

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 29 NOVEMBER 2003 AT HORSENDEN HILL

SENIOR MEN

1 D Wardle	Lon I	26:27	83 E Thomas	(V) Met P	31:22	165 T Harper	(V) Lon H	35:34
2 K Murphy	WG&EL	26:42	84 A Wasdell	St Alb	31:23	166 G Deathridge	VPH&TH	35:35
3 J Trapmore	SB	26:47	85 D Newman	(V) Hill	31:25	167 M Crawshaw	(V) St Alb	35:44
4 S Omar	ESM	27:06	86 G Wootton	(V) WG&EL	31:27	168 E Fogarty	(V) ESM	35:46
5 M Shone	Guest	27:07	87 E Bayne	Lon H	31:30	169 S Alpass	Serp	35:54
6 H Dodwell	High	27:22	88 D Christian	E&H	31:31	170 M Proudley	(V) Herts P	35:57
7 J Powell	WG&EL	27:27	89 R Bruce	VPH&TH	31:32	171 N Steveson	Morn	35:59
8 A Williams	SB	27:32	90 A Dodds	ESM	31:33	172 D Edwards	(V) GCR	36:06
9 J Sear	WG&EL	27:39	91 S Clark	St Alb	31:34	173 R Long	(V) Serp	36:07
10 I Cunningham	ESM	27:48	92 J Knight	Met P	31:35	174 I Hodge	(V) Serp	36:08
11 D Fricks	High	27:53	93 J Deane	High	31:35	175 R Powell	(V) SB	36:11
12 M Jubb	St Alb	27:55	94 L Benjamin	(V) TVH	31:39	176 R Green	(V) WG&EL	36:12
13 P Cuddihy	Hill	27:56	95 T McCarthy	(V) WG&EL	31:40	177 A Edwards	NEB	36:23
14 A Fooks	TVH	27:59	96 S Plested	(V) ESM	31:41	178 J Tilsley	(V) Serp	36:28
15 D Askie	ESM	28:17	97 J Bly	VPH&TH	31:47	179 G Clarke	(V) St Alb	36:29
16 D Clark	TVH	28:22	98 R Green	Hill	31:49	180 J Falvey	(V) ESM	36:31
17 H Mulder	Lon I	28:23	99 A Sweet	Lon H	31:54	181 M French	(V) Serp	36:33
18 M Potter	Lon H	28:26	100 A Coleman	(V) WG&EL	32:00	182 D Beasley	(V) Herts P	36:35
19 B Pavior	Serp	28:30	101 A Abraha	(V) Lon H	32:03	183 R Bloom	(V) Herts P	36:40
20 M Davies	WG&EL	28:34	102 M Allen	GCR	32:11	184 J Stratford	(V) Hill	36:47
21 J Robertson	ESM	28:46	103 A Moyhew	Met P	32:17	185 O Suarez	(V) ESM	36:50
22 N Mitchell	(V) Lon H	28:50	104 P Manson	WG&EL	32:18	186 R Tuson	ESM	36:54
23 D Browne	(V) Lon H	28:51	105 J Evans	Lon H	32:21	187 G Walker	(V) VPH&TH	36:57
24 A Owen	Lon H	28:53	106 J Howe	Lon H	32:22	188 P Russell	St Alb	37:07
25 A Evans	High	28:54	107 A Matthews	Met P	32:26	189 A Hassan	ESM	37:11
26 I Campbell	(V) Met P	28:54	108 J Shipley	Hill	32:28	190 A Bailey	VPH&TH	37:23
27 T Harran	(V) Met P	28:57	109 M Rogers	WG&EL	32:32	191 M Garvin	Serp	37:30
