

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 11 OCTOBER 2003 AT WOODFORD

SENIOR MEN

1 K Murphy	WG&EL	25:51	83 C Mann	Met P	32:03	165 J Stratford	(V) Hill	36:54
2 S Major	NEB	26:12	84 M Allen	GCR	32:08	166 E Hopperton	Serp	36:57
3 S Omar	ESM	26:20	85 D Walton	(V) Lon H	32:12	167 L Benjamin	(V) TVH	36:59
4 I Cunningham	ESM	26:23	86 S Dokic	(V) Hill	32:13	168 D Randall	(V) ESM	37:00
5 M Jubb	St Alb	26:48	87 G Bennett	VPH&TH	32:18	169 T Allen	(V) GCR	37:06
6 B Hope	WG&EL	26:54	88 A Davies	Serp	32:20	170 J O'Dowd	(V) Hill	37:15
7 C Blackburn	Serp	27:22	89 R O'Sullivan	Guest	32:20	171 R Powell	SB	37:21
8 P Cuddihy	Hill	27:44	90 S Claridge	(V) Hill	32:23	172 M Garvin	Serp	37:22
9 L Bowron	ESM	27:51	91 S Sharpe	(V) WG&EL	32:24	173 R Grace	(V) TVH	37:22
10 J Roche	VPH&TH	27:52	92 B Leach	(V) Hill	32:35	174 S Ind	(V) GCR	37:32
11 N Mitchell	(V) Lon H	27:54	93 B Birmingham	(V) Lon H	32:39	175 D Burbridge	High	37:33
12 J Sear	WG&EL	27:59	94 P Flewitt	ESM	32:40	176 P Williams	(V) Herts P	37:34
13 B Catelo	WG&EL	28:12	95 R Steer	Lon H	32:44	177 R Devitt	(V) SB	37:36
14 J Creane	Lon I	28:20	96 T Mitchell-Smith	VPH&TH	32:47	178 A Evans	High	37:37
15 J Powell	WG&EL	28:26	97 R Fowkes	Hill	32:48	179 D Surrey	(V) SB	37:41
16 M Potter	Lon H	28:29	98 J Rene	(V) Lon H	32:48	180 R Turner	Hill	37:56
17 T Carrick	VPH&TH	28:29	99 T Strudwick	(V) Lon H	32:53	181 C Bonning	Met P	38:00
18 J Hine	Met P	28:32	100 R Howells	(V) ESM	32:56	182 M French	(V) Serp	38:04
19 D Browne	(V) Lon H	28:37	101 R Hogg	WG&EL	33:00	183 M Milburn	(V) GCR	38:12
20 A Holt	Herts P	28:41	102 D Johnson	(V) GCR	33:01	184 R Long	(V) Serp	38:19
21 A Welshman	Lon H	28:45	103 C Ayres	Hill	33:02	185 D Price	St Alb	38:21
22 C Bailey	(V) High	28:55	104 M McGuinness	Morn	33:05	186 D Smith	(V) Met P	38:22
23 L Mangleshot	WG&EL	29:04	105 R Harry	St Alb	33:05	187 S Maddison	(V) TVH	38:24
24 B Pavior	Serp	29:12	106 B Stramer	Serp	33:10	188 B Thomas	(V) Hill	38:31
25 B Weber	(V) Lon H	29:12	107 P Fromme	Serp	33:11	189 J Thorpe	WG&EL	38:34
26 N Calum	TVH	29:13	108 M Cairns	(V) VPH&TH	33:11	190 J Budd	(V) Hill	38:38
