Ealing, Southall & Middlesex	536
4	London Heathside	449
5	Hillingdon	427
6	Herts Phoenix	409
7	Enfield & Haringey	379
8	Victoria Park & Tower Hamlets	378
9	Woodford Green with Essex Ladies	352
10	St Mary's Richmond	306
11	Highgate Harriers	287
12	Trent Park RC	239
13	Shaftesbury Barnet Harriers 'B'	156
14	Ealing, Southall & Middlesex 'B'	127
15	London Heathside 'B'	54
16	Hillingdon 'B'	49
17	Newham & Essex Beagles	21
17	Thames Valley Harriers 'B'	21
19	Trent Park RC 'B'	15
20	Woodford Green with Essex Ladies 'B'	11
21	Herts Phoenix 'B'	8

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ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Under 17 Men Results

1	Jamie	Philpott	Herts P	U15	13.	12
2	Toby	Clyde	TVH	U17	13.	16
3	Daniel	Carpenter	Trent P	U17	13.	17
4	Greg	Cooke	SB	U17	13.	18
5	Robert	Lightowler	SB	U17	13.	18
6	Jamie	Dee	SB	U17	13.	27
7	Beck	Grover	Herts P	U15	13.	32
8	Khalid-Ali	Ahmed	SB	U17	13.	32
9	Terry	Fawden	High	U15	13.	39
10	Jeremy	Dempsey	SB	U15	13.	55
11	Lucillo	Burrell	TVH	U15	13.	58
12	Thomas	McArdle	Trent P	U15	14.	02
13	Billy	Kelsey	SB	U17	14.	04
14	Daniel	Rowden	WG&EL	U17	14.	08
15	Johnny	Naylor	Lon H	U17	14.	16
16	John	Fielding	ESM	U15	14.	18
17	Elliot	Dee	SB	U15	14.	21
18	Joshia	Mills	High	U17	14.	23
19	Bemnet	Baraki	VPH&TH	U17	14.	27
20	Dempster	Fawden	High	U15	14.	37
21	Alistair	Sleeman	High	U15	14.	38
22	Joseph	Young	Trent P	U15	14.	39
23	Joe	Cooper	TVH	U17	14.	40
24	Abraham	Mendes da Costa	TVH	U15	14.	46
25	Josh	Clifford	SB	U17	14.	49
26	Hamza	Kadir	SB	U15	14.	53
27	Cassius	Rathbone	TVH	U15	14.	54
28	George	Kerry	ESM	U15	14.	57
29	Peter	Christian	SMR	U17	14.	59
30	Adam	Stewart	High	U15	15.	01
31	Oliver	Greenstiow	SB	U15	15.	04
32	Ethan	Cathrow	VPH&TH	U15	15.	08
33	Jamie	Cornuauud	NEB	U15	15.	20
34	Benjamin	Lanoe	E&H	U17	15.	21
35	Raul	Simmons-Perez	Trent P	U15	15.	23
36	Dean	Martin	SMR	U15	15.	24
37	William	Griffiths	Lon H	U15	15.	25
38	Rufus	Kent	SB	U15	15.	30
39	Arnold	Harrison	High	U15	15.	36
40	Jacob	Phillips	Lon H	U17	15.	39
41	Jake	Hooley	TVH	U15	15.	41
42	Joseph	Doyle	Hill	U17	15.	46
43	Jake	Reynolds	Lon H	U15	15.	46
44	Jacob	Fenwick	Herts P	U15	15.	47
45	Luke	Gray	Lon H	U15	15.	51
46	Jamal	Tommy	VPH&TH	U15	15.	53
47	Raunak	Mainali	ESM	U17	15.	54
48	James	Horrex	TVH	U17	15.	54
49	Harry	Cavell	WG&EL	U15	16.	10
50	Abdirahman	Hamud	Hill	U15	16.	13
51	Filip	Bastien	High	U15	16.	15
52	Kirk	O'Rourke	Hill	U15	16.	22
53	Conor	McCarthy	ESM	U17	16.	28
54	Kieran	Lyons	TVH	U17	16.	37
55	Ethan	Bond-Vaughan	TVH	U15	16.	41
56	Benjamin	Taylor	SMR	U15	16.	42
57	Louis	Marriott	TVH	U17	16.	43
58	Michael	How	Hill	U15	16.	51
59	Luke	Adar	ESM	U15	16.	54
60	Taylor	Reece	WG&EL	U15	17.	11
61	Joey	Malyon	Trent P	U15	17.	22
62	Ryan	Alexander	Trent P	U15	17.	47
63	Connor	Napleton	Lon H	U15	18.	24
64	Mark	Nash	Hill	U15	18.	46

Under 17 Men Team Result

1	Shaftesbury Barnet Harriers	237
2	Thames Valley Harriers	200
3	Shaftesbury Barnet Harriers 'B'	195
4	Highgate Harriers	192
5	Trent Park RC	188
6	Herts Phoenix	143
7	London Heathside	125
8	Ealing, Southall & Middlesex	116
9	Victoria Park & Tower Hamlets	98
10	Thames Valley Harriers 'B'	90
11	Highgate Harriers 'B'	75
12	St Mary's Richmond	74
13	Woodford Green with Essex Ladies	72
14	Hillingdon	58
15	Newham & Essex Beagles	32
16	Enfield & Haringey	31
17	London Heathside 'B'	22
18	Trent Park RC 'B'	7
19	Ealing, Southall & Middlesex 'B'	6
20	Hillingdon 'B'	1

Under 17 Men League Positions

1	Highgate Harriers	1190
2	Thames Valley Harriers	1147
3	Shaftesbury Barnet Harriers	1124
4	Trent Park RC	1046
5	Herts Phoenix	1030
6	London Heathside	864
7	Ealing, Southall & Middlesex	761
8	Hillingdon	729
9	Woodford Green with Essex Ladies	645
10	St Mary's Richmond	527
11	Enfield & Haringey	499
12	Victoria Park & Tower Hamlets	484
13	Thames Valley Harriers 'B'	413
14	London Heathside 'B'	400
15	Trent Park RC 'B'	372
16	Newham & Essex Beagles	366
17	Highgate Harriers 'B'	365
18	Shaftesbury Barnet Harriers 'B'	308
19	Barnet & District	146
20	Hillingdon 'B'	133
21	Woodford Green with Essex Ladies 'B'	127
22	Ealing, Southall & Middlesex 'B'	114
23	Enfield & Haringey 'B'	51
24	Herts Phoenix 'B'	29
25	Mornington Chasers	10
25	Victoria Park & Tower Hamlets 'B'	10

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Under 15 Boy's Individual Result

1	Jamie	Philpott	Herts P	U15	13.	12
2	Beck	Grover	Herts P	U15	13.	32
3	Terry	Fawden	High	U15	13.	39
4	Jeremy	Dempsey	SB	U15	13.	55
5	Lucillo	Burrell	TVH	U15	13.	58
6	Thomas	McArdle	Trent P	U15	14.	02
7	John	Fielding	ESM	U15	14.	18
8	Elliot	Dee	SB	U15	14.	21
9	Dempster	Fawden	High	U15	14.	37
10	Alistair	Sleeman	High	U15	14.	38
11	Joseph	Young	Trent P	U15	14.	39
12	Abraham	Mendes da Costa	TVH	U15	14.	46
13	Hamza	Kadir	SB	U15	14.	53
14	Cassius	Rathbone	TVH	U15	14.	54
15	George	Kerry	ESM	U15	14.	57
16	Adam	Stewart	High	U15	15.	01
17	Oliver	Greenstiow	SB	U15	15.	04
18	Ethan	Cathrow	VPH&TH	U15	15.	08
19	Jamie	Cornuauud	NEB	U15	15.	20
20	Raul	Simmons-Perez	Trent P	U15	15.	23
21	Dean	Martin	SMR	U15	15.	24
22	William	Griffiths	Lon H	U15	15.	25
23	Rufus	Kent	SB	U15	15.	30
24	Arnold	Harrison	High	U15	15.	36
25	Jake	Hoooley	TVH	U15	15.	41
26	Jake	Reynolds	Lon H	U15	15.	46
27	Jacob	Fenwick	Herts P	U15	15.	47
28	Luke	Gray	Lon H	U15	15.	51
29	Jamal	Tommy	VPH&TH	U15	15.	53
30	Harry	Cavell	WG&EL	U15	16.	10
31	Abdirahman	Hamud	Hill	U15	16.	13
32	Filip	Bastien	High	U15	16.	15
33	Kirk	O'Rourke	Hill	U15	16.	22
34	Ethan	Bond-Vaughan	TVH	U15	16.	41
35	Benjamin	Taylor	SMR	U15	16.	42
36	Michael	How	Hill	U15	16.	51
37	Luke	Adar	ESM	U15	16.	54
38	Taylor	Reece	WG&EL	U15	17.	11
39	Joey	Malyon	Trent P	U15	17.	22
40	Ryan	Alexander	Trent P	U15	17.	47
41	Connor	Napleton	Lon H	U15	18.	24
42	Mark	Nash	Hill	U15	18.	46