28 E Mayers	SB	29:05	110 D Shortridge	VPH&TH	32:33	192 H Artiss	(V) Herts P	37:23
29 A Holt	Herts P	29:07	111 G Dench	Serp	32:34	193 N Dibbs	(V) TVH	37:37
30 J Flahive	Lon H	29:10	112 D Buckeridge	(V) ESM	32:37	194 C Bonning	Met P	37:40
31 A Pesenti	Lon H	29:15	113 R Melvern	Herts P	32:38	195 M Wells	(V) WG&EL	37:41
32 T Grant	Hill	29:20	114 S Dokic	(V) Hill	32:38	196 J Luscombe	Hill	37:45
33 C Nicol	TVH	29:23	115 S Porto	Morn	32:47	197 R Smith	(V) Serp	37:50
34 P Lemmon	(V) Lon H	29:24	116 A Robins	St Alb	32:54	198 J Jarvis	(V) Serp	37:52
35 P Leppard	Hill	29:26	117 R Sutton	ESM	32:56	199 P Flood	Serp	37:54
36 C Bailey	(V) High	29:29	118 J Odlin	(V) Lon H	33:05	200 M Gleeson	Morn	37:55
37 I Bussell	TVH	29:35	119 D Farquhar	(V) WG&EL	33:13	201 M Murphy	WG&EL	37:56
38 T Lashmar	VPH&TH	29:36	120 C Mann	Met P	33:14	202 M Toth	VPH&TH	37:59
39 S Hilton	Serp	29:46	121 M Dixon	(V) Herts P	33:17	203 D Surrey	(V) SB	38:06
40 H Wyber	WG&EL	29:47	122 R Nash	(V) Hill	33:19	204 J Borgars	(V) Herts P	38:12
41 R Holland	(V) WG&EL	29:48	123 N Skipper	(V) Lon H	33:21	205 B Thomas	(V) Hill	38:16
42 K Ndugu	E&H	29:49	124 C Lescott	Serp	33:24	206 J Balcombe	Met P	38:20
43 C Smith	TVH	29:50	125 M Head	Met P	33:25	207 L Menken	Serp	38:24
44 G Irvine	TVH	29:51	126 T Strudwick	(V) Lon H	33:25	208 N Teuton	(V) Lon I	38:25
45 J Wallis	(V) WG&EL	29:52	127 P Lovett	Serp	33:27	209 D Reidy	Morn	38:27
46 C Braybrook	(V) St Alb	29:55	128 S Doyle	(V) Herts P	33:31	210 H Pattinson	(V) Hill	38:36
47 J Cullom	VPH&TH	29:56	129 M Fairbank	ESM	33:33	211 M Jamil	(V) Lon FR	38:38
48 A Slack	Herts P	29:58	130 R Harding	Met P	33:38	212 J Kelly	(V) SB	38:40
49 P Clark	WG&EL	29:59	131 A Zerny	NEB	33:39	213 M Reibschaid	St Alb	38:41
50 D Domoney	ESM	30:01	132 I Wilson-Young	TVH	33:48	214 R Landry	(V) St Alb	38:46
51 B Hutchinson	Hill	30:02	133 T Beackon	VPH&TH	33:52	215 A Cox	(V) Hill	38:46
52 B Judge	GCR	30:03	134 I Marvis	WG&EL	33:54	216 P Wates	(V) St Alb	38:47
53 D Cox	(V) WG&EL	30:04	135 A Ali	(V) TVH	33:55	217 M Gilham	(V) Herts P	38:51
54 L Haze	Morn	30:05	136 N Stockman	High	33:56	218 R Devitt	(V) SB	38:54
