



Under 13 Boys Results

1	Jamie	Harper	SB	U13	10.	11	
2	Liam	Garrett	Lon H	U13	11.	11	
3	Gerry	O'Brien	SB	U13	11.	13	
4	James	Young	Trent P	U13	11.	20	
5	Lucas	Minale	VPH&TH	U13	11.	28	
6	Jamie	Ives	Herts P	U13	11.	28	
7	Alfie	Poole	WG&EL	U13	11.	30	
8	Nathaniel	Zapico	Herts P	U13	11.	32	
9	Joe	Geller	WG&EL	U13	11.	34	
10	Tom	Patrick	SB	U13	11.	37	Gst
11	Aleksandr	Cheifetz	TVH	U13	11.	38	
12	Sam	Lee	SB	U13	11.	41	
13	Freddy	Curtis	E&H	U13	11.	42	
14	Jake	Sherlock	Herts P	U13	11.	50	
15	Patrick	Owen	ESM	U13	12.	07	
16	Oliver	Haddad	High	U13	12.	09	
17	Stephen	Bates	Herts P	U13	12.	10	
18	Woody	Castang	SB	U13	12.	14	
19	Luke	Bluemink	E&H	U13	12.	15	
20	Joe	Rowson	E&H	U13	12.	20	
21	Jo Jo	Lewis	E&H	U13	12.	21	
22	Alfie	Castang	SB	U13	12.	23	
23	David	Badmas	WG&EL	U13	12.	25	
24	Dangardt	Albin	SMR	U13	12.	26	
25	Elby	Cinnamon	SB	U13	12.	29	
26	Liam	Cripps	Herts P	U13	12.	30	
27	Cameron	Bocchetti	Trent P	U13	12.	31	
28	James	Forde	Hill	U13	12.	35	
29	Joshua	Adolphe	VPH&TH	U13	12.	37	
30	James	Davis	Herts P	U13	12.	38	
31	Tom	Brennan	SB	U13	12.	41	
32	Charles	Malhias	VPH&TH	U13	12.	42	
33	Finlay	Sturrock	Trent P	U13	12.	43	
34	Oliver	Weinraub	TVH	U13	12.	48	
35	Alex	Stapleton	Herts P	U13	12.	49	
36	George	Warren	High	U13	12.	55	
37	Guillermo	Acosta	Trent P	U13	13.	02	
38	Guy	Kaye	TVH	U13	13.	03	
39	Wesley	Adamo	Hill	U13	13.	04	
40	Luke	McHugh	Hill	U13	13.	05	
41	George	King	WG&EL	U13	13.	06	
42	Jem	O'Flaherty	Lon H	U13	13.	07	
43	Yago	Walkley	E&H	U13	13.	15	
44	Tom	Carter	Lon H	U13	13.	15	
45	Ollie	Selby	Lon H	U13	13.	15	
46	Zain	Idris	WG&EL	U13	13.	28	
47	Max	Holmes	WG&EL	U13	13.	34	
48	Opeoluna	Afolabi	Herts P	U13	13.	36	
49	Murray	Wilson	SB	U13	13.	40	
50	Ben	Coles	Trent P	U13	13.	48	
51	Max	Castang	SB	U13	13.	55	
52	Tom	Swinton	Lon H	U13	14.	09	
53	Simon	Catchpole	Herts P	U13	14.	10	
54	Tim	Wallace	ESM	U13	14.	28	
55	Edward	McArdle	Trent P	U13	16.	01	
56	William	Coutts	ESM	U13	16.	14	Gst
57	Dylan	Alexander	NEB	U13	ntt		

Under 13 Boys Team Result

1	Shaftesbury Barnet Harriers	192
2	Herts Phoenix	181
3	Enfield & Haringey	155
4	Woodford Green with Essex Ladies	146
5	Trent Park RC	126
6	Victoria Park & Tower Hamlets	104
7	Shaftesbury Barnet Harriers 'B'	101
8	London Heathside	94
9	Herts Phoenix 'B'	89
10	Thames Valley Harriers	88
11	Hillingdon	64
12	Highgate Harriers	62
13	Ealing, Southall & Middlesex	45
14	St Mary's Richmond	33
15	Woodford Green with Essex Ladies 'B'	21
16	Enfield & Haringey 'B'	14
17	Trent Park RC 'B'	9
18	London Heathside 'B'	5
19	Newham & Essex Beagles	1

ATW Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies AC) - Saturday 19 October 2013

Under 13 Girls Results

1	Charlotte	Buckley	TVH	U13	11.	40	
2	Iona	Pernthaller	TVH	U13	12.	09	
3	Mia	Groom	SB	U13	12.	38	
4	Cecily	Turner	High	U13	12.	50	
5	Sasha	Fear	High	U13	12.	55	
6	Felix	Waters	VPH&TH	U13	13.	03	
7	Scarlett	Kent	SB	U13	13.	05	
8	Kyesha	Robinson	WG&EL	U13	13.	11	
9	Anna	Gizzi	Hill	U13	13.	13	
10	Mia	Hirons	WG&EL	U13	13.	20	
11	Lucy	O'Brien	ESM	U15	13.	22	Gst
12	Anna	Fuller	Herts P	U13	13.	27	
13	Lucy	Corry	E&H	U13	13.	30	
14	Isolde	Goffey	SMR	U13	13.	31	
15	Angel	Grimes-McTavish	E&H	U13	13.	32	
16	Jaynie	Awcock	Herts P	U13	13.	34	
17	Emily	Haimes	Trent P	U13	13.	37	
18	Megan	Caswell	WG&EL	U13	13.	53	
19	Silvia	Allan	Lon H	U13	14.	01	
20	Millie	Finch	WG&EL	U13	14.	01	
21	Hollie	Acraman	Hill	U13	14.	05	
22	Chloe	Leisten	Hill	U13	14.	07	
23	Grace	Miller	VPH&TH	U13	14.	08	
24	Kayla	Michel	SB	U13	14.	10	
25	Danielle	Thomsett	Herts P	U13	14.	14	
26	Mia	Hornett	Trent P	U13	14.	20	
27	Robyn	Allwright	Trent P	U13	14.	24	
28	Maryam	Hussain	ESM	U13	14.	33	
29	Anisha	Ibrahim	ESM	U13	14.	38	
30	Demi	Evarschi	VPH&TH	U13	14.	39	
31	Ella	Conlon	Lon H	U13	14.	43	
32	Ciara	Daly	SB	U13	14.	53	
33	Rachel	Finke	Lon H	U13	14.	53	
34	Leah	Kelly	ESM	U13	15.	29	
35	Daisy	Day-Fawcett	VPH&TH	U13	15.	37	
36	Georgina	Newberry	Herts P	U13	16.	02	
37	Lacey	Fuhr	WG&EL	U13	16.	02	
38	Louise	Gilbert	Lon H	U13	16.	03	
39	Elsa	Stocking	ESM	U13	16.	07	
40	Dani	Weiss	Lon H	U13	16.	11	
41	Sarah	Freegard	ESM	U13	16.	29	
42	Anna	Talbot	Hill	U13	16.	32	
43	Amy	Cullen	Trent P	U13	17.	03	
44	Lila	Fishwick	High	U13	17.	09	
45	Esmé	McLellan	Hill	U13	17.	41	
46	Saskia	Argent-Bowie	Trent P	U13	18.	00	
47	Alieka	Allen	NEB	U13	18.	54	

Under 13 Girls Team Result

1	Woodford Green with Essex Ladies	134
2	Shaftesbury Barnet Harriers	124
3	Herts Phoenix	103
4	Hillingdon	97
4	Victoria Park & Tower Hamlets	97
6	Thames Valley Harriers	91
7	Highgate Harriers	89
8	Trent Park RC	79
9	London Heathside	71
10	Enfield & Haringey	68
11	Ealing, Southall & Middlesex	62
12	St Mary's Richmond	34
13	Woodford Green with Essex Ladies 'B'	11
14	London Heathside 'B'	8
15	Ealing, Southall & Middlesex 'B'	7
16	Hillingdon 'B'	3
17	Trent Park RC 'B'	2
18	Newham & Essex Beagles	1

Conditions:

16 degrees, drizzle during youngsters races

Going: Soft (Good to Soft in places)

