

LONDON CITY RUNNER METROPOLITAN LEAGUE - SATURDAY 8th JANUARY 2005 AT ST. ALBANS

SENIOR MEN

1 C Smith	TVH	25:21	88 R Melvern	(V) Herts P	30:27	175 J Tilsley	(V) Serp	33:54
2 D Wardle	Lon I	25:40	89 W Wootton	(V) WG&EL	30:28	176 T Hamilton	(V) Hill	33:54
3 S Omar	ESM	26:10	90 R Melik	Serp	30:29	177 S Bowen	GCR	33:56
4 J Sumpter	TVH	26:32	91 A Wasdell	St Alb	30:29	178 L Bruce	VPH&TH	33:59
5 R Gamble	B&D	26:39	92 D Buckridge	(V) ESM	30:31	179 K Townsend	Lon H	34:02
6 S Whelan	(V) Lon FR	26:47	93 A Robins	St Alb	30:38	180 A Maher	St Alb	34:02
7 K Murphy	WG&EL	26:53	94 M Green	GCR	30:42	181 R Powell	(V) SB	34:10
8 L Bowron	ESM	26:57	95 R Jenkin	(V) Hill	30:43	182 P Williams	(V) Herts P	34:12
9 M Flannelly	(V) WG&EL	27:00	96 K Darcy	Serp	30:45	183 A Emberson	(V) TVH	34:14
10 P Cuddihy	Hill	27:03	97 S Dokic	(V) Hill	30:47	184 N Birch	Met P	34:15
11 I Campbell	(V) Met P	27:08	98 S Whiting	Lon FR	30:47	185 A NoName	Guest	34:17
12 A Slack	Herts P	27:16	99 S Hirons	(V) Hill	30:48	186 M Heaney	GCR	34:20
13 I Cunningham	ESM	27:23	100 G Kennedy	Lon FR	30:49	187 J Blane	E&H	34:23
14 S Dixon	Lon H	27:30	101 R Cassey	GCR	30:50	188 R Chaudhary	Morn	34:27
15 H Jama	ESM	27:31	102 K Kemp	(V) Lon H	30:53	189 B Cook	(V) E&H	34:28
16 S Livingstone	(V) GCR	27:32	103 G Dunn	Met P	30:55	190 R Foskett	(V) Herts P	34:31
17 M Potter	Lon H	27:32	104 S Clark	St Alb	30:59	191 C Lee	(V) ESM	34:34
18 M Collins	SB	27:49	105 D Shortridge	VPH&TH	30:59	192 R Weston	(V) Lon H	34:44
19 P Flewitt	ESM	27:50	106 K Waterman	(V) Hill	31:07	193 M McColgan	(V) HRC	34:49
20 P Lemmon	(V) Lon H	27:51	107 C Tilbrook	St Alb	31:10	194 I Maudesley	Met P	34:49
21 M Jubb	St Alb	27:52	108 F Markey	Serp	31:13	195 I Hodges	(V) Serp	34:56
22 L Crispin	NEB	27:53	109 M Ishmail	ESM	31:16	196 M Garvin	Serp	34:57
23 R Holland	(V) WG&EL	27:53	110 M Tarpey	Herts P	31:17	197 A Bird	(V) WG&EL	35:02
24 A Holt	(V) GCR	27:55	111 S Claridge	(V) Hill	31:18	198 L Olsen	(V) Serp	35:02
25 M DaSilva	TVH	27:57	112 S Weston	St Alb	31:19	199 J Kirby	VPH&TH	35:02
26 J Mohamed	NEB	27:58	113 B Curry	Lon H	31:22	200 A Schabel	Lon FR	35:04
27 A Simons	SB	37:27	114 R Nugent	St Alb	31:22	201 J O'Dowd	(V) Hill	35:09
28 W Gristwood	(V) ESM	28:02	115 N Stockman	High	31:24	202 M McGuinness	Morn	35:12
