

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 10 JANUARY 2004 AT WORMWOOD SCRUBS

SENIOR MEN

1 P Jacobs	Lon H	27:26	75 S Clark	St Alb	32:45	149 N Ingle	ESM	36:48
2 S Omar	ESM	27:57	76 G Townsend	Lon I	32:52	150 R Foskett	(V) Herts P	36:52
3 J Trapmore	SB	28:05	77 C Thompson	St Alb	32:57	151 A Stedman	(V) Herts P	36:56
4 M Jubb	St Alb	28:17	78 J Guiney	Lon I	33:02	152 R Kreth	Serp	36:58
5 K Murphy	WG&EL	28:28	79 A Abraha	(V) Lon H	32:52	153 E Bovington	(V) WG&EL	37:04
6 M Shone	WG&EL	28:41	80 A Evans	High	33:05	154 G Edmonds	Serp	37:13
7 A Fooks	TVH	28:43	81 D Wright	WG&EL	33:10	155 P York	(V) ESM	37:14
8 D Clark	TVH	28:53	82 G Dench	Serp	33:12	156 R Long	(V) Serp	37:17
9 D Askie	ESM	28:55	83 P Manson	WG&EL	33:21	157 R Bloom	(V) Herts P	37:20
10 C Smith	TVH	28:56	84 R Stewer	High	33:23	158 R Nugent	St Alb	37:22
11 J Robertson	ESM	29:01	85 C Lescott	Serp	33:24	159 E Fogarty	(V) ESM	37:23
12 J Creane	Lon I	29:07	86 J Wallis	(V) WG&EL	33:27	160 A Gibb	St Alb	37:25
13 S Dixon	Lon H	29:16	87 D Newman	Lon H	33:28	161 J Jeff	Serp	37:26
14 M Potter	Lon H	29:23	88 D Buckeridge	(V) ESM	33:28	162 D Edwards	(V) GCR	37:28
15 B Pavior	Serp	29:28	89 S Dokic	(V) Hill	33:32	163 M Melville	Serp	37:34
16 I Cunningham	ESM	29:29	90 J Harvey	Guest	33:33	164 V Wilson	(V) WG&EL	37:36
17 G Irvine	TVH	29:44	91 C Brotherton	WG&EL	33:38	165 P Warren	(V) Serp	37:43
18 R Holland	(V) WG&EL	29:50	92 R Melik	Serp	33:42	166 M Yorwerth	St Alb	37:56
19 A Holt	Herts P	29:54	93 D Pitt	(V) Guest	33:45	167 B Howe	(V) Morn	37:59
20 N Mitchell	(V) Lon H	29:57	94 P Hannon	(V) Lon H	33:46	168 A Bailey	VPH&TH	38:06
21 M Da Silva	TVH	30:01	95 I Birch	(V) ESM	33:48	169 C Saunders	Serp	38:07
22 J Hine	Met P	30:02	96 J McCrath	(V) Met P	33:52	170 J Luscombe	Hill	38:14
23 I Campbell	(V) Met P	30:03	97 S Porto	Morn	33:53	171 E Hopperton	Serp	38:17
24 M Flannelly	WG&EL	30:04	98 R Sutton	ESM	33:55	172 R Grace	(V) TVH	38:19
25 P Lemmon	(V) Lon H	30:14	99 A Matthews	Met P	33:58	173 D Beasley	(V) Herts P	38:21
26 R Walters	TVH	30:16	100 A Davies	Serp	34:05	174 M Jamil	(V) Lon FR	38:30
27 I Ibrahim	Lon H	30:21	101 M Wadley	Serp	34:09	175 T Allen	(V) GCR	38:32
28 A Owen	Lon H	30:23	102 D Walton	(V) Lon H	34:11	176 S Kerr	(V) Lon I	38:34
29 S Hilton	Serp	30:26	103 D Hawes	E&H	34:12	177 M French	(V) Serp	38:38
30 C Braybrook	(V) St Alb	30:36	104 M Faughnan	(V) GCR	34:13	178 T Smith	(V) TVH	38:45
31 P Flewitt	ESM	30:38	105 M Green	GCR	34:17	179 J Stratford	(V) Hill	39:01
32 I Bussell	TVH	30:39	106 M Woodyatt	St Alb	34:18	180 D Surrey	(V) SB	39:02
33 D Browne	(V) Lon H	30:40	107 D Shortridge	VPH&TH	34:19	181 P Flood	Serp	39:06
34 T Lashmar	VPH&TH	30:43	108 M Cairns	(V) VPH&TH	34:28	182 M Toth	VPH&TH	39:08
35 J Mohamed	NEB	30:46	109 M Fairbank	ESM	34:30	183 S Ind	(V) GCR	39:15
36 P Leppard	Hill	30:47	110 A Salisbury	(V) GCR	34:40	184 H Artiss	(V) Herts P	39:21
37 J Flahive	Lon H	30:50	111 A Ali	(V) TVH	34:43	185 D Hill	(V) St Alb	39:36