27 R Hughes	TVH	29:14	109 S Williams	(V) Lon H	33:12	191 A Cox	(V) Hill	38:41
28 J Parsons	NEB	29:16	110 D Baigent	High	33:13	192 A Simm	(V) GCR	38:48
29 P Lemmon	(V) Lon H	29:19	111 P Pearce	SB	33:16	193 B Feldman	(V) Hill	38:54
30 D Cox	(V) WG&EL	29:22	112 J Odlin	(V) Lon H	33:22	194 J O'Keefe	(V) TVH	38:59
31 P Leppard	Hill	29:24	113 R Weston	(V) Lon H	33:27	195 L Menken	Serp	39:01
32 K Ndugu	E&H	29:24	114 R Bruce	VPH&TH	33:30	196 R Landry	(V) St Alb	39:05
33 R Datnow	TVH	29:26	115 T Beackon	VPH&TH	33:35	197 R Collins	(V) Morn	39:10
34 I Campbell	(V) Met P	29:27	116 R Nash	(V) Hill	33:45	198 T Smith	(V) TVH	39:16
35 W Gristwood	(V) ESM	29:28	117 M Fairbank	ESM	33:48	199 D Reidy	Morn	39:24
36 R Holland	(V) WG&EL	29:29	118 A Crosby	GCR	33:52	200 D Chapman	(V) WG&EL	39:25
37 J Robinson	ESM	29:32	119 A Robins	St Alb	33:54	201 N Dibbs	(V) TVH	39:35
38 B Judge	GCR	29:33	120 M Faughnan	(V) GCR	33:55	202 H Artiss	(V) Herts P	39:40
39 M Griffiths	WG&EL	29:35	121 S Doyle	(V) Herts P	33:56	203 M Murphy	WG&EL	39:55
40 L Curley	VPH&TH	29:37	122 S Mann	(V) Herts P	33:59	204 J Doyle	(V) Hill	40:04
41 J Cullom	VPH&TH	29:39	123 P York	(V) ESM	34:03	205 B Hercock	(V) E&H	40:14
42 G Briggs	TVH	29:40	124 D Shortridge	VPH&TH	34:04	206 M Wells	Guest	40:20
43 H Wyber	WG&EL	29:46	125 A Stedman	(V) Herts P	34:10	207 M Doughty	(V) E&H	40:24
44 S Livingstone	(V) GCR	29:52	126 R Prathalingham	Morn	34:19	208 M Jamil	(V) Lon FR	40:35
45 N Morrison	(V) Herts P	29:55	127 M Searle	(V) Hill	34:23	209 C Crump	(V) WG&EL	40:37
46 A Owen	Lon H	30:09	128 A Salisbury	(V) GCR	34:39	210 J Little	(V) WG&EL	40:38
47 R Brown	ESM	30:13	129 G Collins	(V) E&H	34:43	211 M Wheeler	(V) VPH&TH	40:59
48 J Leigh	Hill	30:18	130 J Lock	Serp	34:45	212 P Welch	(V) Hill	41:03
49 G Faulds	(V) VPH&TH	30:19	131 J Clamp	TVH	34:46	213 M Miller	(V) Hill	41:16
50 C Northam	Serp	30:20	132 P Holland	(V) Lon H	34:51	214 R Gray	Serp	41:50
51 T Lashmar	VPH&TH	30:22	133 C Cloke	(V) E&H	34:52	215 P Sawko	GCR	41:58
52 C Braybrook	(V) St Alb	30:29	134 G Redhead	(V) ESM	34:54	216 R Johnson	(V) Hill	42:16