29 P Major	WG&EL	28:04	116 R Poulter	Hill	31:25	203 G French	(V) ESM	35:23
30 A Pamphilon	(V) WG&EL	28:06	117 N Davis	GCR	31:26	204 A Rowlands	St Alb	35:30
31 K Turner	(V) B&D	28:09	118 M Crawshaw	(V) St Alb	31:32	205 R Devitt	(V) SB	35:33
32 N Mitchell	(V) Lon H	28:16	119 M Cairns	(V) VPH&TH	31:34	206 P Calthorp	(V) St Alb	35:36
33 B Powell	WG&EL	28:18	120 N O'Connor	Serp	31:34	207 J Avery	(V) Herts P	35:39
34 M Hamer	St Alb	28:20	121 M Wilson	(V) TVH	31:36	208 R Bloom	(V) Herts P	35:44
35 J Flahive	Lon H	28:22	122 J Shipley	Hill	31:37	209 D Simpson	(V) Serp	35:49
36 G Jones	TVH	28:22	123 B Broyd	Herts P	31:38	210 P Sawko	GCR	35:56
37 M Forrest	(V) Lon FR	28:27	124 S Jones	ESM	31:39	211 D Barker	(V) SB	35:59
38 D Cox	(V) WG&EL	28:28	125 R Ricketts	(V) HRC	31:40	212 A White	Lon FR	35:59
39 T Lashmar	VPH&TH	28:29	126 L Adams	Met P	31:41	213 M Murphy	WG&EL	36:09
40 H Wyber	WG&EL	28:31	127 B Cobb	(V) Serp	31:42	214 S Mann	(V) Herts P	36:16
41 A Welshman	Lon H	28:34	128 I Birch	(V) ESM	31:48	215 M Doughty	(V) E&H	36:30
42 S Buckle	St Alb	28:34	129 R Maciver	Serp	31:51	216 J Steed	(V) Herts P	36:38
43 D Grant	ESM	28:39	130 A Smith	WG&EL	31:52	217 G Pugh	(V) HRC	36:42
44 N Morrison	(V) Herts P	28:49	131 J Husbands	(V) TVH	31:55	218 J Luscombe	Hill	36:42
45 P Wetton	TVH	28:51	132 C Old	Serp	32:02	219 A Welsh	(V) B&D	36:46
46 C Bailey	(V) High	28:51	133 J Chestney	(V) GCR	32:04	220 D Beasley	(V) Herts P	36:46
47 B Judge	GCR	28:54	134 D Digweed	St Alb	32:06	221 R Neil	Met P	36:50
48 C Braybrook	(V) St Alb	28:56	135 R Young	E&H	32:07	222 D Hrre	St Alb	36:52
49 M Lane	(V) Met P	28:57	136 S McKenzie	(V) HRC	32:08	223 M Gilham	(V) Herts P	37:00
50 C Michael	(V) B&D	28:59	137 D Randall	(V) ESM	32:14	224 R Grace	(V) TVH	37:08
51 R Brown	ESM	29:01	138 D Smith	(V) Hill	32:16	225 P Miller	(V) SB	37:11
52 D Newman	(V) Hill	29:01	139 R Hooley	(V) TVH	32:16	226 J Pronting	(V) GCR	37:18
53 NeNo	A Guest	29:04	140 J Waterfield	Met P	32:24	227 S Maddison	(V) TVH	37:27
54 K Walden	SB	29:07	141 G French	(V) E&H	32:26	228 T Hannah	(V) ESM	37:28
55 P Greaves	(V) Herts P	29:07	142 P Doyle	Lon FR	32:30	229 D Hill	(V) St Alb	37:34
56 P Warburton	(V) Hill	29:08	143 J Lock	Serp	32:33	230 M Reibschaid	St Alb	38:02
57 P Wooddisse	TVH	29:10	144 D Johnson	(V) GCR	32:36	231 A Jordan	St Alb	38:07