55 P Wooddisse	TVH	30:06	137 P Stiles	(V) E&H	33:59	219 C Crump	(V) WG&EL	38:56
56 B Powell	WG&EL	30:07	138 R Maciver	Serp	34:01	220 D Wraight	(V) ESM	39:14
57 K Pogue	E&H	30:08	139 M Faughnan	(V) GCR	34:02	221 R Bentley	(V) St Alb	39:22
58 M Lane	(V) Met P	30:12	140 P Fromme	Serp	34:04	222 G French	(V) ESM	39:26
59 P Flewitt	ESM	30:13	141 D Randall	(V) ESM	34:06	223 J Nicholls	Serp	39:47
60 R Browne	Lon H	30:13	142 D Newman	Lon H	34:09	224 L Bruce	VPH&TH	40:07
61 R Brown	ESM	30:20	143 J Leigh	Hill	34:12	225 M Doughty	(V) E&H	40:16
62 J Mohamed	NEB	30:21	144 D Johnson	(V) GCR	34:17	226 J Mercer	(V) E&H	40:37
63 J Leversedge	(V) E&H	30:25	145 R Green	Lon I	34:20	227 C Jenkins	(V) NEB	40:50
64 J Blanchard	(V) ESM	30:29	146 J Field	Met P	34:21	228 P Welch	(V) Hill	41:16
65 R Poulter	TVH	30:29	147 D Martin	(V) Hill	34:24	229 R Johnson	(V) Hill	41:25
66 M Burges	WG&EL	30:32	148 P Cunningham	(V) SB	34:26	230 T Shaw	(V) Hill	41:37
67 J Sheridan	(V) Lon I	30:39	149 R Foskett	(V) Herts P	34:28	231 G Stringar	(V) ESM	41:42
68 P Warburton	(V) Hill	30:42	150 R Hogg	WG&EL	34:31	232 P Sawko	GCR	41:48
69 T Langley	ESM	30:45	151 J Myall	(V) Hill	34:34	233 R Gray	Serp	41:57
70 N Rowe	(V) Met P	30:49	152 V Wilson	(V) WG&EL	34:50	234 S Patterson	(V) Hill	42:07
71 P Crockford	(V) Lon H	30:50	153 B Cook	(V) E&H	34:52	235 B Beales	(V) Hill	42:21
72 P Dymoke	(V) St Alb	30:53	154 E Bovington	(V) WG&EL	34:57	236 A Gributowicz	VPH&TH	44:16
73 J O'Donnell	Hill	31:00	155 R Prathalingham	Morn	34:59	237 K Goss	(V) Hill	44:54
74 J Sumpter	TVH	31:02	156 P Medlicott	(V) GCR	35:00	238 P Oppe	(V) TVH	45:36
75 D McGregor	(V) Serp	31:06	157 S Williams	(V) GCR	35:01	239 J Fogarty	(V) GCR	46:41
76 D Wright	WG&EL	31:08	158 A Stedman	(V) Herts P	35:11	240 H Wild	(V) Hill	50:36
77 J Roche	VPH&TH	31:11	159 K Lineham	(V) High	35:14	241 A Jamdegni	Serp	51:07
78 A Crosby	GCR	31:12	160 A Mansi	(V) Hill	35:15			
79 A Rugg	(V) WG&EL	31:14	161 J Bignell	(V) Hill	35:17			
80 T Mitchell-Smith	VPH&TH	31:15	162 K Waterman	(V) Hill	35:22			
81 R Knox	Hill	31:20	163 R Derrick	(V) St Alb	35:29			
82 B Robbins	TVH	31:20	164 A McGovern	Serp	35:30			