53 L Haze	Morn	30:30	135 R Nugent	St Alb	35:01	217 B Chapman	(V) Morn	42:19
54 A Ali	NEB	30:38	136 P Medlicott	(V) GCR	35:03	218 C Jenkins	(V) NEB	42:19
55 P Major	WG&EL	30:44	137 C Penn	(V) ESM	35:09	219 B Beales	(V) Hill	42:25
56 A Coleman	(V) WG&EL	30:47	138 R Derrick	(V) St Alb	35:15	220 B Harding	(V) Hill	43:15
57 P Warburton	(V) Hill	30:49	139 D Beasley	(V) Herts P	35:15	221 K Goss	(V) Hill	44:20
58 P Crockford	(V) Lon H	30:50	140 P Cunningham	(V) SB	35:17	222 T Shaw	(V) Hill	44:38
59 T McCarthy	(V) WG&EL	30:52	141 I Wilson-Young	TVH	35:18	223 J Skyes-Brown	(V) TVH	44:50
60 R Fowler	E&H	30:57	142 J Steed	(V) Herts P	35:25	224 P Fenn	VPH&TH	45:04
61 A Slack	Herts P	30:59	143 D Burrows	(V) High	35:27	225 J Fogarty	(V) GCR	45:05
62 J Knight	Met P	31:00	144 R Kreth	Serp	35:31	226 D Smith	(V) Morn	45:08
63 L Crispin	NEB	31:01	145 C Ross	St Alb	35:33	227 S Patterson	(V) Hill	45:13
64 B Powell	WG&EL	31:01	146 J Myall	(V) Hill	35:34	228 N Gamester	E&H	45:45
65 J Mohamed	NEB	31:01	147 R Green	(V) WG&EL	35:36	229 M Raynor	(V) Morn	47:09
66 J Wallis	WG&EL	31:04	148 C Pinnell	Hill	35:39	230 A Jamdegni	Serp	49:43
67 S Clark	St Alb	31:07	149 M Barker	Lon H	35:39			
68 B Robbins	TVH	31:13	150 D Farquhar	(V) WG&EL	35:42			
69 D Newman	(V) Hill	31:18	151 N Stockman	High	35:45			
70 A Ross	(V) Herts P	31:26	152 M Proudley	(V) Herts P	35:52			
71 A Sweet	Lon H	31:31	153 R Foskett	(V) Herts P	35:56			
72 R Newbold	VPH&TH	31:33	154 S Williams	(V) GCR	36:12	1 N Mitchell	(V) Lon H	27:54
73 C Brotherton	WG&EL	31:35	155 J Savage	Hill	36:14	19 D Browne	(V) Lon H	28:37
74 A Wasdell	St Alb	31:36	156 K Branner	GCR	36:24	22 C Bailey	(V) High	28:55
75 D Hawes	E&H	31:37	157 B Howe	(V) Morn	36:26			
76 D Barrett	(V) WG&EL	31:43	158 N Cole	(V) Herts P	36:27			
77 G Wootton	(V) WG&EL	31:50	159 M Gleeson	Morn	36:29			
78 P Chase	(V) WG&EL	31:57	160 R Bloom	(V) Herts P	36:36			
79 S Duval	St Alb	31:58	161 E Bovington	(V) WG&EL	36:45			
80 I Birch	(V) ESM	31:59	162 R Lake	(V) Hill	36:48			
81 T Langley	ESM	32:00	163 L Adams	Met P	36:50			
82 D Buckeridge	(V) ESM	32:02	164 V Wilson	(V) WG&EL	36:52			

