

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 01 NOVEMBER 2003 AT RUISLIP WOODS

SENIOR MEN

1 D Mitchinson	NEB	26:27	83 J McGrath	Met P	32:54	165 O Suarez	(V) ESM	38:02
2 S Tompsett	Hill	27:04	84 R Green	Hill	32:58	166 B Howe	(V) Morn	38:03
3 P Jacobs	Lon H	27:25	85 P Warburton	(V) Hill	32:59	167 A Mansi	(V) Hill	38:09
4 M Jubb	St Alb	27:42	86 S Parker	WG&EL	33:02	168 M Yorwerth	St Alb	38:24
5 C Smith	TVH	27:42	87 G Dench	Serp	33:03	169 D Edwards	(V) GCR	38:27
6 C Blackburn	Serp	27:59	88 B Powell	WG&EL	33:06	170 D Price	St Alb	38:31
7 J Powell	WG&EL	28:04	89 S Dokic	(V) Hill	33:06	171 M Murphy	WG&EL	38:35
8 P Cuddihy	Hill	28:07	90 R Cassey	GCR	33:09	172 N Teuton	(V) Lon I	38:49
9 K Murphy	WG&EL	28:16	91 S Claridge	(V) Hill	33:10	173 A Chapman	Morn	38:45
10 J Sear	WG&EL	28:16	92 S Plested	(V) ESM	33:17	174 M Reibscheid	St Alb	38:46
11 I Cunningham	ESM	28:21	93 L Benjamin	(V) TVH	33:25	175 J Stratford	(V) Hill	38:49
12 M Shone	WG&EL	28:31	94 J Evans	Lon H	33:26	176 M French	(V) Serp	39:02
13 D Askie	ESM	28:32	95 D Buckeridge	(V) ESM	33:27	177 B Thomas	(V) Hill	39:10
14 A Fooks	TVH	28:38	96 R Fowkes	Hill	33:32	178 N Bryan	Guest	39:12
15 N Mitchell	(V) Lon H	28:42	97 A Robins	St Alb	33:33	179 D Hudson	(V) TVH	39:13
16 J Roche	VPH&TH	28:50	98 I Wilson-Young	TVH	33:34	180 J Budd	(V) Hill	39:14
17 D Clark	TVH	29:03	99 T Strudwick	(V) Lon H	33:38	181 D Surrey	(V) SB	39:17
18 H Dodwell	High	29:12	100 P Fromme	Serp	33:39	182 J Balcombe	Met P	39:24
19 A Holt	Herts P	29:17	101 A Matthews	Met P	33:43	183 A Edwards	NEB	39:31
20 A Greenway	Serp	29:23	102 R Bruce	VPH&TH	33:43	184 M Wilson	(V) ESM	39:37
21 S Hall	SB	29:25	103 M Fairbank	ESM	33:52	185 R Collins	(V) Morn	39:37
22 J Hine	Met P	29:26	104 M McGuinness	Morn	34:00	186 M Cairns	(V) VPH&TH	39:38
23 J Robertson	ESM	29:27	105 I Lorrigo	Serp	34:01	187 N Dibbs	(V) TVH	39:39
24 D Burbridge	High	29:31	106 S Doyle	(V) Herts P	34:03	188 P Coates	(V) St Alb	39:42
25 N Martyn	(V) High	29:33	107 S Mann	(V) Herts P	34:04	189 A Cox	(V) Hill	39:44
26 D Browne	(V) Lon H	29:34	108 R Weston	(V) Lon H	34:11	190 L Menken	Serp	39:48