58 J Scott	St Alb	29:16	145 J Clamp	TVH	32:42	232 J Owen	(V) B&D	38:08
59 A Dodd	ESM	29:19	146 P Cunningham	(V) SB	40:20	233 R Gray	Serp	38:10
60 S Bocucands	St Alb	29:21	147 A Dickson	Lon H	32:49	234 R Fowler	VPH&TH	38:23
61 C Ayres	Hill	29:22	148 S Doyle	(V) Herts P	32:50	235 M Jack	St Alb	38:25
62 A Miles	(V) Hill	29:23	149 M Hinsley	(V) Lon H	32:52	236 S Lichtenthaler	Morn	38:30
63 N Rowe	(V) Met P	29:25	150 A Sweet	Lon H	32:55	237 W Aylott	(V) GCR	38:44
64 B Hutchinson	Hill	29:26	151 G Bagnall	VPH&TH	32:55	238 T Bunbury	(V) VPH&TH	38:46
65 A Reeves	Serp	29:27	152 R Nash	(V) Hill	32:59	239 M McDonough	Lon FR	38:46
66 M Allen	GCR	29:30	153 C Hellmers	NEB	33:00	240 B Thomas	(V) Hill	38:55
67 A Coleman	(V) WG&EL	29:32	154 K Lineham	(V) High	33:01	241 V Wilson	(V) WG&EL	39:17
68 J Roger	High	29:35	155 D Phelan	VPH&TH	33:02	242 B Feldman	(V) Hill	39:19
69 A Auld	St Alb	29:37	156 M Pollard	Serp	33:03	243 S Kester	Met P	39:39
70 G Dench	Serp	29:41	157 C Maydin	WG&EL	33:07	244 J Jarvis	(V) Serp	39:48
71 T Mitchell-Smith	VPH&TH	29:47	158 A Chou	Serp	33:09	245 O Suarez	(V) ESM	39:56
72 E Phillips	Serp	29:48	159 A Stedman	(V) Herts P	33:09	246 C Jenkins	(V) NEB	40:20
73 K O'Donovan	Lon H	29:52	160 R Prathalingham	Morn	33:16	247 D Hyams	St Alb	40:51
74 I Druce	Serp	29:56	161 B Birmingham	(V) Lon H	33:19	248 A Cathcart	(V) VPH&TH	41:01
75 M Bateman	Hill	29:58	162 J Field	Met P	33:21	249 J Fogarty	(V) GCR	41:34
76 M Parker	(V) B&D	29:59	163 J Bignell	(V) Hill	33:22	250 J Muhayman	(V) Lon FR	41:38
77 K Dean	St Alb	30:00	164 R Stack	Lon FR	33:24	251 P Oppe	(V) TVH	42:02
78 I Lawson	GCR	30:01	165 A Donnelly	E&H	33:25	252 M Zboron	(V) Lon FR	42:11
79 A Baci	E&H	30:03	166 T Clements	St Alb	33:30	253 S Patterson	(V) Hill	42:17
80 A Wragg	WG&EL	30:04	167 P York	(V) ESM	33:35	254 M Caddy	(V) St Alb	43:20
81 M Faughnan	(V) GCR	30:09	168 D Edwards	(V) GCR	33:36	255 R Johnson	(V) Hill	45:10
82 G West	St Alb	30:11	169 J Falvey	(V) ESM	33:36	256 K Goss	(V) Hill	47:01
83 C Lescott	Serp	30:14	170 R Derrick	(V) St Alb	33:40			
84 S Plested	(V) ESM	30:16	171 P Fitzpatrick	(V) Herts P	33:45			
85 A Davies	Serp	30:17	172 J Courtney	Met P	33:49			
86 B Viran	St Alb	30:19	173 C Ross	St Alb	33:51			
87 L Campbell	Herts P	30:22	174 D Martin	(V) Hill	33:52			