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Under 17 Men Results

1	Canaan	Solomon	WG&EL	U15	13.	30
2	Paulos	Asgodom	E&H	U17	13.	32
3	Petros	Asgodom	E&H	U17	13.	51
4	Toby	Clyde	TVH	U17	14.	03
5	Terry	Fawden	High	U15	14.	05
6	Greg	Cooke	SB	U17	14.	10
7	George	Groom	SB	U15	14.	12
8	Sam	Willis	High	U17	14.	16
9	Jamie	Philpott	Herts P	U15	14.	24
10	Youcef	Harizi	E&H	U17	14.	25
11	Thomas	Butler	Barn	U17	14.	26
12	Beck	Grover	Herts P	U15	14.	32
13	Daniel	Carpenter	Trent P	U17	14.	40
14	George	Cook	Herts P	U17	14.	48
15	Thomas	McArdle	Trent P	U15	15.	03
16	James	Millett	High	U17	15.	05
17	Sam	Lloyd	Hill	U17	15.	07
18	Joe	Cooper	TVH	U17	15.	08
19	Mosope	Oyelola	NEB	U15	15.	09
20	Liam	Holbrook	Hill	U17	15.	10
21	Alexander	Machin-Paley	High	U17	15.	11
22	Abdi	Jammi	ESM	U17	15.	13
23	Mukhtar	Farah	ESM	U17	15.	15
24	Daniel	Rowden	WG&EL	U17	15.	20
25	Johnny	Naylor	Lon H	U17	15.	21
26	Perry	Rowan	WG&EL	U17	15.	27
27	James	Brennan	SB	U15	15.	30
28	Oscar	Crowe	SMR	U15	15.	34
29	Alex	Rayner	E&H	U15	15.	39
30	Cassius	Rathbone	TVH	U15	15.	42
31	Charlie	Sillett	ESM	U17	15.	44
32	James	Wakefield	WG&EL	U15	15.	45
33	Thomas	Clower	Lon H	U15	15.	47
34	Benjamin	Lanoe	E&H	U17	15.	51
35	William	Griffiths	Lon H	U15	15.	54
36	Abraham	Mendes da Costa	TVH	U15	16.	00
37	Ruben	Vos	Hill	U17	16.	02
38	Fryderyk	Ildied-Dutton	VPH&TH	U17	16.	03
39	Owen	Armstrong	WG&EL	U15	16.	03
40	Alistair	Sleeman	High	U15	16.	08
41	William	McArdle	Trent P	U15	16.	09
42	David	Clower	Lon H	U17	16.	10
43	Mason	Dietrich	Lon H	U15	16.	14
44	Ethan	Cathrow	VPH&TH	U15	16.	16
45	George	Kerry	ESM	U15	16.	25
46	Jake	Reynolds	Lon H	U15	16.	25
47	Tom	Griffiths	Lon H	U17	16.	26
48	Joseph	Young	Trent P	U15	16.	36
49	James	Horrex	TVH	U17	16.	38
50	Jamie	Cornuaud	NEB	U15	16.	38
51	Peter	Christian	SMR	U17	16.	38
52	Rufus	Kent	SB	U15	16.	38
53	Jacob	Phillips	Lon H	U17	16.	42
54	Benjamin	Taylor	SMR	U15	16.	42
55	Harry	Cavell	WG&EL	U15	16.	44
56	Reece	Farren	ESM	U15	16.	46
57	Hamza	Ahmed	SB	U15	16.	48
58	Raul	Simmons-Perez	Trent P	U15	16.	49
59	Jack	Treanor	Hill	U17	16.	50
60	D'yon	Christopher	ESM	U17	16.	51
61	Isaac	Costley	Lon H	U15	17.	07
62	Luke	Gray	Lon H	U15	17.	18
63	Ben	Beckwith	Trent P	U15	17.	20
64	Anthony	Sexton	TVH	U17	17.	26
65	Jake	Hooley	TVH	U15	17.	29
66	Ellis	Farrah	TVH	U15	17.	41
67	Abdirahman	Hamud	Hill	U15	17.	41
68	Blue	Weiss	Lon H	U17	17.	47
69	Antanas	Weston	Lon H	U15	17.	49

Under 17 Men Team Result

1	Enfield & Haringey	296
2	Highgate Harriers	290
3	Woodford Green with Essex Ladies	257
4	Thames Valley Harriers	252
5	Shaftesbury Barnet Harriers	248
6	Trent Park RC	223
7	Herts Phoenix	220
8	Ealing, Southall & Middlesex	219
9	Hillingdon	207
10	London Heathside	205
11	London Heathside 'B'	151
12	St Mary's Richmond	137
13	Newham & Essex Beagles	115
14	Thames Valley Harriers 'B'	96
15	Woodford Green with Essex Ladies 'B'	91
16	Victoria Park & Tower Hamlets	88
17	Barnet & District	74
18	Trent Park RC 'B'	71
19	Ealing, Southall & Middlesex 'B'	67
20	Enfield & Haringey 'B'	51
21	Highgate Harriers 'B'	45
22	Shaftesbury Barnet Harriers 'B'	28
23	Hillingdon 'B'	18
24	Mornington Chasers	9

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70	Ben	Snowden	SMR	U17	17. 54
71	James	Traylen	NEB	U15	18. 05
72	Conor	McCarthy	ESM	U17	18. 12
73	Joey	Malyon	Trent P	U15	18. 14
74	Oliver	Schonle	WG&EL	U15	18. 23
75	Kieron	Collins	Trent P	U17	18. 25
76	Theo	Hurford	Morn	U17	18. 35
77	Marco	Dryburgh	Lon H	U17	18. 37
78	Kieran	Lloyd	TVH	U17	18. 37
79	Ryan	Alexander	Trent P	U15	19. 00
80	Louis	Marriott	TVH	U17	19. 28
81	Josh	Tucker	WG&EL	U15	19. 40
82	Chris	Hogg	WG&EL	U15	19. 54
83	Jack	Shury	WG&EL	U15	20. 00
84	William	Olney	Lon H	U15	22. 04

Under 15 Boy's Individual Result

1	Canaan	Solomon	WG&EL	U15	13. 30
2	Terry	Fawden	High	U15	14. 05
3	George	Groom	SB	U15	14. 12
4	Jamie	Philpott	Herts P	U15	14. 24
5	Beck	Grover	Herts P	U15	14. 32
6	Thomas	McArdle	Trent P	U15	15. 03
7	Mosope	Oyelola	NEB	U15	15. 09
8	James	Brennan	SB	U15	15. 30
9	Oscar	Crowe	SMR	U15	15. 34
10	Alex	Rayner	E&H	U15	15. 39
11	Cassius	Rathbone	TVH	U15	15. 42
12	James	Wakefield	WG&EL	U15	15. 45
13	Thomas	Clower	Lon H	U15	15. 47
14	William	Griffiths	Lon H	U15	15. 54
15	Abraham	Mendes da Costa	TVH	U15	16. 00
16	Owen	Armstrong	WG&EL	U15	16. 03
17	Alistair	Sleeman	High	U15	16. 08
18	William	McArdle	Trent P	U15	16. 09
19	Mason	Dietrich	Lon H	U15	16. 14
20	Ethan	Cathrow	VPH&TH	U15	16. 16
21	George	Kerry	ESM	U15	16. 25
22	Jake	Reynolds	Lon H	U15	16. 25
23	Joseph	Young	Trent P	U15	16. 36
24	Jamie	Cornuaud	NEB	U15	16. 38
25	Rufus	Kent	SB	U15	16. 38
26	Benjamin	Taylor	SMR	U15	16. 42
27	Harry	Cavell	WG&EL	U15	16. 44
28	Reece	Farren	ESM	U15	16. 46
29	Hamza	Ahmed	SB	U15	16. 48
30	Raul	Simmons-Perez	Trent P	U15	16. 49
31	Isaac	Costley	Lon H	U15	17. 07
32	Luke	Gray	Lon H	U15	17. 18
33	Ben	Beckwith	Trent P	U15	17. 20
34	Jake	Hooley	TVH	U15	17. 29
35	Ellis	Farrar	TVH	U15	17. 41
36	Abdirahman	Hamud	Hill	U15	17. 41
37	Antanas	Weston	Lon H	U15	17. 49
38	James	Traylen	NEB	U15	18. 05
39	Joey	Malyon	Trent P	U15	18. 14
40	Oliver	Schonle	WG&EL	U15	18. 23
41	Ryan	Alexander	Trent P	U15	19. 00
42	Josh	Tucker	WG&EL	U15	19. 40
43	Chris	Hogg	WG&EL	U15	19. 54
44	Jack	Shury	WG&EL	U15	20. 00
45	William	Olney	Lon H	U15	22. 04