VET MEN

1 N Mitchell	(V) Lon H	28:50
2 D Browne	(V) Lon H	28:51
3 I Campbell	(V) Met P	28:54

SENIOR MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	2440	8 Serpentine Running Club	1451	15 Shaftesbury Barnet H	941
2 London Heathside Runners A.C.	2304	9 Woodford Green & EL A.C. "B"	1446	16 London Irish A.C.	772
3 Ealing, S M A.C.	2253	10 St Albans Striders	1359	17 Hillingdon A.C. "B"	742
4 Thames Valley Harriers	2215	11 Highgate Harriers	1228	18 Mornington Chasers	548
5 Hillingdon A.C.	2024	12 Herts Phoenix	1227	19 Newham & Essex Beagles	371
6 Metropolitan Police AA	1817	13 Garden City Runners	949	20 London Frontrunners	31
7 Victoria Park Harriers & To	1488	14 Enfield & Haringey A.C.	945		

SENIOR MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	7182	8 St Albans Striders	4479	15 Newham & Essex Beagles	2171
2 London Heathside Runners A.C.	6825	9 Metropolitan Police AA	4353	16 Mornington Chasers	2130
3 Ealing, S M A.C.	6320	10 Herts Phoenix	4154	17 Hillingdon A.C. "B"	2067
4 Hillingdon A.C.	5802	11 Woodford Green & EL A.C. "B"	3920	18 Shaftesbury Barnet H	1978
5 Thames Valley Harriers	5264	12 Garden City Runners	3211	19 London Irish A.C.	1218
6 Victoria Park Harriers & To	4860	13 Highgate Harriers	3188	20 London Frontrunners	54
7 Serpentine Running Club	4579	14 Enfield & Haringey A.C.	2316		

VETERAN MEN'S TEAM POSITIONS

1 London Heathside Runners A.C.	576	7 St Albans Striders	361	13 Highgate Harriers	161
2 Woodford Green & EL A.C.	567	8 Garden City Runners	307	14 London Irish A.C.	122
3 Metropolitan Police AA	495	9 Serpentine Running Club	298	15 Victoria Park Harriers & To	35
4 Hillingdon A.C.	470	10 Enfield & Haringey A.C.	256	16 London Frontrunners	24
5 Ealing, S M A.C.	422	11 Thames Valley Harriers	194	17 Newham & Essex Beagles	11
6 Herts Phoenix	361	12 Shaftesbury Barnet H	181		

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners A.C.	1816	7 Metropolitan Police AA	1002	13 Shaftesbury Barnet H	464
2 Woodford Green & EL A.C.	1785	8 St Albans Striders	776	14 Victoria Park Harriers & To	335
3 Hillingdon A.C.	1481	9 Highgate Harriers	711	15 London Irish A.C.	259
4 Ealing, S M A.C.	1420	10 Enfield & Haringey A.C.	692	16 Mornington Chasers	255
5 Herts Phoenix	1342	11 Thames Valley Harriers	655	17 London Frontrunners	42
6 Garden City Runners	1085	12 Serpentine Running Club	467	18 Newham & Essex Beagles	36

UNDER 17 MEN

1 J Pepper	E&H	12:35	16 A Holford	WG&EL	14:31	31 P Williams	Hill	15:51
2 D Grant	ESM	12:56	17 A Dukre	NEB	14:42	32 J Taylor	TVH	16:07
3 J Long	WG&EL	13:08	18 C Berg	WG&EL	14:44	33 T Melhsh	ESM	16:08
4 S Spalding	ESM	13:12	19 J Martindale	SB	14:50	34 RoMead	NEB	16:14
5 N Goolab	ESM	13:15	20 C Suarez	ESM	14:51	35 J Douse	WG&EL	16:24
6 H Jama	ESM	13:36	21 B Hussain	NEB	14:52	36 J Barber	VPH&TH	17:18
7 T O'Loughlin	Lon H	13:47	22 M Byfield	NEB	14:53	37 L Lovelock-Jemmott	WG&EL	18:58
8 R Mead	NEB	13:50	23 G Sharpe	WG&EL	15:01	38 E Dial	NEB	19:01
9 D Thompson	Hill	13:51	24 J McCaig	SB	15:03	39 B Shoderu	NEB	20:05
10 T Phillips	WG&EL	14:12	25 E Lemon	Hill	15:04	40 D Durng	NEB	20:10
11 J Marshall	Hill	14:15	26 W Thompson	SB	15:09			
12 S Defoe	SB	14:17	27 P Haimes	NEB	15:28			
13 A Osman	ESM	14:22	28 A Rauf	NEB	15:33			
14 J Castro	Hill	14:27	29 A Russo	NEB	15:38			
15 G O'Brien	ESM	14:29	30 H Gilham	Herts P	15:47			