VET MEN

1 S Whelan	(V) Lon FR	26:47
2 M Flannelly	(V) WG&EL	27:00
3 I Campbell	(V) Met P	27:08

SENIOR MEN'S TEAM POSITIONS

1 Ealing, S M A.C.	2560	9 Herts Phoenix	1715	17 Enfield & Haringey A.C.	688
2 Woodford Green & EL A.C.	2509	10 Metropolitan Police AA	1416	18 Highgate Harriers	645
3 St Albans Striders	2323	11 London Frontrunners	1127	19 Newham & Essex Beagles	581
4 Hillingdon A.C.	2196	12 Victoria PH & Tower H	1090	20 Harlow Running Club	357
5 London Heathside Runners A.C.	2191	13 Shaftesbury Barnet H	989	21 London Irish A.C.	255
6 Garden City Runners	2015	14 Barnet & District AC	929	22 Mornington Chasers	242
7 Thames Valley Harriers	1973	15 Hillingdon A.C. "B"	889		
8 Serpentine Running Club	1965	16 Serpentine Running Club "B"	788		

SENIOR MEN'S LEAGUE TABLE

1 London Heathside Runners A.C.	10065	9 Garden City Runners	6333	17 Barnet & District AC	3397
2 Woodford Green & EL A.C.	9933	10 Victoria PH & Tower H	6332	18 Enfield & Haringey A.C.	3267
3 Ealing, S M A.C.	9747	11 Metropolitan Police AA	5341	19 Newham & Essex Beagles	2918
4 Hillingdon A.C.	9236	12 Shaftesbury Barnet H	4629	20 Harlow Running Club	1734
5 Serpentine Running Club	8712	13 Hillingdon A.C. "B"	4221	21 Mornington Chasers	1286
6 St Albans Striders	7767	14 Highgate Harriers	4053	22 London Irish A.C.	858
7 Herts Phoenix	6976	15 London Frontrunners	3790	23 Hayes and Harlington RR	154
8 Thames Valley Harriers	6725	16 Serpentine Running Club "B"	3496		

VETERAN MEN'S TEAM POSITIONS

1 Woodford Green & EL A.C.	619	8 Thames Valley Harriers	314	15 Highgate Harriers	164
2 Hillingdon A.C.	544	9 Metropolitan Police AA	308	16 Enfield & Haringey A.C.	145
3 Garden City Runners	511	10 St Albans Striders	294	17 Victoria PH & Tower H	104
4 Ealing, S M A.C.	490	11 Serpentine Running Club	255	18 Newham & Essex Beagles	10
5 Herts Phoenix	469	12 London Frontrunners	233		
6 London Heathside Runners A.C.	469	13 Harlow Running Club	220		
7 Barnet & District AC	343	14 Shaftesbury Barnet H	208		

VETERAN MEN'S LEAGUE TABLE

1 Woodford Green & EL A.C.	2442	8 Barnet & District AC	1160	15 Harlow Running Club	644
2 London Heathside Runners A.C.	2363	9 Serpentine Running Club	1072	16 Victoria PH & Tower H	559
3 Hillingdon A.C.	2344	10 St Albans Striders	1066	17 London Frontrunners	486
4 Ealing, S M A.C.	1996	11 Shaftesbury Barnet H	907	18 London Irish A.C.	96
5 Herts Phoenix	1899	12 Enfield & Haringey A.C.	906	19 Hayes and Harlington RR	87
6 Garden City Runners	1725	13 Thames Valley Harriers	748	20 Newham & Essex Beagles	48
7 Metropolitan Police AA	1359	14 Highgate Harriers	727	21 Mornington Chasers	12