The Weeks Ahead

Sun 16 Feb	Harrow Hill 10Km	Harrow School
Sat 22 Feb	Saucony English National Cross Country Championships	Wollaton Park, Nottingham
Fri 28 Feb	Brooks Serpentine Last Friday 5K	Hyde Park
Sat 1 Mar	North West London Young Athletes League Middlesex Masters Cross Country Championships	Wormwood Scrubs Wormwood Scrubs
Sun 2 Mar	Regent's Park 10Km Winter Series	Regent's Park
Sat 8 Mar	CAU Inter Counties Cross Country Championships	Cofton Park, Birmingham
Sun 9 Mar	Finchley '20'	Ruislip
Sat 15 Mar	English Schools Cross Country Championships	Castle Donnington
Sun 16 Mar	South of England Men's 12 & Women's 6-Stage Road Relay Championships	Milton Keynes

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Under 17 Women Results

1	Isabella	Hoy	WG&EL	U15	15.	15
2	Olivia	Olsher	TVH	U15	15.	31
3	Eve	Goodhart	TVH	U17	15.	36
4	India	Weir	TVH	U15	15.	38
5	Kosana	Weir	TVH	U15	15.	39
6	Nicola	Ravenhill	ESM	U15	15.	40
7	Lizzie	Parry	Herts P	U17	15.	48
8	Florence	Stansall-Seiler	Herts P	U17	15.	53
9	Verity	Walker	TVH	U15	15.	58
10	Alicia	Found	Herts P	U17	16.	11
11	Gabriella	Kyriacou	SB	U15	16.	13
12	Rosie	Poole	WG&EL	U15	16.	20
13	Emma	Dwan	SB	U17	16.	24
14	Olivia	Will	ESM	U17	16.	31
15	Isabel	Found	Herts P	U17	16.	32
16	Rebecca	Hurley	SB	U17	16.	34
17	Edie	Preece	WG&EL	U15	16.	38
18	Jade	Dos Santos	Trent P	U17	16.	46
19	Alicia	McArdell	WG&EL	U17	16.	47
20	Hannah	Booth	Herts P	U15	16.	53
21	Lily	Beckford	Lon H	U17	16.	57
22	Esther	Pigney	High	U15	16.	58
23	Laura	Stewart	ESM	U15	17.	00
24	Abbie	Dell	WG&EL	U17	17.	11
25	Caroline	Dunnett	E&H	U17	17.	16
26	Georgia	McKenzie	Herts P	U15	17.	19
27	Genevieve	Weston	Lon H	U17	17.	21
28	Laura	Stewart	VPH&TH	U15	17.	27
29	Despina	Aslam	E&H	U17	17.	36
30	Ottavia	Laidler	Lon H	U15	17.	51
31	Roisin	Lynch	ESM	U15	18.	05
32	Lilion	Bangula	VPH&TH	U15	18.	13
33	Eleanor	Found	Herts P	U15	18.	21
34	Senga	Russell-Donn	High	U15	18.	37
35	Ellie	Mcnamara	SB	U17	19.	08
36	Gaia	Casciello	SB	U17	19.	10
37	Greta	Norton	Trent P	U15	19.	17
38	Ester	Ekundayo	VPH&TH	U15	19.	26
39	Eva	Jones	Trent P	U15	19.	27
40	Molly	Harrison	Lon H	U15	19.	38
41	Nomeda	Laukyte	VPH&TH	U15	20.	08
42	Gemma	Gostick	Herts P	U15	20.	36
43	Kirsty	O'Rourke	Hill	U15	20.	39
44	Naomi	Conlon	Lon H	U15	21.	38

Under 17 Women Team Result

1	Thames Valley Harriers	166
2	Herts Phoenix	140
3	Woodford Green with Essex Ladies	131
4	Ealing, Southall & Middlesex	106
5	Shaftesbury Barnet Harriers	105
6	London Heathside	62
7	Herts Phoenix 'B'	59
8	Trent Park RC	41
8	Victoria Park & Tower Hamlets	41
10	Enfield & Haringey	36
10	Thames Valley Harriers 'B'	36
12	Highgate Harriers	34
13	Woodford Green with Essex Ladies 'B'	21
14	Shaftesbury Barnet Harriers 'B'	9
15	Hillingdon	2
16	London Heathside 'B'	1

Under 17 Women League Positions

1	Herts Phoenix	663
2	Ealing, Southall & Middlesex	613
3	Woodford Green with Essex Ladies	593
4	Thames Valley Harriers	513
5	Shaftesbury Barnet Harriers	503
6	London Heathside	437
7	Enfield & Haringey	346
8	Trent Park RC	303
9	Highgate Harriers	275
10	Herts Phoenix 'B'	205
11	St Mary's Richmond	181
12	Ealing, Southall & Middlesex 'B'	164
13	Victoria Park & Tower Hamlets	143
14	Woodford Green with Essex Ladies 'B'	84
15	Thames Valley Harriers 'B'	79
16	Newham & Essex Beagles	25
17	Hillingdon	16
17	Shaftesbury Barnet Harriers 'B'	16
19	London Heathside 'B'	15
20	Victoria Park & Tower Hamlets 'B'	1

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Under 15 Girl's Individual Result

1	Isabella	Hoy	WG&EL	U15	15.	15
2	Olivia	Olsher	TVH	U15	15.	31
3	India	Weir	TVH	U15	15.	38
4	Kosana	Weir	TVH	U15	15.	39
5	Nicola	Ravenhill	ESM	U15	15.	40
6	Verity	Walker	TVH	U15	15.	58
7	Gabriella	Kyriacou	SB	U15	16.	13
8	Rosie	Poole	WG&EL	U15	16.	20
9	Edie	Preece	WG&EL	U15	16.	38
10	Hannah	Booth	Herts P	U15	16.	53
11	Esther	Pigney	High	U15	16.	58
12	Laura	Stewart	ESM	U15	17.	00
13	Georgia	McKenzie	Herts P	U15	17.	19
14	Laura	Stewart	VPH&TH	U15	17.	27
15	Ottavia	Laidler	Lon H	U15	17.	51
16	Roisin	Lynch	ESM	U15	18.	05
17	Lilion	Bangula	VPH&TH	U15	18.	13
18	Eleanor	Found	Herts P	U15	18.	21
19	Senga	Russell-Donn	High	U15	18.	37
20	Greta	Norton	Trent P	U15	19.	17
21	Ester	Ekundayo	VPH&TH	U15	19.	26
22	Eva	Jones	Trent P	U15	19.	27
23	Molly	Harrison	Lon H	U15	19.	38
24	Nomeda	Laukyte	VPH&TH	U15	20.	08
25	Gemma	Gostick	Herts P	U15	20.	36
26	Kirsty	O'Rourke	Hill	U15	20.	39
27	Naomi	Conlon	Lon H	U15	21.	38

The Hillingdon half marathon is being re-introduced this year after a 10 year absence and at the organisers invitation, we will use the race to award county medals to the Ist 3 men and women eligible to compete as Middlesex.

The event is on 23rd March at 9am at Brunel University and entries can be made at their website:

<http://www.hillingdonhalf.co.uk/index.html>

Entries close on the 17th March (or before if the race becomes full)
- Middlesex entrants should tick the box declaring themselves. If any of your athletes have already entered, the organisers are sending out a message to all entrants to check if they want to be considered as counting towards our championships (and if so that they are eligible).