UNDER 17 MEN TEAM POSITIONS

1 Ealing, S M A.C.	147	5 Ealing, S M A.C. "B"	83	9 Herts Phoenix	11
2 Woodford Green & EL A.C.	117	6 Shaftesbury Barnet H	83	10 Thames Valley Harriers	9
3 Hillingdon A.C.	105	7 Enfield & Haringey A.C.	40	11 Victoria Park Harriers & To	5
4 Newham & Essex Beagles	96	8 London Heathside Runners A.C.	34		

UNDER 17 MEN LEAGUE POSITIONS

1 Ealing, S M A.C.	506	5 Hillingdon A.C.	320	9 Thames Valley Harriers	118
2 Newham & Essex Beagles	384	6 Woodford Green & EL A.C.	285	10 London Heathside Runners A.C.	99
3 Shaftesbury Barnet H	363	7 Herts Phoenix	146	11 Highgate Harriers	91
4 Ealing, S M A.C. "B"	340	8 Enfield & Haringey A.C.	131	12 Victoria Park Harriers & To	42

UNDER 13 BOYS

1 J Stacey	ESM	10:41	12 O Bass	TVH	11:46	23 D Ferrul	NEB	12:35
2 R Mann	Hill	10:42	13 D Mobbs	Guest	11:50	24 G Watmough	WG&EL	12:42
3 R Sparke	WG&EL	10:52	14 B Johnston	SB	11:51	25 S Rock	Guest	12:48
4 A Cornwell	WG&EL	10:56	15 P Warburton	Hill	11:54	26 J Tebbutt	SB	13:23
5 S Zajackowski	ESM	11:06	16 C Hepworth	ESM	11:58	27 K Ali	WG&EL	13:42
6 A Percival	ESM	11:13	17 J Edwards	Hill	12:07	28 G Guthrie	NEB	13:57
7 J Shelley	SB	11:14	18 L Goldberg	SB	12:09	29 A Mockaddem	TVH	14:13
8 M McDonouell	SB	11:23	19 B Redhead	ESM	12:11	30 J Ewins	ESM	14:42
9 J Luna	NEB	11:24	20 A Mobbs	Guest	12:17	31 J Cunningham	ESM	15:26
10 P Hannah	ESM	11:26	21 R Thompson	Hill	12:22	32 J Castro	Hill	16:44
11 M Speight	Hill	11:34	22 T Aleyander	WG&EL	12:34			

UNDER 13 BOYS TEAM POSITIONS

1 Ealing, S M A.C.	110	5 London Heathside Runners A.C.	41
2 Hillingdon A.C.	87	6 Newham & Essex Beagles	39
3 Shaftesbury Barnet H	85	7 Ealing, S M A.C. "B"	36
4 Woodford Green & EL A.C.	79	8 Thames Valley Harriers	25

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	330	5 Shaftesbury Barnet H	136	9 Thames Valley Harriers	31
2 Hillingdon A.C.	247	6 Newham & Essex Beagles	92	10 Herts Phoenix	4
3 Woodford Green & EL A.C.	191	7 London Heathside Runners A.C.	90		
4 Ealing, S M A.C. "B"	171	8 Enfield & Haringey A.C.	34		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 K Foy	NEB	11:14	13 C Galloway	WG&EL	12:56	25 E Henry	NEB	14:25
2 C Simm	Herts P	11:38	14 J O'Connell	ESM	12:57	26 B Mann	ESM	14:27
3 D Wildman	E&H	11:54	15 M Shaw	TVH	13:03	27 T O'Sullivan	ESM	14:29
4 R Charles	ESM	11:55	16 E Hellmans	NEB	13:05	28 C Mollett	TVH	14:33
5 V Dabhi	NEB	11:58	17 D Lea	ESM	13:15	29 D Obasuyi	NEB	14:47
6 A Wall	ESM	12:00	18 H Brill	ESM	13:16	30 H Horsfield	Hill	14:50
7 K Solder	WG&EL	12:20	19 A Ali	WG&EL	13:17	31 E Relph	WG&EL	15:27
8 M Reynolds	ESM	12:22	20 G Hardy	ESM	13:18	32 D Betitso	ESM	15:55
9 P Bailey	ESM	12:37	21 H French	ESM	13:20	33 A McGuigan	ESM	17:24
10 K Green	Hill	12:39	22 N Cresci	Hill	12:21	34 A Kelly	WG&EL	17:54
11 A Rai	ESM	12:45	23 S Frances	NEB	13:22			
12 L Rumble	NEB	12:52	24 C Wall	ESM	13:45			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	113	4 Woodford Green & EL A.C.	70	7 Enfield & Haringey A.C.	32
2 Newham & Essex Beagles	106	5 Hillingdon A.C.	43	8 Newham & Essex Beagles "B"	28
3 Ealing, S M A.C. "B"	80	6 Herts Phoenix	33	9 Thames Valley Harriers	27