27 B Pavior	Serp	29:35	109 N Davis	GCR	34:14	191 R Devitt	(V) SB	39:50
28 A Evans	High	29:38	110 J Nkrumah	NEB	34:14	192 M Wells	(V) WG&EL	39:51
29 E Mayers	SB	29:40	111 M Head	Met P	34:15	193 A Campbell	(V) High	39:52
30 I Bussell	TVH	29:41	112 R Maciver	Serp	34:18	194 M Gilham	(V) Herts P	39:54
31 A Presenti	Lon H	29:45	113 P York	(V) ESM	34:19	195 N Mann	(V) Hill	40:00
32 C Bailey	(V) High	29:46	114 P Fitzpatrick	(V) Herts P	34:20	196 J Steed	(V) Herts P	40:04
33 R Milne	St Alb	29:50	115 D Walton	(V) Lon H	34:24	197 S Mitchell	SB	40:23
34 A Welshman	Lon H	29:51	116 S Mann	ESM	34:26	198 B Feldman	(V) Hill	40:25
35 M Potter	Lon H	29:53	117 D Burrows	(V) High	34:28	199 M Garrett	Guest	40:32
36 H Wyber	WG&EL	30:03	118 R Boudry	(V) Hill	34:31	200 D Wraight	(V) ESM	40:48
37 J Flahive	Lon H	30:09	119 R Hogg	WG&EL	34:32	201 S Maughan	Serp	40:52
38 P Leppard	Hill	30:11	120 R Prathalingham	Morn	34:34	202 G French	(V) ESM	40:57
39 D Cox	(V) WG&EL	30:12	121 S Porto	Morn	34:41	203 J Doyle	(V) Hill	41:03
40 I Campbell	(V) Met P	30:14	122 J Walsh	Lon H	34:47	204 M Doughty	(V) E&H	41:06
41 J Cullom	VPH&TH	30:15	123 D Martin	(V) Hill	34:48	205 C Crump	(V) WG&EL	41:07
42 L Haze	Morn	30:16	124 R Foskett	(V) Herts P	35:01	206 NaNo	A Guest	41:11
43 C Nicol	TVH	30:17	125 A Stedman	(V) Herts P	35:06	207 A Bailey	VPH&TH	41:20
44 A Slack	Herts P	30:32	126 P Cunningham	(V) SB	35:06	208 L Bruce	VPH&TH	41:37
45 P Major	WG&EL	30:35	127 M Faughnan	(V) GCR	35:17	209 B Chapman	(V) Morn	41:39
46 C Braybrook	(V) St Alb	30:36	128 D Farquhar	(V) WG&EL	35:21	210 M Miller	(V) Hill	41:40
47 P Lemmon	(V) Lon H	30:41	129 M Melville	Serp	35:28	211 C Jenkins	(V) NEB	41:46
48 A Owen	Lon H	30:45	130 G Redhead	(V) ESM	35:31	212 J Denford	(V) E&H	41:49
49 S Hilton	Serp	30:46	131 G Kellett	St Alb	35:31	213 N Twomey	TVH	41:56
50 M Lane	(V) Met P	30:54	132 J Rene	(V) Lon H	35:35	214 M Caddy	(V) St Alb	41:58
51 L Crispin	NEB	30:55	133 R Derrick	(V) St Alb	35:39	215 J Little	(V) WG&EL	42:03
52 R Holland	(V) WG&EL	30:58	134 P Stiles	(V) E&H	35:42	216 S Wake	(V) Herts P	42:26