Women's Results

1	Rachel	Felton	SB	S	25.	09
2	Tracy	Barlow	TVH	S	26.	15
3	Becky	Penty	High	S	26.	22
4	Rebekah	Gardiner	SB	S	26.	28
5	Sarah	Williams	SB	S	26.	31
6	Sarah	Swinhoe	Lon H	V40	26.	33
7	Sarah	Pemberton	Serp	S	26.	34
8	Lisa	da Silva	TVH	S	26.	37
9	Jo	Singer	VPH&TH	V40	26.	47
10	Ashley	Scott	High	S	26.	52
11	Alex	Gounelas*	High	S	26.	54
12	Sue	Rust	Lon H	V35	27.	01
13	Hannah	Viner	High	U20	27.	07
14	Katie	Meredith	High	S	27.	14
15	Clare	Miller	Lon H	S	27.	20
16	Emily	Moss	WG&EL	S	27.	25
17	Joanne	Kent	Barn	V45	27.	29
18	Kat	Gundersen	WG&EL	V35	27.	32
19	Emma	Dixon*	High	U20	27.	41
20	Mairead	O'Rourke	Morn	S	27.	45
21	Liz	Wynn	Serp	V35	27.	58
22	Deanna	Laforet	Serp	S	28.	07
23	Helen	Gaunt	Serp	S	28.	13
24	Margaret	Cooper	SB	V45	28.	17
25	Carla	Denneny	Serp	S	28.	21
26	Martha	Hall	GCR	V35	28.	22
27	Cathy	Jeremiah	Lon H	S	28.	23
28	Alexia	Trafford	High	S	28.	25
29	Harriot	Brock	High	U20	28.	29
30	Claire	Morrissey	Lon H	V35	28.	36

Women's Division One Team Result

1	Highgate Harriers	368
2	London Heathside	321
2	Serpentine RC	321
4	Shaftesbury Barnet Harriers	291
5	Woodford Green with Essex Ladies	251
6	Serpentine RC 'B'	229
7	Thames Valley Harriers	228
8	Serpentine RC 'C'	162
9	Ealing, Southall & Middlesex	158
10	Enfield & Haringey	76

Women's Division One League Positions

1	Highgate Harriers	1782
2	Serpentine RC	1643
3	Shaftesbury Barnet Harriers	1481
4	London Heathside	1479
5	Woodford Green with Essex Ladies	1203
6	Serpentine RC 'B'	1154
7	Thames Valley Harriers	984
8	Ealing, Southall & Middlesex	929
9	Enfield & Haringey	780
10	Serpentine RC 'C'	741

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

31	Helen	Palmer	Serp	S	28.	39	
32	Sidnie	Sales	WG&EL	S	28.	40	
33	Megan	Roberts	Serp	S	28.	41	
34	Kat	Mertens	ESM	S	28.	42	
35	Rachel	Lund	WG&EL	S	28.	44	
36	Sarah	Richardson	ESM	V40	28.	47	
37	Marta	Bagnati	Serp	S	28.	48	
38	Hannah	Wells	Hill	S	28.	54	
39	Mary	Gough	Herts P	U20	29.	12	
40	Eva	Mack	Hill	S	29.	20	
41	Grace	Kimble	Serp	S	29.	35	
42	Bridget	Napleton	Lon H	V45	29.	40	
43	Jessica	Anderson	RDC	S	29.	43	
44	Astrid	Wingler	High	V45	29.	52	
45	Natalie	Young	E&H	S	29.	59	
46	Siana	Jones	TVH	S	30.	00	
47	Natasha	Sheel	Serp	S	30.	03	
48	Amy	Cope-Balchin	Serp	V35	30.	11	
49	Lucy	Short	SB	S	30.	17	
50	Meire	Gorman	TVH	S	30.	22	
51	Janet	Worster	LCR	V45	30.	29	Gst
52	Heather	McLara	NEB	S	30.	34	
53	Jo	Ravenhill	Met P	V35	30.	37	
54	Hope	Sloly	Morn	S	30.	37	
55	Karen	Levene	Lon H	V40	30.	40	
56	Ellen	O'Connor	Serp	S	30.	41	
57	Sorrell	Walsh	RDC	S	30.	43	
58	Naomi	Bourne	VPH&TH	V45	30.	48	
59	Eilidh	Wagstaff	Lon H	S	30.	49	
60	Sophie	Sheldrake	High	S	30.	49	
61	Sarah	Boxer	Barn	V50	30.	54	
62	Rachel	Morrison	VPH&TH	S	30.	56	
63	Emma	Burgess	High	S	30.	59	
64	Charlotte Jane	Smith	Serp	V35	31.	13	
65	Hannah	Sheridan	Barn	S	31.	22	
66	Joanna	Conn	Serp	V40	31.	26	
67	Sarah	Knox	Serp	V40	31.	29	
68	Anna	Waterman	Morn	S	31.	30	
69	Maxine	Davies	WG&EL	S	31.	31	
70	Abigail	Vyner	Morn	V40	31.	32	
71	Jackie	Wastell	Lon H	V50	31.	35	
72	Fallon	Everitt	High	S	31.	39	
73	Nina	Acherton	Barn	S	31.	42	
74	Katie	Brown	E&H	U20	31.	45	
75	Alex	Goodwin	High	S	31.	47	
76	Lynn	Wilson	ESM	V55	31.	50	
77	Victoria	Brown	Serp	V35	32.	01	
78	Caroline	Boyle	Lon H	V35	32.	03	
79	Nicola	Ward	Serp	V40	32.	11	
80	Martha	McKenzie-Minifie	Serp	V35	32.	16	
81	Natasha	Cendrowicz	High	V40	32.	18	
82	Lucy	McGuinness	Morn	V45	32.	21	
83	Katherine	Vinnicombe	Lon H	S	32.	27	
84	Philippa	Horton	Barn	S	32.	43	
85	Barbara	Hollinger	TVH	S	32.	50	
86	Cath	Perry	Barn	S	32.	54	
87	Alex	Wardle	WG&EL	V45	32.	57	
88	Sharon	Koelewyn	Serp	S	32.	59	
89	Jane	Higgins	Lon H	S	33.	01	
90	Jenny	Rix-Trott	Serp	V35	33.	03	
91	Lesley	Conway	Hill	V55	33.	04	
92	Adelle	Stach-Kevitz	NEB	V40	33.	05	
93	Kat	Kruse	Met P	S	33.	06	
94	Ruth	Miller	Lon H	V55	33.	07	
95	Carol	Jones	ESM	V55	33.	15	
96	Linda	Byrne	RDC	V35	33.	23	
97	Ivana	Olachova	Serp	S	33.	30	
98	Anna	Loroutzon	Morn	S	33.	34	
99	Nicola	MacGlennon	Serp	V35	33.	36	
100	Patricia	Thomas	ESM	V45	33.	39	
101	Donna	Nash	Hill	V45	33.	41	

Women's Division Two Team Result

1	Highgate Harriers 'B'	162
2	Mornington Chasers	135
3	Barnet & District	128
4	London Heathside 'B'	117
5	Victoria Park & Tower Hamlets	107
6	Hillingdon	102
7	London Heathside 'C'	51
8	Metropolitan Police	46
9	Garden City Runners	39
10	Woodford Green with Essex Ladies 'B'	10

Women's Division Two League Positions

1	Highgate Harriers 'B'	803
2	London Heathside 'B'	716
3	Barnet & District	666
4	Mornington Chasers	638
5	Victoria Park & Tower Hamlets	592
6	Hillingdon	575
7	London Heathside 'C'	403
8	Metropolitan Police	257
9	Woodford Green with Essex Ladies 'B'	257
10	Garden City Runners	173

* Met Police maintain their position in Division Two by virtue of beating WG&EL in four of the five fixtures

Women's Division Three Team Result

1	Highgate Harriers 'C'	100
2	Run Dem Crew	95
3	Herts Phoenix	83
4	Newham & Essex Beagles	80
5	Barnet & District 'B'	77
6	London Frontrunners	68
7	Mornington Chasers 'B'	66
8	Ealing, Southall & Middlesex 'B'	58
9	Hillingdon 'B'	24
10	Victoria Park & Tower Hamlets 'B'	8
11	London Frontrunners 'B'	4

Women's Division Three League Positions

1	Run Dem Crew	376
2	Newham & Essex Beagles	319
3	Herts Phoenix	309
4	Ealing, Southall & Middlesex 'B'	237
5	Mornington Chasers 'B'	215
6	Highgate Harriers 'C'	184
7	London Frontrunners	175
8	Barnet & District 'B'	131
9	Hillingdon 'B'	130
10	Enfield & Haringey 'B'	121
11	Shaftesbury Barnet Harriers 'B'	109
12	Victoria Park & Tower Hamlets 'B'	68
13	Thames Valley Harriers 'B'	23
14	Run Dem Crew 'B'	19
15	Metropolitan Police 'B'	18
16	Newham & Essex Beagles 'B'	16
17	St Mary's Richmond	13
18	Herts Phoenix 'B'	5
19	London Frontrunners 'B'	4