UNDER 17 MEN

1 A Osman	ESM	13:32	19 R Sparke	WG&EL	15:04	37 C Jacobs	NEB	18:34
2 A Holford	WG&EL	13:32	20 O Mansour	WG&EL	15:05	38 J Russo	NEB	18:38
3 T Phillips	WG&EL	13:45	21 H Gilham	Herts P	15:05	39 B Redhead	ESM	18:49
4 B Reynolds	Herts P	13:53	22 A Duque	NEB	15:05	40 A Mobbs	Lon H	19:11
5 E Semreab	Lon H	13:54	23 P Townsend	Herts P	15:07	41 L Lovelock-Jemmott	WG&EL	20:37
6 J Downing	ESM	14:07	24 Z Benzerrovye	TVH	15:11	42 C Clarke	NEB	22:38
7 N Goolab	ESM	14:13	25 D Menigistu	ESM	15:15	43 B Shoderu	NEB	23:00
8 A Murray	WG&EL	14:19	26 P Hannah	ESM	15:17			
9 S Spalding	ESM	14:24	27 C Vidgen	SB	15:30			
10 J McCaig	SB	14:28	28 R Ward	WG&EL	15:33			
11 D Thompson	Hill	14:34	29 R El-Maroufi	TVH	15:43			
12 C Berg	WG&EL	14:42	30 L Gruszewski	TVH	15:45			
13 J Castro	Hill	14:44	31 M Abbam	WG&EL	16:35			
14 B McCullon	ESM	14:47	32 R Thompson	Hill	16:38			
15 L Nicholas	ESM	14:50	33 J Stacey	ESM	16:41			
16 R Tarpey	Herts P	15:01	34 J Douse	WG&EL	17:12			
17 E Saul	TVH	15:02	35 C Hepworth	ESM	18:32			
18 M Sullivan	SB	15:04	36 G Guthrie	NEB	18:33			

UNDER 17 MEN TEAM POSITIONS

1 Ealing, S M A.C.	153	5 Woodford Green & EL A.C. "B"	78	9 London Heathside Runners A.C.	43
2 Woodford Green & EL A.C.	151	6 Shaftesbury Barnet H	77	10 Newham & Essex Beagles	43
3 Herts Phoenix	112	7 Hillingdon A.C.	76		
4 Ealing, S M A.C. "B"	96	8 Thames Valley Harriers	76		

UNDER 17 MEN LEAGUE POSITIONS

1 Woodford Green & EL A.C.	708	6 Woodford Green & EL A.C. "B"	406	11 Thames Valley Harriers	185
2 Ealing, S M A.C.	670	7 Shaftesbury Barnet H	360	12 Barnet & District AC	33
3 Herts Phoenix	469	8 Highgate Harriers	316	13 Hayes and Harlington R R	7
4 Ealing, S M A.C. "B"	454	9 Newham & Essex Beagles	282		
5 Hillingdon A.C.	433	10 London Heathside Runners A.C.	188		

UNDER 13 BOYS

1 T Gough	Herts P	11:39	15 N Wake	Herts P	13:08	29 T O'Dowd	Hill	14:41
2 A Cornwell	WG&EL	11:45	16 K Ali	WG&EL	13:11	30 H Holden	ESM	14:48
3 Z Geraci	ESM	12:05	17 M Speight	Hill	13:17	31 A Riste	NEB	15:28
4 P Warburton	Hill	12:16	18 J Goodwin	WG&EL	13:18	32 C Lunson	Hill	15:32
5 B Phillips	WG&EL	12:30	19 C Moore	ESM	13:29	33 S Kingett	NEB	15:43
6 T O'Regan	ESM	12:34	20 M Cousins	NEB	13:44	34 M Kullmann	TVH	16:03
7 J Earnshan	Herts P	12:35	21 D McGuigan	ESM	13:47	35 A Ali	WG&EL	16:04
8 J McCormick	SB	12:39	22 A Ramsden	NEB	13:52	36 J Ewins	ESM	16:24
9 J Harris	SB	12:48	23 S Park	ESM	14:09	37 R Churcher	ESM	16:49
10 J Stainer	SB	12:50	24 Y Mousli	TVH	14:13			
11 S Zajackowski	ESM	12:51	25 J Welsh	SB	14:19			
12 A Veitch	Herts P	12:53	26 J Castro	Hill	14:19			
13 D Wilson	Herts P	12:59	27 N Grace	TVH	14:29			
14 L Barker	SB	13:00	28 M Mitchell	NEB	14:38			