53 T Carrick	VPH&TH	30:59	135 P Bond	(V) Morn	35:44	217 R Johnson	(V) Hill	42:41
54 J Leversedge	(V) E&H	31:00	136 P Sant	Morn	35:50	218 J Wilding	Guest	42:49
55 B Hutchinson	Hill	31:07	137 R Nugent	St Alb	36:04	219 I Olateju	Met P	43:09
56 T Langley	ESM	31:09	138 G Walker	(V) VPH&TH	36:12	220 T Shaw	(V) Hill	43:15
57 P Crockford	(V) Lon H	31:10	139 P Medlicott	(V) GCR	36:19	221 J De Louvois	(V) Hill	43:18
58 N Morrison	(V) Herts P	31:17	140 D Smith	(V) Met P	36:21	222 B Beales	(V) Hill	43:24
59 P Flewitt	ESM	31:18	141 V Wilson	(V) WG&EL	36:22	223 M Spoor	Hill	43:33
60 J Wallis	(V) WG&EL	31:27	142 E Bovington	(V) WG&EL	36:23	224 R Gray	Serp	43:54
61 R Fowler	E&H	31:29	143 S Barron	ESM	36:23	225 A Keeler	(V) ESM	44:03
62 T Lashmar	VPH&TH	31:35	144 J Falvey	(V) ESM	36:24	226 J Kirk	(V) SB	44:04
63 J Blanchard	(V) ESM	31:40	145 A Ali	(V) TVH	36:28	227 K Scott	(V) St Alb	44:55
64 J Knight	Met P	31:43	146 B Cook	(V) E&H	36:36	228 D Gamester	(V) E&H	45:27
65 N John	(V) Lon I	31:44	147 H Draeger	Serp	36:35	229 K Goss	(V) Hill	47:19
66 T McCarthy	(V) WG&EL	31:49	148 J Lock	Serp	36:40	230 I Mahoney	NEB	52:18
67 N Rowe	(V) Met P	31:50	149 D Smith	Hill	36:43	231 B Rolfe	(V) WG&EL	52:18
68 A Dodds	ESM	31:52	150 R Long	(V) Serp	36:48	232 D Brown	Serp	53:00
69 R Steer	Lon H	31:52	151 S Scrutton	(V) High	36:50			
70 J Mahammed	NEB	31:53	152 E Fogarty	(V) ESM	36:51			
71 C Woodhouse	Met P	32:02	153 R Turner	Hill	36:53			
72 G Bennett	VPH&TH	32:04	154 C Gundersen	Guest	36:58			
73 S Livingstone	(V) GCR	32:09	155 J Savage	Hill	36:59			
74 S Clark	St Alb	32:13	156 N Stockman	High	37:04			
75 A Wasdell	St Alb	32:21	157 R Bloom	(V) Herts P	37:13	1 N Mitchell	(V) Lon H	28:42
76 A Sweet	Lon H	32:23	158 D Beasley	(V) Herts P	37:14	2 N Martyn	(V) High	29:33
77 J Levison	Hill	32:24	159 P Williams	(V) Herts P	37:21	3 D Browne	(V) Lon H	29:34
78 D Shortridge	VPH&TH	32:25	160 J Clamp	TVH	37:30			
79 A Coleman	(V) WG&EL	32:32	161 R Grace	(V) TVH	37:40			
80 C Thompson	St Alb	32:36	162 H Artiss	(V) Herts P	37:45			
81 A Crosby	GCR	32:42	163 A Shadbolt	(V) GCR	37:57			
82 A Rugg	(V) WG&EL	32:46	164 S Burke	NEB	37:58			