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Under 17 Women Results

1	Georgia	Fear	High	U17	15.	23
2	India	Weir	TVH	U15	16.	10
3	Isabella	Hoy	WG&EL	U15	16.	26
4	Anna	Clark*	WG&EL	U17	16.	38
5	Olivia	Olsher	TVH	U15	16.	44
6	Erica	Wallace	ESM	U15	16.	45
7	Alice	Harray	TVH	U15	16.	48
8	Jade	Dos Santos	Trent P	U17	16.	52
9	Alicia	McArdell	WG&EL	U17	16.	55
10	Jessica	Hurley	SB	U15	17.	04
11	Kosana	Weir	TVH	U15	17.	08
12	Verity	Walker	TVH	U15	17.	13
13	Jodie	Ratcliff	WG&EL	U15	17.	15
14	Nicola	Ravenhill	ESM	U15	17.	20
15	Lily	Beckford	Lon H	U17	17.	23
16	Alicia	Found	Herts P	U17	17.	26
17	Rosie	Poole	WG&EL	U15	17.	29
18	Lizzie	Parry	Herts P	U17	17.	37
19	Despina	Aslam	E&H	U17	17.	38
20	Beth	Forster	E&H	U15	17.	39
21	Olivia	Will	ESM	U17	17.	40
22	Rachel	Seckl	Lon H	U17	17.	46
23	Roisin	Lynch	ESM	U15	17.	47
24	Lilah	Fear	High	U15	17.	48
25	Laura	Stewart	ESM	U15	17.	52
26	Marjolaine	Briscoe	High	U15	17.	54
27	Isabel	Found	Herts P	U17	17.	58
28	Genevieve	Weston	Lon H	U17	17.	59
29	Caroline	Dunnett	E&H	U17	18.	18
30	Emma	Dwan	SB	U17	18.	26
31	Lauren	Gee	Lon H	U17	18.	28
32	Chloe	Goodson	SB	U17	18.	34
33	Abbie	Dell	WG&EL	U17	18.	38
34	Esther	Pigney	High	U15	18.	52
35	Georgia	McKenzie	Herts P	U15	18.	53
36	Lilion	Bangula	VPH&TH	U15	19.	02
37	Jane	Howard	Trent P	U17	19.	16
38	Courtney	Marshall	ESM	U15	19.	18
39	Gaia	Casciello	SB	U17	19.	35
40	Zoe	Cramp	SMR	U15	19.	38
41	Ester	Ekundayo	VPH&TH	U15	20.	06
42	Thea	Cummings	SMR	U15	20.	07
43	Tara	Kelly	ESM	U17	20.	08
44	Libby	Brown	SMR	U17	20.	24
45	Greta	Norton	Trent P	U15	20.	29
46	Jessica	Matthew	Lon H	U15	20.	41
47	Joanna	Vale	ESM	U17	21.	08
48	Eleanor	Found	Herts P	U15	21.	35
49	Lauren	Pitcher	NEB	U15	21.	39
50	Eva	Jones	Trent P	U15	21.	49
51	Naomi	Conlon	Lon H	U15	21.	56
52	Renee	Fonseca	WG&EL	U15	22.	32
53	Nomeda	Laukyte	VPH&TH	U15	ntt	
54	Rachel	Isaacs	Lon H	U15	ntt	

Under 17 Women Team Result

1	Thames Valley Harriers	195
2	Woodford Green with Essex Ladies	191
3	Ealing, Southall & Middlesex	156
4	Highgate Harriers	135
5	Herts Phoenix	124
5	London Heathside	124
7	Shaftesbury Barnet Harriers	109
8	Enfield & Haringey	97
9	Trent Park RC	80
10	Ealing, Southall & Middlesex 'B'	67
11	Woodford Green with Essex Ladies 'B'	63
12	Thames Valley Harriers 'B'	43
13	St Mary's Richmond	39
14	Victoria Park & Tower Hamlets	35
15	London Heathside 'B'	14
16	Herts Phoenix 'B'	7
17	Newham & Essex Beagles	6

ATW Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies AC) - Saturday 19 October 2013

Under 15 Girl's Individual Result

1	India	Weir	TVH	U15	16.	10
2	Isabella	Hoy	WG&EL	U15	16.	26
3	Olivia	Olsher	TVH	U15	16.	44
4	Erica	Wallace	ESM	U15	16.	45
5	Alice	Harray	TVH	U15	16.	48
6	Jessica	Hurley	SB	U15	17.	04
7	Kosana	Weir	TVH	U15	17.	08
8	Verity	Walker	TVH	U15	17.	13
9	Jodie	Ratcliff	WG&EL	U15	17.	15
10	Nicola	Ravenhill	ESM	U15	17.	20
11	Rosie	Poole	WG&EL	U15	17.	29
12	Beth	Forster	E&H	U15	17.	39
13	Roisin	Lynch	ESM	U15	17.	47
14	Lilah	Fear	High	U15	17.	48
15	Laura	Stewart	ESM	U15	17.	52
16	Marjolaine	Briscoe	High	U15	17.	54
17	Esther	Pigney	High	U15	18.	52
18	Georgia	McKenzie	Herts P	U15	18.	53
19	Lilion	Bangula	VPH&TH	U15	19.	02
20	Courtney	Marshall	ESM	U15	19.	18
21	Zoe	Cramp	SMR	U15	19.	38
22	Ester	Ekundayo	VPH&TH	U15	20.	06
23	Thea	Cummings	SMR	U15	20.	07
24	Greta	Norton	Trent P	U15	20.	29
25	Jessica	Matthew	Lon H	U15	20.	41
26	Eleanor	Found	Herts P	U15	21.	35
27	Lauren	Pitcher	NEB	U15	21.	39
28	Eva	Jones	Trent P	U15	21.	49
29	Naomi	Conlon	Lon H	U15	21.	56
30	Renee	Fonseca	WG&EL	U15	22.	32
31	Nomeda	Laukyte	VPH&TH	U15	ntt	
32	Rachel	Isaacs	Lon H	U15	ntt	

The Month Ahead

Fri 25 Oct	Brooks Serpentine Last Friday 5Km	Hyde Park
Sat 26 Jan	North of the Thames Cross Country Championships Liddiard Trophy	Kingsbury Kingsbury
Sun 27 Oct	UK Cross Challenge	Bristol
Sat 2 Nov	ECCA Relays	Mansfield
Sun 3 Nov	Regents Park 10Km Winter Series Stevenage Half Marathon	Regents Park Stevenage
Sat 9 Nov	ATW METROPOLITAN CROSS COUNTRY LEAGUE	Stevenage
Sat 16 Nov	British & Irish Masters Cross Country London Cross Country Championships London Youth Games Cross Country	Cardiff Parliament Hill Parliament Hill

ATW Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies AC) - Saturday 19 October 2013