38 H Wyber	WG&EL	30:51	112 R Prathalingham	Morn	34:44	186 R Head	(V) Herts P	39:47
39 R Brown	ESM	30:53	113 A Moyhew	Met P	34:51	187 B Thomas	(V) Hill	39:55
40 D Brennan	Lon I	30:56	114 P Stiles	(V) E&H	34:54	188 M Wilson	(V) ESM	39:56
41 S Norris	TVH	30:59	115 D Randall	(V) ESM	34:57	189 D Hudson	(V) TVH	40:14
42 M Forrest	Lon FR	31:01	116 P Fitzpatrick	(V) Herts P	35:01	190 C Crump	(V) WG&EL	40:17
43 J Leversedge	(V) E&H	31:03	117 N Stockman	High	35:04	191 N Teuton	(V) Lon I	40:23
44 N Morrison	(V) Herts P	31:06	118 S Doyle	(V) Herts P	35:09	192 S Foy	Serp	40:36
45 J Roger	High	31:08	119 N Skipper	(V) Lon H	35:11	193 M Reibschaid	St Alb	40:41
46 S Livingstone	(V) GCR	31:12	120 K Waterman	(V) Hill	35:12	194 M Gilham	(V) Herts P	40:49
47 B Powell	WG&EL	31:15	121 R Maciver	Serp	35:15	195 A Cox	(V) Hill	40:53
48 S Pullan	St Alb	31:22	122 J Barratt	High	35:16	196 D Brammer	(V) Guest	40:59
49 P Clark	WG&EL	31:24	123 T Strudwick	(V) Lon H	35:17	197 G French	(V) ESM	41:08
50 P Wooddisse	TVH	31:26	124 T Beackon	VPH&TH	35:19	198 B Feldman	(V) Hill	41:18
51 A Slack	Herts P	31:29	125 P Cunningham	(V) SB	35:25	199 M Doughty	(V) E&H	41:31
52 J Cullom	VPH&TH	31:31	126 M Head	Met P	35:26	200 M Miller	(V) Hill	42:02
53 A Rugg	(V) WG&EL	31:32	127 S Hirons	(V) Hill	35:30	201 C Jenkins	(V) NEB	42:09
54 B Hutchinson	Hill	31:34	128 T MacDowall	VPH&TH	35:33	202 L Menken	Serp	42:16
55 R Browne	Lon H	31:35	129 R Boudry	(V) Hill	35:38	203 T Hannah	(V) ESM	42:27
56 P Crockford	(V) Lon H	31:39	130 J Bignell	(V) Hill	35:40	204 L Bevan	(V) Lon H	42:46
57 N Rowe	(V) Met P	31:42	131 K Brammer	GCR	35:43	205 B Chapman	(V) Morn	42:48
58 P Warburton	(V) Hill	31:43	132 A Thompson	(V) TVH	35:43	206 A Ibranca	Lon FR	42:50
59 D McGregor	(V) Serp	31:44	133 C Mayben	Guest	35:44	207 S Bradshaw	(V) Herts P	42:52
60 E Thomas	(V) Met P	31:45	134 S Mann	(V) Herts P	35:45	208 G Davidson	(V) ESM	42:55
61 J Deane	High	31:48	135 S Scrutton	(V) High	35:48	209 R Johnson	(V) Hill	43:33
62 A Crosby	GCR	31:52	136 D Farquhar	(V) WG&EL	35:49	210 S Maddison	(V) TVH	44:13
63 A Sweet	Lon H	31:57	137 A Dodd	ESM	35:52	211 J O'Keefe	(V) TVH	44:26
64 T McCarthy	(V) WG&EL	31:59	138 R Hooley	(V) TVH	35:55	212 J Fogarty	(V) GCR	45:17
65 J Sumpter	TVH	32:01	139 A Pottison	(V) St Alb	35:58	213 G Stringar	(V) ESM	46:17
66 W Gristwood	(V) ESM	32:02	140 M Crawshaw	(V) St Alb	36:14	214 J Kirk	(V) SB	48:45
67 T Langley	ESM	32:03	141 H Draeger	Serp	36:15	215 D Smith	(V) Morn	50:09
68 E Bayne	Lon H	32:05	142 J Field	Met P	36:21	216 S Basra	TVH	51:03
69 P Dymoke	(V) St Alb	32:07	143 K Allen	ESM	36:22	217 J Brooke	TVH	51:03
70 L Benjamin	(V) TVH	32:11	144 S Baker	Morn	36:26	218 B Rowell	(V) WG&EL	52:04
71 J Cox	St Alb	32:18	145 J Myall	(V) Hill	36:27	219 H Wild	(V) Hill	55:28
72 A Wasdell	St Alb	32:26	146 G Clarke	(V) St Alb	36:33	220 I Mahoney	NEB	56:03
73 D Newman	(V) Hill	32:28	147 B Gilby	(V) Lon H	36:44			
74 S Plested	(V) ESM	32:31	148 G Shearon	Lon H	36:46			