VET MEN

SENIOR MEN'S TEAM POSITIONS

1 London Heathside Runners	2318	8 Metropolitan Police AA	1646	15 Newham & Essex Beagles	844
2 Woodford Green & EL A.C.	2299	9 Herts Phoenix	1463	16 Shaftesbury Barnet H	660
3 Ealing, S M A.C.	1984	10 Victoria PH & Tower H	1400	17 Hillingdon A.C. "B"	645
4 Hillingdon A.C.	1930	11 Highgate Harriers	1353	18 Enfield & Haringey A.C.	592
5 Serpentine Running Club	1716	12 Mornington Chasers	939	19 London Irish A.C.	229
6 Thames Valley Harriers	1664	13 Garden City Runners	913		
7 St Albans Striders	1648	14 Woodford Green & EL A.C. "B"	845		

SENIOR MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	4742	8 Thames Valley Harriers	3049	15 Mornington Chasers	1582
2 London Heathside Runners	4521	9 Herts Phoenix	2927	16 Enfield & Haringey A.C.	1371
3 Ealing, S M A.C.	4067	10 Metropolitan Police AA	2536	17 Hillingdon A.C. "B"	1325
4 Hillingdon A.C.	3778	11 Woodford Green & EL A.C. "B"	2474	18 Shaftesbury Barnet H	1037
5 Victoria PH & Tower H	3372	12 Garden City Runners	2262	19 London Irish A.C.	446
6 Serpentine Running Club	3128	13 Highgate Harriers	1960	20 London Frontrunners	23
7 St Albans Striders	3120	14 Newham & Essex Beagles	1800		

VETERAN MEN'S TEAM POSITIONS

1 London Heathside Runners	583	7 Metropolitan Police AA	361	13 Shaftesbury Barnet H	141
2 Woodford Green & EL A.C.	579	8 Garden City Runners	314	14 London Irish A.C.	137
3 Herts Phoenix	484	9 Thames Valley Harriers	261	15 Victoria Park Harriers & C	96
4 Ealing, S M A.C.	471	10 Enfield & Haringey A.C.	257	16 Serpentine Running Club	95
5 Hillingdon A.C.	457	11 St Albans Striders	218	17 Newham & Essex Beagles	15
6 Highgate Harriers	373	12 Mornington Chasers	160		

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners	1240	7 Highgate Harriers	550	13 Shaftesbury Barnet H	283
2 Woodford Green & EL A.C.	1218	8 Metropolitan Police AA	507	14 Mornington Chasers	255
3 Hillingdon A.C.	1011	9 Thames Valley Harriers	461	15 Serpentine Running Club	169
4 Ealing, S M A.C.	998	10 Enfield & Haringey A.C.	436	16 London Irish A.C.	137
5 Herts Phoenix	981	11 St Albans Striders	415	17 Newham & Essex Beagles	25
6 Garden City Runners	778	12 Victoria PH & Tower H	300	18 London Frontrunners	18

UNDER 17 MEN

1 D Russell	SB	15:13	19 J Weston	SB	17:35	37 P Williams	Hill	19:40
2 J Pepper	E&H	15:25	20 P Townsend	Herts P	17:48	38 A Murray	WG&EL	19:42
3 E Melin	NEB	15:40	21 E Saul	TVH	17:50	39 D Thompson	Herts P	19:47
4 D Grant	ESM	15:51	22 P Haimes	NEB	17:57	40 H Gilham	Herts P	19:58
5 B Stock	ESM	16:02	23 P Harris	SB	18:00	41 D Savage	WG&EL	20:32
6 S Spalding	ESM	16:03	24 J Castro	Hill	18:06	42 T Melhsh	ESM	20:50
7 H Jama	ESM	16:10	25 J McCaig	SB	18:16	43 J Douse	WG&EL	20:51
8 R Campbell	High	16:11	26 C Berg	WG&EL	18:35	44 J Grunely	Hill	21:00
9 S Martyn	High	16:16	27 B Hussain	NEB	18:36	45 T Phillips	WG&EL	21:18
10 R Mead (Richard)	NEB	16:22	28 L Gruszewski	TVH	18:48	46 T Cox	Hill	21:44
11 M Stichbury	SB	16:32	29 W Thompson	SB	18:49	47 P Ford	Hill	22:29
12 N Goolab	ESM	16:36	30 T McDonald	Hill	19:09	48 M Abbas	ESM	22:47
13 D Thompson	Hill	16:47	31 R Sambrook	SB	19:18	49 E Sojole	NEB	22:47
14 A Booth	SB	17:00	32 M Roberts	Herts P	19:47	50 A Campbell	ESM	22:51
15 C Purdue	SB	17:09	33 Z Benzerrovy	TVH	19:31	51 B Shoderu	NEB	22:56
16 A Hunt	ESM	17:27	34 J Downing	ESM	19:33	52 B Depala	SB	23:32
17 A Omer	ESM	17:30	35 J Loudon	ESM	19:38	53 L Lovelock-Jemmot	WG&EL	24:25
18 J Hall	SB	17:33	36 G Rudelhoff	WG&EL	19:40			