SENIOR MEN'S TEAM POSITIONS

1	Woodford Green & EL A.C.	2443	8	Herts Phoenix	1464	15	Hillingdon A.C. "B"	680
2	London Heathside Runners A.C.	2203	9	Serpentine Running Club	1412	16	Mornington Chasers	643
3	Ealing, S M A.C.	2083	10	Thames Valley Harriers	1385	17	Highgate Harriers	607
4	Victoria PH & Tower H	1972	11	Garden City Joggers	1349	18	Shaftesbury Barnet H	377
5	Hillingdon A.C.	1848	12	Newham & Essex Beagles	956	19	London Irish A.C.	217
6	Woodford Green & EL A.C. "B"	1629	13	Metropolitan Police AA	890	20	London Frontrunners	23
7	St Albans Striders	1472	14	Enfield & Haringey A.C.	779			

SENIOR MEN'S LEAGUE TABLE

1	Woodford Green & EL A.C.	2443	8	Herts Phoenix	1464	15	Hillingdon A.C. "B"	680
2	London Heathside Runners A.C.	2203	9	Serpentine Running Club	1412	16	Mornington Chasers	643
3	Ealing, S M A.C.	2083	10	Thames Valley Harriers	1385	17	Highgate Harriers	607
4	Victoria PH & Tower H	1972	11	Garden City Joggers	1349	18	Shaftesbury Barnet H	377
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7	St Albans Striders	1472	14	Enfield & Haringey A.C.	779			

VETERAN MEN'S TEAM POSITIONS

1	London Heathside Runners A.C.	655	7	Victoria PH & Tower H	204	13	Shaftesbury Barnet H	142
2	Woodford Green & EL A.C.	621	8	Thames Valley Harriers	200	14	Mornington Chasers	95
3	Hillingdon A.C.	554	9	St Albans Striders	197	15	Serpentine Running Club	74
4	Ealing, S M A.C.	527	10	Enfield & Haringey A.C.	179	16	London Frontrunners	18
5	Herts Phoenix	497	11	Highgate Harriers	176	17	Newham & Essex Beagles	10
6	Garden City Joggers	464	12	Metropolitan Police AA	146			

VETERAN MEN'S LEAGUE TABLE

1	London Heathside Runners A.C.	655	7	Victoria PH & Tower H	204	13	Shaftesbury Barnet H	142
2	Woodford Green & EL A.C.	621	8	Thames Valley Harriers	200	14	Mornington Chasers	95
3	Hillingdon A.C.	554	9	St Albans Striders	197	15	Serpentine Running Club	74
4	Ealing, S M A.C.	527	10	Enfield & Haringey A.C.	179	16	London Frontrunners	18
5	Herts Phoenix	497	11	Highgate Harriers	176	17	Newham & Essex Beagles	10
6	Garden City Joggers	464	12	Metropolitan Police AA	146			

UNDER 17 MEN

1	M Burgess	WG&EL	12:53	16	J Russo	NEB	14:33	31	M Abbam	WG&EL	15:41
2	H Jama	ESM	12:58	17	T O'Loughlin	Lon H	14:35	32	W Thompson	SB	15:47
3	E Melin	NEB	13:15	18	S Defoe	SB	14:44	33	L Gruszewski	TVH	15:52
4	D Grant	ESM	12:58	19	J Castro	Hill	14:44	34	A Russo	NEB	16:03
5	S Spalding	ESM	13:26	20	J Marshall	Hill	14:46	35	J Louden	ESM	16:17
6	R Mead	NEB	13:40	21	T Phillips	WG&EL	14:46	36	P Williams	Hill	16:18
7	S Collins	E&H	13:41	22	J Weston	SB	14:48	37	D Thompson	Herts P	16:37
8	N Goolab	ESM	13:43	23	C Vidgen	Herts P	14:48	38	G Rudelhoff	WG&EL	17:18
9	F Osman	VPH&TH	13:50	24	J Downing	ESM	14:48	39	M Abbas	ESM	17:22
10	D Manusib	Lon H	13:54	25	P Haines	NEB	15:02	40	J Grunely	Hill	17:44
11	A Osman	ESM	14:02	26	A Hunt	ESM	15:05	41	F Jose	NEB	17:46
12	C Purdue	SB	14:04	27	J McCaig	SB	15:08	42	T Melhsh	ESM	18:02
13	D Thompson	Hill	14:23	28	P Townsend	Herts P	15:10	43	J Newman	WG&EL	18:34
14	G O'Brien	ESM	14:30	29	E Lemon	Hill	15:23	44	L Lovelock-Jemmott	WG&EL	21:51
15	C Suarez	ESM	14:32	30	Z Benzerovyev	TVH	15:36	45	B Shoderu	NEB	21:56