VET MEN

1 R Holland	(V) WG&EL	29:50
2 N Mitchell	(V) Lon H	29:57
3 I Campbell	(V) Met P	30:03

SENIOR MEN'S TEAM POSITIONS

1 London Heathside Runners	2280	8 Metropolitan Police AA	1251	15 Mornington Chasers	386
2 Thames Valley Harriers	2194	9 Herts Phoenix	1169	16 Woodford Green & EL A.C.	374
3 Woodford Green & EL A.C.	2098	10 Garden City Runners	920	17 Shaftesbury Barnet H	362
4 Ealing, S M A.C.	2056	11 Highgate Harriers	903	18 London Frontrunners	241
5 St Albans Striders	1675	12 Victoria Park Harriers & Tow	865	19 Newham & Essex Beagles	207
6 Serpentine Running Club	1521	13 London Irish A.C.	753	20 Hillingdon A.C. "B"	118
7 Hillingdon A.C.	1342	14 Enfield & Haringey A.C.	425		

SENIOR MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	9280	8 Victoria Park Harriers & Tow	5725	15 Mornington Chasers	2516
2 London Heathside Runners	9105	9 Metropolitan Police AA	5604	16 Newham & Essex Beagles	2378
3 Ealing, S M A.C.	8376	10 Herts Phoenix	5323	17 Shaftesbury Barnet H	2340
4 Thames Valley Harriers	7388	11 Woodford Green & EL A.C. "B"	4294	18 Hillingdon A.C. "B"	2185
5 Hillingdon A.C.	7144	12 Garden City Runners	4131	19 London Irish A.C.	1971
6 St Albans Striders	6154	13 Highgate Harriers	4091	20 London Frontrunners	295
7 Serpentine Running Club	6100	14 Enfield & Haringey A.C.	2741		

VETERAN MEN'S TEAM POSITIONS

1 London Heathside Runners	570	7 Metropolitan Police AA	369	13 Victoria Park Harriers & Tow	75
2 Woodford Green & EL A.C.	485	8 Garden City Runners	360	14 Highgate Harriers	59
3 Ealing, S M A.C.	457	9 Thames Valley Harriers	353	15 London Irish A.C.	59
4 Hillingdon A.C.	457	10 Serpentine Running Club	217	16 Mornington Chasers	56
5 Herts Phoenix	399	11 Enfield & Haringey A.C.	189	17 London Frontrunners	38
6 St Albans Striders	384	12 Shaftesbury Barnet H	101	18 Newham & Essex Beagles	15

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners	2386	7 Metropolitan Police AA	1371	13 Shaftesbury Barnet H	565
2 Woodford Green & EL A.C.	2270	8 St Albans Striders	1160	14 Victoria Park Harriers & Tow	410
3 Hillingdon A.C.	1938	9 Thames Valley Harriers	1008	15 London Irish A.C.	318
4 Ealing, S M A.C.	1877	10 Enfield & Haringey A.C.	881	16 Mornington Chasers	311
5 Herts Phoenix	1741	11 Highgate Harriers	770	17 London Frontrunners	80
6 Garden City Runners	1445	12 Serpentine Running Club	684	18 Newham & Essex Beagles	51