Women's Results

1	Lorna	Russell*	E&H	S	21.	27
2	Rachel	Felton	SB	S	21.	34
3	Andrea	Clement	Serp	S	21.	55
4	Hayley	Munn	E&H	S	22.	28
5	Gemma	Coe*	WG&EL	S	23.	11
6	Victoria	Crawford	Serp	S	23.	20
7	Tracy	Barlow	TVH	S	23.	27
8	Sarah	Swinhoe	Lon H	V40	23.	34
9	Sarah	Pemberton	Serp	S	23.	46
10	Sheena	Murphy-Allport	TVH	S	23.	48
11	Katie	Meredith	High	S	23.	57
12	Hannah	Viner	High	U20	24.	04
13	Emily	Moss	WG&EL	S	24.	10
14	Kat	Gundersen	WG&EL	V35	24.	20
15	Sue	Rust	Lon H	S	24.	23
16	Joanne	Kent	Barn	V45	24.	31
17	Harriot	Brock	High	U20	24.	34
18	Helen	Palmer	Serp	S	24.	37
19	Margaret	Cooper	SB	V45	24.	52
20	Samantha	Ludlow-Taylor	Serp	S	24.	54
21	Emma	Dixon*	High	U20	24.	58
22	Alex	Workman	Serp	S	25.	11
23	Alexia	Trafford	High	S	25.	16
24	Bernie	Pritchett	WG&EL	V45	25.	18
25	Mary	Gough	Herts P	U20	25.	21
26	Grace	Kimble	Serp	S	25.	29
27	Taylor	Bickford	Serp	S	25.	30
28	Deanna	Laforet	Serp	S	25.	43
29	Emily	Ruane	Herts P	U20	25.	43
30	Claire	Morrissey	Lon H	S	25.	46
31	Hemmy	Svres	Serp	S	25.	49
32	Laura	Denison	Serp	V35	25.	59
33	Sophie	Sheldrake	High	S	26.	02
34	Eva	Mack	Hill	S	26.	07
35	Lucy	Short	SB	S	26.	10
36	Siana	Jones	TVH	S	26.	13
37	Sharon	McHugh	E&H	V35	26.	16
38	Heather	McLara	NEB	S	26.	16
39	Martha	Lloyd	VPH&TH	S	26.	17
40	Bridget	Napleton	Lon H	V45	26.	18
41	Nicola	Froud	Barn	V45	26.	30
42	Kate	Green	TVH	S	26.	34
43	Cathy	Jeremiah	Lon H	S	26.	36
44	Phoebe	Thomas	E&H	S	26.	38
45	Emma	Burgess	High	S	26.	41
46	Yanna	Raykov	Lon H	U20	26.	50
47	Hannah	Pollak	ESM	S	27.	00
48	Maxine	Davies	WG&EL	S	27.	05
49	Hannah	Wells	Hill	S	27.	08
50	Naomi	Bourne	VPH&TH	V45	27.	11
51	Rhian	Ravenscroft	High	S	27.	22
52	Natalie	Young	E&H	S	27.	28
53	Poppy	Lenton	Serp	V35	27.	32
54	Meire	Gorman	TVH	S	27.	34
55	Jennifer	Bradley	Serp	S	27.	35
56	Angela	Howe*	Lon H	V40	27.	38
57	Natasha	Sheel	Serp	S	27.	48
58	Anne	Gombert	WG&EL	S	27.	50
59	Alex	Goodwin	High	S	27.	53
60	Megan	Roberts	Serp	S	27.	53
61	Sarah	Jackson	Serp	S	27.	54
62	Jane	Higgins	Lon H	S	27.	59
63	Michelle	McNamara	E&H	S	28.	00
64	Liz	Allan	RDC	S	28.	03
65	Maggie	Hargrave	WG&EL	S	28.	07

Women's Division One Team Result

1	Serpentine RC	345
2	Highgate Harriers	309
3	Woodford Green with Essex Ladies	279
4	London Heathside	262
5	Enfield & Haringey	255
6	Serpentine RC 'B'	246
7	Thames Valley Harriers	227
8	Shaftesbury Barnet Harriers	159
9	Serpentine RC 'C'	135
10	Ealing, Southall & Middlesex	78

Women's Division Two Team Result

1	Barnet & District	174
2	Highgate Harriers 'B'	153
3	Hillingdon	147
4	London Heathside 'B'	144
5	Woodford Green with Essex Ladies 'B'	140
6	Mornington Chasers	119
7	Victoria Park & Tower Hamlets	96
8	London Heathside 'C'	75
9	Metropolitan Police Garden City Runners	59 0

Women's Division Three Team Result

1	Newham & Essex Beagles	91
2	Herts Phoenix	72
3	Enfield & Haringey 'B'	62
4	Run Dem Crew	45
5	Hillingdon 'B'	40
6	Barnet & District 'B'	32
7	London Frontrunners	23
8	Mornington Chasers 'B'	16
8	Newham & Essex Beagles 'B'	16
10	Metropolitan Police 'B'	7
11	Thames Valley Harriers 'B'	2

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66	Lisa	Pettit	Serp	V45	28.	10	
67	Lucy	McGuinness	Morn	V45	28.	11	
68	Jenny	Thomas	WG&EL	V45	28.	14	
69	Kat	Kruse	Met P	S	28.	15	
70	Natasha	Cendrowicz	High	V40	28.	26	
71	Avril	Riddell	Morn	V55	28.	31	
72	Francesca	Jannetta	Serp	S	28.	33	
73	Carol	Jones	ESM	V55	28.	38	
74	Kate	Stockings	WG&EL	S	28.	44	
75	Philippa	Horton	Barn	S	28.	47	
76	Adelle	Stach-Keviz	NEB	V40	28.	48	
77	Helen	Hoyle	Barn	V45	28.	51	
78	Charlotte	McCrossin	Lon H	S	28.	52	
79	Sarah	Boxer	Barn	V50	28.	53	
80	Verity	Stacey	E&H	V50	28.	57	
81	Jane	Ruhland	ESM	V45	28.	58	
82	Alex	Wardle	WG&EL	V45	29.	01	
83	Donna	Nash	Hill	V45	29.	05	
84	Kayleigh	Dunn	Morn	S	29.	12	
85	Tammela	Platt	Lon H	S	29.	22	
86	Lesley	Conway	Hill	V55	29.	31	
87	Laura	Fountain	Serp	S	29.	34	
88	Nicola	Ward	Serp	V40	29.	37	
89	Silvia	Florea	NEB	U20	29.	42	
90	Rhianon	Griffin	FVS	S	29.	43	Gst
91	Maki	Kimura	Morn	V40	29.	45	
92	Hilary	Arredondo	E&H	S	29.	46	
93	Sophie	Thomas	Serp	S	29.	50	
94	Alison	Nolan	Serp	V40	29.	51	
95	Catherine	Doherty	Lon H	S	29.	52	
96	Caroline	Boyle	Lon H	V35	29.	54	
97	Shannon	Levyn	Serp	S	29.	58	
98	Jo	Irwin	Lon H	V40	30.	04	
99	Beatriz	Soden	Serp	V35	30.	08	
100	Linda	Byrne	RDC	V35	30.	11	
101	Jenny	Douch	NEB	S	30.	22	
102	Catharine	Sowerby	Serp	V50	30.	29	
103	Katherine	Henderson	Barn	S	30.	31	
104	Edjota	Szot	Lon H	V35	30.	32	
105	Karen	Horswood	WG&EL	V50	30.	35	
106	Jayne	Shepherd*	Herts P	V50	30.	50	
107	Jemma	Weekes	Hill	S	31.	09	
108	Claire	Thornhill	Lon H	S	31.	10	
109	Jacqui	Reid	Met P	V45	31.	15	
110	Jess	Fogarty	Lon H	S	31.	17	
111	Richella	Doyle	Serp	V35	31.	23	
112	Delphine	Horodyski	Morn	S	31.	26	
113	Rafaele	Lamour	Morn	V40	31.	31	
114	Hazel	Clark	Morn	S	31.	46	Gst
115	Debbie	Chisholm*	Serp	S	31.	46	
116	Monica	Thaler	Lon H	V40	32.	19	
117	Gabi	Johnson	Lon H	V45	32.	24	
118	Mary	Walsh	ESM	V40	32.	26	
119	Marta	Alhambra	VPH&TH	S	32.	37	
120	Salina	Christmas	Serp	V40	32.	40	
121	Natalie	Trayler	NEB	V35	32.	43	
122	Katy	Moore	E&H	S	32.	43	
123	Alison	Lapper	Met P	V40	32.	51	
124	Sue	Dyke	Hill	V45	32.	57	
125	Nadia	Atia	Lon FR	S	33.	07	
126	Mary	Allieu	Met P	V40	33.	13	
127	Justine	Thorpe	Unatt	V40	33.	16	Gst
128	Julia	Gristwood	ESM	V50	33.	22	
129	Harriet	Nerva	TVH	S	33.	37	
130	Clare	Boutle	Barn	V45	33.	40	
131	Billie	Goodrick	High	U17	33.	45	Gst
132	Helen	Roberts	High	U17	33.	45	Gst
133	Margherita	Maserati	Lon H	V50	33.	55	
134	Stephanie	Vaatz	Serp	V35	34.	24	
135	Lucy	Duncan	Hill	V35	34.	36	
136	Sandra	Berti	Unatt	V50	34.	46	Gst