UNDER 17 MEN TEAM POSITIONS

1 Ealing, S M A.C.	194	5 Hillingdon A.C.	112	9 Woodford Green & EL A.C.	75
2 Shaftesbury Barnet H	175	6 Highgate Harriers	91	10 Enfield & Haringey A.C.	52
3 Newham & Essex Beagles	154	7 Herts Phoenix	85		
4 Ealing, S M A.C. "B"	137	8 Thames Valley Harriers	80		

UNDER 17 MEN LEAGUE POSITIONS

1 Ealing, S M A.C.	359	5 Hillingdon A.C.	215	9 Enfield & Haringey A.C.	91
2 Newham & Essex Beagles	288	6 Woodford Green & EL A.C.	168	10 Highgate Harriers	91
3 Shaftesbury Barnet H	280	7 Herts Phoenix	135	11 London Heathside Runners	65
4 Ealing, S M A.C. "B"	257	8 Thames Valley Harriers	109	12 Victoria Park Harriers & C	37

UNDER 13 BOYS

1 L Nicholas	ESM	12:45	12 P Warburton	Hill	13:59	23 T Hutson	Hill	15:29
2 J Stacey	ESM	12:50	13 J Smith	Lon H	14:03	24 K Moreland	SB	15:39
3 A Percival	ESM	13:03	14 T Fearnley	E&H	14:06	25 A Amer-Allday	ESM	15:44
4 R Mann	Hill	13:07	15 J Edwards	Hill	14:07	26 A Shaw	ESM	16:15
5 P Hannah	ESM	13:24	16 R Thompson	Hill	14:09	27 R Hollingworth	WG&EL	16:25
6 J Luna	NEB	13:29	17 J McCormick	SB	14:27	28 A Dillon	SB	16:30
7 T Hollis	WG&EL	13:33	18 B Redhead	ESM	14:28	29 N Wake	Herts P	16:50
8 C Hepworth	ESM	13:38	19 N Fordham	SB	14:29	30 J Ewins	ESM	17:04
9 J Goodwin	WG&EL	13:46	20 A Mobbs	Lon H	14:42	31 B Ali	TVH	17:54
10 M Speight	Hill	13:48	21 E Bunsie	SB	15:18	32 G Guthrie	NEB	20:07
11 Z Randall	ESM	13:49	22 C Moore	ESM	15:19			

UNDER 13 BOYS TEAM POSITIONS

1 Ealing, S M A.C.	121	5 Shaftesbury Barnet H	51	9 Herts Phoenix	4
2 Hillingdon A.C.	91	6 London Heathside Runners A.C.	33	10 Thames Valley Harriers	2
3 Ealing, S M A.C. "B"	73	7 Newham & Essex Beagles	28		
4 Woodford Green & EL A.C.	56	8 Enfield & Haringey A.C.	19		