UNDER 17 MEN

1 B Stock	ESM	14:41	16 P Haimes	NEB	16:15	31 A Russo	NEB	18:36
2 H Jama	ESM	14:44	17 P Townsend	Herts P	16:25	32 R McMead	NEB	18:37
3 A Osman	ESM	14:47	18 C Berg	WG&EL	16:28	33 J Douse	WG&EL	18:59
4 S Spalding	ESM	14:53	19 A Dukre	NEB	16:41	34 T Melhsh	ESM	19:28
5 D Grant	ESM	14:59	20 B Hussain	NEB	16:43	35 C Jacobs	NEB	20:04
6 RiMead	NEB	15:10	21 E Lemon	Hill	16:44	36 B Spanos	WG&EL	21:06
7 NaNo	Guest	15:19	22 A Murray	WG&EL	17:03	37 D Everingham	WG&EL	22:08
8 D Thompson	Hill	15:26	23 L Gruszewski	TVH	17:03			
9 T Phillips	WG&EL	15:35	24 P Williams	Hill	17:20			
10 S Defoe	SB	15:36	25 H Gilham	Herts P	17:37			
11 J Castro	Hill	15:40	26 J Newman	WG&EL	17:43			
12 G O'Brien	ESM	15:47	27 Z Benzerovoye	TVH	17:50			
13 A Holford	WG&EL	15:52	28 W Thompson	SB	17:53			
14 S Collins	E&H	16:10	29 G Rudelhoff	WG&EL	18:29			
15 A Hunt	ESM	16:12	30 R El-Maroufi	TVH	18:33			

UNDER 17 MEN TEAM POSITIONS

1 Ealing, S M A.C.	142	5 Ealing, S M A.C. "B"	86	9 Enfield & Haringey A.C.	24
2 Newham & Essex Beagles	91	6 Shaftesbury Barnet H	38		
3 Woodford Green & EL A.C.	90	7 Herts Phoenix	34		
4 Hillingdon A.C.	88	8 Thames Valley Harriers	34		

UNDER 17 MEN LEAGUE POSITIONS

1 Ealing, S M A.C.	648	5 Shaftesbury Barnet H	401	9 Thames Valley Harriers	152
2 Newham & Essex Beagles	475	6 Woodford Green & EL A.C.	375	10 London Heathside Runners	99
3 Ealing, S M A.C. "B"	426	7 Herts Phoenix	180	11 Highgate Harriers	91
4 Hillingdon A.C.	408	8 Enfield & Haringey A.C.	155	12 Victoria Park Harriers & Tow	42

UNDER 13 BOYS

1 R Sparke	WG&EL	12:56	12 C Hepworth	ESM	14:19	23 A Mockaddem	TVH	16:31
2 J Stacey	ESM	13:11	13 B Everingham	WG&EL	14:25	24 H Pearson	ESM	16:43
3 R Mann	Hill	13:14	14 P Warburton	Hill	14:26	25 J Newell	WG&EL	17:17
4 S Zajackowski	ESM	13:22	15 T Hollis	WG&EL	14:32	26 G Guthrie	NEB	17:18
5 P Hannah	ESM	13:23	16 A Mobbs	Lon H	14:38	27 J Williams	TVH	19:41
6 A Cornwell	WG&EL	13:25	17 J Edwards	Hill	14:39			
7 L Nicholas	ESM	13:40	18 R Thompson	Hill	15:03			
8 M Speight	Hill	14:02	19 T Phillips	WG&EL	15:12			
9 J Collett	TVH	14:05	20 B Redhead	ESM	15:15			
10 Z Randall	ESM	14:08	21 G Grenfell	WG&EL	15:37			
11 D Mobbs	Lon H	14:16	22 A Shaw	ESM	16:06			

UNDER 13 BOYS TEAM POSITIONS

1 Ealing, S M A.C.	94	5 London Heathside Runners A.C.	29
2 Woodford Green & EL A.C.	77	6 Thames Valley Harriers	25
3 Hillingdon A.C.	70	7 Newham & Essex Beagles	2
4 Ealing, S M A.C. "B"	48		