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

102	Nikki	Hagmann	Lon FR	V35	33.	45
103	Caroline	Ringrow	Serp	S	33.	49
104	Helen	Hoyle	Barn	V45	34.	07
105	Karen	Horswood	WG&EL	V50	34.	12
106	Mary	Walsh	ESM	V40	34.	29
107	Sarah	Guy	Lon H	S	34.	36
108	Elizabeth	Doyle	Herts P	U20	34.	37
109	Hisayo	Kawahara	Serp	V45	34.	39
110	Lisa	Pettit	Serp	V45	34.	44
111	Delphine	Horodyski	Morn	V35	34.	49
112	Rose	Stamp	Lon FR	S	34.	57
113	Gillian	Morgan	ESM	V50	35.	02
114	Edyta	Szot	Lon H	V35	35.	06
115	Agi	Palanki	Lon H	V35	35.	07
116	Pauline	Fischer	Hill	V55	35.	20
117	June	Barrow-Green	VPH&TH	V60	35.	31
118	Kirsty	Johnstone	Barn	V50	35.	34
119	Sue	Dyke	Hill	V45	35.	35
120	Natalie	Traylen	NEB	V35	36.	00
121	Marta	Alhambra	VPH&TH	S	36.	08
122	Rafaele	Lamour	Morn	V40	36.	22
123	Katy	Moore	E&H	S	36.	48
124	Richella	Doyle	Serp	V35	36.	55
125	Eda	Korkmaz	Serp	V35	36.	55
126	Kate	Atley	ESM	V35	37.	26
127	Justine	Thorpe	Herts P	V40	37.	42
128	Phil	Skeffington	Serp	V50	37.	44
129	Nadia	Atia	Lon FR	S	38.	00
130	Claire	Sliwersk	Lon H	S	38.	04
131	Beverley	Packwood	ESM	V40	38.	08
132	Margherita	Maserati	Lon H	V50	38.	30
133	Salina	Christmas	Serp	V40	38.	32
134	Julia	Gristwood	ESM	V50	39.	01
135	Stephanie	Vaatz	Serp	V35	39.	39
136	Sandra	Berti	Herts P	V55	39.	43
137	Sophia	Gamez	Lon FR	V40	39.	53
138	Monique	Geraghty	VPH&TH	S	39.	56
139	Encarna	Rodriguez	Serp	V50	39.	58
140	Kirat	Nandra	High	V45	40.	02
141	Rebecca	Marshall	Serp	V35	40.	24
142	Maria	Hernandez-Humm	Hill	V45	40.	49
143	Christine	Munden	TVH	V40	41.	50
144	Mary	Brown	Barn	V50	42.	11
145	Alison	Harrow	Lon H	V40	43.	05
146	Sarah	Ou	Lon FR	V35	44.	41
147	Claire	Crout	Barn	V45	45.	55
148	Lizzy	Muggeridge	Morn	V40	47.	28
149	Christine	Read*	E&H	V50	49.	11
150	Roseanne	Traylen	NEB	U20	51.	19

U20 Women's Individual Result

1	Hannah	Viner	High	U20	27.	07
2	Emma	Dixon*	High	U20	27.	41
3	Harriot	Brock	High	U20	28.	29

Veteran Women's Individual Result

1	Sarah	Swinhoe	Lon H	V40	26.	33
2	Jo	Singer	VPH&TH	V40	26.	47
3	Sue	Rust	Lon H	V35	27.	01

Veteran Women's Division One Team Result

1	London Heathside	145
2	Serpentine RC	124
3	London Heathside 'B'	92
4	Serpentine RC 'B'	91
5	Ealing, Southall & Middlesex	85
6	Woodford Green with Essex Ladies	65
7	Mornington Chasers	58
8	Highgate Harriers	52
9	Hillingdon	41
10	Ealing, Southall & Middlesex 'B'	25

Veteran Women's Division One League Positions

1	London Heathside	621
2	Serpentine RC	573
3	Ealing, Southall & Middlesex	510
4	Woodford Green with Essex Ladies	376
5	Mornington Chasers	321
6	London Heathside 'B'	313
7	Serpentine RC 'B'	259
8	Hillingdon	194
9	Highgate Harriers	176
10	Ealing, Southall & Middlesex 'B'	169

Veteran Women's Division Two Team Result

1	Barnet & District	69
2	Serpentine RC 'C'	62
3	Victoria Park & Tower Hamlets	57
4	London Frontrunners	23
4	Shaftesbury Barnet Harriers	23
6	Garden City Runners	22
7	Metropolitan Police	21
8	Mornington Chasers 'B'	1

Veteran Women's Division Two League Positions

1	Barnet & District	281
2	Serpentine RC 'C'	194
3	Victoria Park & Tower Hamlets	173
4	Metropolitan Police	155
4	Shaftesbury Barnet Harriers	155
6	Mornington Chasers 'B'	67
7	London Frontrunners	63
8	Garden City Runners	43
9	Woodford Green with Essex Ladies 'B'	17
10	Highgate Harriers 'B'	0

Veteran Women's Division Three Team Result

1	Newham & Essex Beagles	24
2	Herts Phoenix	16
3	Run Dem Crew	13
4	Barnet & District 'B'	6
4	Hillingdon 'B'	6
6	Thames Valley Harriers	5
7	Enfield & Haringey	1

Veteran Women's Division Three League Positions

1	Newham & Essex Beagles	96
2	Run Dem Crew	57
3	Enfield & Haringey	56
4	Thames Valley Harriers	50
5	Herts Phoenix	35
6	Barnet & District 'B'	27
7	Hillingdon 'B'	26
8	Metropolitan Police 'B'	10
9	St Mary's Richmond	9

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Men's Results

1	Nicholas	Torry	Serp	S	24.	37	
2	Audun	Nordtveit	High	S	24.	41	
3	Darren	Dead	Bed Co	S	24.	55	Gst
4	Michael	Callegari	SB	U20	24.	56	
5	Glen	Watts	SB	S	25.	05	
6	John	Eves*	Herts P	S	25.	11	
7	Tomas	Stasionis*	VPH&TH	S	25.	14	
8	Robert	Thompson	Hill	S	25.	19	
9	Ben	Noad	High	S	25.	24	
10	Richard	Phillips	Serp	S	25.	31	
11	Tom	Phillips	WG&EL	S	25.	34	
12	Mohamed	Mohamed	TVH	S	25.	36	
13	Huw	Lobb*	Serp	S	25.	37	
14	Sam	Ashcroft	ESM	S	25.	39	
15	Chris	Rainsford*	High	S	25.	47	
16	Dave	Mitchinson	NEB	S	25.	48	
17	Tom	Aldred	Lon H	S	25.	52	
18	Jonathan	Poole	Serp	S	25.	55	
19	Liam	Dee	SB	U20	26.	10	
20	Olly	Laws	NEB	S	26.	15	
21	Martyn	Cryer	WG&EL	S	26.	31	
22	Alexander	Davy*	Serp	S	26.	36	
23	James	Laing	Hill	S	26.	42	
24	Robel	Balhebi	High	S	26.	45	
25	Daniel	Bradford*	Serp	S	26.	46	
26	Alex	Milne	E&H	S	26.	47	
27	Henry	Dodwell	High	S	26.	48	
28	Robert	Wilson	ESM	S	26.	49	
29	Ryan	McKinley	High	S	26.	54	
30	Jonny	Laybourn	High	S	26.	55	
31	Michael	Wright	Barn	S	27.	00	
32	Shane	Maher	NEB	S	27.	04	
33	Hugh	Torry	Serp	S	27.	05	
34	Sean	Renfer	TVH	S	27.	06	
35	Ben	Rochford	SB	U20	27.	08	
36	Angus	Holford	WG&EL	S	27.	09	
37	Orlando	Edwards	SB	S	27.	19	
38	Kevin	Murphy	WG&EL	S	27.	25	
39	Ben	Pochee	High	V40	27.	30	
40	Sam	Humphrey	VPH&TH	S	27.	31	
41	James	Stockings	WG&EL	U20	27.	33	
42	Tomaz	Plibersek	WG&EL	S	27.	37	
43	Tom	Heslop	VPH&TH	S	27.	39	
44	Duncan	Burbidge	High	V40	27.	39	
45	John	McKeane	High	S	27.	40	
46	Donatis	Tumaitis*	WG&EL	S	27.	42	
47	Wayne	Bell	NEB	S	27.	43	
48	Andrew	Lawrence*	High	S	27.	44	
49	Dave	Morgan	Serp	S	27.	45	
50	Hendrik	Zietsman	Serp	V45	27.	49	
51	Tom	Christopher	High	S	27.	54	
52	James	Cordwell	VPH&TH	S	27.	57	
53	Jonathan	Deane	High	S	28.	02	
54	Steve	Elson	ESM	S	28.	04	
55	Alex	Horton	Barn	S	28.	05	
56	George	Stewart	Lon H	V45	28.	09	
57	Zephon	Allen	ESM	U20	28.	11	
58	Harold	Wyber	WG&EL	S	28.	12	
59	Mohamed	Hashi	ESM	U20	28.	12	
60	Andrew	Brooker	Lon H	S	28.	13	
61	Dan	McKeown	Lon H	S	28.	15	
62	Simon	Barrett	Serp	S	28.	20	
63	Daniel	De Palol	Serp	V40	28.	29	
64	Bertie	Powell	WG&EL	S	28.	31	
65	Martin	Gaunt	Serp	S	28.	33	
66	Brent	Atkins	Lon H	S	28.	35	
67	Grant	Ramsay*	Barn	V40	28.	35	
68	Yari	Fontebasso	Serp	S	28.	38	
69	Max	Wells-Pestell	ESM	U20	28.	43	