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	220	5 Newham & Essex Beagles	53	9 Thames Valley Harriers	6
2 Hillingdon A.C.	160	6 Shaftesbury Barnet H	51	10 Herts Phoenix	4
3 Ealing, S M A.C. "B"	135	7 London Heathside Runners A.C.	49		
4 Woodford Green & EL A.C.	112	8 Enfield & Haringey A.C.	34		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 C McGuigan	ESM	13:26	13 A Rai	ESM	15:22	25 R Dobson	ESM	16:28
2 M Wildman	E&H	13:36	14 L Wake	Herts P	15:29	26 E Henrt	NEB	16:51
3 C Edwards	Hill	14:09	15 P Bailey	ESM	15:32	27 M Shaw	TVH	16:55
4 R Charles	ESM	14:15	16 G Hardy	ESM	15:38	28 J May	ESM	16:56
5 H Matthews	Hill	14:24	17 H Downs	WG&EL	15:39	29 S Asfeha	TVH	17:12
6 D Lea	ESM	14:30	18 J Wyre	WG&EL	15:46	30 D Thomas	NEB	17:46
7 M Reynolds	ESM	14:32	19 C Bantleman	ESM	15:55	31 T Windsor	Hill	20:54
8 B Stock	ESM	14:41	20 J O'Connell	ESM	15:56	32 C Duke	Hill	20:55
9 A Da Silva	TVH	14:52	21 C Wall	ESM	15:59			
10 K Green	Hill	14:58	22 N Cresci	Hill	16:03			
11 K Solder	WG&EL	15:07	23 H French	ESM	16:05			
12 G Coveney	ESM	15:18	24 H Brill	ESM	16:08			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	114	4 Woodford Green & EL A.C.	53	7 Herts Phoenix	19
2 Hillingdon A.C.	92	5 Thames Valley Harriers	34	8 Newham & Essex Beagles	10
3 Ealing, S M A.C. "B"	84	6 Enfield & Haringey A.C.	31		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	230	4 Newham & Essex Beagles	111	7 Newham & Essex Beagles "B"	51
2 Ealing, S M A.C. "B"	174	5 Woodford Green & EL A.C.	90	8 Herts Phoenix	50
3 Hillingdon A.C.	121	6 Thames Valley Harriers	73	9 Enfield & Haringey A.C.	31

SENIOR WOMEN

1 A Wingler (V) High 16:56	38 P Kaper WG&EL 20:04	75 J Smith-Rasmussen Hill 22:16
2 N Cendrowicz High 17:18	39 I Ramsay SB 20:08	76 K Ind (V) GCR 22:18
3 S Abel High 17:18	40 Y Budd (V) Hill 20:09	77 S Percival (V) ESM 22:35
4 K Jenrick (V) High 17:21	41 B Pullan St Alb 20:11	78 T Snook Hill 22:38
5 S Andreou (V) WG&EL 17:34	42 G Ripper St Alb 20:18	79 K Jones Hill 22:43
6 R Lewis SB 17:34	43 K Medlicott (V) GCR 20:19	80 J Brosnan (V) TVH 22:44
7 S Bigham Hill 17:40	44 C Mooney St Alb 20:24	81 C Bolam (V) Hill 22:57
8 J King Lon H 17:44	45 R Miller (V) Lon H 20:26	82 L Keeler ESM 23:02
9 J Cooper (V) GCR 17:44	46 J Weekes Hill 20:27	83 K Horswood (V) Met P 23:06
10 F Kennedy (V) ESM 17:48	47 C Penfold Hill 20:28	84 P Dunkley Lon H 23:09
11 M Powell WG&EL 18:01	48 A McGuigan ESM 20:34	85 M Lai (V) ESM 23:11
12 E Brady High 18:03	49 N Kaderbhoy SB 20:44	86 M Fitzgerald (V) TVH 23:18
13 A Yorwerth (V) St Alb 18:08	50 A Wardle (V) WG&EL 20:45	87 C Heemskerck (V) Hill 23:28
14 S Fitt (V) GCR 18:20	51 K Wright High 20:48	88 J Reid Met P 23:31
15 S McHugh Met P 18:23	52 S Hill St Alb 20:49	89 B Vogt (V) Serp 23:36
16 S Nichol High 18:29	53 S Parry-Jones Morn 20:50	90 A Cowley (V) Herts P 23:41
17 C Aitken TVH 18:38	54 S Cord (V) WG&EL 20:53	91 C Mitchell (V) ESM 24:05
18 M Livingstone GCR 18:46	55 J Thomas (V) WG&EL 21:00	92 C O'Connell ESM 24:08
19 V Parry Lon H 18:52	56 F McGuire High 21:05	93 L Richardson NEB 24:24
20 B Pritchett (V) WG&EL 18:55	57 F Holland (V) Lon H 21:06	94 E Morse (V) Hill 26:16
21 L Cameron Met P 19:03	58 D White ESM 21:07	95 C McNeill Serp 27:42
22 R Brown NEB 19:07	59 A MacMahon Met P 21:07	
23 D Steer (V) St Alb 19:09	60 V Haines NEB 21:10	
24 M Lazell High 19:10	61 T English ESM 21:11	
25 K Balchin Met P 19:19	62 G Jubb St Alb 21:15	
26 Em Grant Hill 19:22	63 C McKenna Met P 21:19	
27 R Weston (V) Lon H 19:23	64 V Doyle (V) Hill 21:31	
28 A Stach-Kevitz NEB 19:24	65 K French ESM 21:32	
29 V Shadbolt (V) GCR 19:29	66 W Jonnson (V) GCR 21:48	
30 L Wilson (V) ESM 19:29	67 A MacKenzie (V) ESM 21:53	<u>VETERAN WOMEN</u>
31 J Evans ESM 19:38	68 G Gaughan E&H 21:54	1 A Wingler (V) High 16:56
32 N Anderson Lon H 19:39	69 P Haines (V) NEB 21:55	4 K Jenrick (V) High 17:21
33 J Turner High 19:48	70 H Patterson (V) Serp 21:59	5 S Andreou (V) WG&EL 17:34
34 P Livesey St Alb 19:52	71 S Berti (V) Herts P 22:01	
35 J Wastell (V) Lon H 19:54	72 R Bough Serp 22:03	
36 J Baxter Hill 19:55	73 L Prestegar Serp 22:03	
37 Y Jones (V) Herts P 19:57	74 S Hiscox ESM 22:14	