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	424	5 Shaftesbury Barnet H	136	9 Enfield & Haringey A.C.	34
2 Hillingdon A.C.	317	6 London Heathside Runners A.C.	119	10 Herts Phoenix	4
3 Woodford Green & EL A.C.	268	7 Newham & Essex Beagles	94		
4 Ealing, S M A.C. "B"	219	8 Thames Valley Harriers	56		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 A Wall	ESM	14:24	10 A Da Silva	TVH	15:36	19 C Wall	ESM	16:27
2 K Solder	WG&EL	14:35	11 A Rai	ESM	15:38	20 N Cresci	Hill	16:50
3 A Charles	NEB	14:38	12 H French	ESM	15:39	21 J Dormer	NEB	17:07
4 S Main	TVH	14:39	13 D Lea	ESM	15:49	22 E Henry	NEB	17:34
5 V Dabhi	NEB	14:46	14 J O'Connell	ESM	15:54	23 T O'Sullivan	ESM	17:37
6 R Charles	ESM	14:50	15 K Green	Hill	15:56	24 D Thomas	NEB	17:55
7 M Reynolds	ESM	14:52	16 G Hardy	ESM	16:07	25 S Asfeha	TVH	19:06
8 H Matthews	Hill	14:53	17 H Brill	ESM	16:10			
9 C Edwards	Hill	15:02	18 C Bantleman	ESM	16:22			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	79	4 Ealing, S M A.C. "B"	49	7 Newham & Essex Beagles "B"	2
2 Newham & Essex Beagles	53	5 Thames Valley Harriers	39		
3 Hillingdon A.C.	52	6 Woodford Green & EL A.C.	24		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	422	4 Hillingdon A.C.	216	7 Herts Phoenix	83
2 Ealing, S M A.C. "B"	303	5 Woodford Green & EL A.C.	184	8 Newham & Essex Beagles "B"	81
3 Newham & Essex Beagles	270	6 Thames Valley Harriers	139	9 Enfield & Haringey A.C.	63

SENIOR WOMEN

1 S Abel	High	15:20	38 K Balchin	Met P	18:24	75 A Palin	Serp	20:24
2 A Wingler	(V) High	15:33	39 J Baxter	Hill	18:26	76 J Farmer	(V) Serp	20:30
3 N Cendrowicz	High	15:43	40 G Jubb	St Alb	18:39	77 A Belchambers	(V) Hill	20:42
4 B Anderson	Lon H	15:54	41 F Holland	(V) Lon H	18:45	78 G Ripper	St Alb	20:52
5 B Yff	Serp	16:59	42 C Pardoe	(V) GCR	18:46	79 E Battson	(V) VPH&TH	20:57
6 E Evans	High	16:02	43 C Harris	(V) GCR	18:50	80 J Cameron-Doe	Serp	20:58
7 S Andreou	(V) WG&EL	16:06	44 J Weekes	Hill	18:55	81 J Reid	Met P	21:12
8 C Walsh	SB	16:07	45 G Morgan	(V) ESM	18:56	82 K Jones	Hill	21:21
9 K Jenrick	(V) High	16:09	46 C Penfold	Hill	19:08	83 J Brosnan	(V) TVH	21:22
10 J King	Lon H	16:12	47 M Hall	GCR	19:10	84 A Cowley	(V) Herts P	21:26
11 E Sheldon	WG&EL	16:14	48 J Conn	Serp	19:11	85 M Fitzgerald	(V) TVH	21:36
12 S Simmons	Met P	16:25	49 S Hill	St Alb	19:15	86 A Norris	(V) TVH	22:17
13 A Yorwerth	(V) St Alb	16:29	50 C Weekes	Hill	19:17	87 C Cyrus	TVH	22:22
14 C Aitken	TVH	16:35	51 C Jones	(V) ESM	19:26	88 C Brown	TVH	23:58
15 M Livingstone	GCR	16:36	52 W Jonsson	(V) GCR	19:26	89 E Morse	(V) Hill	24:12
16 S Fitt	(V) GCR	16:37	53 P Sadler	Serp	19:27	90 D Johnstone	(V) ESM	25:00
17 S McHugh	Met P	16:50	54 R Watt	Herts P	19:28	91 M Goodrick	(V) TVH	27:12
18 L Bowles	E&H	16:51	55 G Gaughan	E&H	19:33			
19 S Nichol	High	16:57	56 P Haines	(V) NEB	19:34			
20 V Parry	Lon H	16:58	57 A Wardle	(V) WG&EL	19:35			
21 C Reeves	Met P	17:03	58 J Allen	(V) GCR	19:37			
22 L Hake	Hill	17:05	59 L Manley	Hill	19:40			
23 B Pritchett	(V) WG&EL	17:08	60 I Ramsay	SB	19:40			
24 L Cameron	Met P	17:16	61 J Brown	(V) St Alb	19:43			
25 C Dawson	(V) High	17:35	62 C Heemskerck	(V) Hill	19:43			
26 L Wilson	(V) ESM	17:39	63 M Smith	TVH	19:45			
27 A Stach-Kevitz	NEB	17:45	64 A McGuigan	ESM	19:48			
28 J Wastell	(V) Lon H	17:45	65 D Russo	Serp	19:53			
29 M Hutchinson	Hill	17:48	66 K Bond-Vaughan	Met P	19:53			
30 J Turner	High	17:53	67 S Welch	Lon H	19:54			
31 P Livesey	St Alb	17:56	68 C Thomas	(V) NEB	20:00	1 A Wingler	(V) High	15:33
32 N Anderson	Lon H	18:01	69 K Spark	WG&EL	20:01	2 S Andreou	(V) WG&EL	16:06
33 P Thomas	(V) ESM	18:09	70 J Gristwood	(V) ESM	20:11	3 K Jenrick	(V) High	16:09
34 B Pullan	St Alb	18:14	71 C Leckie	WG&EL	20:16			
35 L Somaroo	Met P	18:15	72 R MacLannan	E&H	20:18			
36 Y Budd	(V) Hill	18:19	73 K Ind	(V) GCR	20:20			
37 S Edmunds	Serp	18:20	74 L Champion	NEB	20:20			

