

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 31 JANUARY 2004 AT ST. ALBANS

SENIOR MEN

1 D Mitchinson	NEB	25:42	75 A Ross	(V) Herts P	31:11	149 T Beackon	VPH&TH	35:20
2 A Toward	Guest	25:59	76 P Stockings	(V) WG&EL	31:12	150 A Stevens	Herts P	35:23
3 K Murphy	WG&EL	26:17	77 G Dench	Serp	31:14	151 R Samuels	(V) SB	35:24
4 S Omar	ESM	26:25	78 S Clark	St Alb	31:17	152 A Stedman	(V) Herts P	35:26
5 S Murphy	SB	26:28	79 M Carlisle	E&H	31:19	153 E Bovington	(V) WG&EL	35:29
6 M Shone	WG&EL	26:29	80 R Green	Hill	31:21	154 V Wilson	(V) WG&EL	35:32
7 A Fooks	TVH	26:30	81 J Guiney	Lon I	31:25	155 J Murphy	WG&EL	35:34
8 T Bedford	SB	26:50	82 S Temple	WG&EL	31:27	156 A Bird	(V) WG&EL	35:36
9 M Jubb	St Alb	26:53	83 J Wallis	(V) WG&EL	31:30	157 R Grace	(V) TVH	35:59
10 C Smith	TVH	27:06	84 R Melvern	Herts P	31:38	158 D Edwards	(V) GCR	35:49
11 I Cunningham	ESM	27:18	85 A Dodd	ESM	31:42	159 A Edwards	NEB	35:51
12 M Burges	WG&EL	27:32	86 D Barrett	(V) WG&EL	31:45	160 J Lock	Serp	35:53
13 B Pavior	Serp	27:34	87 M Allen	GCR	31:46	161 K Townsend	Lon H	35:59
14 N Hall	Herts P	27:35	88 C Raymond	Herts P	31:47	162 J Waterfield	Met P	36:00
15 N Mitchell	(V) Lon H	27:37	89 D Buckeridge	(V) ESM	31:52	163 D Beasley	(V) Herts P	36:07
16 M Davies	WG&EL	27:41	90 M Green	GCR	31:53	164 C Ross	St Alb	36:08
17 A Holt	Herts P	27:45	91 A Robins	St Alb	31:55	165 M McGuinness	Morn	36:10
18 M Potter	Lon H	27:47	92 S Dokic	(V) Hill	31:59	166 J Steed	(V) Herts P	36:17
19 J Sear	(V) WG&EL	27:49	93 M Faughnan	(V) GCR	32:02	167 R Bloom	(V) Herts P	36:20
20 S Dixon	Lon H	27:51	94 R Sutton	ESM	32:18	168 J Balcombe	Met P	36:21
21 D Clark	TVH	28:03	95 A Baci	E&H	32:19	169 M Culshaw	Lon FR	36:30
22 A Owen	Lon H	28:12	96 R Jenkin	(V) Hill	32:20	170 M French	(V) Serp	36:46
23 I Campbell	(V) Met P	28:13	97 T Mitchell-Smith	VPH&TH	32:21	171 T Marlow	(V) Lon H	36:50
24 P Lemmon	(V) Lon H	28:15	98 N Bentham	High	32:22	172 M Gleeson	Morn	36:52
26 D Askie	ESM	28:19	99 G West	St Alb	32:29	173 M Heaney	GCR	36:54
26 S Pullan	St Alb	28:19	100 P Cunningham	(V) SB	32:30	174 R Head	(V) Herts P	36:58
27 P Cuddihy	Hill	28:21	101 S Claridge	(V) Hill	32:31	175 A Howard	Herts P	36:59
28 H Wyber	WG&EL	28:27	102 M Cairns	(V) VPH&TH	32:32	176 P York	(V) ESM	37:04
29 T Grant	Hill	28:31	103 M Fairbank	ESM	32:33	177 W Aylott	(V) GCR	37:05
30 J Flahive	Lon H	28:40	104 G Hall	St Alb	32:34	178 C Penn	(V) ESM	27:08
31 A Pamphilon	(V) WG&EL	28:44	105 M Head	Met P	32:38	179 G Walker	(V) VPH&TH	37:32
32 C Nicol	TVH	28:46	106 R Boudry	(V) Hill	32:39	180 D Hill	(V) St Alb	37:42
33 T Harran	(V) Met P	28:48	107 A Sammago	Morn	32:42	181 J Kelly	(V) SB	37:53
34 J Hine	Met P	28:49	108 D Walton	(V) Lon H	32:45	182 N Mann	(V) Hill	37:56
35 P Leppard	Hill	28:55	109 D Johnson	(V) GCR	32:47	183 S Ind	(V) GCR	38:03
36 C Braybrook	(V) St Alb	28:59	110 G Mackenzie	Met P	32:58	184 M Gilham	(V) Herts P	38:07