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	343	4 Hillingdon A.C.	164	7 Herts Phoenix	83
2 Ealing, S M A.C. "B"	254	5 Woodford Green & EL A.C.	160	8 Newham & Essex Beagles "B"	79
3 Newham & Essex Beagles	217	6 Thames Valley Harriers	100	9 Enfield & Haringey A.C.	63

SENIOR WOMEN

1 A Wingler (V) High	13:47	38 P Livesey (V) St Alb	16:01	75 C Jones (V) ESM	17:58
2 B Yff Serp	14:01	39 L Wilson (V) ESM	16:04	76 J Conn Serp	17:59
3 N Cendrowicz High	14:11	40 A Stach-Kevitz NEB	16:12	77 M Placentic Morn	18:00
4 S Andreou (V) WG&EL	14:24	41 T Piato NEB	16:16	78 P Haines (V) NEB	18:14
5 S Heath (V) SB	14:29	42 N Bryman VPH&TH	16:17	79 T Snook Hill	18:14
6 A McCutcins (V) High	14:31	43 J Baxter Hill	16:20	80 K Ind (V) GCR	18:19
7 T Muir Herts P	14:35	44 P Kapur WG&EL	16:24	81 J Smith-Rasmussen Hill	18:22
8 J Cooper (V) GCR	14:36	45 S Hill St Alb	16:25	82 A Belchambers (V) Hill	18:23
9 B Anderson Lon H	14:41	46 I Ramsay SB	16:26	83 K Jones Hill	18:28
10 J King Lon H	14:43	47 J Turner High	16:27	84 C Heemskerck (V) Hill	18:30
11 F Kennedy (V) ESM	14:47	48 G Gaughan E&H	16:28	85 A Palin Serp	18:34
12 A Yorwerth (V) St Alb	14:47	49 B Pullan St Alb	16:29	86 L Keeler ESM	18:48
13 M Hutchinson Hill	14:51	50 S Makek Serp	16:30	87 S Brighton (V) Morn	18:53
14 C Aitken TVH	15:02	51 N Kaderbhoy SB	16:31	88 B Vogt (V) Serp	19:03
15 S Fitt (V) GCR	15:04	52 S Mendis VPH&TH	16:33	89 E Battson (V) VPH&TH	19:10
16 S Nichol High	15:04	53 P Thomas (V) ESM	16:37	90 L Richardson NEB	19:12
17 L Snow WG&EL	15:07	54 C Mooney St Alb	16:40	91 J Reid Met P	19:13
18 S McHugh Met P	15:09	55 K Wright High	16:47	92 C O'Connell ESM	19:30
19 L Hake Hill	15:10	56 J Weekes Hill	16:48	93 J Wells (V) St Alb	19:53
20 E Evans High	15:11	57 A McGuigan ESM	15:51	94 V Haines NEB	19:59
21 B Pritchett (V) WG&EL	15:14	58 Y Budd (V) Hill	16:53	95 C Beckley Met P	20:00
22 E O'Gunde High	15:22	59 G Morgan (V) ESM	16:55	96 D Johnstone (V) ESM	20:12
23 K Gundersen VPH&TH	15:24	60 C Pardoe (V) GCR	16:56	97 B O'Sullivan (V) ESM	21:54
24 K Nunn TVH	15:28	61 K Medlicott (V) GCR	16:59		
25 V Parry Lon H	15:29	62 P Sadler Serp	17:03		
26 J Evans ESM	15:30	63 T English ESM	17:05		
27 R Weston (V) Lon H	15:35	64 L Somaroo Met P	17:07		
28 C Dawson (V) High	15:39	65 F Holland (V) Lon H	17:08		
29 H Hoyle Guest	15:41	66 C Weekes Hill	17:10		
30 R Brown NEB	15:45	67 S Cord (V) WG&EL	17:17		
31 A Campbell St Alb	15:48	68 J Thomas (V) WG&EL	17:14		
32 L Cameron Met P	15:50	69 G Jubb St Alb	17:28		
33 S Millac (V) St Alb	15:51	70 D White ESM	17:41		
34 B Long High	15:51	71 E Urich (V) Serp	17:42		
35 N Anderson Lon H	15:53	72 L Manley Hill	17:44		
36 E Grant Hill	15:58	73 K Bond-Vaughan Met P	17:52		
37 J Wastell (V) Lon H	15:58	74 S Walsh Lon H	17:56		