UNDER 13 BOYS TEAM POSITIONS

1 Herts Phoenix	119	5 Hillingdon A.C.	76
2 Ealing, S M A.C.	113	6 Newham & Essex Beagles	51
3 Shaftesbury Barnet H	111	7 Ealing, S M A.C. "B"	42
4 Woodford Green & EL A.C.	111	8 Thames Valley Harriers	29

UNDER 13 BOYS LEAGUE TABLE

1 Ealing, S M A.C.	481	5 Herts Phoenix	277	9 Barnet & District AC	42
2 Shaftesbury Barnet H	460	6 Ealing, S M A.C. "B"	233	10 London Heathside Runners A.C.	11
3 Woodford Green & EL A.C.	456	7 Thames Valley Harriers	159	11 Serpentine Running Club	3
4 Hillingdon A.C.	373	8 Newham & Essex Beagles	87		

UNDER 15 GIRLS + UNDER 13 GIRLS

1 L Yates	SB	11:50	20 C Davies	Herts P	13:40	39 R Charles	ESM	14:42
2 M Reynolds	ESM	12:22	21 A Ria	ESM	13:41	40 H Denham	ESM	14:43
3 H Brown	E&H	12:22	22 C Stock	ESM	13:46	41 S Pym	Herts P	14:45
4 G Bell	ESM	12:33	23 L Wake	Herts P	13:47	42 J Donna	NEB	14:45
5 A Wall	ESM	12:52	24 H Brill	ESM	13:50	43 J O'Connell	ESM	14:47
6 L Whitehead	Herts P	13:02	25 H Matthews	Hill	13:51	44 K Dobbin	ESM	15:11
7 V Dabhi	NEB	13:03	26 A Bourdillon	WG&EL	13:53	45 T O'Sullivan	ESM	15:11
8 N Dabhi	NEB	13:09	27 E Prati	SB	13:55	46 K Ramsden	NEB	15:15
9 C Galloway	WG&EL	13:17	28 E Meakins	Herts P	13:59	47 J Bazzoni	SB	15:28
10 A Charles	NEB	13:18	29 S Proffitt	SB	14:09	48 T Holmes	SB	15:33
11 E Davis	ESM	13:23	30 K Chapman	TVH	14:15	49 G Zotag	ESM	15:33
12 E Layton	SB	13:24	31 A Ali	WG&EL	14:16	50 N Zajackowski	ESM	15:33
13 L Proffitt	SB	13:25	32 J Johnson	SB	14:17	51 L Key	SB	15:36
14 C Bazzoni	SB	13:28	33 A Holford	WG&EL	14:20	52 C Graham	ESM	15:47
15 E Hellmans	NEB	13:29	34 G Coventry	ESM	14:25	53 N Kumar	SB	15:58
16 H French	ESM	13:30	35 D Lea	ESM	14:30	54 A Fryer	SB	16:19
17 C Blane-Hernandez	E&H	13:30	36 M Polke	ESM	14:32	55 J Whittaker	ESM	16:25
18 J Wyre	WG&EL	13:34	37 M Shaw	TVH	14:35	56 E MacKenzie	Hill	16:53
19 G Murray	WG&EL	13:37	38 A NoName	Guest	14:37			

UNDER 15 GIRLS + UNDER 13 GIRLS TEAM POSITIONS

1 Ealing, S M A.C.	206	4 Woodford Green & EL A.C.	156	7 Enfield & Haringey A.C.	94
2 Newham & Essex Beagles	188	5 Herts Phoenix	151	8 Thames Valley Harriers	47
3 Shaftesbury Barnet H	188	6 Ealing, S M A.C. "B"	145	9 Hillingdon A.C.	33