37 T Lashmar	VPH&TH	29:04	111 P Fitzpatrick	(V) Herts P	33:05	185 M Doughty	(V) E&H	38:15
38 G Irvine	TVH	29:07	112 R Weston	(V) Lon H	33:11	186 J Thorpe	WG&EL	38:25
39 S Livingstone	(V) GCR	29:12	113 P Kayley	St Alb	33:14	187 R Devitt	(V) SB	38:33
40 J Cullom	VPH&TH	29:20	114 I Bussell	TVH	33:20	188 B Feldman	(V) Hill	38:37
41 R Brown	ESM	29:22	115 P Stiles	(V) E&H	33:25	189 M Jamil	(V) Lon FR	38:54
42 W Gristwood	(V) ESM	29:24	116 S Doyle	(V) Herts P	33:33	190 T Hannah	(V) ESM	39:02
43 M Forrest	Lon FR	29:25	117 L Adams	Met P	33:35	191 M Reibschheid	St Alb	39:04
44 P Clark	WG&EL	29:26	118 N Stockman	High	33:40	192 H Khadra	ESM	39:11
45 J Cox	St Alb	29:28	119 R Hooley	(V) TVH	33:41	193 J Mercer	(V) E&H	39:19
46 A Crosby	GCR	29:30	120 D Randall	(V) ESM	33:43	194 A Cox	(V) Hill	39:26
47 C Bailey	(V) High	29:32	121 K Waterman	(V) Hill	33:50	195 C Jenkins	(V) NEB	39:32
48 N Morrison	(V) Herts P	29:33	122 A James	St Alb	33:51	196 B Hercock	(V) E&H	39:47
49 B Hutchinson	Hill	29:38	123 S Mann	(V) Herts P	33:52	197 S Maddison	(V) TVH	40:02
50 J Mahammed	NEB	29:39	124 G Bowles	(V) TVH	33:53	198 D Wardle	(V) Hill	40:05
51 A Rugg	(V) WG&EL	29:45	125 M Dixon	(V) Herts P	33:58	199 L Menken	Serp	40:22
52 B Powell	WG&EL	29:51	126 P Pearce	SB	34:00	200 J O'Keefe	(V) TVH	40:50
53 J Powell	WG&EL	29:51	127 C Maybin	Guest	34:10	201 S Froud	GCR	40:55
54 P Warburton	(V) Hill	29:53	128 P Russell	St Alb	34:11	202 P Welch	(V) Hill	41:02
55 P Crockford	(V) Lon H	29:57	129 R Nugent	St Alb	34:15	203 S Wake	(V) Herts P	41:46
56 M Lane	(V) Met P	30:01	130 A Pattison	(V) St Alb	34:16	204 S Patterson	(V) Hill	41:49
57 R Knox	Hill	30:05	131 M Wrottesles	(V) St Alb	34:18	205 M Miller	(V) Hill	42:06
58 E Bayne	Lon H	30:07	132 J Bignell	(V) Hill	34:21	206 A Keeler	(V) ESM	42:34
59 A Auld	St Alb	30:13	133 M Crawshaw	(V) St Alb	34:22	207 R Johnson	(V) Hill	43:35
60 L Benjamin	(V) TVH	30:15	134 N Skipper	(V) Lon H	34:25	208 L Steinpress	(V) Lon H	45:56
61 J Levison	Hill	30:23	135 R Powell	(V) SB	34:35	209 M Zboron	Lon FR	46:03
62 D Christian	E&H	30:27	136 J Falvey	(V) ESM	34:40	210 B Harding	(V) Hill	48:44
63 J Knight	Met P	30:30	137 J McCrath	(V) Met P	34:47	211 B Rowell	(V) WG&EL	52:11
64 D Newman	(V) Hill	30:32	138 R Derrick	(V) St Alb	34:48	212 H Wild	(V) Hill	52:14
65 N Rowe	(V) Met P	30:37	139 P Calthorp	(V) St Alb	34:49			
66 T Langley	ESM	30:39	140 J Clamp	TVH	34:51			
67 P Manson	WG&EL	30:45	141 B Tennant	Serp	34:53			
68 A Wasdell	St Alb	30:48	142 B Cook	(V) E&H	34:55			
69 S Plested	(V) ESM	30:49	143 J Myall	(V) Hill	35:02			
70 J Deane	High	30:50	144 A Gibb	St Alb	35:03			
71 T McCarthy	(V) WG&EL	30:56	145 B Gilby	(V) Lon H	35:06			
72 A Sweet	Lon H	31:00	146 M Yorwerth	St Alb	35:09			
73 P Wetton	TVH	31:02	147 T Allen	(V) GCR	35:13			
74 K Lehane	E&H	31:04	148 G Clarke	(V) St Alb	35:17			