VETERAN WOMEN

1 A Wingler (V) High	13:47
4 S Andreou (V) WG&EL	14:24
5 S Heath (V) SB	14:29

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers	520	8 Serpentine Running Club	242	15 Herts Phoenix	91
2 London Heathside Runners A.C	445	9 Metropolitan Police AA	215	16 Enfield & Haringey A.C.	50
3 St Albans Striders	380	10 Newham & Essex Beagles	215	17 Mornington Chasers	32
4 Woodford Green & EL A.C.	367	11 Shaftesbury Barnet H	192		
5 Hillingdon A.C.	363	12 Victoria Park Harriers & Tower	186		
6 Ealing, S M A.C.	343	13 Thames Valley Harriers	158		
7 Garden City Runners	266	14 Hillingdon A.C. "B"	125		

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	1578	8 Metropolitan Police AA	730	15 Victoria Park Harriers & Tow	276
2 London Heathside Runners A.C	1295	9 Newham & Essex Beagles	702	16 Mornington Chasers	169
3 Woodford Green & EL A.C.	1237	10 Shaftesbury Barnet H	678	17 Enfield & Haringey A.C.	147
4 Hillingdon A.C.	1145	11 Serpentine Running Club	598	18 Hayes and Harlington Road Ru	64
5 Garden City Runners	1029	12 Thames Valley Harriers	457	19 London Frontrunners	49
6 Ealing, S M A.C.	963	13 Hillingdon A.C. "B"	424		
7 St Albans Striders	933	14 Herts Phoenix	381		

VETERAN WOMEN TEAM POSITIONS

1 Garden City Runners	92	6 London Heathside Runners A.C.	64	11 Mornington Chasers	6
2 Highgate Harriers	92	7 Hillingdon A.C.	34	12 Victoria Park Harriers & Tow	4
3 Ealing, S M A.C.	89	8 Shaftesbury Barnet H	33		
4 Woodford Green & EL A.C.	88	9 Serpentine Running Club	17		
5 St Albans Striders	78	10 Newham & Essex Beagles	10		

VETERAN WOMEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	325	6 St Albans Striders	207	11 Serpentine Running Club	55
2 Garden City Runners	323	7 Hillingdon A.C.	156	12 Thames Valley Harriers	33
3 Highgate Harriers	312	8 Herts Phoenix	93	13 Victoria Park Harriers & Tow	13
4 Ealing, S M A.C.	214	9 Newham & Essex Beagles	82	14 Metropolitan Police AA	8
5 London Heathside Runners A.C	214	10 Shaftesbury Barnet H	70	15 Mornington Chasers	6

Notes version 1 of results

Further League information & statistics can be found at the Hillingdon AC website [www.hillingdonac.co.uk](http://www.hillingdonac.co.uk)