



Under 13 Boys Results

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

Under 13 Boys Team Result

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

Under 13 Boys League Positions

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

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

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

**Under 13 Girls Results**

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

**Under 13 Girls Team Result**

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

**Under 13 Girls League Positions**

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

**The Month Ahead**

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

**Other Remaining League Fixtures**

|                  |  |                          |
|------------------|--|--------------------------|
| <b>Sat 9 Feb</b> | <b>ATW METROPOLITAN CROSS COUNTRY LEAGUE</b> | <b>Mad Bess, Ruislip</b> |
|------------------|--|--------------------------|

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

**Under 17 Men Results**

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

**Under 17 Men Team Result**

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

**Under 17 Men League Positions**

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

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

**Under 17 Women Results**

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

**Under 17 Women Team Result**

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

**Under 17 Women League Positions**

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

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

Under 15 Boy's Individual Result

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

Under 15 Girl's Individual Result

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

**NOTICEBOARD**

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

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

The League apologies for this oversight.

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

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

\* denotes "Registered Second Claim" athletes

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

Only information recorded by each club on their declaration sheet and handed in on the day of the race can be used to compile these results.

Late notification of information cannot be accepted.

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

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

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

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

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

[www.metleague.co.uk](http://www.metleague.co.uk)

Divisional and Age Group results are available on at

[www.activetrainingworld.co.uk](http://www.activetrainingworld.co.uk)

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

**Women's Results**

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

**Women's Division One Team Result**

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

**Women's Division One League Positions**

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

**Women's Division Two Team Result**

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

**Women's Division Two League Positions**

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

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

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

Women's Division Three Team Result

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

Women's Division Three League Positions

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

Veteran Women's Division One Team Result

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

Veteran Women's Division One League Positions

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

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

U20 Women's Individual Result

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

Veteran Women's Individual Result

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

Veteran Women's Division Two Team Result

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

Veteran Women's Division Two League Positions

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

Veteran Women's Division Three Team Result

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

Veteran Women's Division Three League Positions

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



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**Men's Results**

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

**Men's Division One Team Result**

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

**Men's Division One League Positions**

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

**Men's Division Two Team Result**

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

**Men's Division Two League Positions**

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



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

Men's Division Three Team Result

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

Men's Division Three League Positions

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

Veteran Men's Division One Team Result

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

Veteran Men's Division One League Positions

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

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

Veteran Men's Division Two Team Result

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

Veteran Men's Division Two League Positions

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

Veteran Men's Division Three Team Result

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

Veteran Men's Division Three League Positions

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

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

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

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

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

U20 Men's Individual Result

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

Veteran Men's Individual Result

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

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

**Howard Williams Trophy (Seniors)**

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

**Howard Williams Trophy (Juniors)**

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

**Men's League**

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

**Women's League**

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

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