VETERAN WOMEN

1 A Wingler	(V) High	15:33
2 S Andreou	(V) WG&EL	16:06
3 K Jenrick	(V) High	16:09

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers	512	8 Serpentine Running Club	269	15 Herts Phoenix	46
2 London Heathside Runners	417	9 Ealing, S M A.C.	263	16 Victoria Park Harriers & f	13
3 Metropolitan Police AA	405	10 Newham & Essex Beagles	143		
4 Garden City Runners	337	11 Thames Valley Harriers	134		
5 Hillingdon A.C.	336	12 Hillingdon A.C. "B"	133		
6 St Albans Striders	324	13 Enfield & Haringey A.C.	131		
7 Woodford Green & EL A.C.	314	14 Shaftesbury Barnet H	116		

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	2090	8 Metropolitan Police AA	1135	15 Victoria Park Harriers & f	289
2 London Heathside Runners	1712	9 Serpentine Running Club	867	16 Enfield & Haringey A.C.	278
3 Woodford Green & EL A.C.	1551	10 Newham & Essex Beagles	845	17 Mornington Chasers	169
4 Hillingdon A.C.	1481	11 Shaftesbury Barnet H	794	18 Hayes and Harlington Road	64
5 Garden City Runners	1366	12 Thames Valley Harriers	591	19 London Frontrunners	49
6 St Albans Striders	1257	13 Hillingdon A.C. "B"	557		
7 Ealing, S M A.C.	1226	14 Herts Phoenix	427		

VETERAN WOMEN TEAM POSITIONS

1 Highgate Harriers	97	6 London Heathside Runners A.C	51	11 Victoria Park Harriers & f	8
2 Ealing, S M A.C.	95	7 St Albans Striders	47	12 Herts Phoenix	6
3 Garden City Runners	95	8 Newham & Essex Beagles	31		
4 Woodford Green & EL A.C.	81	9 Thames Valley Harriers	17		
5 Hillingdon A.C.	51	10 Serpentine Running Club	10		

VETERAN WOMEN LEAGUE POSITIONS

1 Garden City Runners	418	6 St Albans Striders	254	11 Serpentine Running Club	65
2 Highgate Harriers	409	7 Hillingdon A.C.	207	12 Thames Valley Harriers	50
3 Woodford Green & EL A.C.	406	8 Newham & Essex Beagles	113	13 Victoria Park Harriers & f	21
4 Ealing, S M A.C.	309	9 Herts Phoenix	99	14 Metropolitan Police AA	8
5 London Heathside Runners	265	10 Shaftesbury Barnet H	70	15 Mornington Chasers	6

Further League information & statistics can be found at the Hillingdon AC website www.hillingdonac.co.uk

NB: The last fixture has changed venue. It will now be at Verulamium Park, St. Albans.
Parking is limited and immediately adjacent to the park,
so you may have to look further afield.

The traffic is also sometimes heavy in St.Albans on Saturday so please allow yourself enough time.