Veteran Women's Division One Team Result

1	Woodford Green with Essex Ladies	106
2	London Heathside	102
3	Serpentine RC	100
4	Mornington Chasers	69
5	Ealing, Southall & Middlesex	47
6	Serpentine RC 'B'	43
7	Hillingdon	39
8	London Heathside 'B'	32
9	Highgate Harriers	23
	Ealing, Southall & Middlesex 'B'	0

Veteran Women's Division Two Team Result

1	Barnet & District	61
2	Metropolitan Police	33
3	Serpentine RC 'C'	25
4	Shaftesbury Barnet Harriers	17
5	Victoria Park & Tower Hamlets	16
6	Woodford Green with Essex Ladies 'B'	12
7	London Frontrunners	7
	Garden City Runners	0
	Highgate Harriers 'B'	0
	Mornington Chasers 'B'	0

Veteran Women's Division Three Team Result

1	Enfield & Haringey	24
2	Newham & Essex Beagles	20
3	Run Dem Crew	10
4	Barnet & District 'B'	9
4	Herts Phoenix	9
4	Hillingdon 'B'	9
7	Metropolitan Police 'B'	3
8	Thames Valley Harriers	1

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137	Sally	Creedon	Serp	V35	35.	25	
138	Louisa	Brana	Met P	V35	35.	41	
139	Angela	Duncan	Hill	V70	36.	16	
140	Jane	Newman	Hill	V55	36.	37	
141	Melanie	McLure	Met P	V55	36.	44	
142	Sarah	Ou	Lon FR	V35	36.	49	
143	Sophia	Gamez	Lon FR	V35	36.	49	
144	Lizzy	Doyle	Unatt	U20	37.	27	Gst
145	Helena	Vella	E&H	S	37.	32	
146	Nicola	Kerr	Serp	V40	37.	38	
147	Susan	Leese	VPH&TH	V45	38.	27	
148	Margaret	Butler	Barn	V50	39.	15	
149	Christine	Munden	TVH	V40	39.	45	
150	Christine	Read	E&H	V50	40.	04	Gst
151	Anna	Tebelius	VPH&TH	S	40.	44	
152	Roseanne	Trayler	NEB	U20	42.	47	

U20 Women's Individual Result

1	Hannah	Viner	High	U20	24.	04	
2	Harriot	Brock	High	U20	24.	34	
3	Emma	Dixon*	High	U20	24.	58	

Veteran Women's Individual Result

1	Sarah	Swinhoe	Lon H	V40	23.	34	
2	Kat	Gundersen	WG&EL	V35	24.	20	
3	Joanne	Kent	Barn	V45	24.	31	

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Men's Results

1	Richard	Goodman	SB	S	24.	25	
2	Nicholas	Torry	Serp	S	25.	00	
3	Phil	Wylie*	High	S	25.	09	
4	Mohamed	Mohamed	TVH	S	25.	16	
5	Shaun	Dixon	High	S	25.	31	
6	Niall	Fleming	SB	S	25.	46	
7	Kevin	Skinner	NEB	S	25.	51	
8	Glen	Watts	SB	S	25.	57	
9	Jonathan	Poole	Serp	S	26.	03	
10	John	Eves*	Herts P	S	26.	05	
11	Tomas	Stasionis	VPH&TH	S	26.	08	
12	Tom	Aldred	Lon H	S	26.	15	
13	Ryan	McKinley	High	S	26.	32	
14	Robert	Thompson	Hill	S	26.	35	
15	Richard	Phillips	Serp	S	26.	38	
16	Martyn	Cryer	WG&EL	S	26.	42	
17	Mickael	Wright	Barn	S	26.	46	
18	Niall	Sheehan	NEB	S	26.	51	
19	Orlando	Edwards	SB	S	26.	53	
20	Robel	Balhebi	High	S	26.	55	
21	Jordan	Donnelly	WG&EL	S	26.	56	Gst
22	Tom	Philips	WG&EL	S	27.	02	
23	Eoin	Pierce	E&H	S	27.	04	
24	Richard	Scott	High	S	27.	05	
25	Robert	Wilson	ESM	S	27.	06	
26	Bertie	Powell	WG&EL	S	27.	09	
27	Kevin	Murphy	WG&EL	S	27.	13	
28	Rick	Weston	Serp	S	27.	16	
29	Daniel	Bradford*	Serp	S	27.	26	
30	Dave	Morgan	Serp	S	27.	27	
31	Ali	Yahye	TVH	S	27.	29	
32	Sam	Robinson	High	S	27.	30	
33	James	Laing	Hill	S	27.	34	
34	Ben	Rochford	SB	U20	27.	37	
35	Andrew	Lawrence*	High	S	27.	40	
36	Henry	Dodwell	High	S	27.	47	
37	Darren	Southcott	WG&EL	S	27.	48	
38	Shane	Maher	NEB	S	27.	56	
39	Harold	Wyber	WG&EL	S	27.	57	
40	Peter	Townsend	Herts P	S	27.	58	
41	James	Stockings	WG&EL	U20	27.	59	
42	Fergal	Smithwick	High	S	28.	01	
43	James	Cordwell	VPH&TH	S	28.	02	
44	Mark	Pearce	SB	U20	28.	16	
45	Rob	O'Grady	Lon H	S	28.	20	
46	Angus	Holford	WG&EL	S	28.	23	
47	Jonny	Laybourn*	High	S	28.	26	
48	Jonathan	Bradford	Serp	S	28.	27	
49	Grant	Ramsay*	Barn	V40	28.	28	
50	Tom	Heslop	VPH&TH	S	28.	29	
51	George	Stewart	Lon H	V45	28.	30	
52	Alex	Cloona	Herts P	U20	28.	31	
53	Alex	Milne	E&H	S	28.	32	
54	Andrew	Reeves	Serp	V40	28.	33	
55	Zephon	Allen	ESM	U20	28.	34	
56	Sean	Renfer	TVH	S	28.	39	
57	Brahma	Pochee	High	S	28.	42	
58	Rob	Walker	High	S	28.	44	
59	Hugh	Torry	Serp	S	28.	47	
60	Sathira	Don	SMR	U20	28.	48	
61	Hendrik	Zietsman	Serp	V45	28.	52	
62	Neil	Cook	VPH&TH	S	28.	53	
63	Tom	Christopher	High	S	28.	54	
64	John	McKeane	High	S	28.	57	
65	Max	Wells-Pestell	ESM	U20	28.	58	

Men's Division One Team Result

1	Highgate Harriers	1098
2	Serpentine RC	1020
3	Woodford Green with Essex Ladies	891
4	Shaftesbury Barnet Harriers	824
5	London Heathside	754
6	Victoria Park & Tower Hamlets	604
7	Thames Valley Harriers	576
8	Hillingdon	531
9	Newham & Essex Beagles	465
10	Woodford Green with Essex Ladies 'B'	140

Men's Division Two Team Result

1	Ealing, Southall & Middlesex	904
1	Highgate Harriers 'B'	904
3	Barnet & District	879
4	Serpentine RC 'B'	859
5	London Heathside 'B'	681
6	Herts Phoenix	578
7	Mornington Chasers	550
8	London Frontrunners	505
9	Serpentine RC 'C'	474
10	Garden City Runners	214

Men's Division Three Team Result

1	Enfield & Haringey	942
2	Hillingdon 'B'	841
3	London Heathside 'C'	767
4	Highgate Harriers 'C'	673
5	Metropolitan Police	659
6	Run Dem Crew	649
7	Victoria Park & Tower Hamlets 'B'	620
8	Barnet & District 'B'	429
9	Ealing, Southall & Middlesex 'B'	419
10	Thames Valley Harriers 'B'	343
11	St Mary's Richmond	254
12	Enfield & Haringey 'B'	192
13	Harlow RC	190
14	Shaftesbury Barnet Harriers 'B'	105
15	London Frontrunners 'B'	91
16	Mornington Chasers 'B'	49
17	Metropolitan Police 'B'	34
17	Run Dem Crew 'B'	34
19	Woodford Green with Essex Ladies 'C'	22
20	Herts Phoenix 'B'	6