Men's Division One Team Result

1	Highgate Harriers	1105
2	Serpentine RC	1069
3	Woodford Green with Essex Ladies	930
4	London Heathside	723
5	Victoria Park & Tower Hamlets	638
6	Hillingdon	616
7	Shaftesbury Barnet Harriers	569
8	Thames Valley Harriers	513
9	Newham & Essex Beagles	464
10	Woodford Green with Essex Ladies 'B'	276

Men's Division One League Positions

1	Highgate Harriers	5555
2	Serpentine RC	5196
3	Woodford Green with Essex Ladies	4516
4	Shaftesbury Barnet Harriers	3682
5	London Heathside	3488
6	Newham & Essex Beagles	3000
7	Victoria Park & Tower Hamlets	2839
8	Hillingdon	2833
9	Thames Valley Harriers	2498
10	Woodford Green with Essex Ladies 'B'	1040

Men's Division Two Team Result

1	Ealing, Southall & Middlesex	1022
2	Serpentine RC 'B'	966
3	London Heathside 'B'	919
4	Barnet & District	827
5	Highgate Harriers 'B'	681
6	Serpentine RC 'C'	653
7	London Frontrunners	581
8	Herts Phoenix	485
9	Mornington Chasers	384
10	Garden City Runners	196

Men's Division Two League Positions

1	Ealing, Southall & Middlesex	4881
2	Serpentine RC 'B'	4587
3	Highgate Harriers 'B'	4079
4	London Heathside 'B'	3840
5	Barnet & District	3611
6	Mornington Chasers	2951
7	Herts Phoenix	2904
8	Serpentine RC 'C'	2826
9	London Frontrunners	2389
10	Garden City Runners	1125

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

70	Martin	Bateman	Hill	S	28.	45
71	Andrew	Reeves	Serp	V40	28.	48
72	Tom	Livermore	Lon H	S	28.	49
73	Neil	Cook	VPH&TH	S	28.	51
74	James	Gillanders	Lon FR	S	28.	52
75	Rob	Cox	WG&EL	S	28.	53
76	Chris	Ingram	Hill	S	28.	54
77	Peter	Scannell	TVH	S	28.	57
78	Jim	Roche	WG&EL	V40	29.	02
79	Marten	Van der Hoeven	High	S	29.	05
80	David	Hellard	Lon H	S	29.	09
81	Chris	Shepherd	WG&EL	S	29.	10
82	Edward	Campbell	Hill	S	29.	12
83	Benjamin	Boxer	Barn	U20	29.	13
84	Tony	Russell	WG&EL	S	29.	14
85	Andrew	Mitchell	TVH	V40	29.	16
86	Gareth	Cavell	WG&EL	V45	29.	16
87	Ramone	Martinez Rodney	E&H	S	29.	17
88	Mark	Anderson	Lon H	S	29.	18
89	Cedric	Berthelon	Serp	V40	29.	19
90	Chris	Burn	Lon H	S	29.	20
91	Roger	Reid	Serp	V40	29.	21
92	Peter	Northall	Lon H	S	29.	21
93	John	Driscoll	Lon H	V40	29.	23
94	Simon	Fricke	Met P	S	29.	24
95	Daire	Brennan	E&H	S	29.	25
96	Jamie	Hogg	Serp	S	29.	29
97	Daniel	Thompson	Hill	S	29.	33
98	Jad	El-Houssami	NEB	S	29.	34
99	Brad	Clark	VPH&TH	S	29.	36
100	Michael	Ussher	High	V50	29.	40
101	Benjamin	Tolputt	Serp	S	29.	42
102	Sergio	Di Noto	Lon H	S	29.	45
103	Daniel	Mann	WG&EL	S	29.	46
104	Scott	Farley	Hill	V40	29.	48
105	Simon	Connell	Hill	S	29.	52
106	Jose	Bilbao	VPH&TH	S	29.	56
107	Martin	Potter	Lon H	V45	29.	58
108	Chris	Hartley	Lon H	V45	29.	58
109	Richard	Macaulay	Lon H	S	29.	59
110	Jonathan	Hopkin	Lon H	V45	30.	00
111	David	Jones	VPH&TH	S	30.	00
112	John	McSeveny	Morn	S	30.	01
113	Manuel	da Silva	TVH	S	30.	02
114	Paul	Mercer	Lon H	S	30.	06
115	Charlie	Morris	TVH	S	30.	07
116	Sergio	Gonzalez-Manzaneque	Serp	S	30.	09
117	Matt	Molloy	WG&EL	V40	30.	15
118	Simeon	Bennett	VPH&TH	S	30.	16
119	Steve	Norris	TVH	V45	30.	17
120	Angelo	John	ESM	V40	30.	18
121	Howard	Gold	Lon H	V40	30.	20
122	Mark	Speight	Hill	S	30.	21
123	Ian	Warren	VPH&TH	S	30.	22
124	Chris	Woolley	Hill	S	30.	23
125	Jonathan	Moscrop	Lon FR	V40	30.	24
126	Duncan	Steen	VPH&TH	S	30.	24
127	John	Knight	Met P	S	30.	25
128	Tony	Killilea	Lon H	V45	30.	26
129	Andy	Holt	GCR	V45	30.	28
130	Alex	Ozdemir	Hill	S	30.	28
131	Tom	Fallon	E&H	S	30.	39
132	Richard	Silverton	Morn	S	30.	42
133	Costa	Michael	Barn	V45	30.	44
134	Henry	Hughes	TVH	S	30.	44
135	Matt	Ponting	TVH	S	30.	45
136	David P	Evans	Serp	S	30.	46
137	Andrew	Dodd	ESM	S	30.	47
138	Tom	Fancett	Lon H	S	30.	54
139	Julian	Ferraro	Lon H	V45	30.	55
140	Paul	Greaves	Herts P	V45	30.	56

Men's Division Three Team Result

1	Metropolitan Police	853
2	London Heathside 'C'	833
3	Enfield & Haringey	744
4	Hillingdon 'B'	643
5	Thames Valley Harriers 'B'	411
6	Ealing, Southall & Middlesex 'B'	397
7	Metropolitan Police 'B'	384
8	Victoria Park & Tower Hamlets 'B'	269
9	Barnet & District 'B'	241
10	Run Dem Crew	165
11	London Frontrunners 'B'	118
12	Shaftesbury Barnet Harriers 'B'	50
13	Harlow RC	43
14	St Mary's Richmond	33
15	Highgate Harriers 'C'	29
16	Herts Phoenix 'B'	9

Men's Division Three League Positions

1	London Heathside 'C'	4518
2	Enfield & Haringey	4239
3	Metropolitan Police	3927
4	Hillingdon 'B'	3811
5	Ealing, Southall & Middlesex 'B'	2745
6	Victoria Park & Tower Hamlets 'B'	2721
7	Run Dem Crew	2278
8	Highgate Harriers 'C'	2164
9	Thames Valley Harriers 'B'	1827
10	Barnet & District 'B'	1617
11	St Mary's Richmond	1288
12	Shaftesbury Barnet Harriers 'B'	1129
13	Harlow RC	970
14	Metropolitan Police 'B'	883
15	Enfield & Haringey 'B'	763
16	Mornington Chasers 'B'	616
17	Woodford Green with Essex Ladies 'C'	598
18	London Frontrunners 'B'	507
19	Newham & Essex Beagles 'B'	425
20	Herts Phoenix 'B'	140
21	Run Dem Crew 'B'	65

Veteran Men's Division One Team Result

1	Serpentine RC	366
2	London Heathside	347
3	Highgate Harriers	313
4	Woodford Green with Essex Ladies	295
5	London Heathside 'B'	266
6	Ealing, Southall & Middlesex	216
7	Herts Phoenix	167
8	Hillingdon	161
9	London Heathside 'C'	158
10	Garden City Runners	119

Veteran Men's Division One League Positions

1	London Heathside	1785
2	Serpentine RC	1507
3	Highgate Harriers	1405
4	London Heathside 'B'	1302
5	Woodford Green with Essex Ladies	1235
6	Hillingdon	1091
7	Ealing, Southall & Middlesex	1009
8	London Heathside 'C'	753
9	Herts Phoenix	716
10	Garden City Runners	439