UNDER 15 GIRLS + UNDER 13 GIRLS LEAGUE TABLE

1 Ealing, S M A.C.	679	4 Ealing, S M A.C. "B"	506	7 Enfield & Haringey A.C.	207
2 Newham & Essex Beagles	616	5 Herts Phoenix	465	8 Shaftesbury Barnet H	188
3 Woodford Green & EL A.C.	527	6 Thames Valley Harriers	230	9 Hillingdon A.C.	164

SENIOR WOMEN

1 B Anderson	Lon H	14:31	37 L Goldsmith	SB	16:52	73 J Pomhrey	(V) St Alb	18:56
2 A Wingler	(V) High	14:37	38 Z Lundy	ESM	16:52	74 S McCarthy	(V) WG&EL	18:56
3 S Young	High	14:53	39 C Dawson	(V) High	16:55	75 A NoName	Guest	19:03
4 K Morser	WG&EL	14:59	40 N Anderson	Lon H	16:57	76 S Hill	St Alb	19:06
5 S Miles	Hill	15:05	41 A Stach-Kevitz	NEB	16:58	77 L Bott	Serp	19:09
6 K Philp	GCR	15:15	42 K Solder	WG&EL	17:00	78 R Bough	Serp	19:11
7 S McHugh	Met P	15:20	43 C Weekes	Hill	17:06	79 R Staff	Lon H	19:12
8 M Livingstone	(V) GCR	15:22	44 G Morgan	(V) ESM	17:08	80 E Tworney	St Alb	19:15
9 J Kent	(V) B&D	15:25	45 J Spiller	Serp	17:16	81 A Wardle	(V) WG&EL	19:17
10 M Hutchinson	Hill	15:29	46 Y Jones	(V) Herts P	17:20	82 C Heemskerck	(V) Hill	19:21
11 L Waterlow	St Alb	15:31	47 J Turner	High	17:28	83 R Powell	(V) Serp	19:22
12 V Darry	(V) Lon H	15:40	48 L BruceBurgess	B&D	17:29	84 L Padmanabhan	Serp	19:31
13 A Critchlow	Lon H	15:46	49 A Seymour	(V) St Alb	17:32	85 J Allan	(V) Serp	19:31
14 F Kennedy	(V) ESM	15:46	50 C McGuigan	ESM	17:33	86 L Blevings	B&D	19:32
15 K Woods	B&D	15:59	51 S Chapman	(V) WG&EL	17:36	87 L Selby	(V) HRC	19:33
16 B Pritchett	(V) WG&EL	16:02	52 L Somaroo	Met P	17:39	88 A How	Morn	19:34
17 N Cendrowicz	High	16:04	53 G Ripper	St Alb	17:42	89 J Harris	(V) Serp	19:44
18 E Grant	Hill	16:05	54 C Perry	B&D	17:46	90 J Gristwood	(V) ESM	19:53
19 L Bowles	E&H	16:05	55 R Miller	(V) Lon H	17:50	91 C Simpkins	B&D	19:55
20 A Possee	WG&EL	16:06	56 W Johnson	(V) GCR	17:51	92 J Reid	(V) Met P	20:01
21 K Wilson	SB	16:10	57 L Bentham	St Alb	17:58	93 J Ward	ESM	20:13
22 S Fitt	(V) GCR	16:17	58 N Labiner	(V) Serp	18:03	94 A Cowley	(V) Herts P	20:26
23 J Wastell	(V) Lon H	16:20	59 C Pardoe	(V) GCR	18:05	95 A Birch	ESM	20:28
24 K Bradley	(V) B&D	16:21	60 K Green	Hill	18:05	96 L Blaber	Met P	20:43
25 L Cameron	Met P	16:21	61 A Palin	Serp	18:24	97 L Fishwick	St Alb	20:53
26 Z Wray	B&D	16:24	62 J Thomas	(V) WG&EL	18:26	98 E McLoughlin	(V) St Alb	21:03
27 B Weekes	Hill	16:28	63 A DaSilva	TVH	18:28	99 C McNeill	Serp	21:20
28 D Kennedy	WG&EL	16:31	64 J Allen	(V) GCR	18:28	100 S Pacey	Met P	21:25
29 J Carritt	High	16:35	65 K Henderson	B&D	18:30	101 J Wells	(V) St Alb	21:34
30 C Harris	(V) GCR	16:37	66 D Finn	St Alb	18:30	102 N Labib	(V) Serp	22:23
31 T Allen	St Alb	16:41	67 A NoName	Guest	18:33			
32 Y Velleman	Hill	16:42	68 C Sacks	Serp	18:34			
33 A McGuigan	ESM	16:43	69 C Mooney	(V) St Alb	18:38			
34 D Wildman	E&H	16:44	70 K French	ESM	18:45			
35 P Thomas	(V) ESM	16:46	71 C Edwards	Hill	18:51			
36 M Hall	GCR	16:50	72 S Chapman	(V) High	18:54			