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66	Shaun	Whelan	Lon FR	V50	28.	59
67	Wayne	Bell	NEB	S	28.	59
68	Patrick	Burke	Lon H	S	29.	03
69	Kyle	Langford	SB	U20	29.	04
70	Jonathan	Deane	High	S	29.	07
71	Dan	Allport	TVH	S	29.	08
72	Christopher	Hepworth	ESM	S	29.	09
73	Brendan	Donnelly*	Serp	S	29.	13
74	Duncan	Burbidge	High	V40	29.	14
75	Simon	Creswell	Serp	S	29.	15
76	Will	Jones	Serp	S	29.	16
77	Daniel	De Palol	Serp	S	29.	21
78	Chris	Norris	Lon H	S	29.	22
79	Gareth	Cavell	WG&EL	V45	29.	22
80	Dan	McKeown	Lon H	S	29.	23
81	Dalton	McGuigan	SB	U20	29.	26
82	Mohammed	Mohammed	SB	S	29.	26
83	Pau	Herrero	Serp	S	29.	30
84	Mike	Stocks	Lon H	V40	29.	31
85	Tom	Livermore	Lon H	S	29.	32
86	Matt	Convery	Lon H	S	29.	33
87	Ed	Samuel	Lon H	S	29.	34
88	Mohamed	Hashi	ESM	U20	29.	35
89	Will	Morris	Barn	S	29.	36
90	Nicholas	Landeau	ESM	U20	29.	37
91	Jad	El-Houssami	NEB	S	29.	38
92	Steven	Prosser*	Herts P	S	29.	42
93	Matthew	Ribault	TVH	S	29.	43
94	Jonney	Yeates	Barn	S	29.	44
95	Anthony	Hall	Lon H	S	29.	48
96	Oliver	Kean	High	S	29.	50
97	Manuel	Terron Illescas	Serp	S	29.	51
98	Alex	Armstrong	Lon H	S	29.	52
99	Edward	Campbell	Hill	S	29.	54
100	Dean	Clark	Hill	S	29.	55
101	Jon	Ellis	ESM	S	29.	57
102	Kieron	Sexton	TVH	S	29.	58
103	Simon	Barrett	Serp	S	29.	59
104	Scott	Farley	Hill	V40	30.	00
105	Peter	Downie	High	S	30.	01
106	Luke	Nicholas	ESM	S	30.	03
107	Mark	Harris	E&H	S	30.	07
108	Roger	Reid	Serp	V40	30.	11
109	Connor	Johnston	VPH&TH	S	30.	11
110	Stephen	Shanks	VPH&TH	S	30.	13
111	Peter	Scannell	TVH	S	30.	16
112	Brad	Clark	VPH&TH	S	30.	22
113	Steve	Westlake	Lon FR	V40	30.	22
114	James	Gillanders	Lon FR	S	30.	23
115	Daniel	Thompson	Hill	S	30.	24
116	Rob	Wilbraham	WG&EL	S	30.	25
117	Benjamin	Boxer	Barn	U20	30.	26
118	Simon	Connell	Hill	S	30.	27
119	Gary	Bagnall	VPH&TH	V40	30.	28
120	Ray	Dzikowski	WG&EL	V50	30.	28
121	Brent	Atkins	Lon H	S	30.	29
122	Tom	Hall	Hill	S	30.	33
123	James	Taylor	Barn	S	30.	34
124	Simon	Freeman	Morn	S	30.	37
125	Alex	Horton	Barn	S	30.	40
126	Alex	Kitromilides	Morn	S	30.	41
127	Rajesh	Patel	Barn	S	30.	42
128	Jack	Matthewman	High	S	30.	43
129	Julian	Ferraro	Lon H	V45	30.	44
130	Joe	Everitt	WG&EL	S	30.	47
131	Tim	Nicholson	Morn	S	30.	48
132	Jose	Bilbao	VPH&TH	S	30.	49
133	Manuel	da Silva	TVH	S	30.	56
134	Michael	Ussher	High	V50	30.	57
135	Tony	Lashmer	VPH&TH	S	30.	58
136	Paul	Scanlan	WG&EL	S	30.	59

Veteran Men's Division One Team Result

1	London Heathside	306
2	Serpentine RC	281
3	Highgate Harriers	245
3	Hillingdon	245
5	Woodford Green with Essex Ladies	240
6	London Heathside 'B'	158
7	Ealing, Southall & Middlesex	135
8	Garden City Runners	105
9	Herts Phoenix	67
10	London Heathside 'C'	48

Veteran Men's Division Two Team Result

1	Barnet & District	184
2	London Frontrunners	170
3	Victoria Park & Tower Hamlets	163
4	Serpentine RC 'B'	128
5	Metropolitan Police	124
6	Thames Valley Harriers	120
7	Hillingdon 'B'	81
8	Mornington Chasers	78
9	Shaftesbury Barnet Harriers	75
10	Woodford Green with Essex Ladies 'B'	53

Veteran Men's Division Three Team Result

1	Enfield & Haringey	120
2	Serpentine RC 'C'	100
3	Ealing, Southall & Middlesex 'B'	64
4	Harlow RC	59
5	London Frontrunners 'B'	41
6	Thames Valley Harriers 'B'	35
7	Barnet & District 'B'	24
8	Victoria Park & Tower Hamlets 'B'	22
9	Hillingdon 'C'	4
10	Herts Phoenix 'B'	3
11	Garden City Runners 'B'	1

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137	Mike	Sheppard	VPH&TH	S	31.	00	
138	Charles	Lescott	Serp	S	31.	06	
139	Adam	Parkes	Morn	S	31.	07	
140	Benjamin	Gibbons	SMR	U20	31.	08	
141	Howard	Gold	Lon H	V40	31.	10	
142	Richard	Milner	Serp	S	31.	11	
143	Rhys	Peters	Met P	S	31.	12	
144	Chris	Hartley	Lon H	V45	31.	13	
145	Thomas	Fouret	NEB	S	31.	14	
146	Benjamin	Tolputt	Serp	S	31.	15	
147	Chris	Woolley	Hill	S	31.	16	
148	Mike	Dooley*	Hill	V45	31.	16	
149	Christian	Nielsen	TVH	S	31.	17	
150	Phil	Wright	Lon H	S	31.	18	
151	Iain	Campbell	Met P	V50	31.	21	
152	Tom	Fallon	E&H	S	31.	22	
153	Tony	Pamphilon	WG&EL	V55	31.	23	
154	Richard	Stewart	High	V40	31.	24	
155	Andy	Hutson	VPH&TH	S	31.	25	
156	Daniel	Mann	WG&EL	S	31.	27	Gst
157	Russell	Casey	GCR	S	31.	28	
158	Thomas	Grey	Houghton	S	31.	29	Gst
159	Chris	Bailey	High	V50	31.	30	
160	Steve	Hobbs	VPH&TH	V40	31.	37	
161	Stuart	Meiklejohn	Lon H	S	31.	38	
162	John	Flahive	Lon H	V45	31.	39	
163	David	Gilbert	High	S	31.	40	
164	Andrew	Kelleher	Barn	V50	31.	41	
165	James	Pickett	Lon H	S	31.	41	
166	Mark	Lee	Serp	S	31.	41	
167	Costa	Michael	Barn	V45	31.	41	
168	Liam	Hendry	E&H	S	31.	49	
169	Kevin	Walden	SB	S	31.	50	
170	Jonathan	Moscrop	Lon FR	S	31.	51	
171	Richard	Jenkin	Hill	V50	31.	51	
172	Daniel	Digweed	Barn	S	31.	56	
173	Herbert	Bruvero	E&H	V45	31.	58	
174	Nigel	Rowe	Met P	V50	31.	59	
175	Steve	Armstrong	Lon H	V40	32.	00	
176	Fahad	Abdi	TVH	S	32.	04	
177	Will	Sharp	Serp	S	32.	05	
178	Mark	Townsend	High	S	32.	06	
179	Matthew	Thompson	VPH&TH	V45	32.	07	
180	Tom	Crossland	RDC	S	32.	08	
181	David	Newman	Hill	V50	32.	09	
182	David	Hellard	Lon H	S	32.	10	
183	Nick	Doyle	Herts P	U20	32.	18	
184	Neill	Hughes	GCR	V40	32.	20	
185	Philip	Bentley	Lon H	S	32.	23	
186	Gavin	Edmonds	Serp	V40	32.	24	
187	Bruce	Cairns	Serp	V40	32.	29	
188	George	Hoy	WG&EL	U20	32.	30	
189	David	Matthew	Serp	V45	32.	30	
190	Daren	Roscoe	Hill	S	32.	30	
191	Chris	Ingram	Hill	S	32.	30	
192	David P	Evans	Serp	S	32.	30	
193	Pierce	Boyle	High	U20	32.	37	
194	Paul	Leppard	Hill	S	32.	38	
195	John	Keenan	Lon FR	V40	32.	40	
196	William	McAvock	Serp	V40	32.	44	
197	Jack	Lambdon	Lon FR	S	32.	45	
198	George	Choat	NEB	S	32.	48	
199	Louis	William	TVH	S	32.	49	
200	Alex	Ozdemir	Hill	S	32.	52	
201	Paul	Lemmon	Lon H	V50	32.	52	
202	Andy	Miles	Hill	V55	32.	52	
203	John	Scott	Serp	S	32.	52	
204	Mark	Delahunty	ESM	V40	32.	52	
205	Ian	Girling	Morn	S	32.	53	
206	Michael	Duffy	Morn	S	32.	54	
207	Tim	Renshaw	Serp	S	33.	01	