UNDER 17 MEN TEAM POSITIONS

1	Ealing, S M A.C.	165	5	Hillingdon A.C.	103	9	Enfield & Haringey A.C.	39
2	Newham & Essex Beagles	134	6	Woodford Green & EL A.C.	93	10	Victoria PH & Tower H	37
3	Ealing, S M A.C. "B"	120	7	London Heathside Runners A.C.	65	11	Thames Valley Harriers	29
4	Shaftesbury Barnet H	105	8	Herts Phoenix	50			

UNDER 17 MEN LEAGUE POSITIONS

1	Ealing, S M A.C.	165	5	Hillingdon A.C.	103	9	Enfield & Haringey A.C.	39
2	Newham & Essex Beagles	134	6	Woodford Green & EL A.C.	93	10	Victoria PH & Tower H	37
3	Ealing, S M A.C. "B"	120	7	London Heathside Runners A.C.	65	11	Thames Valley Harriers	29
4	Shaftesbury Barnet H	105	8	Herts Phoenix	50			

UNDER 13 BOYS

1 L Nicholas	ESM	10:11	11 J Edwards	Hill	10:55	21 A Shaw	ESM	12:09
2 E Melley	ESM	10:14	12 J Smith	Lon H	11:01	22 K Ali	WG&EL	12:22
3 S Zajackowski	ESM	10:21	13 T Fearnley	E&H	11:02	23 J Bhadresha	WG&EL	12:41
4 J Luna	NEB	10:25	14 B Everingham	WG&EL	11:19	24 A Mockaddem	TVH	12:43
5 T Hollis	WG&EL	10:27	15 C Hepworth	ESM	11:26	25 A Amer-Allday	ESM	13:12
6 R Mann	Hill	10:34	16 P Warburton	Hill	11:30	26 P Newnan	Hill	13:36
7 J Stacey	ESM	10:42	17 D Adams	WG&EL	11:34	27 G Guthrie	NEB	14:32
8 Z Randall	ESM	10:43	18 B Redhead	ESM	11:38			
9 P Hannah	ESM	10:44	19 R Thompson	Hill	11:38			
10 M Speight	Hill	10:53	20 P Jackson	WG&EL	11:56			

UNDER 13 BOYS TEAM POSITIONS

1 Ealing, S M A.C.	99	4 Woodford Green & EL A.C.	56	7 Enfield & Haringey A.C.	15
2 Hillingdon A.C.	69	5 Newham & Essex Beagles	25	8 Thames Valley Harriers	4
3 Ealing, S M A.C. "B"	62	6 London Heathside Runners A.C.	16		

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	99	4 Woodford Green & EL A.C.	56	7 Enfield & Haringey A.C.	15
2 Hillingdon A.C.	69	5 Newham & Essex Beagles	25	8 Thames Valley Harriers	4
3 Ealing, S M A.C. "B"	62	6 London Heathside Runners A.C.	16		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 K Foy	NEB	10:34	13 A Ria	ESM	12:04	25 S Asfeha	TVH	13:23
2 C McGuigan	ESM	10:43	14 C Bantleman	ESM	12:10	26 A Ali	WG&EL	13:27
3 C Simm	Herts P	10:57	15 L Rumble	NEB	12:13	27 H Denham	ESM	13:35
4 A Wall	ESM	11:10	16 G Coveney	ESM	12:13	28 F Herbert	WG&EL	13:39
5 C Edwards	Hill	11:15	17 A Da Silva	TVH	12:17	29 C Graham	ESM	14:24
6 B Stock	ESM	11:33	18 K French	ESM	12:17	30 E Henry	NEB	14:26
7 A Charles	NEB	11:44	19 N Dabhi	NEB	12:27	31 D Obasuyi	NEB	16:13
8 C Stock	ESM	11:45	20 E Hellmans	NEB	12:33	32 A Kelly	NEB	18:42
9 P Bailey	ESM	11:45	21 C Mollett	TVH	12:51	33 C Peachy	NEB	18:43
10 D Lea	ESM	11:54	22 S Frances	NEB	13:06			
11 K Solder	WG&EL	11:54	23 T O'Sullivan	ESM	13:21			
12 V Dabhi	NEB	12:03	24 D Thomas	NEB	13:22			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	116	4 Newham & Essex Beagles "B"	51	7 Herts Phoenix	31
2 Newham & Essex Beagles	101	5 Thames Valley Harriers	39	8 Hillingdon A.C.	29
3 Ealing, S M A.C. "B"	90	6 Woodford Green & EL A.C.	37		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	116	4 Newham & Essex Beagles "B"	51	7 Herts Phoenix	31
2 Newham & Essex Beagles	101	5 Thames Valley Harriers	39	8 Hillingdon A.C.	29
3 Ealing, S M A.C. "B"	90	6 Woodford Green & EL A.C.	37		