VET MEN

1 N Mitchell	(V) Lon H	27:37
2 J Sear	(V) WG&EL	27:49
3 I Campbell	(V) Met P	28:13

SENIOR MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	2174	8 Herts Phoenix	1453	15 Serpentine Running Club	518
2 London Heathside Runners	1888	9 Garden City Runners	1053	16 Hillingdon A.C. "B"	474
3 Hillingdon A.C.	1811	10 Woodford Green & EL A.C. "B"	930	17 Newham & Essex Beagles	447
4 Ealing, S M A.C.	1806	11 Shaftesbury Barnet H	811	18 London Frontrunners	242
5 St Albans Striders	1706	12 Enfield & Haringey A.C.	776	19 Mornington Chasers	195
6 Thames Valley Harriers	1661	13 Victoria Park Harriers & Tow	674	20 London Irish A.C.	132
7 Metropolitan Police AA	1483	14 Highgate Harriers	519		

SENIOR MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	11454	8 Herts Phoenix	6776	15 Shaftesbury Barnet H	3151
2 London Heathside Runners	10993	9 Serpentine Running Club	6618	16 Newham & Essex Beagles	2825
3 Ealing, S M A.C.	10182	10 Victoria Park Harriers & Tow	6399	17 Mornington Chasers	2711
4 Thames Valley Harriers	9049	11 Woodford Green & EL A.C. "B"	5224	18 Hillingdon A.C. "B"	2659
5 Hillingdon A.C.	8955	12 Garden City Runners	5184	19 London Irish A.C.	2103
6 St Albans Striders	7860	13 Highgate Harriers	4610	20 London Frontrunners	537
7 Metropolitan Police AA	7087	14 Enfield & Haringey A.C.	3517		

VETERAN MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	540	7 St Albans Striders	371	13 Highgate Harriers	94
2 London Heathside Runners	487	8 Garden City Runners	357	14 Serpentine Running Club	34
3 Hillingdon A.C.	478	9 Thames Valley Harriers	277	15 London Frontrunners	19
4 Herts Phoenix	433	10 Shaftesbury Barnet H	220	16 Newham & Essex Beagles	15
5 Metropolitan Police AA	426	11 Enfield & Haringey A.C.	169		
6 Ealing, S M A.C.	407	12 Victoria Park Harriers & Tow	101		

VETERAN MEN'S LEAGUE TABLE

1 London Heathside Runners	2873	7 Metropolitan Police AA	1797	13 Serpentine Running Club	718
2 Woodford Green & EL A.C.	2810	8 St Albans Striders	1531	14 Victoria Park Harriers & Tow	511
3 Hillingdon A.C.	2416	9 Thames Valley Harriers	1285	15 London Irish A.C.	318
4 Ealing, S M A.C.	2284	10 Enfield & Haringey A.C.	1050	16 Mornington Chasers	311
5 Herts Phoenix	2174	11 Highgate Harriers	864	17 London Frontrunners	99
6 Garden City Runners	1802	12 Shaftesbury Barnet H	785	18 Newham & Essex Beagles	66