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208	Daniel	Anderson	Morn	S	33.	02	
209	Manni	Ovola	RDC	S	33.	03	
210	Michael	Hurford	Morn	V50	33.	12	
211	Richard	Holland	WG&EL	V50	33.	15	
212	Robert	Brown	ESM	V45	33.	18	
213	Fraser	Johnson	Serp	V40	33.	21	
214	Tim	Butler	Barn	V50	33.	23	
215	James	Steel	ESM	V40	33.	25	
216	Steve	Lambert	WG&EL	V45	33.	28	
217	Stewart	Pepper	E&H	V50	33.	30	
218	Will	Whitaker	Lon H	S	33.	31	
219	Andy	Millett	SB	V45	33.	32	
220	Dominic	Speight	Hill	U20	33.	38	
221	Peter	Warburton	Hill	V50	33.	40	
222	Jo	McKeown	Lon H	S	33.	46	
223	Jevgenijs	Petrovs	Serp	S	33.	49	
224	Tim	Jackson	RDC	S	33.	51	
225	Ron	O'Sullivan	WG&EL	S	33.	52	
226	Greg	Bennett	TVH	V40	33.	53	
227	Andrew	Pattinson	Hill	S	33.	54	
228	Conrad	Addo*	Serp	S	33.	55	
229	John	O'Shea	High	V50	33.	56	
230	Mark	Pywell	Met P	V40	33.	57	
231	Simon	Ray	Serp	S	34.	01	
232	Eddie	Boyne	E&H	V45	34.	03	
233	Julian	Russell	WG&EL	S	34.	09	
234	Rob	Pitkethly	VPH&TH	S	34.	13	
235	Rhodri	Gabe	Unatt	S	34.	17	Gst
236	John	Lynch	Morn	V55	34.	18	
237	Colin	Grossmann	Morn	S	34.	18	
238	Andrew	Johnson	Lon H	V40	34.	21	
239	Sam	Thompson	Lon H	S	34.	23	
240	Stephane	Schneider	Serp	S	34.	24	
241	Richard	Bell	TVH	V45	34.	25	
242	Simon	Claridge	Hill	V50	34.	26	
243	Andrew	Brooker	Lon H	S	34.	31	
244	Jon	Powell	WG&EL	S	34.	35	
245	Matthew	Spencer	Unatt	S	34.	37	Gst
246	Ben	Smith	Barn	S	34.	38	
247	Julian	Williams	Lon FR	V45	34.	39	
248	Alun	Evans	WG&EL	V50	34.	44	
249	Steve	White	Herts P	V50	34.	46	
250	Simon	Doyle	Herts P	V50	34.	47	
251	Dean	Burch	Hill	S	34.	48	
252	Enrique	Casarrubios	VPH&TH	V40	34.	49	
253	Chris	Langley-Waylen	Serp	S	34.	53	
254	Jeggi	Elinzano	RDC	S	34.	55	
255	Nick	Stockman	High	S	34.	58	
256	Martin	Bright	High	V45	35.	03	
257	Philip	Eldridge	NEB	S	35.	04	
258	James	Edgar	Serp	S	35.	05	
259	Philip	Cunningham	SB	V50	35.	07	
260	Marco	Luna	Lon H	S	35.	09	
261	Stevan	Dokic	Hill	V55	35.	12	
262	Emerson	Paul	Lon H	S	35.	13	
263	Andy	Owen	Lon H	V45	35.	14	
264	Bernie	Barnaby*	GCR	V55	35.	20	
265	Richard	Somerset	GCR	V45	35.	22	
266	Nick	Desausmarez	Lon H	V45	35.	28	
267	Patrick	Waldron	Lon H	V45	35.	29	
268	Liam	Phair	Met P	S	35.	32	
269	Dominic	Joyner	RDC	S	35.	44	
270	Peter	Hill	TVH	V40	35.	52	
271	Mike	Wilson	TVH	V55	35.	54	
272	Tim	Marshall	Lon H	S	35.	57	
273	Andy	Wyatt	RDC	S	36.	01	
274	Michael	Stainton	Serp	V50	36.	01	
275	Paul	Stockings	WG&EL	V50	36.	03	
276	Steve	Plested	ESM	V60	36.	05	
277	Peter	Ellis	Barn	V55	36.	07	
278	Niall	Payne	VPH&TH	S	36.	10	

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279	Peter	Clarke	Serp	V45	36.	15	
280	Phillip	Chapman	VPH&TH	S	36.	16	
281	Russell	Weston	Lon H	V50	36.	17	
282	Darren	Over	Serp	V40	36.	20	
283	Dale	Powell	E&H	S	36.	21	
284	Stephen	Meredith	High	S	36.	27	
285	Andrew	Solston	Lon H	V40	36.	30	
286	Kris	Milousorov	Lon H	S	36.	35	
287	Alex	Mijatovic	Serp	V40	36.	36	
288	Steve	Barrington	ESM	V45	36.	37	Gst
289	Brian	Boyle	Lon H	S	36.	39	
290	John	McKim	ESM	V45	36.	42	
291	Olaf	Loerz	RDC	S	36.	44	
292	Shaka	Palmer	E&H	S	36.	46	
293	John	Tennant	Harl RC	V60	36.	47	
294	Graham	Lee	E&H	V50	36.	52	
295	Gareth	Hodges	Met P	S	36.	53	
296	Alistair	Holford	WG&EL	V55	36.	56	
297	Peter	Drew	ESM	V45	36.	58	
298	Jack	Caswell	Serp	S	37.	05	
299	Fabrizio	Sidoli	Morn	S	37.	07	Gst
300	Henry	Pedro	RDC	S	37.	16	
301	Steve	Livingstone	GCR	V55	37.	18	
302	Oliver	Greenslade	Serp	S	37.	22	
303	Andy	Torrance	Hill	V55	37.	28	
304	Richard	Charney	TVH	V65	37.	33	
305	Paul	Fromme	Serp	V40	37.	34	
306	Patrick	Bird	GCR	V50	37.	41	
307	Richard	Hooley	TVH	V50	37.	49	
308	Tim	Parkin	SB	S	37.	52	
309	Ray	Powell	SB	V50	37.	53	
310	Martin	Heidensohn	Lon FR	V40	37.	56	
311	David	Thompson	Lon FR	V50	38.	02	
312	Sammy	La	Serp	V45	38.	05	
313	Richard	Bloom	Herts P	V65	38.	13	
314	Matthew	Williams	Serp	S	38.	20	
315	Bradley	Cobb	Serp	V55	38.	29	
316	Sean	Flynn	Harl RC	V55	38.	31	
317	David	Clark	Herts P	V70	38.	32	
318	Tom	Spanyol	WG&EL	V50	38.	39	
319	Richard	Wingfield	Lon FR	S	38.	43	
320	David	Wilkey	VPH&TH	V40	38.	54	
321	Robert	Howells	ESM	V60	39.	00	
322	Ian	Mawdesley	Met P	S	39.	02	
323	Neil	Colquhoun	Lon FR	S	39.	06	
324	Rob	Clower	Lon H	V50	39.	25	
325	Raul	Kharbanda	Serp	V40	39.	36	
326	Ian	Leslie	ESM	V55	39.	43	
327	Eamon	Byrne	Morn	V45	39.	45	
328	Mark	Hayward	Harl RC	S	39.	47	
329	Bob	Burton	Hill	V50	39.	50	
330	Derek	Clark	Lon FR	V45	39.	53	
331	Craig	Stephenson	GCR	V40	40.	04	
332	Chris	McLean	RDC	S	40.	09	
333	Lars	Olsen	Serp	V50	40.	21	
334	Andrew	Ramage	Harl RC	S	40.	26	
335	David	Shortridge	VPH&TH	V40	40.	28	
336	Andy	Leung	ESM	V40	40.	30	
337	Sam	Samiullah	Met P	V45	40.	31	
338	John	Clarke	Barn	V60	40.	45	
339	James	Davies	Hill	S	40.	52	
340	Ken	Townson	Lon H	V45	40.	56	
341	Tom	Kearney	Met P	S	40.	58	
342	Steve	Treanor	ESM	V55	41.	04	
343	Dave	Byrne	Barn	V50	41.	12	
344	Oliver	Pound	Lon H	S	41.	22	
345	John	Luscombe	Hill	V40	41.	32	
346	Armen	Kanikianian	ESM	S	41.	41	
347	Matt	Jones	Harl RC	V45	41.	44	
348	Lars	Menken	Serp	S	42.	07	
349	Behroos	Monir	E&H	S	42.	13	