SENIOR WOMEN

1 S Young	High	13:00	38 J Baxter	Hill	17:00	75 A Belchambers (V)	Hill	19:15
2 B Yff	Serp	14:00	39 P Kapur	Guest	17:03	76 A Fake	VPH&TH	19:16
3 L Jackson (V)	NEB	14:20	40 Y Budd	(V) Hill	17:05	77 K Jones	Hill	19:18
4 E Sheldon	WG&EL	14:29	41 S Chapman	(V) WG&EL	17:08	78 J Reid	Met P	19:19
5 S Andreou (V)	WG&EL	14:38	42 K Medlicott	(V) GCR	17:12	79 J Allen (V)	GCR	19:25
6 A Winkler (V)	High	14:40	43 C Pardoc	(V) GCR	17:15	80 E Battson (V)	VPH&TH	19:31
7 S Bigham	Hill	14:44	44 A Wardle	(V) WG&EL	17:26	81 B Vogt (V)	Serp	19:33
8 K Jenrick (V)	High	14:45	45 I Ramsay	SB	17:27	82 S Knight	NEB	19:39
9 J King	Lon H	14:49	46 T English	ESM	17:30	83 C O'Connell	ESM	19:47
10 L Kehoe	WG&EL	15:00	47 W Jonnson	GCR	17:31	84 L Keeler	ESM	20:07
11 S Heath (V)	SB	15:01	48 P Thomas (V)	ESM	17:33	85 J McDonald (V)	Hill	20:13
12 S Simmons	Met P	15:03	49 V Haines	NEB	17:37	86 S Chapman	(V) High	20:19
13 N Cendrowicz	High	15:11	50 M Placenti	Morn	17:38	87 A Cowley (V)	Herts P	20:20
14 B Anderson	Lon H	15:14	51 C Dekker	Lon FR	17:41	88 C Heemskerk (V)	Hill	20:30
15 T Muir	Herts P	15:17	52 C Penfold	Hill	17:48	89 K Horswood	Met P	20:38
16 G Turtle	SB	15:25	53 S Cord (V)	WG&EL	17:52	90 C Brugnoli	VPH&TH	20:43
17 L Esposito	Serp	15:27	54 L Prestegar	Serp	17:56	91 L Shaw	Lon H	20:45
18 A McCutcins (V)	High	15:28	55 J Thomas (V)	WG&EL	18:00	92 J Wells (V)	St Alb	21:03
19 S Fitt (V)	GCR	15:29	56 L Wimberley	Morn	18:01	93 B Hynes (V)	TVH	21:32
20 C Easton	TVH	15:35	57 V Doyle (V)	Hill	18:06	94 L Richardson	NEB	21:35
21 M Livingstone	GCR	15:36	58 J Smith-Rasmussen	Hill	18:08	95 S Elliot	Met P	21:56
22 M Hutchinson	Hill	15:39	59 K French	ESM	18:09	96 Z Lancaster	Met P	22:14
23 A Howe	Lon H	15:41	60 F Holland (V)	Lon H	18:10	97 A Norris (V)	TVH	23:38
24 B Pritchett (V)	WG&EL	15:42	61 R MacLannan	E&H	18:26	98 C Hensley	Serp	24:36
25 L Cameron	Met P	15:46	62 K Ind (V)	GCR	18:30	99 O Lelizey	Serp	24:53
26 V Parry	Lon H	15:50	63 P Haines (V)	NEB	18:34			
27 K Nunn	TVH	16:00	64 S Johnson	VPH&TH	18:36			
28 R Weston (V)	Lon H	16:07	65 E Towers	ESM	18:39			
29 J Evans	ESM	16:17	66 S Berti (V)	Herts P	18:41			
30 R Brown	NEB	16:29	67 S Welsh	Lon H	18:46			
31 D Steer (V)	St Alb	16:31	68 G Jubb	St Alb	18:54			
32 Y Jones (V)	Herts P	16:34	69 J Brosnan (V)	TVH	19:00			
33 L Hake	Hill	16:36	70 G Gaughan	E&H	19:03			
34 C Dawson (V)	High	16:37	71 J Gristwood (V)	ESM	19:07			
35 L Wallis (V)	St Alb	16:39	72 T Snook	Hill	19:12			
36 N Kaderbhoy	SB	16:50	73 P Rich (V)	Serp	19:13			
37 J Turner	High	16:59	74 K Beckett	Hill	19:14			