UNDER 17 MEN

1 D Grant	ESM	14:03	12 T Smith	Herts P	14:38	23 J Newman	WG&EL	15:59
2 T Phillips	WG&EL	14:05	13 J Marshall	Hill	14:47	24 A Dukre	NEB	16:11
3 J Drinkwater	Guest	14:07	14 C Ridgeon	Herts P	14:52	25 H Gilman	Herts P	16:31
4 A Holford	WG&EL	14:08	15 P Haimes	NEB	14:55	26 T Melhsh	ESM	16:33
5 H Jama	ESM	14:09	16 J Castro	Hill	15:01	27 J Louden	ESM	16:41
6 C Drinkwater	Guest	14:11	17 B Hussain	NEB	15:11	28 G Rudelhoff	WG&EL	16:45
7 D Thompson	Hill	14:17	18 C Berg	WG&EL	15:21	29 J Douse	WG&EL	16:46
8 S Spalding	ESM	14:18	19 A Hunt	ESM	15:24	30 W Thompson	SB	17:08
9 RiMead	NEB	14:20	20 P Williams	Hill	15:25	31 B Depala	SB	19:15
10 A Omer	ESM	14:21	21 L Gruszewski	TVH	15:28	32 L Lovelock-Jemmot	WG&EL	22:36
11 N Goolab	ESM	14:25	22 E Lemon	Hill	15:38			

UNDER 17 MEN TEAM POSITIONS

1 Ealing, S M A.C.	108	4 Newham & Essex Beagles	67	7 Thames Valley Harriers	12
2 Woodford Green & EL A.C.	85	5 Ealing, S M A.C. "B"	49	8 Shaftesbury Barnet H	5
3 Hillingdon A.C.	76	6 Herts Phoenix	48		

UNDER 17 MEN LEAGUE POSITIONS

1 Ealing, S M A.C.	756	5 Woodford Green & EL A.C.	460	9 Enfield & Haringey A.C.	155
2 Newham & Essex Beagles	542	6 Shaftesbury Barnet H	406	10 London Heathside Runners	99
3 Hillingdon A.C.	484	7 Herts Phoenix	228	11 Highgate Harriers	91
4 Ealing, S M A.C. "B"	475	8 Thames Valley Harriers	164	12 Victoria Park Harriers & Tow	42

UNDER 13 BOYS

1 J Stacey	ESM	11:21	12 D Mobbs	Lon H	12:37	23 A Shaw	ESM	13:45
2 R Sparke	WG&EL	11:33	13 T Hollis	WG&EL	12:40	24 J Newell	WG&EL	13:50
3 R Mann	Hill	11:34	14 C Hepworth	ESM	12:41	25 L Barker	SB	13:58
4 P Hannah	ESM	11:42	15 T Phillips	WG&EL	12:48	26 H Pearson	ESM	14:07
5 A Cornwell	WG&EL	11:46	16 B Redhead	ESM	12:52	27 O Blake	WG&EL	14:41
6 S Zajackowski	ESM	11:58	17 J Goodwin	WG&EL	12:53	28 C Moore	ESM	14:53
7 A Percival	ESM	12:01	18 R Thompson	Hill	12:55	29 G Guthrie	NEB	14:53
8 Z Randall	ESM	12:03	19 M Morblow	SB	12:59	30 J Kennedy	WG&EL	15:08
9 L Nicholas	ESM	12:10	20 A Mobbs	Lon H	13:00	31 B Everingham	WG&EL	15:15
10 M Speight	Hill	12:30	21 G Grenfell	WG&EL	13:31			
11 J Luna	NEB	12:36	22 E Okpokiri	NEB	13:33			