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350	Graham	French	ESM	V55	42.	20
351	Trevor	Powell	WG&EL	V60	42.	32
352	Izaiah	Turner	Lon H	U20	42.	35
353	Gareth	Moss	Lon FR	S	42.	38
354	Adrian	Essex	Lon H	V60	42.	50
355	Nick	Michael	TVH	V60	42.	56
356	Russell	Devitt	SB	V60	43.	05
357	Steve	Gathercole	Morn	V65	43.	09
358	Robert	Gould	Lon H	V70	43.	16
359	Mervyn	Gilham	Herts P	V60	43.	23
360	Frank	Merrigan	VPH&TH	V50	43.	38
361	Robert	Perkins	NEB	S	43.	41
362	Paul	Hope	Met P	V55	43.	53
363	Gary	Stringer	ESM	V50	44.	12
364	Jonathan	Oviasu	High	S	44.	20
365	Stuart	Philips	WG&EL	V55	44.	25
366	John	Steed	Herts P	V75	44.	51
367	Richard	Smith	Serp	V60	45.	05
368	Steven	Patterson	Hill	V65	45.	17
369	Richard	Foskett	Herts P	V55	46.	05
370	Simon	Maddison	TVH	V60	47.	32
371	Trace	Allen	GCR	V65	49.	07

U20 Men's Individual Result

1	Ben	Rochford	SB	U20	27.	37
2	James	Stockings	WG&EL	U20	27.	59
3	Mark	Pearce	SB	U20	28.	16

Veteran Men's Individual Result

1	Grant	Ramsay*	Barn	V40	28.	28
2	George	Stewart	Lon H	V45	28.	30
3	Andrew	Reeves	Serp	V40	28.	33

NOTICEBOARD



Divisional and Age Group results are available on at

www.activetrainingworld.co.uk

* denotes "Registered Second Claim" athletes

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

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

Late notification of information cannot be accepted.

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

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

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

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

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www.metleague.co.uk

Apologies for the delay in the publishing of the results.
There were 14 times missing from the men's race, so extensive
watching of the finish recording was required to complete
the published result.

On behalf of all those connected with the League, may I pass
our best wishes on to our Website Administrator Martin Bateman
who is currently in hospital convalescing from a recent
emergency operation.

GET WELL SOON MARTIN!

The following clubs have failed to pay their League affiliation on
time: Met P, Morn, RDC, SB, VPH&TH
Please forward a cheque to Gavin Collett immediately.

Congratulations to Russell Devitt (SB) who yesterday celebrated
his **100th** Metropolitan League finish!

If you know of a runner who has already completed or is soon to
complete 100 Met League appearances, please could you let our
League statistician know on alan_weller@sky.com

ATW Metropolitan League Fixture 1 at Claybury (hosted by Woodford Green with Essex Ladies AC) - Saturday 19 October 2013

Howard Williams Trophy (Seniors)

		Pts	Win
1	Highgate Harriers	39	1
1	Serpentine RC	39	1
3	Woodford Green with Essex Ladies	36	0
4	London Heathside	33	0
5	Shaftesbury Barnet Harriers	31	0
6	Thames Valley Harriers	29	0
7	Ealing, Southall & Middlesex	24	0
7	Hillingdon	24	0
7	Victoria Park & Tower Hamlets	24	0
10	Barnet & District	22	0
11	Enfield & Haringey	21	0
12	Mornington Chasers	18	0
12	Newham & Essex Beagles	18	0
14	Herts Phoenix	14	0
15	Metropolitan Police	12	0
16	London Frontrunners	10	0
17	Run Dem Crew	7	0
18	Garden City Runners	6	0
19	St Mary's Richmond	2	0
20	Harlow RC	1	0

Howard Williams Trophy (Juniors)

		Pts	Win
1	Woodford Green with Essex Ladies	58	1
2	Shaftesbury Barnet Harriers	53	1
3	Herts Phoenix	50.5	0
4	Thames Valley Harriers	49	1
5	Enfield & Haringey	46	1
6	Highgate Harriers	45	0
7	London Heathside	36.5	0
8	Ealing, Southall & Middlesex	35	0
9	Victoria Park & Tower Hamlets	33.5	0
10	Trent Park RC	31	0
11	Hillingdon	28.5	0
12	St Mary's Richmond	23	0
13	Newham & Essex Beagles	18	0
14	Barnet & District	3	0
15	Mornington Chasers	2	0

Men's League

Pos	Forename	Surname	Club	Pts	Fix
1	Richard	Goodman	SB	400	1
2	Nicholas	Torry	Serp	399	1
3	Phil	Wylie*	High	398	1
4	Mohamed	Mohamed	TVH	397	1
5	Shaun	Dixon	High	396	1
6	Niall	Fleming	SB	395	1
7	Kevin	Skinner	NEB	394	1
8	Glen	Watts	SB	393	1
9	Jonathan	Poole	Serp	392	1
10	John	Eves*	Herts P	391	1
11	Tomas	Stasionis	VPH&TH	390	1
12	Tom	Aldred	Lon H	389	1
13	Ryan	McKinley	High	388	1
14	Robert	Thompson	Hill	387	1
15	Richard	Phillips	Serp	386	1
16	Martyn	Cryer	WG&EL	385	1
17	Mickael	Wright	Barn	384	1
18	Niall	Sheehan	NEB	383	1
19	Orlando	Edwards	SB	382	1
20	Robel	Balhebi	High	381	1
21	Tom	Philips	WG&EL	380	1
22	Eoin	Pierce	E&H	379	1
23	Richard	Scott	High	378	1
24	Robert	Wilson	ESM	377	1
25	Bertie	Powell	WG&EL	376	1

Women's League

Pos	Forename	Surname	Club	Pts	Fix
1	Lorna	Russell*	E&H	150	1
2	Rachel	Felton	SB	149	1
3	Andrea	Clement	Serp	148	1
4	Hayley	Munn	E&H	147	1
5	Gemma	Coe*	WG&EL	146	1
6	Victoria	Crawford	Serp	145	1
7	Tracy	Barlow	TVH	144	1
8	Sarah	Swinhoe	Lon H	143	1
9	Sarah	Pemberton	Serp	142	1
10	Sheena	Murphy-Allport	TVH	141	1
11	Katie	Meredith	High	140	1
12	Hannah	Viner	High	139	1
13	Emily	Moss	WG&EL	138	1
14	Kat	Gundersen	WG&EL	137	1
15	Sue	Rust	Lon H	136	1
16	Joanne	Kent	Barn	135	1
17	Harriot	Brock	High	134	1
18	Helen	Palmer	Serp	133	1
19	Margaret	Cooper	SB	132	1
20	Samantha	Ludlow-Taylor	Serp	131	1
21	Emma	Dixon*	High	130	1
22	Alex	Workman	Serp	129	1
23	Alexia	Trafford	High	128	1
24	Bernie	Pritchett	WG&EL	127	1
25	Mary	Gough	Herts P	126	1