VETERAN WOMEN

1 L Jackson (V)	NEB	14:20
2 S Andreou (V)	WG&EL	14:38
3 A Winkler (V)	High	14:40

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers	520	7 Ealing, S M A.C.	282	13 Hillingdon A.C. "B"	187
2 Woodford Green & EL A.C.	472	8 Newham & Essex Beagles	279	14 St Albans Striders	174
3 London Heathside Runners A.C.	440	9 Serpentine Running Club	275	15 Mornington Chasers	94
4 Hillingdon A.C.	408	10 Metropolitan Police AA	205	16 Victoria PH & Tower H	90
5 Garden City Joggers	366	11 Herts Phoenix	200	17 Enfield & Haringey A.C.	69
6 Shaftesbury Barnet H	292	12 Thames Valley Harriers	194	18 London Frontrunners	49

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1 Highgate Harriers	520	7 Ealing, S M A.C.	282	13 Hillingdon A.C. "B"	187
2 Woodford Green & EL A.C.	472	8 Newham & Essex Beagles	279	14 St Albans Striders	174
3 London Heathside Runners A.C.	440	9 Serpentine Running Club	275	15 Mornington Chasers	94
4 Hillingdon A.C.	408	10 Metropolitan Police AA	205	16 Victoria PH & Tower H	90
5 Garden City Joggers	366	11 Herts Phoenix	200	17 Enfield & Haringey A.C.	69
6 Shaftesbury Barnet H	292	12 Thames Valley Harriers	194	18 London Frontrunners	49

VETERAN WOMEN TEAM POSITIONS

1 Highgate Harriers	139	6 Newham & Essex Beagles	56	11 Serpentine Running Club	20
2 Woodford Green & EL A.C.	121	7 Herts Phoenix	50	12 Thames Valley Harriers	17
3 Garden City Joggers	100	8 London Heathside Runners A.C.	50	13 Victoria PH & Tower H	9
4 Hillingdon A.C.	64	9 Shaftesbury Barnet H	36		
5 St Albans Striders	62	10 Ealing, S M A.C.	35		

VETERAN WOMEN LEAGUE POSITIONS

1 Highgate Harriers	139	6 Newham & Essex Beagles	56	11 Serpentine Running Club	20
2 Woodford Green & EL A.C.	121	7 Herts Phoenix	50	12 Thames Valley Harriers	17
3 Garden City Joggers	100	8 London Heathside Runners A.C.	50	13 Victoria PH & Tower H	9
4 Hillingdon A.C.	64	9 Shaftesbury Barnet H	36		
5 St Albans Striders	62	10 Ealing, S M A.C.	35		

Notes version 1 of results

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