UNDER 13 BOYS TEAM POSITIONS

1 Ealing, S M A.C.	110	5 Newham & Essex Beagles	34
2 Woodford Green & EL A.C.	93	6 London Heathside Runners A.C.	32
3 Ealing, S M A.C. "B"	81	7 Shaftesbury Barnet H	20
4 Hillingdon A.C.	65		

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	534	5 Shaftesbury Barnet H	156	9 Enfield & Haringey A.C.	34
2 Hillingdon A.C.	382	6 London Heathside Runners A.C.	151	10 Herts Phoenix	4
3 Woodford Green & EL A.C.	361	7 Newham & Essex Beagles	128		
4 Ealing, S M A.C. "B"	300	8 Thames Valley Harriers	56		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 C Simm	Herts P	12:22	10 E Hellmans	NEB	12:26	19 G Coveney	ESM	13:44
2 A Wall	ESM	12:42	11 K Foy	NEB	13:27	20 P Bailey	ESM	13:45
3 M Reynolds	ESM	12:50	12 A Bourdillon	WG&EL	13:32	21 C Wall	ESM	13:54
4 V Dabhi	NEB	12:56	13 A Charles	NEB	13:35	22 T O'Sullivan	ESM	14:33
5 C McGuigan	ESM	13:01	14 H Matthews	Hill	13:36	23 N Cresci	Hill	14:35
6 J Wyre	WG&EL	13:03	15 A Rai	ESM	13:37	24 E Wyre	WG&EL	14:55
7 A Da Silva	TVH	13:05	16 L Wake	Herts P	13:38			
8 C Edwards	Hill	13:08	17 D Lea	ESM	13:42			
9 K Solder	WG&EL	13:21	18 L Rumble	NEB	13:43			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	75	4 Herts Phoenix	33	7 Thames Valley Harriers	18
2 Newham & Essex Beagles	62	5 Hillingdon A.C.	30	8 Newham & Essex Beagles "B"	7
3 Woodford Green & EL A.C.	49	6 Ealing, S M A.C. "B"	23		

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	497	4 Hillingdon A.C.	246	7 Herts Phoenix	116
2 Newham & Essex Beagles	332	5 Woodford Green & EL A.C.	233	8 Newham & Essex Beagles "B"	88
3 Ealing, S M A.C. "B"	326	6 Thames Valley Harriers	157	9 Enfield & Haringey A.C.	63

SENIOR WOMEN

1 S Abel	High	14:22	31 F Ford	Hill	16:31	61 C Heemskerk (V)	Hill	18:41
2 A Wingler (V)	High	14:28	32 K Balchin	Met P	16:34	62 J Brosnan (V)	TVH	18:47
3 N Cendrowicz	High	14:40	33 C Harris (V)	GCR	16:46	63 J Reid	Met P	19:03
4 J Sparke	WG&EL	14:55	34 A Seymour (V)	St Alb	16:49	64 V Doyle (V)	Hill	19:24
5 K Jenrick (V)	High	15:03	35 S Hill	St Alb	16:53	65 C Mitchell (V)	ESM	19:27
6 C Walsh	SB	15:06	36 R Weston (V)	Lon H	16:59	66 M Placentic	Morn	19:35
7 M Livingstone	GCR	15:08	37 L Wallis (V)	St Alb	17:01	67 A Belchambers (V)	Hill	19:36
8 J King	Lon H	15:10	38 J Baxter	Hill	17:04	68 P Haines (V)	NEB	19:45
9 S Simmons	Met P	15:11	39 C Penfold	Hill	17:05	69 M Fitzgerald (V)	TVH	19:51
10 E Evans	High	15:16	40 B Pullan	St Alb	17:08	70 A Cowley (V)	Herts P	20:30
11 C Bollard	High	15:24	41 Y Budd (V)	Hill	17:10	71 R Bough	Serp	20:32
12 M Hutchinson	Hill	15:34	42 C Pardoe (V)	GCR	17:13	72 S Chapman (V)	High	20:45
13 S Fitt (V)	GCR	15:37	43 G Jubb	St Alb	17:16	73 S Gandee (V)	Herts P	20:52
14 S Fensome	SB	15:39	44 E Hill	St Alb	17:18	74 S Elliot	Met P	21:32
15 V Parry	Lon H	15:41	45 J Evans	ESM	17:23	75 K Bond-Vaughan	Met P	23:09
16 A Yorwerth (V)	St Alb	15:43	46 P Kapur	WG&EL	17:25			
17 C Aitken	TVH	15:46	47 G Morgan (V)	ESM	17:34			
18 S McHugh	Met P	15:47	48 C Mooney	St Alb	17:45			
19 R Brown	NEB	15:55	49 K Spark	WG&EL	17:46			
20 A Ridley (V)	SB	15:55	50 I Ramsay	SB	17:47			
21 B Pritchett (V)	WG&EL	15:58	51 J Weekes	Hill	17:56			
22 J Wastell (V)	Lon H	16:03	52 F Holland (V)	Lon H	17:56			
23 K Gundersen	VPH&TH	16:05	53 S Cord (V)	WG&EL	18:05			
24 B Long	High	16:09	54 A Wardle (V)	WG&EL	18:08			
25 L Somaroo	Met P	16:10	55 J Allen (V)	GCR	18:09			
26 E Grant	Hill	16:13	56 G Ripper	St Alb	18:10			
27 S Johnson	Met P	16:17	57 J Gristwood (V)	ESM	18:24			
28 E O'Gunde	High	16:20	58 J Ward	ESM	18:29			
29 M Powell	WG&EL	16:24	59 K Ind (V)	GCR	18:34			
30 L Cameron	Met P	16:25	60 L Keeler	ESM	18:40			