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

141	Gavin	Evans	Lon H	V50	30.	57	Gst	Veteran Men's Division Two Team Result		
142	Shane	Cullinan	Lon FR	S	30.	59		1	Thames Valley Harriers	177
143	Mark	Delahunty	ESM	V40	31.	01		2	Metropolitan Police	173
144	Ash	Abraham	Lon H	V50	31.	04		3	Barnet & District	168
145	Ian	Girling	Morn	S	31.	06		4	Serpentine RC 'B'	167
146	Andy	Lister	Serp	S	31.	07		5	London Frontrunners	139
147	Bartosz	Porzuczek	Serp	S	31.	07		6	Shaftesbury Barnet Harriers	98
148	Mark	Pywell	Met P	V40	31.	08		7	Hillingdon 'B'	58
149	Fahad	Abdi	TVH	S	31.	09		8	Mornington Chasers	44
150	Jesse	Bonwitt	Serp	S	31.	10		9	Woodford Green with Essex Ladies 'B'	31
151	Gavin	Anderson	Met P	S	31.	12		10	Victoria Park & Tower Hamlets	26
152	Gerald	Fox	SB	V40	31.	12		Veteran Men's Division Two League Positions		
153	Barney	Southin	Serp	V40	31.	13		1	Barnet & District	882
154	Philip	Warburton	Hill	S	31.	14		2	Thames Valley Harriers	757
155	Paul	Leppard	Hill	S	31.	16		3	London Frontrunners	686
156	James	Steel	ESM	V45	31.	16		4	Metropolitan Police	646
157	Daniel	Szajna	Lon H	U20	31.	18		5	Serpentine RC 'B'	634
158	Edward	Price	Barn	S	31.	19		6	Victoria Park & Tower Hamlets	409
159	Alex	Davidson	High	V50	31.	20		7	Shaftesbury Barnet Harriers	375
160	Behrooz	Monir	E&H	S	31.	21		8	Hillingdon 'B'	357
161	Leigh	Dooley	Met P	S	31.	22		9	Mornington Chasers	354
162	James	Edgar	Serp	S	31.	27		10	Woodford Green with Essex Ladies 'B'	275
163	Chris	Shipley	Lon H	S	31.	27		Veteran Men's Division Three Team Result		
164	Daniel	Digweed	Barn	S	31.	29		1	Serpentine RC 'C'	202
165	William	McAvock	Serp	V40	31.	30		2	Thames Valley Harriers 'B'	175
166	Alan	Rugg	WG&EL	V50	31.	33		3	Barnet & District 'B'	150
167	Julian	Russell	WG&EL	S	31.	35		4	Metropolitan Police 'B'	118
168	Dominic	Jackson	Lon H	V50	31.	36		5	Enfield & Haringey	105
169	Andrew	Dunderdale	Lon H	S	31.	37		6	Hillingdon 'C'	73
170	Steve	Harrison	Met P	V40	31.	38		7	Ealing, Southall & Middlesex 'B'	69
171	Dominic	Speight	Hill	U20	31.	39		8	Highgate Harriers 'B'	54
172	Fraser	Johnson	Serp	V40	31.	40		9	Shaftesbury Barnet Harriers 'B'	48
173	Robert	Brown	ESM	V45	31.	41		10	Herts Phoenix 'B'	40
174	John	Keenan	Lon FR	V40	31.	42		11	Harlow RC	31
175	Tim	Renshaw	Serp	S	31.	45		12	St Mary's Richmond	25
176	Tony	Lashmer	VPH&TH	S	31.	47		13	Garden City Runners 'B'	24
177	Jo	McKeown	Lon H	S	31.	49		14	London Frontrunners 'B'	4
178	Philip	Bentley	Lon H	S	31.	50		Veteran Men's Division Three League Positions		
179	Nigel	Rowe	Met P	V50	32.	00		1	Serpentine RC 'C'	679
180	Andrew	Davies	Serp	V40	32.	00		2	Thames Valley Harriers 'B'	560
181	Al	Young	Lon CR	V40	32.	01		3	Barnet & District 'B'	535
182	Steve	Lambert	WG&EL	V45	32.	02		4	Enfield & Haringey	364
183	Nick	Doyle	Herts P	U20	32.	04		5	Ealing, Southall & Middlesex 'B'	353
184	Asa	Cusack	Lon H	S	32.	06		6	Harlow RC	317
185	Anthony	Hall	Lon H	S	32.	07		7	Highgate Harriers 'B'	282
186	Greg	Bennett	TVH	V40	32.	08		8	Hillingdon 'C'	226
187	Alan	Morris	Barn	V50	32.	09		9	Metropolitan Police 'B'	182
188	Steven	Artist	Lon FR	S	32.	10		10	London Frontrunners 'B'	145
189	Pierce	Boyle	High	U20	32.	11		11	Herts Phoenix 'B'	87
190	Rob	Pitkethly	VPH&TH	S	32.	15		12	St Mary's Richmond	82
191	Peter	Coton	WG&EL	S	32.	17		13	Newham & Essex Beagles	71
192	Tim	Marshall	Lon H	S	32.	25		14	Shaftesbury Barnet Harriers 'B'	48
193	Sean	Hodges	RDC	U20	32.	26		15	Garden City Runners 'B'	42
194	Eddie	Bayne	E&H	V45	32.	27		16	Mornington Chasers 'B'	22
195	Robert	Whitmarsh	Serp	S	32.	28		16	Victoria Park & Tower Hamlets 'B'	22
196	Daniel	Anderson	Morn	S	32.	30				
197	Joseph	Lowe	High	V40	32.	31				
198	Andrew	Taylor	Serp	S	32.	32				
199	Alex	Sweet	Lon H	S	32.	33				
200	Chris	Fuller	Met P	V45	32.	34				
201	Francois	Turpault	NEB	S	32.	35				
202	Gideon	Reid	Serp	S	32.	36				
203	Jon	Medcraft	VPH&TH	S	32.	43				
204	Alex	Malzer	Serp	V40	32.	45				
205	Richard	Stewart	High	V40	32.	51				
206	Tony	Pamphilon	WG&EL	V55	32.	53				
207	Craig	Jacobs	NEB	S	32.	55				
208	Mike	Wilson	TVH	V55	33.	00				
209	Akira	Anzai-Jackson	ESM	U20	33.	02				
210	Martin	Bright	High	V45	33.	03				
211	Phil	Hogg	Lon H	V40	33.	04				