VETERAN WOMEN

1 A Wingler	(V) High	14:37
2 M Livingstone	(V) GCR	15:22
3 J Kent	(V) B&D	15:25

SENIOR WOMEN TEAM POSITIONS

1 Hillingdon A.C.	483	8 St Albans Striders	351	15 Herts Phoenix	66
2 Highgate Harriers	481	9 Metropolitan Police AA	246	16 Ealing, S M A.C. "B"	64
3 London Heathside Runners A.C	474	10 Serpentine Running Club	231	17 Newham & Essex Beagles	62
4 Garden City Runners	460	11 Enfield & Haringey A.C.	153	18 Thames Valley Harriers	40
5 Woodford Green & EL A.C.	457	12 Shaftesbury Barnet H	148	19 Harlow Running Club	16
6 Barnet & District AC	442	13 Hillingdon A.C. "B"	96	20 Mornington Chasers	15
7 Ealing, S M A.C.	404	14 Serpentine Running Club "B"	76		

SENIOR WOMEN LEAGUE TABLE

1 Highgate Harriers	2412	9 St Albans Striders	1491	17 Ealing, S M A.C. "B"	469
2 Hillingdon A.C.	2210	10 Garden City Runners	1377	18 London Frontrunners	372
3 Woodford Green & EL A.C.	2168	11 Shaftesbury Barnet H	880	19 Newham & Essex Beagles	343
4 London Heathside Runners A.C	2073	12 Serpentine Running Club "B"	856	20 Mornington Chasers	280
5 Metropolitan Police AA	1775	13 Hillingdon A.C. "B"	829	21 Victoria PH & Tower H	209
6 Serpentine Running Club	1742	14 Thames Valley Harriers	781	22 Harlow Running Club	77
7 Barnet & District AC	1704	15 Herts Phoenix	706		
8 Ealing, S M A.C.	1598	16 Enfield & Haringey A.C.	673		

VETERAN WOMEN TEAM POSITIONS

1 Garden City Runners	119	6 Barnet & District AC	66	11 Harlow Running Club	8
2 Ealing, S M A.C.	94	7 St Albans Striders	57	12 Metropolitan Police AA	5
3 London Heathside Runners A.C	88	8 Serpentine Running Club	46		
4 Woodford Green & EL A.C.	87	9 Herts Phoenix	29		
5 Highgate Harriers	80	10 Hillingdon A.C.	11		

VETERAN WOMEN LEAGUE POSITIONS

1 London Heathside Runners A.C	528	7 Garden City Runners	281	13 Herts Phoenix	44
2 Highgate Harriers	526	8 St Albans Striders	252	14 Harlow Running Club	40
3 Woodford Green & EL A.C.	405	9 Hillingdon A.C.	145	15 Metropolitan Police AA	34
4 Ealing, S M A.C.	350	10 Shaftesbury Barnet H	98	16 Mornington Chasers	21
5 Serpentine Running Club	332	11 Enfield & Haringey A.C.	74	17 London Frontrunners	12
6 Barnet & District AC	315	12 Thames Valley Harriers	71		

Notes version 1 of results

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