VETERAN WOMEN

1 A Wingler (V)	High	14:28
2 K Jenrick (V)	High	15:03
3 S Fitt (V)	GCR	15:37

SENIOR WOMEN TEAM POSITIONS

1 Highgate Harriers	424	8 Shaftesbury Barnet H	214	15 Herts Phoenix	9
2 Metropolitan Police AA	315	9 Ealing, S M A.C.	124	16 Serpentine Running Club	5
3 Hillingdon A.C.	269	10 Thames Valley Harriers	80		
4 Woodford Green & EL A.C.	254	11 Newham & Essex Beagles	65		
5 St Albans Striders	251	12 Hillingdon A.C. "B"	61		
6 Garden City Runners	247	13 Victoria Park Harriers & Tov	53		
7 London Heathside Runners	247	14 Mornington Chasers	10		

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	2514	8 Ealing, S M A.C.	1350	15 Victoria Park Harriers & T	342
2 London Heathside Runners	1959	9 Shaftesbury Barnet H	1008	16 Enfield & Haringey A.C.	278
3 Woodford Green & EL A.C.	1805	10 Newham & Essex Beagles	910	17 Mornington Chasers	179
4 Hillingdon A.C.	1750	11 Serpentine Running Club	872	18 Hayes & Harlington Road R	64
5 Garden City Runners	1613	12 Thames Valley Harriers	671	19 London Frontrunners	49
6 St Albans Striders	1508	13 Hillingdon A.C. "B"	618		
7 Metropolitan Police AA	1450	14 Herts Phoenix	436		

VETERAN WOMEN TEAM POSITIONS

1 Garden City Runners	82	5 Woodford Green & EL A.C.	54	9 Thames Valley Harriers	13
2 St Albans Striders	69	6 Hillingdon A.C.	43	10 Newham & Essex Beagles	5
3 Highgate Harriers	61	7 Ealing, S M A.C.	36	11 Herts Phoenix	4
4 London Heathside Runners	61	8 Shaftesbury Barnet H	26		

VETERAN WOMEN LEAGUE POSITIONS

1 Garden City Runners	500	6 St Albans Striders	323	11 Serpentine Running Club	65
2 Highgate Harriers	470	7 Hillingdon A.C.	250	12 Thames Valley Harriers	63
3 Woodford Green & EL A.C.	460	8 Newham & Essex Beagles	118	13 Victoria Park Harriers & T	21
4 Ealing, S M A.C.	345	9 Herts Phoenix	103	14 Metropolitan Police AA	8
5 London Heathside Runners	326	10 Shaftesbury Barnet H	96	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