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

212	Paul	Wyatt	Met P	V40	33.	04	
213	Alex	Elferink	Serp	V40	33.	05	
214	Peter	Clarke	Serp	V45	33.	08	
215	Tim	Parkin	SB	S	33.	14	
216	Phil	Wetton	TVH	V45	33.	16	
217	Jonathan	Haynes*	Herts P	V55	33.	17	
218	Andrew	Johnson	Lon H	V40	33.	18	
219	David	Newman	Hill	V50	33.	18	
220	Raoul	Mansukhani	Serp	V40	33.	21	
221	Mike	Martin	Barn	V50	33.	23	
222	Michael	Eyre	Serp	S	33.	24	
223	Daren	Roscoe	Hill	S	33.	26	
224	Richard	Bell	TVH	V45	33.	31	
225	Jon	Short	SB	S	33.	35	
226	Chris	Langley-Waylen	Serp	S	33.	36	
227	William	Parry	Lon FR	V45	33.	38	
228	James	Turner	Serp	S	33.	39	
229	Costi	Stavrianakis	Lon H	V40	33.	40	
230	Dan	Luong	Lon FR	S	33.	41	
231	Carl	Heap	Lon H	V60	33.	43	
232	Will	Whitaker	Lon H	S	33.	45	
233	Steve	White	Herts P	V50	33.	46	
234	Simon	Doyle	Herts P	V50	33.	47	
235	Stewart	Pepper	E&H	V50	33.	48	
236	Darren	White	Barn	V40	33.	49	
237	Brian	Boyle	Lon H	S	33.	50	
238	Peter	Warburton	Hill	V50	33.	52	
239	Gavin	Edmonds	Serp	V40	33.	54	
240	Philip	Eldridge	NEB	S	33.	55	
241	Rikki	Weir	Unatt	S	33.	56	Gst
242	Julian	Williams	Lon FR	V45	33.	56	
243	Not	Declared	Serp	S	33.	57	Gst
244	James	Hill*	Serp	V40	33.	59	
245	Ben	Stanton	Serp	S	34.	00	
246	Ian	Leslie	ESM	V55	34.	01	
247	Patrick	Waldron	Lon H	V45	34.	03	
248	Andrew	Hetherington	Lon FR	S	34.	07	
249	Manni	Ovola	RDC	S	34.	08	
250	Jeremy	Collis	Hill	S	34.	13	
251	James	Lynch	Lon H	S	34.	15	
252	Jamie	March	Barn	V45	34.	17	
253	Liam	Phair	Met P	S	34.	19	
254	Nick	Desausmarez	Lon H	V45	34.	20	
255	Sean	Bowen	GCR	V45	34.	23	
256	Stevan	Dokic	Hill	V55	34.	25	
257	Jim	Balcombe	Met P	V45	34.	27	
258	Mark	George	Lon H	V45	34.	29	
259	Jacob	Howe	Lon H	V40	34.	30	
260	Greg	Fuzesi	High	S	34.	31	
261	Adam	Parker	Herts P	S	34.	34	
262	Stephen	Meredith	High	S	34.	37	
263	Steven	Zhang	Serp	S	34.	43	
264	Princeton	Akpojar	Met P	V45	34.	44	
265	Richard	Somerset	GCR	V45	34.	44	
266	Tim	Miller	VPH&TH	V40	34.	47	
267	Georg	Isola	Morn	S	34.	56	
268	Tom	Poynton*	Serp	V40	35.	01	
269	Peter	Hill	TVH	V40	35.	07	
270	Richard	Hooley	TVH	V50	35.	13	
271	Rich	Bartlett	Serp	V50	35.	13	
272	Peter	Ellis	Barn	V55	35.	15	
273	Robert	Perkins	NEB	S	35.	16	
274	Mervyn	Walker	TVH	V50	35.	20	
275	Chip	Hamer	Lon H	V50	35.	27	
276	Tim	King	SB	V50	35.	31	
277	Richard	Bloom	Herts P	V65	35.	35	
278	Paul	Stockings	WG&EL	V50	35.	39	
279	James	Adams	Serp	S	35.	47	
280	Philip	Cunningham	SB	V50	35.	49	
281	Oliver	Pound	Lon H	S	35.	56	
282	Darren	Over	Serp	V40	35.	58	

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.

The Annual General Meeting of the League will be held in April.
Further details will be circulated to the Club representatives.

Any thoughts on improving the League for next season should be
forwarded to your Club representative or Gavin Collett

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

www.metleague.co.uk

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

283	Peter	Fitzpatrick	Herts P	V60	36. 02	
284	Patrick	Bird	GCR	V50	36. 04	
285	Sammy	Li	Serp	V45	36. 09	
286	Simon	Claridge	Hill	V50	36. 11	
287	Michael	Howard	Hill	V55	36. 26	
288	Charles	Redfern	Lon H	V55	36. 28	
289	Gavin	Lambert	Lon FR	S	36. 33	
290	Frank	Tolete	Serp	U20	36. 34	
291	Ian	Johnson	Serp	V45	36. 41	
292	Paul	Fromme	Serp	V40	36. 43	
293	Neil	Colquhoun	Lon FR	S	36. 45	
294	Gavin	Parish	Lon H	S	36. 45	
295	John	Lynch	Morn	V55	36. 46	
296	Steve	Barrington*	ESM	V45	36. 52	
297	Mike	Ingram	Hill	V50	36. 55	
298	Philip	Shelley	SB	V50	36. 57	
299	Rob	Scott	Barn	V40	36. 59	
300	David	Thompson	Lon FR	V50	37. 00	
301	Daniel	Munoz	Herts P	S	37. 04	Gst
302	Ian	Whisson	Lon H	V55	37. 07	
303	Richard	Foskett	Herts P	V55	37. 09	
304	Colin	Ewin	GCR	V50	37. 13	
305	Andy	Leung	ESM	V40	37. 17	
306	James	Streetley	Serp	S	37. 22	
307	John	Tennant	Harl RC	V60	37. 26	
308	John	Bignell	Hill	V60	37. 29	
309	Richard	Charney	TVH	V65	37. 37	
310	Martin	Searle	Hill	V55	37. 44	
311	Eamon	Byrne	Morn	V50	37. 59	
312	John	Clarke	Barn	V60	37. 59	
313	Andy	Torrance	Hill	V55	38. 05	
314	Richard	Sidlin	GCR	V50	38. 08	
315	Raul	Kharbanda	Serp	V40	38. 12	
316	Mark	Palmer	Serp	V40	38. 13	
317	Russell	Weston	Lon H	V50	38. 15	
318	Tom	Spanyol	WG&EL	V50	38. 16	
319	Paul	Hope	Met P	V55	38. 19	
320	Jesper	Lycke	Lon H	V40	38. 21	
321	Michael	Chapman	Met P	S	38. 23	
322	Gary	Homewood	Morn	V45	38. 24	
323	Ashley	Grist	SMR	V45	38. 25	
324	Trevor	Normoyle	Met P	S	38. 31	
325	James	Davies	Hill	S	38. 34	
326	Bob	Burton	Hill	V50	38. 37	
327	Jonathan	Oviasu	High	S	38. 39	
328	Dave	Byrne	Barn	V50	39. 08	
329	Guido	Le Lorrain	Morn	V40	39. 10	
330	Tim	Sander	Lon H	V45	39. 13	
331	Ray	Powell	SB	V50	39. 14	
332	Darren	Halford	ESM	V40	39. 22	
333	Jason	Sewards	TVH	V45	39. 40	
334	Neil	Davies	Lon H	V65	39. 47	
335	John	Luscombe	Hill	V40	39. 51	
336	David	Shortridge	VPH&TH	V40	40. 06	
337	John	Doyle	Hill	V55	40. 25	
338	Jeremy	Sothcott	SB	V45	40. 27	
339	Mike	Harper	SB	V45	40. 36	
340	Paul	Martin	Hill	V45	40. 36	
341	Craig	Stephenson	GCR	V40	41. 10	
342	Stuart	Philips	WG&EL	V55	41. 41	
343	John	Myall	Hill	V60	41. 48	
344	Gareth	Moss	Lon FR	S	42. 01	
345	Phil	York	ESM	V50	42. 19	
346	Tony	Shaw	Hill	V65	42. 25	
347	Kevin	Brannagan	Hill	V50	42. 39	
348	Ken	Townson	Lon H	V45	42. 44	
349	Russell	Devitt	SB	V60	42. 59	
350	Martin	Garrett*	Serp	V60	43. 02	
351	Steve	Gathercole	Morn	V65	43. 07	
352	Stephen	Thompson	Hill	V50	43. 19	
353	Trace	Allen	GCR	V65	43. 28	



Enter now on www.activetrainingworld.co.uk :

Sunday 9 March - FINCHLEY '20'

Sunday 23 March - HILLINGDON HALF MARATHON

Sunday 11 May - ALTON '10'

Wednesday 14 May - BA SPEEDBIRDS LADIES 5K

Sunday 8 June - ICKENHAM '5'

Sunday 15 June - CONCORDE '5'

Congratulations to James Shipley (Director of Active Training World) and family on the birth of their second child

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

354	John	Steed	Herts P	V75	44.	07
355	Steven	Patterson	Hill	V65	44.	12
356	Robert	Gould	Lon H	V70	44.	21
357	Doug	Milsom	Hill	V70	44.	52
358	Emil	Berleen	Lon FR	V40	45.	23
359	Alan	Wells	Hill	V50	45.	29
360	Simon	Maddison	TVH	V60	45.	53
361	Bill	Cooper	VPH&TH	V50	46.	05
362	Richard	Wilson	Met P	V55	47.	13

Entries now being taken for
48th Victoria Park Open '5'
Saturday 19th April 2014

U20 Men's Individual Result

1	Michael	Callegari	SB	U20	24.	56
2	Liam	Dee	SB	U20	26.	10
3	Ben	Rochford	SB	U20	27.	08

Veteran Men's Individual Result

1	Ben	Pochee	High	V40	27.	30
2	Duncan	Burbidge	High	V40	27.	39
3	Hendrik	Zietsman	Serp	V45	27.	49

Howard Williams Trophy (Seniors)

	Pts	Win
1 Highgate Harriers	40	7
2 Serpentine RC	38	2
3 Shaftesbury Barnet Harriers	35	2
4 Woodford Green with Essex Ladies	34	0
5 London Heathside	33	0
6 Thames Valley Harriers	27	0
7 Ealing, Southall & Middlesex	25	0
8 Victoria Park & Tower Hamlets	24	0
9 Barnet & District	22	0
9 Hillingdon	22	0
11 Mornington Chasers	20	0
11 Newham & Essex Beagles	20	0
13 Enfield & Haringey	18	0
14 Garden City Runners	13	0
15 Herts Phoenix	12	0
15 Metropolitan Police	12	0
17 London Frontrunners	10	0
18 Run Dem Crew	9	0
19 St Mary's Richmond	4	0
20 Harlow RC	1	0