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers 538	7 Ealing, S M A.C. 338	13 Herts Phoenix 90
2 London Heathside Runners 410	8 Metropolitan Police AA 310	14 Serpentine Running Club 81
3 Woodford Green & EL A.C. 398	9 Newham & Essex Beagles 208	15 Mornington Chasers 43
4 Garden City Runners 397	10 Shaftesbury Barnet H 194	16 Enfield & Haringey A.C. 28
5 St Albans Striders 379	11 Hillingdon A.C. "B" 112	
6 Hillingdon A.C. 374	12 Thames Valley Harriers 105	

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers 1058	7 St Albans Striders 553	13 Thames Valley Harriers 299
2 Woodford Green & EL A.C. 870	8 Metropolitan Police AA 515	14 Herts Phoenix 290
3 London Heathside Runners 850	9 Newham & Essex Beagles 487	15 Mornington Chasers 137
4 Hillingdon A.C. 782	10 Shaftesbury Barnet H 486	16 Enfield & Haringey A.C. 97
5 Garden City Runners 763	11 Serpentine Running Club 356	17 Victoria PH & Tower H 90
6 Ealing, S M A.C. 620	12 Hillingdon A.C. "B" 299	18 London Frontrunners 49

VETERAN WOMEN TEAM POSITIONS

1 Garden City Runners 122	6 St Albans Striders 65	11 Newham & Essex Beagles 15
2 Woodford Green & EL A.C. 112	7 Hillingdon A.C. 57	12 Metropolitan Police AA 8
3 London Heathside Runners 99	8 Herts Phoenix 42	
4 Ealing, S M A.C. 90	9 Serpentine Running Club 18	
5 Highgate Harriers 77	10 Thames Valley Harriers 16	

VETERAN WOMEN LEAGUE POSITIONS

1 Woodford Green & EL A.C. 237	6 Ealing, S M A.C. 125	11 Shaftesbury Barnet H 37
2 Garden City Runners 231	7 Hillingdon A.C. 122	12 Thames Valley Harriers 33
3 Highgate Harriers 220	8 Herts Phoenix 93	13 Victoria PH & Tower H 9
4 London Heathside Runners 150	9 Newham & Essex Beagles 72	14 Metropolitan Police AA 8
5 St Albans Striders 129	10 Serpentine Running Club 38	