Howard Williams Trophy (Juniors)

	Pts	Win
1 Shaftesbury Barnet Harriers	58	10
2 Herts Phoenix	54	3
2 Thames Valley Harriers	54	3
4 Ealing, Southall & Middlesex	51	0
5 London Heathside	42	0
6 Enfield & Haringey	40	1
6 Woodford Green with Essex Ladies	40	1
8 Highgate Harriers	35	2
9 Trent Park RC	35	0
10 Hillingdon	34	0
11 Victoria Park & Tower Hamlets	28	0
12 St Mary's Richmond	27	0
13 Newham & Essex Beagles	17	0
14 Barnet & District	3	0
15 Mornington Chasers	2	0

ATW METROPOLITAN LEAGUE 2013/14 ROLL OF HONOUR

Men

Women

Under 13

Shaftesbury Barnet Harriers

Shaftesbury Barnet Harriers

Under 17

Highgate Harriers

Herts Phoenix

Senior Division One

Highgate Harriers

Highgate Harriers

Relegated

Thames Valley / WG&EL 'B'

Enfield & Haringey / Serpentine 'C'

Senior Division Two

Ealing, S&M

Highgate Harriers 'B'

Also Promoted

Serpentine 'B'

London Heathside 'B'

Relegated

London Frontrunners / Garden City

WG&EL 'B' / Garden City

Senior Division Three

London Heathside 'C'

Run Dem Crew

Also Promoted

Enfield & Haringey

Newham & Essex Beagles

Veteran Division One

London Heathside

London Heathside

Relegated

Herts Phoenix / Garden City

Highgate Harriers / Ealing, S&M 'B'

Veteran Division Two

Barnet & District

Barnet & District

Also Promoted

Thames Valley

Serpentine 'C'

Relegated

Mornington / WG&EL 'B'

WG&EL 'B' / Highgate Harriers 'B'

Veteran Division Three

Shaftesbury Barnet 'B'

Newham & Essex Beagles

Also Promoted

Thames Valley 'B'

Run Dem Crew

Howard Williams Trophy (Juniors)

Shaftesbury Barnet Harriers

Howard Williams Trophy (Seniors)

Highgate Harriers

ATW Metropolitan League Fixture 5 at Wormwood Scrubs (hosted by TVH & Serpentine) - Saturday 8 February 2014

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Nicholas	Torry	Serp	1596	4
2	Glen	Watts	SB	1586	5
3	Shaun	Dixon	High	1580	4
4	Mohamed	Mohamed	TVH	1578	5
5	John	Eves*	Herts P	1576	5
6	Ben	Noad	High	1568	4
7	Tomas	Stasionis*	VPH&TH	1566	4
8	Robert	Thompson	Hill	1557	5
9	Jonathan	Poole	Serp	1553	5
10	Tom	Aldred	Lon H	1544	4
11	Huw	Lobb*	Serp	1537	4
12	Richard	Phillips	Serp	1534	5
13	Chris	Rainsford*	High	1534	4
14	Sam	Ashcroft	ESM	1529	4
15	Martyn	Cryer	WG&EL	1527	4
16	Ryan	McKinley	High	1518	5
17	Robel	Balhebi	High	1512	5
18	Alex	Milne	E&H	1510	5
19	Michael	Wright	Barn	1504	4
20	Orlando	Edwards	SB	1496	5
21	James	Laing	Hill	1495	5
22	Olly	Laws	NEB	1495	4
23	Robert	Wilson	ESM	1488	5
24	Bertie	Powell	WG&EL	1475	5
25	Daniel	Bradford*	Serp	1466	4
26	Henry	Dodwell	High	1465	5
27	Ben	Rochford	SB	1464	5
28	James	Stockings	WG&EL	1461	4
29	Peter	Townsend	Herts P	1452	4
30	Hugh	Torry	Serp	1446	5
31	Kevin	Murphy	WG&EL	1445	4
32	Andrew	Lawrence*	High	1442	5
33	Jonny	Laybourn	High	1440	5
34	Dave	Morgan	Serp	1421	5
35	Angus	Holford	WG&EL	1415	4
36	Harold	Wyber	WG&EL	1388	4
37	John	McKeane	High	1387	5
38	George	Stewart	Lon H	1383	5
39	Tom	Heslop	VPH&TH	1377	4
40	James	Cordwell	VPH&TH	1374	4
41	Tom	Christopher	High	1373	5
42	Wayne	Bell	NEB	1372	5
43	Jonathan	Deane	High	1364	5
44	Max	Wells-Pestell	ESM	1363	5
45	Zephon	Allen	ESM	1355	4
46	Hendrik	Zietsman	Serp	1351	4
47	Duncan	Burbidge	High	1346	5
48	Andrew	Reeves	Serp	1322	5
49	Alex	Horton	Barn	1320	4
50	Daniel	De Palol	Serp	1317	5
51	Dan	McKeown	Lon H	1310	5
52	Simon	Barrett	Serp	1296	5
53	Andrew	Brooker	Lon H	1289	5
54	Neil	Cook	VPH&TH	1285	4
55	Jamie	Hogg	Serp	1265	5
56	Edward	Campbell	Hill	1257	5
57	Gareth	Cavell	WG&EL	1256	5
58	Martin	Gaunt	Serp	1253	4
59	Mohamed	Hashi	ESM	1240	4
60	Daniel	Thompson	Hill	1228	5

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Rachel	Felton	SB	599	4
2	Tracy	Barlow	TVH	586	5
3	Rebekah	Gardiner	SB	585	4
4	Sarah	Swinhoe	Lon H	582	5
5	Katie	Meredith	High	569	5
6	Hannah	Viner	High	566	5
7	Joanne	Kent	Barn	558	4
7	Sarah	Pemberton	Serp	558	4
9	Emily	Moss	WG&EL	548	4
10	Emma	Dixon*	High	543	4
11	Sue	Rust	Lon H	526	4
12	Margaret	Cooper	SB	525	5
13	Helen	Gaunt	Serp	511	4
14	Carla	Denneny	Serp	502	4
15	Harriot	Brock	High	497	4
16	Deanna	Laforet	Serp	489	4
17	Helen	Palmer	Serp	478	4
18	Bridget	Napleton	Lon H	468	5
19	Hannah	Wells	Hill	458	5
20	Cathy	Jeremiah	Lon H	456	5
21	Eva	Mack	Hill	456	4
22	Claire	Morrissey	Lon H	449	5
23	Mary	Gough	Herts P	448	4
24	Lucy	Short	SB	440	5
25	Sarah	Williams	SB	436	3
26	Sophie	Sheldrake	High	435	5
27	Alex	Gounelas*	High	429	3
28	Megan	Roberts	Serp	424	4
29	Ashley	Scott	High	424	3
30	Natalie	Young	E&H	418	4
31	Siana	Jones	TVH	417	4
32	Meire	Gorman	TVH	414	5
33	Victoria	Crawford	Serp	410	3
34	Fiona	Kennedy	ESM	409	3
35	Liz	Wynn	Serp	403	3
35	Kat	Gundersen	WG&EL	403	3
37	Emma	Burgess	High	396	5
38	Mairead	O Rourke	Morn	394	3
39	Jessica	Anderson	RDC	388	4
40	Natasha	Sheel	Serp	381	5
41	Alexia	Trafford	High	380	3
41	Rachel	Lund	WG&EL	380	3
43	Maxine	Davies	WG&EL	362	4
44	Laura	Torry	Serp	361	3
45	Sarah	Richardson	ESM	357	3
46	Alex	Workman	Serp	346	3
47	Bernie	Pritchett	WG&EL	342	3
48	Jane	Higgins	Lon H	341	5
49	Michelle	McNamara	E&H	341	4
49	Karen	Levene	Lon H	341	4
51	Sarah	Boxer	Barn	336	4
52	Alex	Goodwin	High	328	4
53	Heather	McLara	NEB	326	3
54	Fallon	Everitt	High	322	4
55	Natasha	Cendrowicz	High	308	5
56	Lucy	McGuinness	Morn	300	4
57	Lorna	Russell*	E&H	298	2
58	Becky	Penty	High	297	2
59	Jenny	Thomas	WG&EL	295	4
60	Tammela	Platt	Lon H	293	4

The League would like to thank Active Traing World, our anonymous benefactor, hosting clubs, all member clubs, officials, course markers, refreshment providers, etc for their help in making the 48th League season so enjoyable and successful.